



FOR IMMEDIATE RELEASE

FFC ADDING ANOTHER EXPERIENCED COACH TO STAFF IN LANGSTONE

FREDERICKSBURG, Va. (Wednesday, May 19, 2021)—Fredericksburg FC would like to welcome Iain Langstone to its staff as CCL Pro23 Men's coach, as well as head coach for two yet to be determined travel teams. Langstone will officially begin work with the club in June.

Langstone and his family, wife Lauren, and 6-year old son Carson, have lived in Fredericksburg for three years. A native of Evesham, England, he is a graduate of Slippery Rock University (Pa.) where he earned a bachelor's degree in Physical Education/Professional Studies, later graduating from Ohio University with a masters in Sports Science and Recreation/Coaching Education.



The 35-year old is currently also an assistant coach with the University of the District of Columbia Men's Soccer program. He will be joining FFC after working with the DC Stoddert club as a travel coach, the High School Age Group Director for its 2006 and 2005 Boys teams, while also serving as head coach for those age groups' Blue Metros squads in Club Champions League, and as Program Director for the Boys Juniors Academy (U6-U8). He has also been Maryland ODP assistant coach for its 2006 Boys. Prior to that he spent time in North Carolina, coaching at Fayetteville Soccer Club (now Villarreal Force Academy) from 2011-2018, with North Carolina ODP from 2017-2018 and as a volunteer assistant men's coach at the University of North Carolina at Pembroke from 2014-2016.

Langstone currently holds a U.S. Soccer National B License, a United Soccer Coaches GK L1 Diploma, a United Soccer Coaches Performance Analysis Diploma (ISPAS L1) and is a Certified Injury Prevention Specialist.

Before beginning his coaching career, Langstone played while at Slippery Rock University (DII) and prior to that at Cheltenham Town Football Club in England with the club's Academy and Reserve team.

"I am excited to become a part of the Fredericksburg FC family. I bring over 15 years of combined club and college coaching knowledge which will only benefit the players and families in both their soccer development and club experiences as a whole," Langstone said. "Having coached in the DMV area for the last three years, my experience here will compliment the current dedicated and committed staff."

Langstone's addition now gives FFC three coaches with college coaching experience on its staff, which provides the club another seasoned professional coach who has experience at both the collegiate and youth levels according to FFC President/Executive Director and Technical Director Grover Gibson.

"I've coached against Iain for a few years now, so I'm already aware of his work on the field and what he is trying to accomplish with his teams," Gibson said. "With Iain and his family living in

Fredericksburg, it provided us with yet another staff member who has made Fredericksburg his home outside of just soccer, which is also important for long-term goals.”

About Fredericksburg Football Club

Based in Fredericksburg, Va., Fredericksburg FC, established in 1986, is one of the largest and oldest youth travel soccer clubs in Central Virginia. FFC U9-U19 travel teams compete in the top leagues in Virginia, Maryland and the Northeast Region, along with collegiate-level programming that competes in CCL Pro23. FFC travel teams compete in the highest level of national showcase events and tournaments offered in the United States. The club also offers an Academy Program for players ages U4-U8 and a Recreational Program for U8-high school players. More www.fredericksburgfc.org.