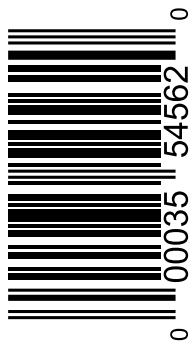


BSC 23



Official Magazine of Brighton Soccer Club Texas

NOVEMBER 2023
ISSUE NO 1





Embracing The New

"When you focus on the players, wins come. When you focus on wins, the players suffer."

Embarking on a new venture, whether it's launching a business, exploring a fresh hobby, or establishing a youth soccer club, inevitably presents its own set of challenges. Yet, from the moment Calie and I made the choice to relocate to Texas in January, what has truly resonated is the remarkable sense of community. Here, people seem to demonstrate a sincere desire to watch over and support one another and the community spirit seems genuine.

We initially had no specific criteria in mind when forming our first team in terms of age, gender, or skill level. I

allowed the process to naturally evolve over time, and I must admit, it was quite a rollercoaster ride! The inception of our first team occurred in a rather organic manner. Some players were seeking a fresh start and a renewed passion for soccer, while others were eager to receive better coaching and development.

I consider myself incredibly fortunate to have had the opportunity to launch BSC with this O8G team. With a diverse blend of personalities, strengths, and attributes, this team is not only a joy to work with but also shares a common

goal: to love the game while striving for success. And succeed they will.

The BSC 23 Magazine serves as a platform to showcase all of our club's activities, both on and off the soccer field. As our club continues to grow, this magazine will expand, becoming a hub for our entire community (and outside friends, family and soccer enthusiasts) to stay connected and engaged with one another and the club.





NEW ADDITIONS

Life has its way of unfolding in amusing ways. July 1st marks the "official signing day" in NTX, and initially, we had 12 players commit to our team. As any coach understands, a successful team requires more than that to truly foster team spirit and ensure there's enough depth to persevere through the season, accounting for injuries, illnesses, and

family obligations. Over time, our squad expanded to 15 players, and just like that, we had a fully-fledged team. I'd like to extend a heartfelt thank you to the parents and players who placed their trust in us, allowing us to bring in additional players and embrace the unknown.

The girls were thrilled to

receive their new uniforms, and there was a special sense of pride when they donned their home and away jerseys, complete with their names on the back. Wearing your family name on your jersey always brings a unique sense of honor.

We've participated in friendly scrimmages, taken part in a tournament, are currently competing in the Classic League, and have two more tournaments on the horizon to round out 2023. Through it all, the girls have shown remarkable resilience as they've grown accustomed to one another and adapted to our playing style.





JULY 25TH 2023

On this date, our BSC 08G team stepped onto the pitch for their very first friendly match against Steel United.

AUGUST 4TH 2023

BSC 08G's Inaugural Official Match, Goal, and Victory: This date will forever be etched in our club's history as our BSC 08G team competed in their first official game. Not only did they score their first goal, they won the game.



AUGUST 20TH 2023

Club Captains were announced: Mia Goethals & Emerson Meeks.

AUGUST 26TH 2023

BSC 08G's entered into Girls Classic League with 9 other competitive teams.



CAPTAINS



For me, being a captain means being a positive and uplifting leader for your teammates. It means being consistent and always being someone for your peers to look up to. So far, I have seen so many improvements in the team in such a short amount of time. From our first touch, to learning each other's playing styles, there is an incredible amount of improvement happening. I am so excited for our team to keep getting better and better. I am also so excited to keep learning from the excellence of our coaches. I have seen so much growth in me as a player in the past six months, than I have in years. With being captain, I hope to create a safe environment for these girls. I want them to feel free to tell me how they feel and if they need anything from me as their captain. I love being a captain of this team, and I am so happy Nic selected me to lead and grow with these girls.

EMERSON MEEKS *13

To me, being a captain means acting as a leader. It means showing up to work hard even on the bad days while having a good attitude. It also means to not just be a teammate but a friend who is there for their teammates outside the field. While being on this team we have had a huge amount of improvement in a very short amount of time. We've gotten better at our playing speed, passing, first touch, and communication. Something i'm excited for is building relationships and being more comfortable and open with one another. I'm also excited for more tournaments and games to see our improvement even more. I've seen so much improvement from everyone already! As a captain I want my teammates to be able to talk to me about anything, from something about games or practices to something outside of soccer. I have really enjoyed my time as a captain and I really love playing on this team. I always look forward to practice and games and seeing everyone. I'm so grateful I was chosen to be captain.

