

Bellaire Women's Soccer

Who We Are

- ✓ We have a 'Hard Work. Team First.' mentality.
- ✓ We are givers not takers.
- ✓ We compete and take pride in outworking everyone.
- ✓ We value constant and transparent communication with coaches, players, and parents.
- ✓ We will challenge, motivate, and inspire players to be the best version of themselves.
- ✓ We hold players accountable for high standards on the field, off the field, and in the classroom.
- ✓ We take supreme pride in the details.
- ✓ We place a heavy emphasis on advanced scouting and game planning.
- ✓ We embrace the journey and do not forget to have fun.
- ✓ We love the grind.
- ✓ We are honest, humble, and have no ego.
- ✓ We have no fear, no panic, and show strength in calmness.
- ✓ We listen to understand.
- ✓ We are demanding and not demeaning.
- ✓ We are community and school conscious.
- ✓ We place an emphasis on giving back.
- ✓ We have a year-round championship culture.
- ✓ We do not underestimate the power of thank you and a smile.

How We Play

- ✓ Create the toughest schedule possible for both teams.
- ✓ We play with unmatched passion and enthusiasm.
- ✓ Develop yearly system/formation that caters to the strengths of our team that season.
- ✓ Core philosophies regardless of player strengths: Value possession of the ball, keep field spaced, play less direct; more switching the field to flanks, offense is built from the back, everyone has a defensive role and mindset.
- ✓ Keep our heads down and work. Not flashy, selfish, or over-celebratory.
- ✓ Work with boys coaches to combine field work as much as is mutually beneficial.
- ✓ 1000 touches per day program. Every outside day ball skills/footwork addressed.
- ✓ In season up tempo practices with specific goals for each session.
- ✓ Establish routines and best practices for every detail of game day and pre-game.

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What We Do

- ✓ Consistent monitoring grades, attitude, social media, etc. throughout year.
- ✓ Weekly senior leadership training (additional meetings for captains).
- ✓ Weekly journal entries/strategy sessions for all players.
- ✓ Team bonding on and off the field.
- ✓ Daily communication, updates, and encouragement with Groupme texts.
- ✓ Open door policy for players and parents.
- ✓ Empower seniors with delegating significant tasks throughout year.
- ✓ Working with, scouting, and getting to know middle school coaches and players.
- ✓ Keep intensity level high throughout year by competition and a practice environment that in many ways is tougher and more difficult than a game.
- ✓ Pre-season Cardinal Commitment Program (timed mile, beep test, individual goal setting, personal growth plan, peer voting).
- ✓ Pre-season Top 10 Cardinal competition board (beep test, mile, gpa, points, compete)
- ✓ Pre-season fundraiser that gives back to community (fourteenforteens).
- ✓ Pre-season coaches working out with players/held to same standard.

Where We Are (2010-2011 to Present)

- ✓ Head Coach: Coach Thompson 2010-Present, Varsity Assistant: Coach Garner 2013-Present, Junior Varsity Coach: Coach Toy 2012-present.
- ✓ Back to Back to Back District 20-6A Championships.
- ✓ Junior Varsity undefeated district champions five years in a row.
- ✓ Varsity District Record last three years: 39-1-2.
- ✓ 100% graduation rate / 100% college entrance rate.
- ✓ 10 current/former collegiate soccer players in Thompson era.
- ✓ Donated \$10,000+ to charity.
 - ✓ Overall average team gpa above 3.5; Class of 2017 average gpa above 4.0.

