



**Bellevue College Men's Soccer
Program Booklet**

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Introduction



Dear Player and Family –

You have received this information packet through demonstrating a high level of on-field performance that has provided a potential pathway into our program. The objective of this booklet is to detail how the Bellevue Men's Soccer program operates to create the best environment for our players. Our program strives to make a positive impact on the Bellevue Community, so recruiting the right type of people is critical to us.

For more information on Bellevue College and the Men's Soccer program please visit the following webpages:

Bellevue College Website: <https://www.bellevuecollege.edu/>

Men's Soccer Facebook: <https://www.facebook.com/BellevueSoccer/>

Men's Soccer Instagram: <https://www.instagram.com/bcmenssoccer5309/>

Men's Soccer Twitter: <https://twitter.com/BCMensSoccer1>

The coaching staff looks forward to meeting you and your family and wishes you the best of luck!

Thanks,

Bellevue College Men's Soccer Coaching Staff

Top Ten Reasons to Play Soccer at Bellevue College

- 1. Quality education and soccer development at a significantly lower cost (approximately one-third) compared to four-year soccer schools.**
- 2. Highly qualified and experienced coaching staff and a network of volunteer alumni coaches – all heavily invested to make you the best you can be.**
- 3. An environment enabling you to flourish on and off the field.**
- 4. A history of success: multiple Northwest Athletic Conference (NWAC) titles.**
- 5. Year-round training program.**
- 6. New turf field scheduled for fall 2017.**
- 7. Nationally recognized academic programs.**
- 8. Size and resources (third largest college in WA State).**
- 9. Transfer opportunities to D1, D2 or D3 schools – high player visibility through effective media coverage, NWAC Showcase events and our recruitment network.**
- 10. Bellevue – a city of opportunities!**

Coaching Staff



Dave O'Neill - Head Coach

Dave became Head Coach at Bellevue College in 2015 and led the Bulldogs into the playoffs with a 5-1-5 record. He completed his degree in Sports Science and Physiology at the University of Leeds, England, while coaching and directing coaching soccer camps in America.

Dave transitioned to college coaching after fourteen years of experience at the youth level, including Washington State Elite Player Development, Seattle Sounders FC Youth Development and most recently Seattle United. In addition, Dave held a health teacher position at Garfield High School in Seattle, after earning a Masters in Teaching from Seattle Pacific University. His playing career includes University and Seattle Wolves FC (PDL).

Dave's has earned coaching qualifications through the English Football Association (FA), National Soccer Coaches Association of America (NSCAA) and United States Soccer Federation (USSF).



Ron Feary - Assistant Coach

Ron played soccer for Hartwick College (NCAA Division I) and has a reputation for success coaching at the youth levels, including seven Virginia State Championships. He holds a USSF "A" License and a NSCAA Director of Coaching Diploma.

Ron supplements his work in the program with a variety of other roles, including Head Coach for the Boys Soccer Varsity team at Bellevue High School, Director of Coaching at Eagleclaw Football Academy, Guest Coach for Greater Seattle Surf Developmental Academy, and WYS Coaching Education Instructor.



Brice Boum - Assistant Coach

Brice played soccer in Cameroon before moving to the United States at the age of twenty-three. He played soccer at Edmonds Community College before transferring to play soccer at Evergreen State College and complete a degree in Computer Science.



David Lovas - Assistant Coach

A Bellevue College alum, David attended Bellevue High School, playing at the Varsity level, and earning First Team All Kingco 3A selections his junior and senior years. During his time at Bellevue, David was a two-year captain and played at the PDL level during the summer for Crossfire (Redmond, Wash.)



Johnny Wong - Head Goalkeeping and Assistant Coach

A Bellevue College alum, Johnny attended Ballard High School, playing at the Varsity level his senior year. He played soccer at Bellevue College before transferring to play soccer at Northwest University and complete a degree in Business Administration.

Johnny has played semi-professional soccer with Bellingham United and Seattle Wolves and currently coaches at Seattle United



Tiffany Mallick - Athletic Trainer

Born and raised in California, Tiffany played collegiate soccer for five years (three as captain) at California State University and California Baptist University. Tiffany is a certified Personal Trainer and currently supplements her work in the program as the Athletic Trainer with the Sounder Women

Our Vision

Through a culture of excellence, to operate a program that makes a positive impact on the Bellevue community. For our players, to maximize their growth on and off the field and to give them the best opportunity to transfer and play soccer at a four-year school.

We are responsible for creating the best environment to develop players mentally, tactically, technically, and physically, and to model the qualities that will allow them to emerge as leaders and role models in society.

Our players must have the best character and continually prioritize team unity through their actions to enable them to leave a legacy through their continued positive contributions to the program.

