



# Club News and Updates

## February 2019

### Inclement Weather – *Our biggest opponent*

The coldest weather and snowfall of the year has arrived, and with it comes the cancellations of practices and games. And with spring a little over a month away, many of you are anxious to get back on the pitch. Despite these weather challenges, don't lose that excitement. We'll get back on the field soon. As you know, Blackhills FC's biggest priority is everyone's safety and when we are given helpful information, we make sure to pass it over to you. Below is some great information about preparing for cold weather.

#### How to prep for soccer in cold weather

*This content is provided by the U.S. Soccer's Recognize to Recover program. The information was prepared as guidelines for coaches, referees and players for training or playing in colder climates.*

The effects of cold weather can impact health and safety during practices and games. The definition of "cold stress" varies across the United States, depending on how accustomed people are to cold weather. A player from Washington will have a much different threshold for cold than a player from Arizona.

The information provided is not a substitute for medical or professional care, and you should not use the information in place of a visit, consultation or the advice of your physician or other healthcare provider. For specific questions and concerns, **please consult your healthcare provider or physician.**

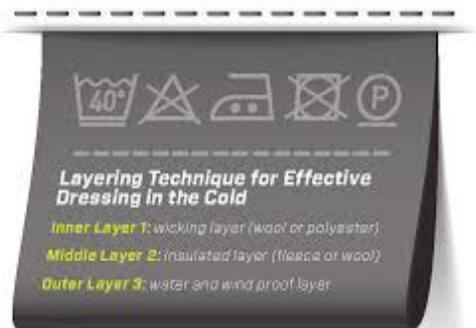
#### Layering Technique for Effective Dressing in the Cold Inner Layer

- 1: wicking layer (wool or polyester) Middle Layer
- 2: insulated layer (fleece or wool) Outer Layer
- 3: water and windproof layer

#### COLD WEATHER SAFETY TIPS

##### Dressing for the cold

When temperatures drop and wind increases, the body loses heat more rapidly. It is important to dress appropriately when training or playing in cold weather. This also means to not overdress. Layering clothing in a specific way (see box) is recommended and very effective. The layers can be added or removed based on body temperature and changing environmental conditions, such as temperature and wind. Allow players to wear additional clothing, like gloves, sweatshirts, sweat pants and/or hats or headbands. Also, avoid sweating before going outside because your body will cool too quickly.



## Stay Dry

Wet and damp conditions add to the risk of injury or illness during cold weather. Players, coaches and referees should recognize these factors and use additional caution to watch for potential cold injuries. If players do get wet during training or play, remove wet or saturated clothing and replace it with dry clothing. This becomes more important if the individual will remain out of play or anticipates standing around for a prolonged period of time. A hat, gloves and extra pair of socks can also keep extremities dry in case of snow or rain. Stay Hydrated Cold weather often reduces our ability to recognize that we are becoming dehydrated. If you are thirsty you have already become dehydrated. Try putting warm or hot water in a water bottle so that your water doesn't freeze when training for extended amounts of time outside. Take Action If someone is suffering from a cold-related illness, get him or her into a warm location as soon as possible. Identify a nearby warming location before the start of training or play. During games provide blankets or other items for players to stay warm while they are on the bench and allow additional substitutions or warming breaks.

## Wind Chill

Pay attention to the wind chill temperature (WCT) Index. (see chart below) Even prolonged exposure in relatively mild temperatures can lead to frostbite. The National Weather Service wind chill chart can serve as a guide to safe play in cold weather.

## STEP ONE – DETERMINE WIND CHILL TEMPERATURE

The effects of cold weather can impact health and safety during practices and games. The definition of "cold stress" varies across the United States, depending on how accustomed people are to cold weather. A player from Minnesota will have a much different threshold for cold than a player from Florida.

WIND CHILL TEMPERATURE (WCT) INDEX  
TEMPERATURE IN DEGREES FAHRENHEIT

	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57
45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60

## STEP TWO – FIND YOUR ALERT LEVEL

Use this chart to determine the alert level at your location based on the wind chill temperature.

