

Bowie FC Bulletin



Fall Season– Academy County & Travel Tryouts

County and Travel program tryouts will be held the weeks of May 12 and May 19. The schedule is posted on [our website](#). Registration for tryouts is open and also linked on our website. Players must register before tryouts! Players must have soccer shin guards and should bring a ball and water to tryouts. There is no cost to register and attend tryouts. You will receive an email after tryouts are complete informing you of the results. Best of luck to all players trying out!

Coach's Corner– 8 Things to Fix If They're A Part of Your Game Right Now

Soccer Discipline, obsession, and accountability are what separate people who train like pros from the ones who just talk about it. If any of these 8 things are a part of your game right now, it's time to fix it.

1. Inconsistency: Training only when it's convenient won't get you where you want to be. Skipping sessions because you're tired or the weather isn't ideal? That's not how champions are made. The players who truly succeed don't just "try their best"—they show up every single day, rain or shine, tired or not. That's what separates the good from the great.
2. Mental Softness: If one bad game, a coach's criticism, or getting subbed off shakes you, you've got work to do. At the highest levels of soccer, pressure isn't occasional—it's constant. Every day, every match, every minute counts. Mental strength isn't just a motivational phrase—it's a core skill. And like any skill, it's built through adversity, not avoided because of it.
3. Mistreating Your Body: Late nights, junk food, poor sleep, and neglecting hydration? That's not how top athletes operate. If you're constantly feeling drained, picking up injuries, or underperforming on the pitch, it's no mystery—your body is paying the price. Your body is your most important tool. If you're not fueling it properly, taking care of recovery, and treating it with respect, you can't expect it to deliver when it matters most.

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May 2025

CALENDAR

Weeks of May 12 and 19, 2025

Academy Tryouts

May 24, 2025

Academy Registration Closes

June 1, 2025

Developmental Registration Opens

June 1, 2025

Summer Camp Registration Opens

OUR SPONSORS

Do you have a small business you want to promote?

Sponsors for Bowie FC soccer can choose from different tiers of support, selecting the best one based on their individual needs. If you or someone you know is interested in finding out more about sponsorship availability, please contact Larry Clark at admin@bowiesoccer.com

Send photos with information to [Bowie FC Communications](#). Be sure to let us know what team/player(s) the photo captures. Submission of photos indicates authorization to use for print and electronic communication.



Coach's Corner Continued...

4. People Who Drain Your Energy: If your “friends” are constantly pulling you into drama, distractions, or steering you away from your goals, they’re not friends—they’re anchors holding you back. Surround yourself with people who challenge you, who push you to be better, not those who make excuses or keep you comfortable.

5. Thinking You’ve Stopped Growing: The moment you start thinking you’ve “made it,” that’s when your growth halts. The best players are obsessed with improving—even when they’re already at the top. If you ever think you’ve outgrown the need to learn, you’ve already started falling behind.

6. Not Flexible or Open to Coaching: Refusing to switch positions, take feedback, or adapt to new systems? That’s not confidence—that’s stubbornness. Being uncoachable or inflexible does not make you an asset. The game evolves. Coaches come and go. Teams shift. If you’re not adaptable, you won’t last long at the top. Professionals evolve and embrace change. Amateurs complain and get left behind.

7. Not Studying the Game: You spend hours working on your legs but neglect your brain. That's why you keep getting caught out of position or making the same mistakes. Start watching film. Study games. Analyze positioning. Understand the systems. Soccer IQ is just as trainable as your physical skills, but only if you take it seriously.

8. Expecting Instant Results: Don’t stop training hard. Most pros spent years grinding in silence before anyone knew their name. Real success takes time. Don’t chase quick wins. Start committing to consistent, long-term effort.

In conclusion, every single one of these 8 things will block you from your goal. But they’re not fixed by talent, they’re fixed by decisions, habits, standards, and how you show up every single day. By habits. By standards. By how you show up every single day.

(Adopted from article originally from Beast Mode Soccer)

