

# “THE PITCH” - The Official Newsletter of FFC

December 6, 2018 - Volume 14.0



## Spotlight on . . .

### Winter programming instrumental to development

*FFC offers multiple options to make that possible*

BY TOM LEISS

FFC Media Director

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It's that time of year when the weather shifts to colder temperatures and having training outdoors isn't the most viable option.

"The Pitch" talked with Fredericksburg FC Technical Director Mayowa Owolabi about the options the club offers for current members of the club, as well as those that are not currently members.

FFC is well prepared for those times thanks to its agreement with Fredericksburg Christian School, a great facility that allows the club to add more options to its winter programming. The school is also located just minutes away from FFC Park, which gives an added bonus of familiarity of the area to FFC families.

"The partnership we have with FCS is fantastic. For us to have access to two gym courts to run our futsal programming is wonderful," said Owolabi. "Without this partnership our futsal



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cost would also be much higher as court fees around the area are extremely high, so we are benefitting a lot with having access to FCS."

Getting touches on the ball during the winter months is vital to any players continued development. Having indoor training options is very important, especially here in Virginia when the weather can often shift from day to day to day to day. . .

"Here in Virginia it gets cold and when it gets cold/snowing some kids just hang up the boots and don't touch the ball until March. The winter time should be a time where players stay focused and continue to get touches on the ball and keep up with their fitness," Owolabi added. "Players who train through the winter should be entering the spring season with a perfected touch and without missing a beat."

Futsal in particular is a wonderful way to make that happen as proven by so many top-quality professional players that played the game during their youth and have continued to use it during their own off-season training.

"Futsal is the part of the game that has developed some of the best technical players to ever play this game. Top players from Brazil all played futsal and you can tell the players who have participated in futsal. They are very creative on the ball and their touch is fantastic," Owolabi said. "The high speed of futsal with the heavier ball allows players to fine tune their technical approach, creative mind and speed of play with the ball on their feet. This is a game that forces players to become very comfortable with the ball on their feet and all coaches want their players to be comfortable with the ball on their feet."

FFC participates in many different winter activities, through its own programming at FCS, as well as other combined activities with other clubs throughout the region. . . and even potentially outside the region via national tournaments.

"FFC's winter programming has continued to improve and we are in a situation where we are offering more options this winter than before. These various

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# UPCOMING EVENTS

**Dec. 31, 2018**

REC PROGRAM EARLY-BIRD REGISTRATION DEADLINE

**Dec. 31, 2019-Jan. 2, 2019**

WINTER BREAK CAMP

9:30 a.m.-12 p.m.

at Fredericksburg Christian

**Jan. 5-6, 2019**

CCL Pro23 MEN'S & WOMEN'S TRYOUTS

11 a.m.-1 p.m.

at FFC Park

**Jan. 26, 2019**

WINTER FUTSAL MINIS BEGINS

11-11:45 a.m.

at Fredericksburg Christian

**Jan. 26, 2019**

ELITE FEET WINTER FUTSAL BEGINS

12-2 p.m.

at Fredericksburg Christian

**Jan. 31, 2019**

FUTSAL SELECT & HIGH SCHOOL REGISTRATION DEADLINE

**Feb. 4-7, 2019**

SPRING 2019 SUPPLEMENTAL TRAVEL PROGRAM TRYOUTS

**Friday, Feb. 15, 2019**

REC PROGRAM REGISTRATION DEADLINE

**Monday, March 18, 2019**

REC PROGRAM TRAINING BEGINS

at FFC Park

## TEAM OF THE MONTH - NOVEMBER 2018

For "Team of the Month" we hope to talk to at least one of our teams each month. To be featured here, your team doesn't necessarily have to win every game it plays. We want to feature those teams, as well as teams that represent the club well with how they play and train, support the community, improve from game to game and practice to practice, support each other and the club. If you know an FFC team that would be good to recognize here, email [tleiss@fredericksburgfc.org](mailto:tleiss@fredericksburgfc.org).

### FFC 2004 GIRLS BLACK

The Fredericksburg FC 2004 Girls Black team made a strong run to the VYSA U15 State Cup Final. The run included a 2-0 semifinal victory over top-seeded Beach FC 04G Red at the Publix Virginia Soccer Training Center on Nov. 3. In the next day's final, the girls suffered a tough 2-0 setback to SOCA 04 U15 Elite. This marks the first time a FFC team has reached a State Cup final.

The squad finished the month 5-2-2 in tournament play, playing in VYSA State Cup, the Bethesda Premier Cup and the visitRaleigh.com CASL Showcase.