ALERT LEVEL	WCT (F)	EVENT CONDITIONS	RECOMMENDED ACTION
<b>BLACK</b>	< 0	Extreme Conditions*	Cancel or attempt to move activities indoors. Frostbite could occur
<b>RED</b>	1-15	High Risk for Cold Related Illness*	Consider modifying activity to limit exposure and allow for more frequent chances to rewarm
<b>ORANGE</b>	16-24	Moderate Risk for Cold Related Illness*	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming
<b>YELLOW</b>	25-30	Less than Ideal Conditions*	Be aware of the potential for cold injury and notify appropriate personnel of the potential
<b>GREEN</b>	>30	Good Conditions	Normal activities

NOTE: This table was adapted from the NOAA and NWS and is compiled from the following formula Wind Chill (°F)= 35.74 + 0.6215T - 35.75(V<sup>0.16</sup>) + 0.4275T(V<sup>0.16</sup>) Where, T= Air Temperature V=Wind Speed (mph)

In wet environments with colder conditions, the following situations are accelerated. Use additional caution to recognize potential cold injuries. (NOTE: These WCT guidelines were adapted from the NATA position statement: Environmental Cold Injuries by Cappaert et al. 2008.)

### COMMON COLD RELATED ILLNESSES

#### Frostbite

Frostbite is what happens when skin and tissue actually begins freezing. It can cause numbness, tingling or stinging in the affected area. The skin may also lose its natural color, turning pale or bluish. Frostbite can permanently damage body tissue, leading to the loss of an extremity in severe cases. The most commonly affected areas for frostbite include: nose, ears, cheeks, chin, fingers and toes. Use body heat or warm (but not hot) water to begin warming the affected area.

#### Recognize

- Swelling/Edema
- Redness or mottled gray skin appearance
- Tingling or burning
- Blisters
- Numbness or loss of sensation

#### Recover

Gradually rewarm affected area with warm water

#### WARNING:

- Do not rub or massage the frostbitten area. This may actually increase the damage.
- Do not use heating pads, heat lamps or the heat of a stove, fireplace, or radiator for warming since affected areas are numb and can be easily burned.

\*If any of the symptoms persist for longer than a few hours, seek medical attention from emergency department or physician.

## Hypothermia

Hypothermia is the result of your internal body temperature dropping to 95 degrees Fahrenheit (35 degrees Celsius) or less. It can be fatal if not detected promptly and treated properly.

Hypothermia typically begins with feelings of intense cold, shivering and behavior which are more quiet and disengaged than normal. As the condition worsens, the individual seems confused, sleepy and may begin slurring speech. To begin treating hypothermia, start by warming the center of the individual's body first. Make sure they are dry and cover them with layers of blankets, clothing, towels or whatever else is around to contain their body heat. Warm nonalcoholic beverages may also help increase body temperature.

If hypothermia is suspected, get the on-site medical provider or call 911.

### Recognize

- Shivering vigorously or suddenly not shivering
- Increased blood pressure
- Lethargy
- Impaired mental function
- Slurred speech
- Remove damp/wet clothing
- Apply heat to the trunk of the body, not limbs
- Provide warm fluids and food
- Avoid applying friction massage to tissues

### WARNING:

Do not use a hot shower or bath to treat hypothermia because it could cause the individual to go into shock.

\*If symptoms persist seek medical attention from a physician or Emergency department

Contributors: Athletico, Korey Stringer Institute and Dr. George Chiampas

Heat loss can occur through head and hands



Exposed skin is a greater risk for frostbite

## Community Service: Blackhills FC Giving Back

Blackhills FC (BFC) have focused on making an impact in serving our community. Community service has become an integral part of BFC players and families experience, with many of our student-athletes committing to give back to both the Club and surrounding community. On any day of the week student-athletes are giving back to the community.

Blackhills FC values community service . Please contact [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org) if you know of a community service project.

## ACCEPTING COACHING APPLICATIONS

Blackhills FC is still accepting coaching applications for the 2019-2020 season.

