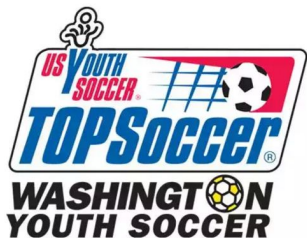




SELECT PARENT INFORMATION MEETING



SUPPORT



Liming McMillan - registrar@bifc.net
Administration, Financial Assistance & Registration

Rebecca Ringdahl Miller - rebecca@bifc.net
Volunteer Board Member - Select Soccer

Mark Nowak - mark@bifc.net
Select Coach & Player Mentorship, GK Academy & College Prep

Phil Avison - seniorcoach@bifc.net
Tryouts & Summer Camps Lead

Ian McCallum - ian@bifc.net
Director of Coaching



**COACH,
PLAYER
&
PARENT
EDUCATION**

Whole Player Approach: All female athletes benefit from continued technical and tactical field work, but not many put enough effort into their mental skills — a key aspect in achieving higher performance levels and personal goals.

Strong mental skills separate good from great players.

Our programs emphasize confidence, communication, growth mindset, grit, body image, goal setting, and more.

Mindset: Putting time into mindset training creates longevity and strengthens mentality through adversity.

Body: Physical Fitness, agility and strength training.

Craft: Technical and tactical skills encompass a large portions of a player's ability and success in the sport.

TRYOUTS DATES



* April 30 & May 1:

Boys born in 2014: 4pm-5.15pm on 30th April & 5.00pm-6.15pm on 1st May

Boys born in 2013 6.30 pm - 7:45 pm

Girls born in 2013 & 2014: 4pm -5.15pm on 30th April & 6.30pm-7.30pm on 1st May

* May 8 & May 9:

Boys born in 2011: 4 pm - 5:15 pm

Girls born in 2011 & 2012: 5:30 pm - 6:45 pm

Boys born in 2010 & 2012: 7 pm - 8:15 pm

* May 15 & May 16:

Girls born in 2006, 2007, 2008, 2009 & 2010: 5:30 pm - 7:30 pm

Tryout dates are set to following Washington Youth Soccer select tryout date guidelines.

GIRLS 2014 GIRLS 2013 GIRLS 2012 GIRLS 2011 GIRLS 2010

18TH APRIL 5.00PM

18TH APRIL 5.00PM

24TH APRIL 5.00PM

24TH APRIL 5.00PM

24TH APRIL 6.00PM

25TH APRIL 5.00PM

25TH APRIL 5.00PM

2ND MAY 5.00PM

2ND MAY 5.00PM

1ST MAY 6.00PM

GIRLS 2008, 2007 & 2006

8TH MAY 6.00PM



OPEN HOUSE PRACTICES



BOYS 2014 BOYS 2013 BOYS 2012 BOYS 2011 BOYS 2010

16TH APRIL 6.00PM

16TH APRIL 5.00PM

22ND APRIL 5.00PM

26TH APRIL 5.00PM

26TH APRIL 6.00PM

23RD APRIL 6.00PM

23RD APRIL 5.00PM

29TH APRIL 5.00PM

3RD MAY 5.00PM

3RD MAY 6.00PM



OPEN TRAINING & TRYOUTS



Why do we have tryouts?

What to expect at open training sessions?

What to expect at tryouts?

What if my child wants to tryout at an older age group?

Do I need to attend both tryouts?

How do I find out if my child has been selected for a team?

How do I accept a spot on a team?

Do I need to register my child?



BAINBRIDGE ISLAND FC

COACHING STAFF

GIRLS TEAMS 2024/2025

Bainbridge Island FC G15 Blue

Norah McFeat

Bainbridge Island FC G15 White

Mike Kinsey

Bainbridge Island FC G14 Blue

Emily Wooton

Bainbridge Island FC G14 Blue

Ian McCallum

Bainbridge Island FC G13 Blue

Ian McCallum

Bainbridge Island FC G11/G12 Blue

Mackenzie Bond

Bainbridge Island FC G10 Blue

Mackenzie Bond

Bainbridge Island FC G09 Blue

Emily Wooton

Bainbridge Island FC G09 Blue

Jen Angelo

Bainbridge Island FC G08 Blue

Darren Ekman

Bainbridge Island FC G06 Blue

Mark Nowak



CLUB & TEAM COMMUNICATION

PRE-SEASON TEAM MEETINGS

TEAMS NAP - AVAILABILITY / VACATIONS

WWW.BIFC.NET

NEWSLETTERS

SOCIAL MEDIA

SCHEDULE - PLAN AHEAD!



- ★ 2006 - 2014 Age Groups Start in June (9v9 & 11v11)
- ★ 2015 - 2016 Age Groups Start in July (7v7)
- ★ **2-3 Training Sessions Per week**
 - 7v7 Teams: 75 mins
 - 9v9 - 11v11 Teams: 90 mins
- ★ **Training Sessions @**
 - Battle Point Turf & Woodward Middle School Turf

