



BU15 Select 2020-2021

My name is Currin Cyr (coach Currin) and I have been a volunteer LHSC Select and Rec coach going on 20 years as well a board member for just about as long. LHSC is a great organization and my experience coaching five Select & two Rec teams over the years has been very rewarding. I am joined by my two valuable assistant coaches (former players of mine) who bring a younger perspective to the team that the boys really enjoy. We also have a father of a player help with team conditioning/fitness.

LHSC Select soccer is a great opportunity for a player who craves a higher level of competition than Recreational soccer, but who also desires variety in their activities throughout the year. Additionally, it is great for parents wanting less of a soccer time/financial commitment as compared to Premier soccer. I highly encourage my players to try other sports and have other interests beyond Select soccer, but just ask they make LHSC Select soccer their sport priority in the fall season (Sep-mid Dec) and state cup (Jan-early Feb).

My philosophy: family and school always come first with my players. Both are vital in your son's development as you know. Select soccer provides additional opportunity for their growth as players and individuals. Providing players a balance of soccer coaching and life coaching is important to me for developing the boys into young men. Success for my teams isn't solely defined by a win/loss record, but also the growth/progression of the team and individual players on/off the pitch.

We want to build upon last year which was our second year in Division 1. The team's progression from the prior year (BU13) was significant as they finished 4th versus 7th the prior year. They competed and even beat the established top-level teams, some for the first time ever. In addition to fall Division 1 league play, the team took first place in the final summer tournament (River Jam) and participated in the Founders Cup Gold division making it to quarter-finals. We plan to play in NPSL Division 1 again this fall and look to improve up our successes and continue developing the team as a Division 1 top-level contender.

We are seeking players with a passion for soccer who are ready to have FUN! They should be focused and talented individuals self-motivated to learn and put forth 110% effort every match/practice. These individuals need to be team players and respect their teammates, coaches, referees & fans.

In return, we will provide a structured and positive learning environment on the field that will also help them off the field as they become young adults. This will include a competitive environment and individual skill development. My goal is to provide a Premier level experience at a Select level of time/financial commitment.

Practice:	2x per week (day/time TBD) starting June or when deemed safe by govt/health officials
League:	North Puget Sound League (NPSL) – 12 matches September to mid-December
Tournaments:	Summer (TBD) – 3 tournaments (one out of town/overnight) January - February: state tournament (Founders or Presidents Cup) March - April: spring league (optional)
Travel:	Puget Sound region - Tacoma to Bellingham, Carnation to Olympic Peninsula
Cost (estimate):	\$500 (Fall season registration fee) \$150-\$315 (Adidas kit, warm-ups, bag, etc.) \$250 (tournaments – 2-3 summer + state cup) <u>\$ 50 (miscellaneous)</u> \$950-\$1,100 (estimate doesn't include travel, party, etc.) Note: scholarship/financial assistance available for those who qualify



Select Coaching Philosophy

- **EVERYDAY**
 - Provide players a balance of soccer coaching and life coaching
 - Life priorities fall season & state cup: Family → School → Select soccer → Other
 - Create a FUN!!! environment on and off the pitch
- **PRACTICE SESSIONS**
 - Continue developing a player's individual skill
 - Build upon the concepts of team play in conjunction with individual skill
 - Pre-plan each session with a specific goal in mind
 - Sessions progress from individual games to small-sided games
 - Team play practiced through the use of small sided games (ie. 4v4, 6v6 etc.)
 - Stop play briefly when there is a coachable moment and then let play resume
 - Empower players to help their teammates improve
 - Motivate players to improve their skills outside of team activities
 - Encourage all players to be leaders
 - Make the sessions fun!!!
- **GAME DAY**
 - Reiterate the learning of recent practice sessions
 - Positions –
 - Utilize players in multiple positions to develop multiple skills and understanding of the game
 - Provide opportunity for players to earn the ability to play the position of choice
 - Play in position of expertise during close games
 - Playing time –
 - Every player gets playing time, no permanent bench players
 - Rec soccer; players lose time vs Select Soccer; players earn time
 - Playing time is not necessarily equal amongst all players every game, but over time should be equitable
 - Importance and closeness of a game may have effect on playing time
 - Effort/attitude issues will negatively affect playing time
 - Strategic sideline coaching vs “joystick” coaching –
 - Players making their own decisions on the field
 - Provide guidance more during stoppage of play and less during play
 - Match results –
 - Win/loss record doesn't solely define success of a team
 - Growth/progression of the team and individual players on/off the pitch are equally, if not more important

BU15 Select Coach Profile 2020-2021



Head Coach: Currin D. Cyr (Coach Currin)
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Bellevue, WA 98008
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Work Phone#: (425) 861-2084
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E-mail: currin_cyr@hotmail.com
Age: 50
Risk Mgt. Clearance: Expires 04/30/2020



Soccer Background: 2002 – present Men's & Co-Ed Indoor (Arena Sports)
1975 – 1988 LWYSA youth player age 6-18 (recreational & select)

Coaching Background: [Select \(Lake Hills Soccer Club\):](#)
2016-present Hurricanes (boys coach) – Select NPSL Div. 1-2 (overall record 63W-55L-7T)
2014 Diablos (boys co-coach) – Select NPSL Div. 1 (record 13W-12L-1T)
2010-2013 Velocity (boys coach) – Premier Div. 2&3 (record 65W-34L-13T)
2008-2010 Titans (boys co-coach) – Premier Div. 2,3&4 (record 38W-25L-7T)
2002-2007 Pumas (boys coach) – Select/Premier Div. 2,3&4 (record 105W-38L-22T)
[Recreational \(Lake Hills Soccer Club\):](#)
2013 – 2015 Lake Hills Hurricanes (record 22W-10L-1T)
2000 – 2001 Lake Hills Comets (record 35W-5L-2T)

Coaching License: "D" National License U.S. Soccer Federation (June 2001/2005)
"E" National License U.S. Soccer Federation (2000)

Coaching Awards/Other: LHSC Recreational Coach of the Year (2015)
LHSC Club Select Coach of the Year (2007 & 2009)
Coordinated/coached 4 LHSC Club Select teams in Europe (summer 2004, '06, '09 & '12)
WYS State Cup quarter, semi & finalist

Other Experience: 2013 – present: LHSC Board Member & Practice Field Scheduler
2001 – 2012: LHSC Board Member & Referee Coordinator
1994 – 2000: Big Brother (Big Brothers of King County)

Education: 1992: B.A. in Business Administration from University of Washington

Professional: Senior Business Analyst, Sales/Marketing (Nintendo of America Inc.)

Coaching Philosophy: Learn from your mistakes and the mistakes of others. Push yourself to achieve your best and be proud of those achievements no matter how big or small on and off the pitch.



Asst. Coach: Brett Hightower (former player)
Age: 27
Risk Mgt. Clearance: Expires 04/30/20
Coaching Background: 2016-2019 LHSC Select Hurricanes (asst. coach)



Asst. Coach: Connor Hood (former player/goalkeeper)
Age: 26
Risk Mgt. Clearance: Expires 04/30/20
Coaching Background: 2016-2019 LHSC Select Hurricanes (asst. coach/keeper coach)