



## **GIRLS U-14 HSA Select 05**

**Head Coach** James (Jamie) Foulk

**Bio** I am a life-long soccer player, E-licensed coach and grade 8 referee.

Coached HSA Select G05s (for two seasons), West Seattle Soccer Club teams, several indoor teams, and girls & coed teams in the SYSA spring season.

Serve on the WSSC Board and HSA Select committee.

**Coaching Philosophy** I desire to make the game fun while introducing technique and tactics. I attempt to deliver training with a single theme reinforced by activities that progress from simple to complex, with a competitive element added. In games, I want the girls to play with minimal direction from the sidelines so that they are growing in their “soccer intelligence” versus being “directed” by the coach. My hope is that the girls develop a life-long passion for the game.

**Current/past teams** 2016-17: Head Coach HSA Select Girls 05 (U12 to U13)  
2013-15: Head Coach Girls WS Reign U18  
2006-12: Head Coach Girls WS Hawks U6 to U12  
2002-08: Head Coach Girls WS Hawks U6 to U12  
Coached indoor teams and one season of futsal.

**In this past year** The HSA Select G05’s were promoted to NPSL Div. 1 (from Div. 3 the previous year) and competed well (finishing 4th). They also advanced to the quarter-finals of the Founders Cup. Combined record: 19-20-10 (including indoor seasons).  
I completed a 4v4 coaching clinic and strived to improve as a coach by observing other training sessions.

**Fun fact** I started playing soccer (and hockey) in eastern Canada when I was seven and then moved to Seattle area at age 10. My best memories were playing in 2 State Cup finals and representing WA State in Regionals at U14.