"The Pitch" talked to 04 Girls Black head coach Grover Gibson to learn a little more about this squad and what helps make them successful.

#### **What is special about this team?**

*The team does everything both on and off the field together, both parents and players.*

#### **What was the key to this group making it to the state cup final?**

*It is a true team, the team has suffered some tough injuries and absences at times and there has always been someone to step up and fill the void.*

#### **With another team that reached the semifinals, how much do these results show how players and teams in the club are developing?**

*It shows that there are multiple groups that are on the correct path, if they are patient and trust the process and development path that FFC provides. There is no 'certain path' that will guarantee success, so you need to be able to trust the club and staff.*

#### **Are there any other results you can give us for this team from the fall**



#### **season?... any other tourneys they've won? league play?**

*They have found success in all major events with recently returning from the CASL Girls Showcase conceding zero goals and finishing top of their bracket. They have reached the semifinals of WAGS once again and also continue to find more and more success on a consistent basis, which is most important.*

#### **How is this group of players off the field together?**

*No matter which event this team is involved in, whether it is team building and practice, they attend everything unless it is an academic conflict.*

#### **Is there anything else you'd like to add about the team?**

*A team is made up of various personalities and this team relies on everyone to pull their weight and bring their unique character to the table to ensure the team finds success both on and off the field.*

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programs have our travel players from U9-U19 training once a week indoors at FCS and playing games in a very competitive league against teams from RVA Futsal, Williamsburg, Richmond Kickers,

FC Richmond and others," Owolabi said.

In addition to futsal league play, FFC will have teams competing in futsal specific

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# Upcoming FFC winter programs . . .

## **WINTER FUTSAL ACADEMIES**

*(December - February)*

*3 Programs options available:*

### **FUTSAL SELECT**

*U9-U15 (2010-2003) Boys & Girls*

**Cost:** \$285

**Training:** Once per week at Fredericksburg Christian Upper School

**Games:** Schedule TBA (Some travel)

*\* EMAIL CLUB TO TRYOUT\**

*mowolabi@fredericksburgfc.com*

*Team selections made through travel coaches, age-group coaches & technical staff. Program space is limited.*

### **H.S. FUTSAL**

*(2000-2004 Boys & Girls)*

**Cost:** \$145

**Training:** Once a week

**Games:** Dates & times TBA

*Tryouts NOT required.*

*Teams have consistent rosters & coaches provided by FFC Futsal staff.*

*Mid-Atlantic Travel League & tournament play optional on team-by-team basis.*

## **ELITE FEET**

*(U9- U13+)*

**Cost:** \$95

**Sessions:** Saturdays beginning January 26

**Times:** U9-U12 from 12-1 p.m.; U13+ from 1-2 p.m.

**Location:** Fredericksburg Christian Upper School

*Six-week program for Entry-level/non-travel players with theme being "Foot Skills and Futsal Games."*

## **WINTER SOCCER & FUTSAL ACADEMY**

*8-week program for ages 4 - 8 (broken into 5-6 & 7-8 age groups)*

**Dates:** Jan. 23 - March 9

**Cost:** \$75 per player

**Location:** Fredericksburg Christian Upper School

**Training & Games:** Provided & run by FFC's professional coaching staff.

*All skill levels welcome, from recreation to advanced.*

*Focus on small-sided games to promote increased touches for each player.*

## **WINTER**

### **SOCCER MINIS PROGRAM**

*(Ages 2-4)*

**Dates:** Jan. 26, Feb. 2, 9 & 16

**Times:** 11-11:45 a.m.

**Cost:** \$45 per player

**Location:** Fredericksburg Christian Upper School

*Four-week program designed for Boys & Girls to create an experience that instills an early love for the game, while teaching basic fundamental skills!*

## **WINTER**

### **BREAK CAMP**

*(Ages U5-U15)*

**Dates:** December 31, 2018 - January 2, 2019

**Times:** 9:30 a.m. - 12 p.m.

**Cost:** \$125

**Location:** Fredericksburg Christian Upper School

*Fun and challenging environment for all players that will use age-appropriate soccer activities to help Boys & Girls continue to develop their skills. Run by FFC's professional coaching staff and assisted by its accomplished players.*

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tournaments such as the Jefferson Open, USFF State Cup, USYF Regionals, and a Presidents Day Weekend Cup.

Outside of futsal league and training programming, the club will have teams competing in indoor soccer at the Fredericksburg Field House, and will offer its own winter soccer Academies Programs and a winter camp. Also, new this year, FFC is offering a supplemental training program called "Elite Feet" that is an entry-level futsal program which will be led by the club's full-time coaching staff.