MIA GOETHALS *9



LUKE DEATS - DEALING WITH A LACK OF PLAYING TIME

Playing college soccer has always been a dream of mine. I have always wanted to compete at the highest level possible and pursue a professional career after college. My four years playing college soccer have encompassed some of the best and worst moments in my career. During practices, I consistently performed well and believed I would secure a spot in the starting lineup every year. However, each year I fell short, resulting in limited playing time. The only time I managed to start a few games was when our coach benched the regular starters for not meeting the required performance standards.

My senior year in college proved to be the most frustrating in terms of playing time. Although I participated in all pre-season games, I only received about 20 minutes of playing time per match and struggled to get possession of the ball. When I did have the ball, I often felt pressured because my coach had been emphasizing for years that I should avoid losing possession. This constant pressure affected my freedom, creativity, and confidence.

During practices, I excelled as one of the best, if not the best, attackers on the team, mainly because the coach didn't constantly pressure me to

retain the ball. In games, I consistently underperformed because I was hesitant to take on opponents one-on-one, which was my specialty. Thus, during our regular season games, I remained on the bench and received minimal playing time.

An injury sustained during practice added to my frustration, leading to depression. I was unable to play the game I loved and struggled to meet the coach's expectations during games. Throughout this challenging period, I sought





solace in prayer and the support of family and friends who motivated me to continue playing true to myself.

One day, I decided to disregard the coach's demands and played with confidence in my own abilities. During a practice, despite still being partially injured, I asked to rejoin the team. A week later, we played our final weekend of the season. To my disappointment, on Senior Night, when all seniors were starting, I was the only senior left out. It was heartbreaking because I had hoped to be on the field with my class for one of our last home games.

However, 20 minutes into the second

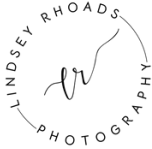
half, the coach instructed me to warm up. I entered the game and immediately began playing the way I used to play. It felt like I had finally rediscovered my true self on the field, and I was smiling and enjoying the game. Playing authentically and having fun always brought out the best in my performance. I scored two goals in my first game back after my injury and another goal in the next game. While I still didn't receive the minutes I believed I deserved, I was finally playing true to myself, which brought me immense happiness and confidence in my game.

In conclusion, I have learned that the

key to maintaining focus and delivering your best performance in soccer is to understand your abilities, have confidence in your game, and not let anyone tell you that you can't achieve something. Don't fear losing the ball because perfection is unattainable, and mistakes are a part of the game. When you make a mistake, work hard to regain possession and strive for improvement next time. Soccer is a dynamic game, and no one is flawless. Play to your strengths, enjoy the game, and be your true self.

OUR RELATIONSHIPS

Every partnership comes with their own mission and journey, so it is only fitting we are connected! You will see our partnerships on our home and away jerseys as well as our website and social media platforms.



TeamPlayR is another local organization dedicated to connecting players with the perfect club soccer team to help them achieve their goals. As much as we would love all players to check out BSC, every player and family is looking for something that suits their needs

Stretch Zone Allen will unlock greater physical abilities for all players and parents! Athletes who are introduced to practitioner-assisted stretching learn their body's limitations and increase spatial awareness. Increased spatial awareness allows you to better assess the state of your muscles and injuries, and also provides a sense of control and confidence, ultimately determining peak performance.

If you're seeking to arrange an exceptional and one-of-a-kind birthday celebration for your children, or just seeking education on his reptile sanctuary, check out **Kade's Wildlife!**

Lindsey Rhodes Photography - Lindsey is a self-taught lifestyle photographer based out of McKinney, Tx. She specializes in photographing families, seniors and couples. Being able to capture your most special moments and help turn them into memories that will last a lifetime is her greatest honor!

Memory Maker is a top provider of photo booth and 360 video booth rentals serving Dallas, Fort Worth & surrounding areas. Their mission is to make your event unique and memorable by providing guests with a modern and entertaining photo booth experience. They are fun, upbeat, engaging and we have a passion for creating lifelong memories with the photo booth."

The Soccer Corner - Their mission is to offer the best products and services that inspire players to elevate their game and play with passion and confidence.

THE EDGE FRIDAYS.



