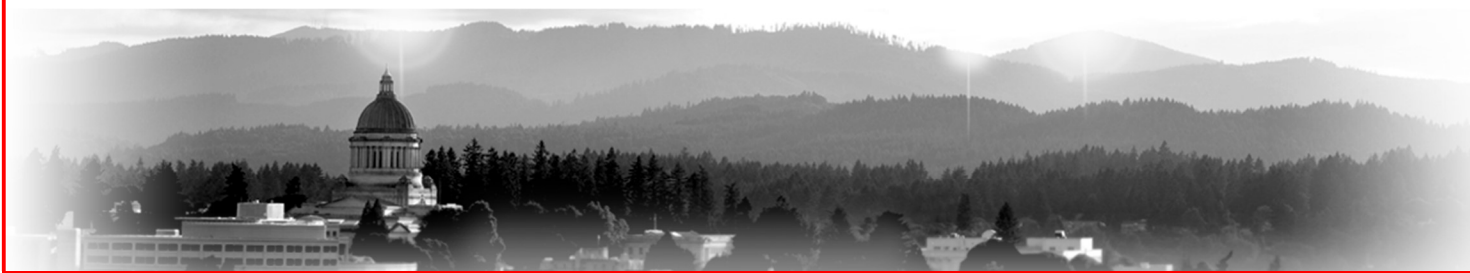


Blackhills FC Newsletter

November / December 2023 Part 2





We are proud of all of our high school players. We would like to recognize these players who received honors from their respective leagues and teams.



Mikayla Stanfield
Montesano HS
Evergreen 1A Co-MVP
BFC G2005 Black Team

Callie Mickelson
Tenino HS
Evergreen 1A First Team
BFC G2009 Red Team



Ashlen Gruginiski
W.F. West HS
Evergreen 2A First Team
BFC G2007 Red Team

Ava Jones
Tumwater HS
Evergreen 2A First Team
BFC G2005 Black Team



Ellie Mullenix
Tumwater HS
Evergreen 2A Second Team
BFC G2005 Black Team

Kayla Pope
Tumwater HS
Evergreen 2A MVP
Academic 4.0 Award
BFC G2007 Black Team

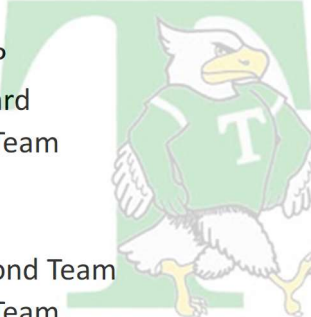
Lucy Bergford
Tumwater HS
Evergreen 2A Second Team
BFC G2005 Black Team

Trinity Edwards
Tumwater HS
Evergreen 2A All-League Defender
Evergreen 2A First Team
Academic Award
Crusher: Most Aggressive – Team Award
Grit Award – Team Award
Team Captain
BFC G2007 Black Team

Sophie Boatright
Tumwater HS
Evergreen 2A First Team
BFC G2007 Black Team

Ali Woods
Tumwater HS
Evergreen 2A Defensive Player of the Year
Team Captain
Engine: Never Quits – Team Award
Grit: Toughest – Team Award
Crusher – Team Award
Best Defender – Team Award
BFC G2007 Black Team

Kennedy Reidl
Tumwater HS
Evergreen 2A Honorable Mention
Academic Award
BFC G2007 Black Team



Cassidy Hedin
Tumwater HS
Evergreen 2A Honorable Mention
Evergreen 2A Academic 4.0 Award
Sportsmanship – Team Award
BFC G2007 Black Team

Reese Heryford
Tumwater HS
Evergreen 2A Second Team
BFC G2005 Black Team

Mackenzie Kolb
Tumwater HS
Evergreen 2A Second Team
BFC G2005 Black Team

Jenna Graves
Tumwater HS
Best Striker (JV)

Chloe Foos
Tumwater HS
Evergreen 2A Honorable Mention
BFC G2007 Black Team

Charlie Simon
Yelm HS
Most Valuable Defensive Player
– Team Award



Olivia Ploettner

Black Hills HS
Academic Award

Kirsten Beaulieu

Black Hills HS
Coach's Award
Evergreen 2A Honorable Mention

Academic Award

BFC G2007 Red

Celestine Allsup

Timberline HS
SSC 3A Honorable Mention

BFC G2005 Black Team

Kalena Moe

Timberline HS
Most Valuable Player Award (JV)
Coach's Award (JV)

Abbey Green

Timberline HS
Varsity Letter

Kate Hatteberg

Timberline HS
Varsity Letter

Harper Plughoff

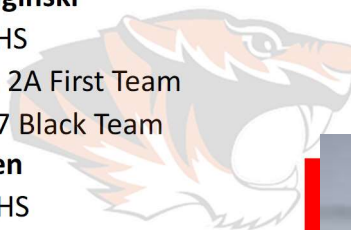
Capital HS
SSC 3A Honorable Mention
BFC G2005 Black Team

