

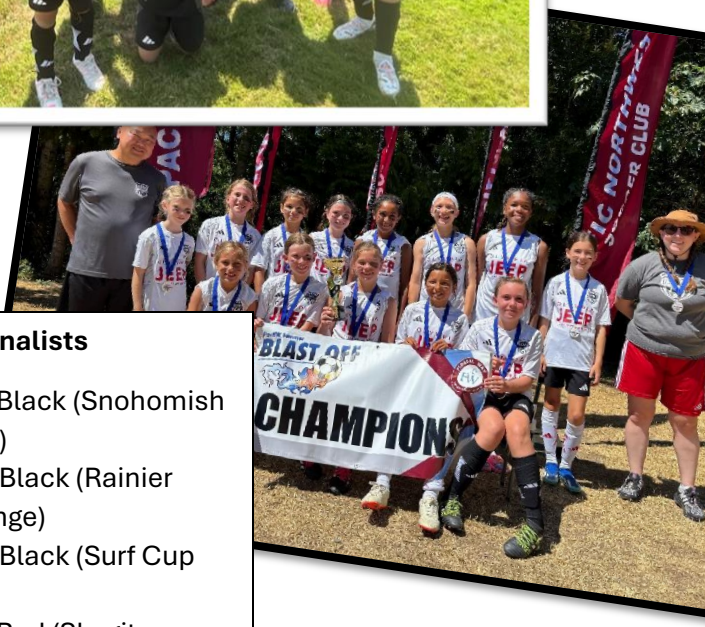


Blackhills FC Newsletter

Summer 2024



Summer Tournaments



Division Semifinalists

- G2011 Black (Surf Cup NW)
- B2011 Red (Kick in the Grass)
- B2014 Black (Surf Cup NW)

Division Finalists

- B2010 Black (Snohomish Bigfoot)
- G2013 Black (Rainier Challenge)
- G2009 Black (Surf Cup NW)
- B2013 Red (Skagit Firecracker)
- B2012 Black (Tukwila Cup)
- B2016 Black (Rainier Challenge)
- G2016 Black (Cascade Cup)
- G2012 Black (Tukwila Cup)
- G2010 Black (Skagit Firecracker)
- B2017 Black (Harbor Tyee Cup)
- B2013 Black (Harbor Tyee Cup
- B2010 Black (River Jam Challenge)

Division Champions

- B2011 Black (Surf Cup NW)
- B2015 Black (Cornucopia Cup)
- B2013 Red (Cascade Cup)
- G2006 Black (Surf Cup NW)
- B2006 Black (Cornucopia Cup)
- G2013 Black (Snohomish Bigfoot)
- G2014 Black (River Jam Challenge)


INTEGRITY


BEST OF THE NORTHWEST
SURF CUP NORTHWEST
2024 SURF CUP NORTHWEST
CHAMPIONS


SURF CUP NORTHWEST
OLYMPIA JEEP


BEST OF THE NORTHWEST
2024 SURF CUP NORTHWEST
FINALIST


Starfire
OLYMPIA JEEP


VALOR
OLYMPIA JEEP


capelli
OLYMPIA JEEP


SNOHOMISH BIGFOOT SNOHOMISH
LUND Orthodontics
OLYMPIA JEEP

Developing a Mistake Ritual

Adapted from "Elevating Your Game: Becoming a Triple-Impact Competitor" by PCA Founder Jim Thompson

Mistakes in sports are inevitable. Athletes at all levels make mistakes, from youth to professional players. What makes a good competitor stand out is how they deal with and learn from those mistakes. A mistake ritual is a physical gesture athletes can use in the moment to overcome a mistake and re-focus on the game. Doing so can also reduce the fear of making mistakes, allowing athletes to play more freely. Establishing a mistake ritual ahead of time can help make it second nature.

1. **Use the space below to describe the mistake ritual you intend to use. It may be one that you create on your own or one that already exists, like:**

•Flush it - make a gesture of flushing a toilet

•No Sweat - swipe two fingers across your forehead like flicking sweat from your brow

•Brush it off - brush the dust off your shoulders

2. **Then identify at least one teammate or coach with whom you will share your new mindset about mistakes** so they can support your effort throughout the season to recover quickly from mistakes. You can describe your mistake ritual to them so they can reinforce it from the field or sideline after you've made a mistake.

My Mistake Ritual:

_____

_____

_____

_____

I will share my new approach toward mistakes with:

_____

_____

_____

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Blackhills Spotlight:

Boys 2011

Name: AedanSkye
Years at the Club: 6
Positions: Leftback and rightback
Favorite Pre-Game Meal: Goldfish!
My Soccer Strength: I don't give up when I'm defending
What I'm Working on to Improve This Year: Staying healthy
What I like most about Blackhills: It's fun being with my friends

Name: Isaac
Years at the Club: 3.5
Positions: Winger and Striker
Favorite Team in the World Cup: USA
My Soccer Strength: I'm versatile
Something I'm Working on to Improve This Year: See the field better
What I like most about Blackhills: My teammates and how they make it fun to play soccer

Name: Quin
Years at the Club: 4
Position: Left wing
Favorite Pro Team: Manchester City
My Soccer Strength: My speed
What I'm Working on to Improve This Year: Taking care of my health so I don't get injured
What I like most about Blackhills: It's really fun. I like playing games and getting to see my teammates.