"Winter training is extremely important for any player looking to stay in form and improve over the winter months," Owolabi stressed. "As previously stated, with the weather conditions Virginia faces in the winter, it is not realistic to be outdoors daily. If you are able to get valuable touches on the ball and continue to compete in matches through futsal or our other programs, you have put yourself in a great situation to jump into the spring season without missing a beat."



If for some reason futsal or other winter programming is not an option for a player, it is still very important for players to be self-motivated and not just pack up their soccer gear until spring season programming starts.

Players should always try to get touches on the ball during these months and have many individual options available to do so—juggling, dribbling, shooting around the yard or dribbling around the house to name a few.

"I always say that during 'off-season' times is when players need to be the most dedicated on individually working with the ball," Owolabi asserted.

A large advertisement for the Fredericksburg Football Club's travel program. It features a central circular logo with "FFC" and "1986" inside, surrounded by "FREDERICKSBURG" and "FOOTBALL CLUB". The text "TRAVEL PROGRAM 2018-2019 SEASON" is prominently displayed in red and white. Below the logo, there are two action photos of soccer players. At the bottom, registration information is provided in red text: "For All Age Groups Feb. 4-7, 2019 at Fredericksburg Christian Upper School", "Registration: Email mowolabi@fredericksburgfc.org for specific age group/team date & time", and "For more info, visit www.fredericksburgfc.org".

**TRAVEL PROGRAM  
2018-2019 SEASON**

**For All Age Groups  
Feb. 4-7, 2019 at Fredericksburg Christian Upper School**

**Registration: Email [mowolabi@fredericksburgfc.org](mailto:mowolabi@fredericksburgfc.org)  
for specific age group/team date & time**

**For more info, visit [www.fredericksburgfc.org](http://www.fredericksburgfc.org)**

# FFC in College . . .



## ERIN FLAMM

**School:** Roanoke College

**Position:** Center Back

**Last FFC team(s):** '00 Girls Black and CCL Pro23

**Hometown:** Spotsylvania, VA

**High school:** Courtland

**How long did you play for FFC?**

*10 years*

**What do you like most about playing with FFC?**

*The friendships I made with my teammates*

**What is your favorite soccer drill in practice?**

*Soccer Tennis*

**What was your first experience playing soccer?**

*Playing rec soccer when I was 6 years old*

**What has been the hardest part about playing in college?**

*Definitely time management. Juggling 5 classes and practice/games every day doesn't leave much time for homework so it was hard to find that time at first.*

**What has been the most fun part of playing in college?**

*Becoming friends with my teammates and travelling with the team.*



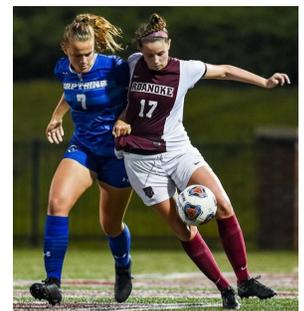
**As a freshman you started almost every game this year and playing in all 17 games... What do you think was the key to being able to step right in and contribute?**

*I think the fact that I played Pro23 this summer and continued to workout on my own really helped me to contribute physically and having a lot of confidence in my play helped me to contribute mentally. I also have great teammates who would encourage*

*me to work hard in practice to become a better player.*

**You guys finished the season going 6-1-1 in your last 8 games and it looks like most of the team will be back for next season... what's your outlook for the team going forward?**

*I'm very confident that we will be just as good, if not better, next year. Our team is pretty young and we will continue to work hard in the spring to get better.*



**What are your goals on and off the field for the rest of your time at Roanoke?**

*I hope to continue to keep my grades up and win ODACs [Roanoke's conference].*

**What are your future soccer goals after college?**

*I plan on going to graduate school so I will not be playing soccer after my time at Roanoke.*

**What would you like to do once you're done playing soccer?**

*I plan on going to a graduate school to get my doctorate in physical therapy.*

**What is your favorite soccer team?**

*U.S. Women's National Team*

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Who is your favorite soccer player, professional or otherwise?

*Tobin Heath*



What is your favorite movie?

*Moana*

What is your favorite brand of soccer shoe?

*Nike*

What is your favorite food?

*Mexican food*

What is your favorite music group?

*Anything country*

If you could have dinner with someone famous or otherwise, who would it be?

*Tobin Heath*

Who would star in a movie about your life?