Our Standards

Coaching Staff

The coaching staff must model the actions that they wish to see in the players. Our standards are as follows:

1. **Feedback:** we are honest.
2. **Cohesion:** we make decisions together.
3. **Adaptability:** we adapt to make the best decisions depending on the situation.
4. **Growth:** we continually reflect to improve.
5. **Commitment:** we are fully committed to the program.
6. **Respect:** we respect the game and have class.
7. **Teaching:** we create an optimal environment for learning.
8. **Player health:** we are strategic in planning training intensities to optimize player health throughout the season.
9. **Our health:** we strive to continually improve our mental and physical capabilities.

Team Standards

A culture of excellence emerges through trust, team unity and the quality of relationships developed between each player. Each year the Bellevue College Men's soccer team collaborates to develop a list of team standards – what players hold each other accountable to. The 2016/2017 team standards were as follows:

1. **Education:** we are student athletes, attending Bellevue College to get the best education possible.
2. **No excuses:** we control our excellence.
3. **Character:** our character is determined by our reactions.
4. **Accountability:** we model what we expect from each other.
5. **Trust:** we believe in each other.
6. **Unity:** our achievements are dependent on our sacrifice for each other.
7. **Care:** we have each other's backs.
8. **Respect:** we respect others and our surroundings.
9. **Preparation:** our days are planned, we are on time, and we look after our bodies.
10. **Soccer Intelligence:** we must scan and plan.
11. **Switched On:** transition and set-pieces change games.
12. **Poise:** we are calm and focused under pressure.
13. **Flexibility:** we can handle any situation; we don't complain.
14. **Humbleness:** there is no end to how much we can improve.
15. **Simplicity:** we play simple when simple is on.
16. **Attitude:** we are positive, resilient, and optimistic.
17. **Pride:** we represent and honor the three fundamental values of the program: *character, unity* and *legacy*.

Our Playing Style

Our program aims to produce instinctive, adaptable, and creative attacking players with optimal awareness; players who change the tempo of the game and penetrate when the opposition defensive structure allows, using the simplest and most efficient actions or improvisation to create the highest amount of high potential goal-scoring opportunities.

Defensively, we aim to utilize players that demonstrate the body language, intensity and focus to regain control of the game as quickly as possible to inhibit the opposition mentally and physically.

Please see our style visually by watching video clips on our Facebook or Instagram pages.

Our Environment

Our program enhances performance through the strategic implementation of technical, physical, tactical, and psychological training. Since every player is different we individualize our approach for each player. We use the following training tools to create an environment of continued growth for each player:

- **Daily rituals for excellence (what is your purpose? when and what will you eat? what time will you sleep? We will guide you to proactively structure each training day to get the best out of yourself. The details matter and nothing is left to chance.**
- **Technical training videos (individual and small group) to build muscle memory and continually improve the execution (speed, accuracy) of your decisions.**
- **Periodic fitness assessments to make you the most robust athlete possible, leading to decreased risk of injury and improved performance.**
- **Training seminars – performance psychology, nutrition, drug education.**
- **YouTube/Twitter/Vimeo channels that are updated with videos to enhance your understanding of the game.**
- **Position specific roles and responsibilities – what’s expected of you in your position to make the best impact for the team.**
- **Video analysis – all games and many practices are filmed. Game footage is stored on the Krossover game film website and can be viewed within twenty-four hours of a game being played.**
- **Daily What’s App communication covering all aspects of the game.**

How we Teach

To implement effective practices, we draw on past experiences and the latest scientific literature. Our program has a set of guiding principles used before during and after sessions to give you the best training experience possible:

Pre-Session Planning

- Develop appropriate session objectives – what do we want the players to achieve? How and why? What area of the field? Is the practice realistic?
- Timing considerations to ensure the highest quality, level of challenge and focus on appropriate physical performance components through consideration of:
 - number of players working at any time and their work to rest ratio
 - size of practice area
 - duration of each activity
 - number of intervals
 - volume
- Instill competitive edge and make the sessions enjoyable through:
 - player goals
 - team goals
 - points systems
- Ensure all players are challenged - are they making enough decisions under enough pressure?
- The highest possible 'ball in play' time through:
 - Efficient transfer time between practice structures.
 - Incorporating instant transition mechanisms
 - Efficient coach communication

In-Session Aims

- Influence players through enthusiasm and body language.
- Positively reinforce what is going well.
- Adapt the session according to what is observed.
- Be patient – give players ownership to fix mistakes.
- Appropriate mix of coaching styles.

Post Session Reflection

- Was there an improvement in performance in relation to the objectives?
- What would be changed to improve the session?

Schedule

New Recruits Timetable of Events

<u>Date</u>	<u>Action</u>
Varies	Receive and submit letter of intent to Bellevue College
Week after high school graduation /rest of June	New team meeting
June and July	Attend team training (modified schedule) Complete Bellevue College Compass Test Register for Fall classes
August 1st – Mid November	Full time on-field training
Middle of November - January	Recovery/Cross Training
January – March	Modified Training Schedule
April – May	Full time on-field training, scrimmages (spring season)

Training Schedules

On-field training sessions run from 1-3pm. When registering for classes, students must schedule accordingly so that they are able to attend all team events.

