

Lions' Den Newsletter

WELCOME TO THE LIONS' DEN!



Welcome to the December edition of the Lions' Den! It is hard to believe the first half of our season is just about over. We hope to finish up strong with 3 teams competing in the Springs Holiday Cup this month and at least one team headed to the league playoffs. Please read through the newsletter for important updates.

Bay Lions Gear:

- Bay Lions FSC Youth and Adult t-shirts
- Bay Lions FSC Ladies Tank Top
- Bay Lions FSC Youth & Adult Windbreakers
- Bay Lions FSC Youth and Adult hoodies
- Bay Lions FSC hats coming soon!
- RTIC 20 oz Coffee travel mug*
- Bay Lions FSC car magnets*



***these items available to purchase through Bay Lions FSC**

Bay Lions swag can make great holiday presents. But get your orders in early as R&L printing will be closed December 18th-January 2nd. You can order the coffee mugs through Coach Simon or Donna directly. A percentage of the proceeds supports the Bay Lions club.

<https://www.rlprinting.net/bay-lions-soccer-club>



Important Upcoming Dates:

- Dec 17-19: Springs Holiday Cup-U12, U13 Blue and U13 Girls
- Dec 17: Last day of practice before winter break
- Jan 3: Regular practice schedule resumes
- Jan 8-9: Miami Dade League playoffs

All coaches will be in town and available for individual and small group sessions over the holiday break!

U11 Playoff Bound!

We'd like to congratulate the U11 team and Coach T for making it to the Miami Dade League playoffs! They finished in first place overall in their division with a record of 6 wins and 2 ties. If you are free the weekend of January 8-9 please come out to Three Lakes Park to cheer them on!



SPONSORSHIP

Diamond Sponsors



Platinum Sponsor

Shells & Fish

Sponsorship is a great way to support the Bay Lions FSC while gaining visibility in the youth sports community. Sponsorship is also a crucial financial piece which has allowed the club to grow from just one team and one coach in its inaugural year, to 6 teams and 5 coaches in only 4 seasons! The club has many different packages available. They are posted on our website and we encourage you to share them with others. Please reach out to Coach Simon if you have any interest in becoming a sponsor this season.



Coaching Assignments 2021/2022 Season:

U8 Co-ed: Coach Chris

U11: Coach Tomas

U12: Coach Simon

U13 Blue: Coach Simon

U13 White: Coach Tomas

U13 Girls: Coach Chris

Assistant Coach: Coach Sam

Strength & Conditioning Coach: Coach Manny

Goalie Coaches: Coach Anthony & Coach Armando

A friendly reminder that coaching fees are due each month by the 10th.

Team Liaisons are as follows:

U13 Blue- Donna (Dalton) & Ryan (Austin)

U13 White- Tammy (Cameron) & Andrea (Jacob)

U13 Girl's- Noel (Cata) & Beatriz (Anna)

U12- Andrea (Martin) & Sandra (Kory)

U11- Vero (Nico) & Elissa (Danny)

U8: TBD

Coaches Pitch:

Hello there, Bay Lions! Welcome to the December edition of the Lions' Den. First and foremost, the club would like to wish you all a very joyful and healthy holiday season. As we close the books on 2021 and gear up for 2022, it's important to pause and reflect on how far we've come, to then direct ourselves towards where we want to go. We are so grateful for our soccer family and look forward to continuing getting better together.

On this edition of the Lions' Den, I'd like to touch on a very important topic that profoundly influences player enjoyment and development – the *performance environment*. Every team has a performance environment managed by the coaching staff and influenced by the parents, that ultimately lays out the space for players to enjoy, learn, and grow.

According to the US Soccer Federation, players in the ages of 6-13 have 2 basic needs: 1. to have fun and 2. to improve. This way, players will be highly motivated to truly commit to their development on and off the field. It is our job to meet players where they are at in their developmental process, and make sure they get what they need. As much as winning is desired (and it should be! We all want our players to develop a winning mentality), it is not a need for players to grow at this young stage in their careers. After all, in life you won't always win, and your growth will boil down to how you respond to defeat.

Players **need** to find themselves in a performance environment that fosters growth through discipline, respect, positive reinforcement and patience. That is a framework that every single coach within the club lives by and instills in their players. When it's time, if the above is trusted and followed, winning will be inevitable.

How can parents help create and maintain a positive performance environment for their children and their respective team?