Application Deadlines:

Boys U10 - U14: April 1, 2019

Girls U10 - U14: April 1, 2019

[Application Link](#)

## HIGH SCHOOL BOYS TRYOUTS

Registration is currently open for high school boys born in the following birth years: 2001, 2002, 2003, and 2004. Anyone interested in trying out registration is located on the Blackhills FC website.

Once the RCS finalizes logistics for the 2019 season based on all the weather delays, Blackhills FC will update the club's web site and send a notice to those that may have already registered. Currently, the soonest tryouts will be held in late afternoon on Sunday, Feb. 24. An update will be sent the evening of Feb. 15.

### 2019-2020 HEAD COACHES

B04 Black: Kurt Gress

B04 Red: Rob Knowles

B03 Black: Kyle Jones

B03 Red: Dieter Jacobs

B01/02 Black: Kyle Jones

B01/02 Red: James Charette

Associate Coaches will be named after the tryout process.

Contact [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org) if you have any questions.

Want to have information about your team in the newsletter? Just send the [opsmanager@bfc.org](mailto:opsmanager@bfc.org) an email.

## Kids in the Club

### Carson Collard

**Team:** B00 U17  
**Years in the Club:**  
3  
**Position:**  
Goalkeeper  
**Year in School:**  
Senior  
**Home Town:**



San Clemente, CA  
**School:** Capital High School  
**Favorite Soccer Team:** Tottenham Hotspur  
**Favorite Soccer Player:** Tim Howard  
**Favorite Movie:** Inception  
**Last Book You Read:** 1984  
**Favorite Musical Group:** John Mayer  
**Favorite Ice Cream:** Cookies and Creme  
**Favorite TV Show:** American Crime Story  
**Favorite Pre-Game Meal:** Taquitos  
**What you Love about Playing Soccer:** Having the opportunity to compete  
**Toughest Opponent:** Myself  
**Best part of your game:** My Ability to Save PKs  
**Part of your game that can be better:** My downfield distribution  
**What do you like best about BFC:** The Focus On Community

### Travis Luther

**Team:** B00 U19  
**Years in the Club:** 11  
**Position:** Left back  
**Year in School:** 12  
**Home Town:**  
Tumwater  
**School:** Tumwater  
**Favorite Soccer Team:**



PSG  
**Favorite Soccer Player:** Kylian Mbappé  
**Favorite Movie:** I have a lot of favorites but I've seen Inception the most.  
**Last Book You Read:** Hamlet  
**Favorite Musical Group:** I don't have a particular favorite.  
**Favorite Ice Cream:** Cookie dough  
**Favorite TV Show:** The Grand Tour  
**Favorite Pre-Game Meal:** Any type of pasta  
**What you Love about Playing Soccer:** I love that it isn't just routine. Every day you can learn something new and improve both physically and mentally. There's always something to work on.  
**Best part of your game:** I'm best at passing to maintain possession while combining with the midfield in order to create scoring opportunities.  
**Part of your game that can be better:** I need to work on the speed of my decision making.  
**What do you like best about BFC:** I like that it's more of a community than just a team. There have always been opportunities to practice with different teams and age groups to help challenge myself and others.

## Kids in the Club – Contest Winners



Congratulations to the G07 black team (pictured left) for winning the Fall Team Selfie Contest! The team wins a pizza party!

Keep sharing those selfies! We love seeing those smiling faces!

The G08 black team (pictured right) won the Tacoma Stars contest last month.



At this special game, the team was able to walk on the field with the players and participate in collecting teddy bears during the night's teddy bear toss benefiting foster families event. After the first goal, fans threw teddy bears onto the field and the girls collected them (over 400 bears) and put them in bags for Spirit 105.3 FM staff and Tacoma Stars to deliver them to Olive Crest foster children.



The G08 team really enjoyed the game and the time spent together. It was a great bonding experience. The girls not only won this fun experience at the Tacoma Stars but they also get to host a team party at Coach James' barn.