*Jennifer Lawrence*

## *More FFC in College...*

### **RAY, BRACKETT HELP RADFORD WIN BIG SOUTH TOURNAMENT TITLE**

Junior midfielder Nicole Ray assisted Nelia Perez's game-winning goal in the eighth minute to help the Radford Highlander defeat Gardner-Webb 1-0 in the Big South Conference women's championship on Nov. 4 in Matthews, N.C..

It is the first title for the Highlanders since 2012 and sixth overall. The win also earned an automatic berth into the NCAA Division I tournament.

Sandra Brackett also saw action for Radford in the conference final. The sophomore saw 17 minutes of action as a substitute.

Both Ray and Brackett have played in Fredericksburg FC's youth and adult programs.

The Highlanders opened with a tough task in the NCAA first round, taking on nationally ranked West Virginia, Ray and Brackett each saw action that match, a tough 6-0 setback. The match was 3-0 until the Mountaineers pulled away with three goals in the final 12 minutes.

Radford finished the season with a 16-3-1 record. Both played in 20 matches, Ray (6 starts)



**Ray**



**Brackett**

contributing 2 assists, while Brackett (3 starts) registered 1 assist.

—For more on Radford Women's Soccer: [www.radfordathletics.com](http://www.radfordathletics.com)

### **BURGER, ARKANSAS-LITTLE ROCK WIN FIRST SUN BELT TOURNAMENT CHAMPIONSHIP**

Maeve Burger transferred to the University of Arkansas-Little Rock from Butler University before the 2018 season and helped the Trojans win their first-ever conference championship with a 6-5 win in penalty kicks - after a 0-0 tie in regulation and overtime - against Texas State on Nov. 4.

Burger, who in the past has played in FFC's adult programming, finished the season with 3 goals after playing in 16 matches (5 starts). The junior midfielder recorded one shot in the conference final.

Little Rock advanced the NCAA tournament where they fell 5-1 at Arkansas in the first round. Burger also saw action in that match, recording 2 of the team's 6 shots.

—For more on Arkansas-Little Rock Women's Soccer: [LRTrojans.com](http://LRTrojans.com)



**Burger**

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**FLORIDA STATE WOMEN WIN NATIONAL CHAMPIONSHIP**

The Florida State women's soccer team captured its second NCAA Division I National Championship in five years with a 1-0 victory over North Carolina in Cary, N.C., on Sunday.

Clara Robbins (right, 2nd from right), who played in FFC's youth and adult programming, was a member of the Seminoles squad as a red-shirt



nolesoccer  
Top of the World



sophomore defender.

Robbins, spent most of the season recovering from a second knee injury, but did see action in three games and was on hand to be part of the championship moment.

Sunday's victory added to the trophy case after the Seminoles (20-4-3) captured the ACC Championship 3-2, also over the Tar Heels (21-4-3) in Cary, N.C.



—For more on FSU Women's Soccer, visit [seminols.com/sports/soccer](http://seminols.com/sports/soccer)

**FITZ, MESSIAH FALL IN NCAA DIII ELITE EIGHT**

Messiah's men's soccer team came up a few wins short of defending its 2017 national title after a 2-1 loss to Rochester on Nov. 18. Junior midfielder Micah Fitz finished with 1 goal and 7 assists (second on the team).



—For more on Messiah Men's Soccer, visit [gomessiah.com/msoc](http://gomessiah.com/msoc)

**WOMEN'S TEAMS**

**MEN'S TEAMS**

**COLLEGE I.D. COMBINE 2019**

Men's - April 6 | Women's - April 13

9:30 a.m. - 3 p.m. At FFC Park

More Info or to Register: [www.fredericksburgfc.org](http://www.fredericksburgfc.org)

## FFC Rec Program finishes Fall 2018 season with solid tourney result

After a somewhat crazy Fall 2018 recreation soccer season with rainout after rainout and game reschedule after reschedule, coach Eric Siess reached out to his U14 Recreation team to identify any interest in his team participating in the 2018 Richmond Kickers Mega Blast Recreational Tournament—a tournament that had been attended the past couple of years by Coach Kevin Leahy, who is now one of our Boys Redtravel coaches.

The majority of coach Siess' team were interested and with some additional interest from other U14 rec players, a team of 12 was formed and entered into the competition.

With no idea of who the opponents would be, the goal was to simply have fun and try our hardest—put the season's practices and game experiences against some fresh opposition.

The FFC side opened the tournament well with Andy Orme scoring two goals and Mitchell Adams a third with 2 minutes left for a 3-2 victory over Richmond Strikers Chesterfield.