Our optional Friday practice sessions (held twice a month) are designed to equip players with essential tools for gaining a competitive edge. These sessions focus on enhancing their endurance and strength while also prioritizing mobility, flexibility for injury prevention, and refining footwork.

These sessions are divided into two segments: The first part, led by Nic, will concentrate on the specific skills development. Receiving the ball from a throw, quick fire turning and shooting, how to defend one v one etc. The second part, under the guidance of Calie, concentrates on mobility, flexibility, and recovery techniques to minimize the risk of injuries.

Many of our current girls are actively involved in both high school and club soccer, which can lead to increased susceptibility to injuries due to fatigue and limited recovery time between practices and games. Without proper conditioning, they may experience faster fatigue during matches, decreased speed and strength, and increased vulnerability to injury. Our objective is to address these

concerns through supplementary training and education.

In addition to the physical training provided during these sessions, Calie also covers female-specific nutrition and recovery strategies to enhance the girls' well-being both on and off the field. Some parents have privately shared with Calie that their daughters are facing hormonal challenges affecting their menstrual cycles. This is a growing concern among young female athletes, impacting their performance, focus, energy, and confidence on the field. Calie offers guidance to help the girls maintain healthy, consistent, and mostly symptom-free menstrual cycle and provides information and tips that they can choose to apply at their discretion.



As the club grows, so will “The Edge Fridays”. Our goal is to always give more opportunities for education and wellbeing both on and off the soccer field.



RIYA CHHAYA - Entrepreneur

I started playing soccer when I was 3 years old, and have loved the sport ever since. Throughout the years, I have played on many teams. Last year, when my old team disbanded, I tried out for many different teams, including Brighton Soccer Club. In the end, I joined BSC. The level of play, coaching style, and girls on the team made it the right choice. I think it is exactly what I need to get to the next level.

Another extracurricular that I love is my podcast, Riya's Ramblings. I started my podcast during the pandemic in 2020.

The podcast is about everything, from interviews, to history, to even vacations! I have published 74 episodes, and I hope to keep going as long as I can. This podcast has taught me people skills and speaking skills. At first, I was really nervous, and I didn't speak the best, but as I published more and more episodes, I got better at these skills. I have more confidence in my voice as well. Also, I realized how much work it is to record, edit and publish an episode.

I can't wait to keep publishing this podcast, and to see where it takes me! Give it a listen using the links below, and email me about anything and everything! You will get a shoutout!

Click below to access Riya's Ramblings

[Spotify](#)

[Apple Podcasts](#)

Media Day

Who doesn't love the opportunity to have their picture taken? Throughout the year, our official club photographer, Lindsey Rhodes, will capture striking feature photos of each BSC team, plus dynamic action shots during games.





Tip: Starting the day with a little fiber can dramatically improve their blood sugar response for a full 24 hours reducing mood swings, cravings, and fatigue. Find one veggie they like and get them to eat a few forkfuls before they jump into cereal or pop tarts.

HEALTHY OPTIONS

TRUSTWORTHY BRANDS AND PRODUCTS

Volume I: Food

BABY FOOD

- Amara Organic Baby Food
- Little Ducks Tiny Fruits
- Loulouka Baby Formula
- Nurtur Me Yum-a-Roos
- Once Upon a Farm Pouch
- Serenity Kids Pouch
- Veggie Goes Veggie Strips
- What Up Baby Cereal

BAKING ESSENTIALS

- Arrowhead Organic Spelt Flour
- Bob's Red Mill
- Julie's Real
- Nutiva
- Raw Local Honey
- Simple Mills
- Pamela's Baking
- Coconut sugar
- Turbinado
- Stevia: Whole leaf only (read ingredients)

BARS

- Larabar
- Raw Crunch Bars
- Rise
- Rxbar
- PaleoValley
- Perfect Bar
- Simple Squares Organic
- Thunderbird
- Aloha



BREAD

- Ezekiel
- Select Udi's- read ingredients
- Happy Camper
- Nature's Path
- Unbun
- Base Culture

BROTH

- Pacific Foods
- Kettle and Fire

CEREAL

- Two Moms in the Raw
- Ezekiel
- Magic Spoon
- Nature's Path
- Woodstock 5 Grain Cereal

Our kids are impacted by what they eat every day. It impacts their energy, their cognition, their memory, their attitudes, and their sleep. It also impacts how they show up for practices and games after a long, busy week of school, their likelihood of injury and their ability to recover.