In-Season Training Schedule (August, September, October, November)

<u>Day</u>	<u>Time</u>	<u>Structure</u>
Monday	1:00 p.m. – 3:30 p.m. Varies	Team Training Gym Workout
Tuesday	1:00 p.m. – 3:00 p.m.	Team Training
Wednesday	Varies	Game
Thursday	1:00 p.m. – 2:00 p.m. 2:00 p.m. – 3:00 p.m.	Film Review Recovery/Team Training
Friday	1:00 p.m. – 1:45 p.m. 1:45 p.m. – 3:00 p.m.	Film Review Team Training
Saturday	Varies	Game
Sunday	Player Choice	Individual Player Recovery

Modified Training Schedule (June, July, January, February, March)

<u>Day</u>	<u>Time</u>	<u>Structure</u>
Monday	1:00 p.m. – 3:00 p.m. Varies	Team Training - Coach Led Gym workout
Tuesday	1:00 p.m. – 3:00 p.m. Varies	Team Training – Player Led Gym Workout
Wednesday	1:00 p.m. – 3:00 p.m. Varies	Team Training – Coach Led Gym workout
Thursday	1:00 p.m. – 3:00 p.m. Varies	Team Training – Player Led Gym workout
Friday	1:00 p.m. – 3:00 p.m. Varies	Team Training - Player Led Gym workout
Saturday	Varies	Recovery
Sunday	Varies	Recovery

Eligibility and Financing Your Education

Eligibility

To maintain eligibility in their first year, players must *enroll* in 12 credits each quarter (fall, winter, spring), and *earn* 10 credits per quarter, and maintain a cumulative GPA of 2.0

To maintain eligibility for participation in year two, players must have:

- accumulated 36 credits
- a 2.0 cumulative GPA
- Passed 10 credits for the last quarter that was enrolled prior to the fall season

Financing Your Education at Bellevue

Bellevue College is an economical method to begin your college education. In addition to athletic scholarships and waivers, there are multiple ways to pay for your education:

Tuition Payment Plan (Self Pay)

The Tuition Payment Plan allows for a convenient automatic payment of your tuition and fees in monthly installments each quarter. Visit:

<https://www.bellevuecollege.edu/enrollment/financial/pplan/>

Financial Aid and Grants

Federal Pell Grants, Federal Supplemental Educational Opportunity Grants, State Need Grants, BC Grants, State or Federal Work Study, Stafford Loans Subsidized/Unsubsidized, and Parent Loans (PLUS). Visit the BC financial aid website at: <http://www.bellevuecollege.edu/fa/>

Scholarships

The Bellevue College Scholarship Resource Program helps students locate funding for their education. To learn more, visit:

<http://www.bellevuecollege.edu/scholarships/>

The BC foundation also provides opportunities for scholarships. Visit their website:

<http://www.bellevuecollege.edu/foundation/>

Third Party Funding

Options include state or federal tuition programs, Guaranteed Education Tuition Program (Get 529 Plan), or employee funded tuition.

Athletic Scholarships and Waivers

The men's soccer program provides financial assistance to players inside NWAC boundaries through scholarships and waivers. We award scholarships and waivers based on an estimate of the number of players that are rostered in the program. Scholarships and waivers can be awarded for a maximum three out of the four quarters.

Do You Have What it Takes?

The Bellevue College Men's Soccer programs strives for continued excellence which demands a culture of continued reflection for growth. Below is a list of qualities that are critical in providing a self-evaluation for your potential to positively impact both the program and yourself.

Are you:

- available to train year-round and attend team building events and training seminars?
- able to attend all practices and games unless you are sick or have an emergency (academic or employment conflicts are not accepted)?
- someone that has a growth mindset (example: receptive to feedback)?
- always open to doing what's best for the team?
- able to maintain academic standards for continued eligibility?
- able to adopt appropriate recovery procedures (example: getting optimal amounts of sleep).
- able to balance academics or other roles outside the program while meeting expected commitments to soccer program?

Next Steps

We hope this booklet was helpful and we look forward to meeting you soon. In seeking the best possible people for our program, we prioritize human qualities to compliment the talent you have demonstrated. Please consider the following prior to us meeting to provide us with the best reflection of who you are:

- **What are your biggest strengths on and off the field?**
- **What do you need to work on most on and off the field? Or how can we help you most?**
- **What do you do outside of soccer to improve yourself or positively impact others?**
- **How effective are you at developing optimal relationships? Why?**
- **How will you benefit the program most?**

With our comprehensive recruitment process involving field observations, informal interviews, and character references, we are confident that if selected, we (and you) will ultimately benefit. Regardless of the outcome, thank you for considering us and wish you continued success on and off the field!