SUMMER SCHEDULE



★ **Days:** Monday/Wednesday or Tuesday/Thursday

★ **Typical Start Times**

- 4:00pm
- 5:30pm
- 7:00pm

★ **NO TRAINING:**

- July 1-4
- July 29 & 30 ** COACH EDUCATION CLINIC

SUMMER TOURNAMENT PREP



- June 13-18: Far West Regional Presidents Cup, Salt Lake City (Boys 2005 Blue & 2008 Blue)
- June 14-16: Starfire Spring Classic (2010 - 2014 Blue teams)
- June 28-30: Skagit Firecracker (2006 - 2014 teams *)
*Teams attending Starfire Spring Classic & Far West Regionals will not attend)
- July 12-15: X-Fire Premier Challenge - Boys 2006 Blue, 2008 Blue, 2009 Blue & Girls 2007 Blue
- July 26-28: Crossfire Select Cup - All DA & Select Teams (except teams attending X-Fire Challenge)
- Aug 9-11: Girls 2006 - 2010 Cascadia Coastal Cup, Warrent, Oregon
- Aug 23-25: Island Cup - Boys & Girls (2011 - 2016)
- Aug 31-Sept 2: Boys 2006 - 2010 Tournament, Richmond, BC, Canada

SEPTEMBER - MAY



- **Sept - Oct:**
 - 3 Training Sessions Per Week & Weekly Games
 - 8th Grade Girls - Season.
- **Nov - Dec:**
 - 2 Training Sessions per Week & Weekly Games
 - No Training/Games - Thanksgiving Week.
- **Dec - May:**
 - HS Girls Season (2006 - 2010 Ages)
- **Jan - March:**
 - State Cup & Winter Clinic
 - No Training/Games - Midwinter Break

“THE BIFC WAY”



Community:

Club First - A strong club is a platform for individual and group success.

Club Representation - Proud to positively represent our club

Giving back - Community involvement, increase the impact of our experience

Inclusion - A place to play for all!

Culture:

Confidence - Take charge, make an impact!

Education, Education, Education

Humility - Win and lose with grace

Respect - Teammates, opponents, officials, staff...EVERYONE!

Responsibility - Accountable for our role in all situations

Safety - Club member health and well-being always the top priority!

“THE BIFC WAY”



Principles

Excellence - Strive to be the best you can be!

Have Fun - Love the Game: Playing, Watching, Teaching, & Involvement!

Take Risks - There must be a freedom to explore mistakes.

Teamwork - Build as a club, as a team, as a community.

Work Ethic - In practice and games, for oneself, and club mates

Values

Lead the way - Don't stand by, help the situation!

Mentorship - Everyone has attributes to share

Role Model - Positive inspiration to others in the community

Create - Support and encourage expression of self

Impact - Make decisions, impact situations

“THE BIFC WAY”



UNSTRUCTURED PRACTICE

This involves a player simply playing on their own or with friends. Unstructured play is a time for skill refinement, a time for exploration and dedicated repetition. A player seeking excellence can never get enough of this kind of practice. We encourage coaches, parents, teachers and our community to make the time for players to get outside and play with the ball.

“Concentration on dribbling and ball mastery needs to take place in the early years of development or these critical skills will never take root” Phil Avison

PARENTS CODE OF CONDUCT



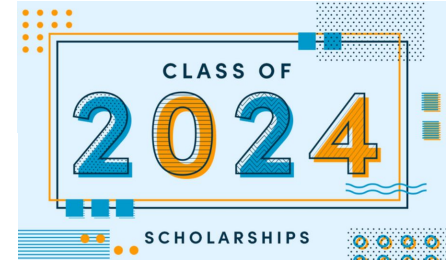
I understand that, as the parent of a BIFC player, I am required to follow our Club's Parent Code Conduct, and that violation of these rules may subject me and/or my son/daughter ("my Player) to discipline by my Player's Coach and/or the Club. When I am attending any Club event, I promise to:

1. Treat all players, coaches, referees, and spectators with respect.
2. Follow all rules established by my Player's coach and/or the Club.
3. Refrain from coaching any player, including my Player.
4. Refrain from criticizing or abusing any referee or other game official.
5. Refrain from criticizing or abusing any player, coach, or spectator from any opposing team.
6. Act at all times in a manner that reflects positively on me, my Player, my Player's team, and BIFC.

PLAYER SUPPORT & RESOURCES



- FEMALE FOOTBALLERS
- FINANCIAL ASSISTANCE PROGRAM
- GOALKEEPER TRAINING
- HS SENIOR SCHOLARSHIPS
- INTERNATIONAL CLUB TOUR
- SUMMER CAMPS



PLAYER FEES



- U11 - U14 Boys & Girls: \$1675
- U15 - U19 Boys & Girls: \$1775

What's included:

- Coaching staff, tournaments, registration, referees, insurance, league play, scheduling, fields, equipment, scholarships, awards, training, coaches travel for league games, education, bathrooms, administration and other expenses.

What's not included:

- Uniforms.
- Coach tournament fees.

UNIFORMS & EQUIPMENT



ADIDAS UNIFORM PACKAGE
2024 - 2026 SEASONS

WEBSITE - ONLINE EARLY MAY
BAINBRIDGE STORE - OPENING SOON



**POSITIVE™
COACHING
ALLIANCE**

THE SECOND-GOAL PARENT®

Developing Winners in Life Through Sports

WEDNESDAY 28 MAY - 6:30 - 7:30PM @ BHS LIBRARY



CELEBRATE BAINBRIDGE ISLAND FC AT SEATTLE REIGN

MATCH DAY



SEATTLE REIGN

VS



UTAH ROYALS

SUNDAY | 7TH JULY 2024 | 3.00 PM



**LUMEN FIELD
SEATTLE**

How Can You Help?



Cheer on all the players!

Support the referees!

Become a Referee!

Help your child with time management (school & sports)

Volunteer at Club Events

Remind players to hydrate

Help players communicate with the coach

Ask "How's it going?"

Help with nutrition

Take Photos!

Questions?