We have zero expectations of perfection and never want to teach a message of good foods and bad foods or restrictions. Everything is on the table. It's more about how much and how often and whether or not they're getting the nutrients their bodies need to process out the things that are in some of the less healthy choices. Can they reduce their sugar and toxin intake without feeling deprived? The answer is yes!

Here are some of the brands we love and use that help us reduce the amount of toxins and sugars coming into our bodies without feeling deprived.

TRUSTWORTHY BRANDS AND PRODUCTS CONT.

Volume I: Food

MILK

- Horizon
- Organic Valley
- Simply Nature Organic
- Simple Truth Organic
- * Only if you tolerate dairy

NUT BUTTER

- Artisana
- Glaser Organic Farms Raw Italian
- Nature's Promise
- Trader's Joe's (some)
- Only ingredient should be the nut and salt

NUT MILK

- Califia
- Elmhurst
- Three Trees
- Canned organic coconut milk (full fat)

OILS

- Chosen Foods
- Eden Foods
- Nutiva

PROTEIN POWDER

- Bob's Red Mill (hemp)
- Dr. Axe (multi-collagen)
- Navitas (hemp)
- Now Real Food (hemp)
- PaleoValley (whey)
- Truvani (plant-based)



RICE, GRAINS, AND PASTA

- Eden Kamut
- Ezekiel
- Jovial Einkorn
- Organic Planet
- Tolerant
- TruRoots Sprouted

SNACKS

- 479 Popcorn
- Bare
- Garden of Eatin Organic Corn Chips
- Gimme Organic
- HT Organic Corn Chips
- Kind
- LesserEvil (popcorn and pink Himalayan salt paleo puffs)
- Ludberg Organic Quinoa Cakes
- Native O'coconut
- Whatusee Foods Organic Chickpeatos, Rosemary
- Trader Joe's chili & lime corn tortill chips

TRUSTWORTHY BRANDS AND PRODUCTS CONT.

Volume I: Food Cont.

COFFEE ETC

- The Clean Bean
- Ryze
- Pique Matcha
- Life Boost
- Death Wish Organic
- Fabula Coffee
- Purity Coffee

CONDIMENTS

- Bragg's
- Hope Organic Hummus
- Dave's Gourmet Tomato Sauce
- Good Food for Good BBQ Sauce
- Organicville Salsa
- Primal Kitchen
- Spectrum Organic Mayo
- Walden Farms

CHEESE, BUTTER, SOUR CREAM

- Forager (yogurt and sour cream)
- Kerry Gold
- Miyoko's (cream cheese and butter)
- Violife
- Treeline
- Organic Valley

DARK CHOCOLATE

- Alter Eco
- Antidote
- Peak Chocolate
- Hu Hunks



EGGS

- Pete and Gerrys Organic
- Simple Truth Organic
- Vital Farms
- Look for pasture raised organic

GRANOLA

- Julie's Real
- Purley Elizabeth
- Most granola is not a "health" food

GLUTEN FREE

- Angelic
- BFree
- Paleo Thin
- Thrive Market

MEAT

- Applegate products
- Carolina Bison
- High Plains Organic Bison
- Kirkland Organic Ground Beef
- Thrive Market
- Nature's Promise Basil Sausage

BSC MEAL PLANS

IF YOU JUST NEED SOME
INSPIRATION FOR COMPLETE
MEALS THAT ARE EASY AND
HEALTHY HERE IT IS! ADD
THREE TO FOUR FROM EACH
CATEGORY TO THIS MONTHS
ROTATION!



BREAKFAST

You Choose

SOME RECIPES HAVE LINKS TO FULL DETAILS!



OATMEAL WITH GOJI BERRY

INGREDIENTS: OATMEAL WITH COCONUT MILK TOPPED WITH DRIED GOJI BERRIES AND WALNUTS.



AVOCADO TOAST AND EGGS

INGREDIENTS: SPROUTED GRAIN TOAST, AVOCADO, TWO HARD BOILED EGGS, SPROUTS, SALT, PEPPER.



YOGURT AND BERRIES

INGREDIENTS: FULL FAT GREEK OR ICELANDIC YOGURT, BLUEBERRIES, SLICED ALMONDS, GROUND FLAX OR CHIA SEEDS.