Name: Luke
Position: Goalkeeper
Years at the Club: First year
Favorite Player: Manuel Neuer
Favorite Pro Team: Chelsea
Favorite Music Genre: '90s hip hop
My Soccer Strength: Shot-stopping
Something I'm Working on to Improve This Year: 1v1s
What I like most about Blackhills: It's easy to get better here because everyone supports me to help me learn

Name: Brody
Years at the Club: 3
Positions: Winger and Striker
Favorite Pro Player: Ronaldo or Messi
Favorite School Subject: P.E.
My Soccer Strength: My speed
Something I'm Working on to Improve This Year: My technique by practicing at home
What I like most about Blackhills: My teammates and coaches

Name: Grant
Years at the Club: 3
Positions: Outside back and centerback
Favorite Ice Cream: Chocolate
Favorite School Subject: P.E.
My Soccer Strength: Defense
Something I'm Working on to Improve This Year: My passing
What I like most about Blackhills: Meeting lots of fun teammates around the Club

B11 Red at Harbor Tyee Cup

B11 Black at Surf Cup NW

Parents Love for the Game Creates Fans for Life

by Skye Eddy

Article published on https://learning.ussoccer.com/articles/coaching/article/parents-love-for-the-game-creates-fans-for-life

1

Help your child identify a professional team to support.

Maybe this is as simple as keeping the family tradition going because you already support a team. However, if you don't - finding one can be fun. For my daughter, Liverpool became her team because of a family friend.

Have the TV tuned to soccer.

2

Even if your child is not sitting in front of the TV captivated by the game, having a game on in the background, or inviting them to watch 10 minutes with you is a perfect way for your child to develop a deeper connection to soccer.

Go to a local game.

3

If there's a professional team near you, head to a game! Not a professional team close by? Then go and watch a college or high school game or watch older kids from your club competing. Giving your child role models matters – and what better way to do this than letting them watch them play right in front of their eyes!

4

Go outside and play with your child!

Soccer experience is not required here! You can stand with your feet apart and be a mini goal for your child to try and score through, or you can bounce balls they try to control to the ground. The objective is lots of laughs and smiles and creating some special family moments.

Follow the U.S. National Teams.

5

There are so many opportunities to cheer and support our U.S. National teams between the Senior Men's and Women's team, the various youth Boys' and Girls' teams, plus our extended teams, such as Beach, Futsal, Deaf, CP, Blind and Power. Keep track of the major tournaments and set your phone notifications to alert you to games so you can discuss them with your child.

Club Calendar

Blackhills is bringing back the Soccer Ball!

Join our coaches, staff, players, and families to celebrate the beginning of the fall season.

There will be carnival-style snacks, a dunk tank, music, raffles, and all the activities the Hands on Children's Museum has to offer!

Admission: $5 per person – register in your Club Demosphere account or pay at the door

Skills Training Center Schedule

Monday – Thursday

5:00pm – 5:25pm

Goalkeeper Training Schedule

Tuesday | 5:30pm-6:15pm | U8-U12 | Capital Soccer Fields
Wednesday | 6:30pm-7:15pm | U13+ | Capital Soccer Fields
Wednesday | 7:00pm-7:45pm | U8-U12 | Capital Soccer Fields
Thursday | 5:30pm-6:15pm | U8-U12 | Capital Soccer Fields

RCL Season Begins Sept 7! Cheer on teams for opening weekend:

B2016 Black – 12:15pm - CSF #2
B2016 Red – 10:45am – CSF #2
B2015 Black - Bye
B2014 Black – 1:45pm – CSF #3
B2014 Red – (9/8) 2:30pm – Jeanne Hansen Park
B2013 Black – 10:30am – Jefferson Playfield
B2013 Red – 12:30pm – Jeanne Hansen Park
B2012 Black – Time TBD @ Eastside FC
B2012 Red – 10:30am – CSF #1
B2011 Black – 3:00pm – Central Kitsap MS
B2011 Red – 3:15pm – Capital HS
B2010 Black – (9/8) 2:00pm – CSF #1
B2010 Red – Bye
B2009 Black – (9/8) 1:30 pm – Lynnwood HS
B2008 Black – (9/8) 11:30am – Lynnwood HS
B2006 Black – (9/8) 2:00pm – RAC #1

G2016 Black – 12:00pm – 60 Acres
G2015 Black – (9/8) 10:45am – CSF #2
G2014 Black – 9:30am – CSF #3
G2014 Red – 10:15am – Walter E. Hall Field
G2013 Black – 10:45am – CSF #3
G2012 Black – (9/8) 12:00pm – RAC #1
G2011 Black – 11:00am – Jeanne Hansen Park