## Coach Spotlight

### Coach Ella Lieseke

**Current BFC Team Coaching:**

G09 assistant coach

**Number of years coaching in the Club:**

1/8(an eighth) of a year  
Player with Club 6 years

**Favorite Soccer Team(s):**

Sounders, BFC Teams

**Favorite Soccer Player(s):**

Lionel Messi, Vander Lieseke

**Favorite Movie(s):** Chitty Chitty Bang Bang and Elf

**Last book I read:** Lord of the Flies

**Favorite Musical Group:** Most Hip Hop

**Best concert attended:** None

**Favorite Ice Cream:** Mint Chocolate Chip

**Favorite T.V. show (ever):** None

**What do you like best about coaching in the Club:** Teaching/playing with the kids is so much fun!  
It's rewarding.

**How can parents best support their child's soccer experience:** Be Positive

**What advice do you have for the soccer players in our Club:** Always put in your best effort.



## Players interested in Coaching

If you are interested in coaching (if you are 13 and older) or being a [TOP Soccer Buddy](#) (if you are 8 and older) contact [James Charette](#).

## Coach Spotlight

### Coach Scott Cushing

**Current BFC Team Coaching:**

Associate Coach, Boys 09 Black

**Number of years coaching in the Club: 1**

**Favorite Soccer Team(s):** Tottenham Hotspur

**Favorite Soccer Player(s):**

1(a). Christian Eriksen 1(b). Dele Alli

**Favorite Movie(s):** Goodfellas

**Last book I read:** The Destiny Thief by Richard Russo

**Favorite Musical Group:** Very mood dependent, but probably Biggie or Gang Starr and then maybe Vampire Weekend or Lord Huron.

**Best concert attended:**

Gang Starr, Common, & Talib Kweli at the Showbox in 2003.

**Favorite Ice Cream:** Mint Chocolate Chip

**Favorite T.V. show (ever):** The Wire or Breaking Bad.

**What do you like best about coaching in the**

**Club:** The camaraderie amongst the coaching staff combined with the shared goal of creating an environment where our players can learn and grow. I also really enjoy coaching competitive kids who want to get better.

**How can parents best support their child's soccer**

**experience:** You know your kids best so support them however you choose but also trust that the coaches are doing their best to help them thrive.

**What advice do you have for the soccer players in our**

**Club:** Be respectful, be a great teammate, and focus on what you can control.



## Player and Parent Tips

### *Resilience*

According to the Society for Sports, Exercise, and Performance Psychology, resilience in athletes can be developed by parents, coaches, and sport psychologists. It can lead to better sports experiences, goal oriented outcomes and enhanced skill performances.

An athlete's ability to overcome and readjust in stressful situations can be applied to athletic competition (performance), organizational events (cultural), and personal issues (family/home; life; Fletcher & Sarkar, 2012).

While you can't protect your young athlete from the ups and downs inherent in sports – and in life, you can provide them with the tools they need to respond to challenges. As a parent, you can use the following information on this page as building blocks to help your child/children learn to be more resilient by helping them reevaluate challenges and adversity.



**YOU ARE NOT BORN WITH A FIXED AMOUNT OF RESILIENCE. LIKE A MUSCLE, YOU CAN BUILD IT UP DRAW ON IT WHEN YOU NEED IT.**

Sheryl Sandberg

The following article from **Train Ugly** provides some tools to become more resilient.

<https://trainugly.com/resilience/>

Other resources:

- Building Resilience in Children and Teens -

<http://ebooks.aappublications.org/content/building-resilience-in-children-and-teens-3rd-ed>

- Parent Toolkit - [Complete Parent Toolkit for all ages](#)

## Safety Reminders

It is important that we are all vigilant in providing a safe environment for our families.

- Buddy system when using the bathrooms at all team activities: **players need to go in groups of three (3)**
- Report any suspicious behavior to an Executive Board Member or BFC Coach
- **Drop off and Pick up:** Groups of three: one adult and two (2) children or two (2) adults and one child
- Use the BFC Club Misconduct Report Form to report inappropriate behavior
- When children contact their coaches electronically make sure another adult is included

As always, the safety and health of our children, families, volunteers, and staff are our top priority - be safe! Here's a friendly reminder that Blackhills FC (BFC) 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**.