NUT BUTTER TOAST

INGREDIENTS: SPROUTED GRAIN TOAST, NUT BUTTER, SLICED APPLES, CINNAMON.



OATMEAL BREAKFAST MUFFIN

INGREDIENTS: OLD FASHIONED ROLLED OATS, OVERRIPE BANANAS, EGGS, HONEY, MILK, REAL VANILLA, BAKING POWDER, BAKING SODA, SALT, CINNAMON. TOP WITH 1 TBSP ALMOND BUTTER.



SCRAMBLED EGGS WITH GREENS

INGREDIENTS: EGGS, GOAT CHEESE, SPROUTS OR ARUGULA.



CHOCOLATE CHIA SEED PUDDING

INGREDIENTS: CACAO POWDER, VANILLA EXTRACT, MAPLE SYRUP, CHIA SEEDS, UNSWEETENED ALMOND OR LIGHT COCONUT MILK, CINNAMON, SEA SALT, BERRIES (TO TOP)



BREAKFAST ENERGY BITES

INGREDIENTS: NUT BUTTER, OLD FASHIONED ROLLED OATS, PROTEIN POWDER, CHIA SEEDS, VANILLA EXTRACT, CASHEWS, SLIVERED ALMONDS, DARK CHOCOLATE CHIPS (OPTIONAL)

LUNCH

You Choose

PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



SMOKED SALMON BABY SPINACH SALAD

INGREDIENTS: BABY SPINACH, RED ONION, CHERRY TOMATOES, SMOKED SALMON, OLIVE OIL, LEMON OR LIME JUICE, SEA SALT, PEPPER.



MICROWAVE QUESADILLA

INGREDIENTS: SPROUTED GRAIN TORTILLA, CHERRY TOMATOES, RED BELL PEPPER, CANNED CORN, SHREDDED MOZZARELLA AND CHEDDAR CHEESE, PESTO.



EGG SALAD OVER ARUGULA

INGREDIENTS: HARD BOILED EGGS CHOPPED AND MIXED WITH AVOCADO OIL MAYO AND DILL. SERVED OVER ARUGULA, CHOPPED CUCUMBERS, SHREDDED CARROTS.



QUINOA SALAD

INGREDIENTS: COOKED QUINOA, SLICED CUCUMBER, SHREDDED CARROTS, SHREDDED PURPLE CABBAGE, CHERRY TOMATOES, AVOCADO, OLIVE OIL, LEMON JUICE, SALT.



TUNA SALAD TOAST

INGREDIENTS: CANNED TUNA MIXED WITH AVOCADO OIL MAYO, SALT, AND PEPPER. TOP WITH MIXED GREENS. SERVE WITH GRAPES OR APPLE.



NUT BUTTER RICE CAKES

INGREDIENTS: RICE CAKES, NUT BUTTER, SLICED APPLE, UNSWEETENED SHREDDED COCONUT.



HUMMUS PLATTER

INGREDIENTS: HUMMUS, SNAP PEAS, SLICED CUCUMBERS, CARROTS, MARINATED OLIVES, MINI MOZZARELLA BALLS.



AVOCADO AND ROTISSERIE CHICKEN SALAD

INGREDIENTS: ARUGULA OR MIXED GREENS, AVOCADO, ROTISSERIE CHICKEN SLICES, CHERRY TOMATOES, BALSAMIC VINEGAR, OLIVE OIL, SALT, PEPPER.

DINNER

You Choose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



CHICKEN STIR FRY

INGREDIENTS: BONELESS SKINLESS CHICKEN BREAST, OLIVE OIL, BROCCOLI, YELLOW BELL PEPPER, RED BELL PEPPER, BABY CARROTS MINCED GINGER, GARLIC, CORN STARCH, CHICKEN BROTH, SOY SAUCE, HONEY, SESAME OIL, RED PEPPER FLAKES, SALT, PEPPER.



20 MINUTE WHITE BEAN CHILI

INGREDIENTS: OLIVE OIL, YELLOW ONION, DRIED OREGANO, GARLIC CLOVES, CUMIN, VEGETABLE BROTH, CANNED NAVY BEANS, CANNED CANNELLINI BEANS, CANNED CHICKPEAS, CANNED DICED GREEN CHILES, GROUND CLOVES, GROUND CAYENNE RED PEPPER, LIME, SALT, PEPPER.



