

# GU12 Select Coach Profile 2018-19

## Head Coach – Jay Cowles

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## Coaching history (ten years)

Was Head Coach for the following teams:

BBGC 4th/5th Grade Girls (Spring 2001)

Newport Shooting Stars GU12 (Fall 2001)

BBGC 6th/7th Grade Girls (Spring 2002)

Lake Hills Wildcats GU13 (Fall 2002)

BBGC 4th/5th Grade Girls (Spring 2003)

Lake Hills Wildcats GU14 (Fall 2003)

Lake Hills United G91 Select (2004 to 2010)

Lake Hills United G07 Select GU11 (2017)



## The team

In its first year, Lake Hills United G07 put in a successful showing, thanks to solid defending and good progress in learning how to play possession-style soccer. After playing in two summer tournaments, the team went on to be undefeated in fall-league play, allowing only two goals against during the twelve-game season. In State Cup, the team played competitive soccer in its group-stage games and was able to advance to the quarter-finals.

This year, the team will remain focused on learning how to play possession soccer, with an emphasis on attacking play into the finishing third of the field, as well as defenders being more involved with our attacking game. Also, I'll be stepping up the level of time spent on position-specific training, keeper training, and fitness.

## My Select coaching career

Previously, I was Head Coach for the Lake Hills United 91 team for six seasons, which covered the U13 through U18 levels. The team had a core group of players, with nine girls playing on the team for five consecutive years. United 91 got progressively better each year and, in the final season, it finished first in its division in Washington State League GU18-19 play, becoming the only team in club history to finish in first place at the State League level. That season ended with a total of four United 91 players being named to KingCo All-League teams. I'm confident the current G07 Select team has potential to play at a similar level or higher, going forward.

## Coaching licenses

USSF National E License (2001)

USSF National D License (2003)

## **Other soccer info**

I played soccer while growing up in Bellevue, then played on JV and varsity teams while at The Lakeside School in Seattle. Over the years, I've attended numerous coaching clinics and conferences, including coaching events in Orlando, Kansas City, Las Vegas, and Salt Lake City. In 2005, I was honored as Select Coach of the Year by the Lake Hills Soccer Club (LHSC). Received a USSF Grade 8 Referee license in 2006. In 2008, I was Head Clinician for a U9 Coaches Clinic sponsored by the LHSC; I created the curriculum and written content and ran sixteen weekly sessions, which were attended by sixteen recreational teams. I'm also an active member of the United Soccer Coaches organization.

## **Personal info**

I'm the owner of Financial Research, Inc., a Registered Investment Advisory firm which I founded in 1990. Graduate of The Lakeside School in Seattle and the University of Washington. Earned my private pilot's license in 1974. Married for 36 years, I have two daughters, ages 27 and 31.

## **Philosophy**

At this age level, the focus has to be on players having fun. If they're not having fun, they'll vote with their feet by quitting sports altogether. That's a big reason why an estimated 70% - 80% of kids quit sports by the time they reach age 15. So, especially in the early years of Select soccer, my goal is to make it fun, while teaching soccer intelligence and building soccer skills.

Injury prevention becomes increasingly important as players get older. Since girls are 4 to 6 times more likely to sustain ACL injuries than boys, I blend ACL-injury prevention into our practices and utilize the Santa Monica PEP (Prevent injury, Enhance Performance) Program. In addition, I strictly adhere to concussion protocol and, for older players, keep heading practice to an absolute minimum.

The great coaches, like John Wooden, see themselves as educators and try to teach players on an individual basis. And, while coaching soccer technicals and tacticals is important, youth soccer also presents a huge opportunity to build players' character traits and teach values, such as personal responsibility, mental and physical toughness, determination and commitment, and self-confidence. I've seen it happen. And, if it's done right, players may look back, some 20-30 years later, and remember their Select soccer experience as one of the best things they ever did and one that helped them grow, both on and off the soccer field.

## **Parent testimonial**

"I am writing this recommendation on behalf of Jay Cowles, who has been my daughter's soccer coach for the last five years. I highly recommend Jay as a coach at any level of soccer. Jay is the perfect coach as he teaches fundamentals, both skill and strategy. Most of all, Jay's personality is, in my opinion, perfectly suited for youth sports. He is very patient, never raises his voice, or shows "angered" disappointment. He stresses good sportsmanship and leads by example. I feel I am a good judge of coaching as I played from age eight through high school and in adult leagues. I've coached boys and girls soccer as well. This being said I would wholeheartedly endorse Jay to coach soccer."