BFC will try to send out a club announcement by **2:00 PM** and your BFC team manager and coach 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 Facebook page, club website and your email for all updates and cancellation information.

# Concussions

This is a topic we can't speak enough about. While research is ongoing on this important subject, we here at BFC take safety very seriously – it is our first priority to keep your young soccer players safe and supported as they play the sport they love.

**Club Concussion Report Form:** The intention of the [Club Concussion Report Form](#) is to report any head injury incident. Whenever an athlete is removed from a practice or games due to a head injury. This includes coaches, officials and spectators. It's important to know that a concussion doesn't always occur with a blow to the head. It can occur Using the Survey Monkey Questionnaire helps maintain a historical record.

**It is our responsibility to make the call to remove an athlete from the field and recognize concussion systems.**

Officials also have a role to play. Officials can remove a player from the field. The coaches are not able to catch all the injuries so we need help from the players and parents to report to the head immediately. Just as with all injuries it is best to error on safety, remove the athlete and have them see a health care professional. **They can return to play with a note from their health care provider.**

## **WHAT TO WATCH FOR:**

1. A forceful bump, blow or jolt to the head or body
2. Any concussion signs or symptoms

[Center for Disease Control and Prevention](#)

[The Unspoken Problem in Sports: Changing the Game Project](#)

**Return to play requirements:** A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a **licensed health care provider** trained in the evaluation and management of concussion and **receives written clearance to return to play from that health care provider.** Scan all written return to play records and send them electronically to [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org)

## **Signs Observed By Coaching Staff**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

## **Symptoms Reported By Athletes**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

## Supplemental Training Programs

### UNDER THE LIGHTS

This is **FREE** for BFC Players. This [program](#) is open to all players outside the BFC (\$45 player fee for non-BFC Players).

**Date:** February 15 – pending weather

**Location:** Tumwater High School

**Field Players Ages: 6-9, 5:30 – 6:30 PM:** focus on 1v1, 2v2 and 4v4 games to develop technique and decision-making through game play.

**Field Players Ages: 10-16: 6:45 – 8:00 PM:** focus on 1v1, 2v2, 4v4 and scoring activities to develop technique and decision through game play.

**Goalkeeping Ages: 9 – 11, 5:30 – 6:30 PM:** focus on handling, footwork, low-mid range balls, shot stopping, diving, distribution and decision making through game play

**Goalkeeping Ages: 12 – 16, 6:45 – 8:00 PM:** focus on handling, footwork, low-mid-high range balls, shot stopping, diving, distribution and decision making through game play

**BFC Player Enrollment:** Send an email with your child's, name, emergency contact phone number, BFC Team and age group to [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org)

### FINISHING AND GOALKEEPING



**Dates:** March 8, 15, 22, 29

**Location:** [Capital Soccer Complex](#)

**Cost:** This is **FREE** for BFC Players. This program is open to all players outside the BFC (\$45 player fee for non-BFC Players)

**Program Registration:** Limited enrollment, visit [www.blackhillsfc.org](http://www.blackhillsfc.org).

**Program Questions:** [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org)

The Spring Finishing and Goalkeeping program is a supplemental field player and goalkeeping program that provides an opportunity for children to play, learn and enjoy playing soccer. The Blackhills FC coaching staff will lead the instruction assisted by Blackhills FC players.

All Coaches, regardless of their experience level, are welcome to participate for coach's education. Coaches Contact: [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org)

Children will be grouped by a combination of age, ability level and friend(s)/teammates.

**Players Ages: 6-9, 5:30 – 6:30 pm:** focus on Goal Scoring activities to develop technique and decision-making

**Players Ages: 10-16: 6:45 – 8:00 pm:** focus on Goal Scoring activities to develop technique and decision-making

**Goalkeeping Ages: 9 – 11, 5:30 – 6:30 pm:** focus on handling, footwork, low-mid range balls, shot stopping, diving, distribution and decision making through game play

**Goalkeeping Ages: 12 – 16, 6:45 – 8:00 pm:** focus on handling, footwork, low-mid-high range balls, shot stopping, diving, distribution and decision making through game play