SLOW COOKER PORK TENDERLOIN

INGREDIENTS: LEAN PORK TENDERLOIN, SOY SAUCE, CHICKEN BROTH, WHOLE GRAIN MUSTARD, OLIVE OIL, MAPLE SYRUP, SHALLOT, RED ONION, SALT, PEPPER. SERVE WITH STEAMED BROCCOLI AND CAULIFLOWER.



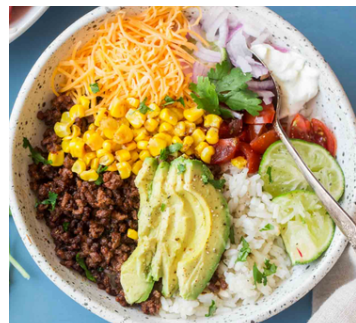
GARLIC BUTTER BAKED SALMON

INGREDIENTS: FINGERLING POTATOES, OLIVE OIL, SKINLESS SALMON FILLETS, MINCED GARLIC, PARSLEY, LEMON JUICE, GRASS FED BUTTER, ASPARAGUS, DRY WHITE WINE (OR CHICKEN BROTH), SALT, PEPPER.



FIVE SPICE CHICKEN SHEET PAN DINNER

INGREDIENTS: CINNAMON, FENNEL, CLOVES, STAR ANISE, WHITE PEPPER, BONE IN SKIN ON CHICKEN THIGHS, CABBAGE, CARROTS, SOY SAUCE, HONEY, GARLIC, OLIVE OIL, RED PEPPER FLAKES, GREEN ONIONS.



TURKEY TACO BOWLS

INGREDIENTS: GRASS FED GROUND BEEF, TACO SEASONING, WHITE OR BROWN RICE, CILANTO, CANNED CORN, AVOCADO, RED ONION, TOMATOES, SHREDDED CHEESE, SALT, PEPPER, SOUR CREAM AND HOT SAUCE (OPTIONAL).



SLOW COOKER POT ROAST

INGREDIENTS: PORK ROAST, CHICKEN BROTH, BALSAMIC VINEGAR, SOY SAUCE, HONEY, MINCED GARLIC, CORNSTARCH. SERVE WITH STEAMED BROCCOLI AND CARROTS.



LEMON BUTTER FISH

INGREDIENTS: FIRM WHITE FISH FILLETS (COD HALIBUT, MAHI), GRASS FED BUTTER, LEMON JUICE, GARLIC POWDER, ONION POWDER, PAPRIKA, OLIVE OIL, PARSLEY, SALT, PEPPER. SERVE WITH BAKED SWEET POTATO AND ARUGULA.



LOLA ERSCHEN - Beyond The Field

My name is Lola Erschen and I am a freshman in high school in Plano. From a young age, I have loved both music and sports. I play the clarinet and guitar in my school band and play soccer for my high school, as well as club soccer with BSC! I have played soccer since I was four years old. The first three years were recreational, but I have played competitively ever since.

I have been in band since sixth grade. This year I got to experience marching band for the first time and perform at our freshman football games! I will also be playing guitar in one of our school competition jazz bands.

I would say that band and soccer do share some similarities. They both require commitment to practice and to develop your skills, so you can contribute to the group as a whole.

They are also similar in the way you have to adapt to different styles of teaching to get the most out of each one. I have learned that if you put dedication and hard work into something, it will pay off. I have also learned time management skills to help me juggle school and extracurricular activities.

prioritize my school work so there is time for other activities. Sometimes soccer and band conflict so it's not always easy, but I can still be successful at balancing the two, as long as I communicate with my directors and coaches.

This year especially, I have found it challenging at times to do both. Marching band season is very time consuming due to having to be at school two hours early every day for rehearsals and not getting home from football games until 11 pm. No matter how well I manage my time, there will be instances where events overlap. I would say that you should absolutely try it and don't let other people convince you it will be too much. You won't know until you try, and if you really love both, you will be able to find a way to make it work.



Watching yourself in a game can really help speed up the process of understanding your strengths and weaknesses, but also help you understand your teams tactics and shape (both in games and practice). By creating and educating our players, we want to speed up development and performance and give our players all the necessary tools to fulfill their potential. Parents are also given these tools so they can come along for the ride and understand the process of their players development!





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