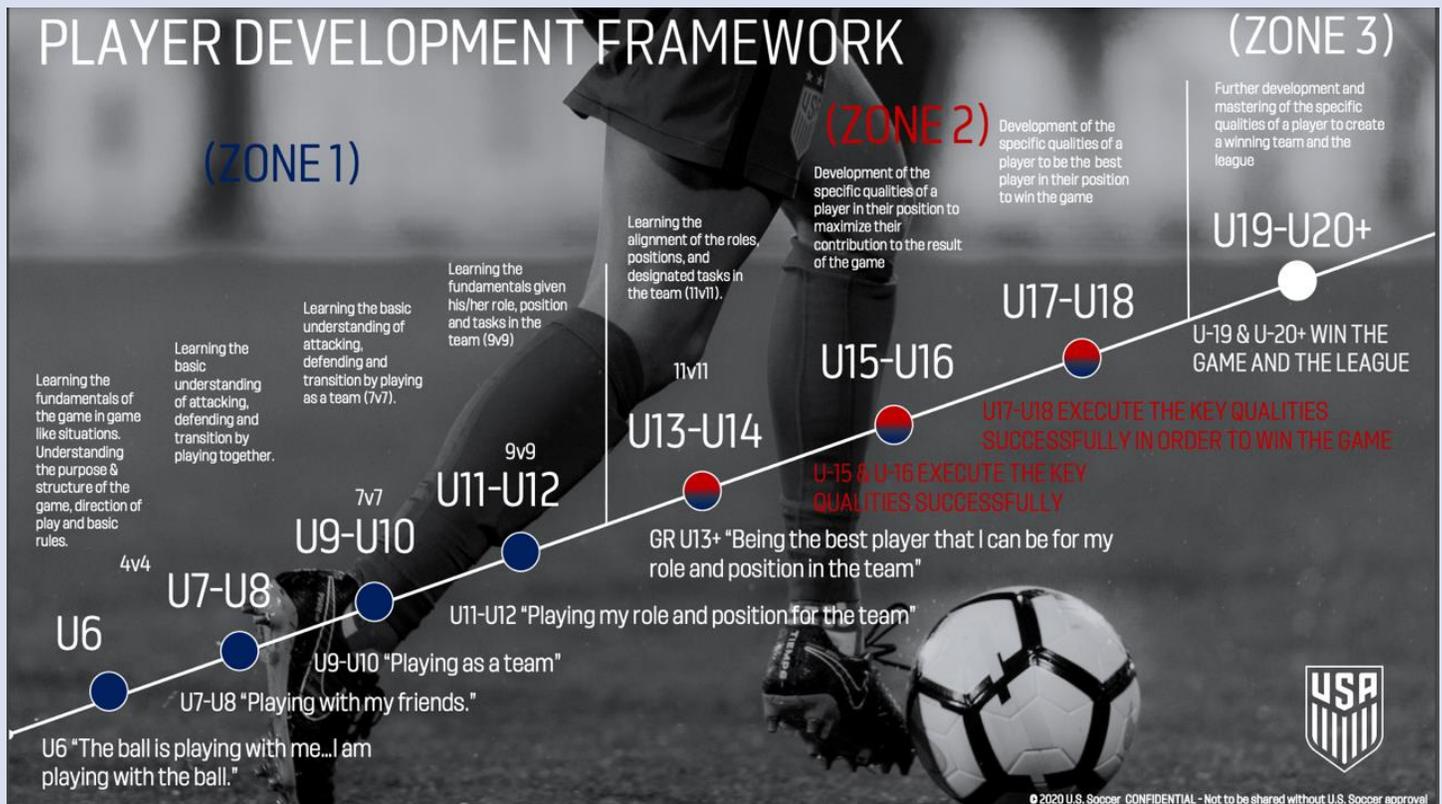
- Acknowledge a players' effort, even when it wasn't their best performance.
- Identify what a player is thinking and feeling before giving them advice, especially right after a game. This will help you find the right approach to communicate with them.
- Refrain from criticizing teammates, coaches, or tactical decisions in front of players. While you may disagree, with supporting evidence, sharing these things with players puts them in a conflicting position and is highly counterproductive to their individual and team development.
- Before giving tactical tips to your child, ask them first what their coach is asking of them. This would be a great way of gaining an understanding of what the team is trying to do and why.
- Coaches should be the only people coaching at a game/training session.
- When players are upset with performance, results, or anything else – preach discipline, time, and patience. Substantial growth does not happen overnight. We want to convert disappointment/frustration into hard work on and off the field.

Now, I recognize that the above are tough asks. We have an incredible commitment from parents and family members that may, on occasions, turn into intense fandom. Deep down though, I know for sure we all want our players to be happy, grow, and win. Coming together and creating positive performance environments is a win for everyone involved, but most importantly the players.

Once again, I wish you all a wonderful holiday season and a very Happy New Year. Always excited to keep our Bay Lions train moving forward into bigger and better things.

All the best,

From the Bay Lions Coaching Staff





Roaring Birthdays-December

Nicolas G U11-December 5

Julia U8- December 22

Mateo A U13 White - December 23

Jacob L U12 - December 27



Giving Back:

As you know, the Bay Lions have adopted an organization in Colombia called the Fundacion de Heroes Futbol Club. Over the past few seasons we have regularly collected our used soccer gear and sent the donations to Colombia for those youth the organization serves. With the holidays upon us, we'd like to take it a step further than just collecting used gear and try to collect new items like shin guards, soccer socks or soccer balls. It's like a soccer themed angel tree! With over 75 players in the Bay Lions family, just imagine the joy we could bring for these kids in less fortunate situations. Participation is completely optional so no pressure. If you don't have time to purchase an item on your own but still want to participate, you can Venmo your liaisons who can purchase the items for donation. We will also continue to collect used soccer gear as well. Kindly wash any used items before you bring them in! The deadline for the holiday drive is the weekend of the Dec 18/19.







Bay Lions Social Media:

We encourage all our Bay Lion families and friends to follow our Bay Lions social media platforms.



<https://www.facebook.com/BayLionsFSC/>

<https://www.instagram.com/baylionsfsc/>