Natalie Gantenbein

Capital HS
SSC 3A Honorable Mention
BFC G2005 Black Team

Ella Reeves

Capital HS
Freshman of the Year
Varsity Letter



Olivia Gruginski

Centralia HS
Evergreen 2A First Team
BFC G2007 Black Team

Madi Otten

Centralia HS
Varsity Letter (Team Manager)

Arianna Basel

Olympia HS
SPSL 4A Honorable Mention
BFC G2007 Red Team

Avery Draper

Olympia HS
SPSL 4A First Team
BFC G2007 Black Team

Abby Carter

Olympia HS
SPSL 4A Honorable Mention
BFC G2007 Black Team

Jenna Rigg

Olympia HS
SPSL 4A First Team
BFC G2005 Black Team

Addy Pitman

Olympia HS
Coach's Award (JV)

Maeve Spath

Olympia HS
Offensive Player of the Year (JV)

Macky Mullen

Olympia HS
Varsity Letter

Tatum Dickey

Shelton HS
Evergreen 2A First Team
BFC G2005 Black Team

Ashley Hermenegildo

Shelton HS
Evergreen 2A Second Team
BFC G2007 Red Team

Grace Hanna

Lakes HS
PCL 3A Honorable Mention
PCL Scholar Athlete
BFC G2007 Black Team



5 Tips For a Healthy Athlete Breakfast

Article from: <https://isport360.com/5-ways-to-make-for-a-healthy-athlete-breakfast/>

Oatmeal is a healthy start for breakfast and great for athletes. Oatmeal offers your body a regular dose of Vitamin B and is rich in minerals and antioxidants. It's credited for maintaining the good level of cholesterol in the body and is known as one of the most nourishing foods for the body, especially for athletes.

Source: <https://www.active.com/nutrition/articles/10-superfoods-for-endurance-athletes>

Eggs are another great way to start your day. Egg protein is a high-quality, highly digestible, complete protein. While whey protein is widely considered to be the best protein supplement for building muscle, egg protein is similarly rich in branched-chain amino acids, the type of amino acids used to make and repair muscle fibers. Egg protein is considered complete because it provides all of the essential amino acids in adequate proportions to meet the body's requirements, and in this way it is similar to whey and other proteins from animal sources. Athletes and bodybuilders who use egg protein say it helps them increase muscle mass quickly.

Source: <https://www.peacehealth.org/medical-topics/>

Marriott Bonvoy® locations serve oatmeal for breakfast. This is an easy and healthy solution when you are on the go – ready for that next tournament. Use the oatmeal as a base, change it with some creative add-on combinations to make it taste good and healthy.

Want to be on the go with your oatmeal? Use a to-go coffee cup. You can eat on the drive over to your tournament. This way if you are in a rush, you can use what the hotel has on hand.

Here are some ideas on what to include. There are toppings plus you can use the other breakfast items like apples and bananas. Just chop them up into smaller pieces, mix them in, and cover the oatmeal. This will allow the fruit to blend in well.

- Apples and cinnamon
- Craisins and coconut
- Nuts, Craisins, Chocolate Chips
- Bacon, nuts, and Craisins
- Banana
- Apple
- Peanut butter, apples, and cinnamon



Eggs are staple at Marriott Bonvoy® locations. They are easy to eat, high in protein, and readily available. You can even adjust the taste based on what you add in – so try something different.

Here are some ways to make them unique and create a different taste.

- Add in cut up potatoes and bacon into a scramble egg, eat it all at once
- Some toppings can include salsa, tabasco sauce, or ketchup
- Or just add salt and pepper

Want to grab and go? Locations usually have hard boiled eggs. Drop them in a cup and go. Easy to eat on the road as you are driving to the tournament.

Don't forget to grab a piece of fruit as you head out the door. You can munch on that later during the tournament.

Blackhills Inclement Weather Policy

For the safety of our children and families and for communication purposes, the Blackhills FC has an Inclement Weather Policy.

If you believe it is unsafe for you to travel to practice due to road/weather conditions in your area, please stay home.

If Olympia School District school is cancelled, or after school sports are cancelled, then Blackhills FC practices that are located in stadiums on the field turf and at the soccer complex are cancelled.

If there is snow/ice on the field, even if school may be open, the field is deemed unplayable and practice cancelled. This is by its nature an hour-by-hour decision and requires last-minute checking of the Club website and email. This determination will be made by 2:00 PM.

Your BFC Team Manager will be given information to distribute regarding practice cancellations. Due to vacations, internet provider outages, computer glitches and other factors you should also check the club website if you have any questions.