With a key three points secured in its opener, it was on to Game 2 against Tricities United. Tricities would make an early goal stand up for a 1-0 win that leveled FFC's record at 1-1.

Needing a win against Richmond Kickers Turbo Power—who won both of their first two games by a max score of 5-0—in Game 3 on Sunday morning, that's precisely what the FFC squad got. The teams traded goals in the early going with Caleb Kolbasowski tallying for FFC. The game stayed 1-1 until 12 minutes remained when Orme netted twice, giving FFC a 3-1 victory. The win, along with a tie in the Group's other game, sent FFC to the final.

While the result in the final may not have come out as hoped for FFC Siess against a strong FC Rec Richmond FC Lucas squad, a 6-1 defeat, it still showed the fight the



### RICHMOND KICKERS MEGABLAST

Nov. 17-18, 2019

Age Group: Coed U14 Galaxy

FFC SIESS RESULTS

W, 3-2 vs. Richmond Strikers Chesterfield  
 L, 0-1 vs. Tricities United  
 W, 3-1 vs. Richmond Kickers Turbo Power  
 L, 1-6 FINAL: vs. FC Rec Richmond FC Lucas

*"We had a great experience at the tournament and the results show that the FFC Recreation Program is providing an appropriate mix of soccer education and life skills, as well as a level of competition on par with some of the larger soccer clubs in Virginia. We will be considering offering more recreation tournament opportunities in the future to a wider age group."*

—FFC Recreation Director Adrian Batchelor

team had displayed all tournament long. Trailing 6-0 late, Orme netted his fifth goal of the tournament, just the second goal their opponent had allowed in four games.

"The tournament was a great success for this young FFC team, against opponents who we were told by respective coaches, had been playing together for 3-4 years," Batchelor said. "We had some great compliments by many of the coaches regarding how well they thought the team played."

With their head held high reflecting on their achievements for the weekend, FFC Siess returned home as runners-up in their first ever recreation tournament. A return trip to the event in fall 2019 definitely in their sights.

Team members included: Kaileigh Garrison, Mitchell Adams, Jake Vienna, Clayton Boyer, Everett Orme, Emily Siess, Madison Mandel, Caleb Kolbasowski, Caleb Webb, Anderson (Andy) Orme, Brady Plucker and Elizabeth Riddell.

—Compiled from information provided by FFC Recreation Director and FFC Siess assistant coach Adrian Batchelor.  
 Contact: [recreationdirector@fredericksburgfc.org](mailto:recreationdirector@fredericksburgfc.org)



## RECREATION PROGRAM

### Spring 2019

## Registration OPEN

**Build Character And Confidence With FFC Recreation Soccer**

Early Bird Registration Ends Dec., 31, 2018.  
 Fee Increases To \$85 On Jan. 1, 2019.  
 Uniforms Required!  
 Visit [www.fredericksburgfc.org](http://www.fredericksburgfc.org) For More Info.





# Getting to Know...

In this issue, "The Pitch" talked with Thomas Bull to help you get to know our Minis Director, who has been turning the program into a very successful part of the Fredericksburg FC club and community. Coach Tom is part of that community, living in Fredericksburg with his wife and four children.

## THOMAS BULL



**A.K.A.:** Coach Tom

**Age:** 38 (DOB: February 6, 1980)

**Hometown:** Springfield, Va.

**Title(s):** Minis Director

**Started at FFC:** 2010 with FASA [now FFC] as a recreational coach

**College:** Virginia Tech (2004 BA/BS, Computer Science, History, Math, Geology/Geography)

**Coaching Credentials:** U.S. Soccer National E license

### What is your coaching experience?

*PWSI Recreational Coach, FASA Recreational Coach, FFC Recreational Coach, FFC U11 and U12 Boys Red/Gold coach (NCSL/CCL2)*

### What is your playing experience?

*LMVSC, Alexandria, Va.; Gunston Soccer, Mt. Vernon, Va.*

### How did you hear about the club?

*When we moved to the area, we were looking for a club for my son to play in and FASA/FFC made the most sense.*

### What made you first get involved in soccer?

*My parents enrolled me in a youth soccer program at the age of 5 because they couldn't stand watching T-Ball games. I was fortunate enough to have passionate coaches who instilled a love and passion for the game.*

### What made you want to start coaching?

*When my oldest son started playing recreational soccer, I offered to help the coach run sessions. I discovered how rewarding it was to share my knowledge to the players and it was obvious how much they responded to my energy and coaching style. That motivated me to get formal training and seek out additional resources to improve how I could help the players I coached both realize their full soccer potential and be left with a love for the game.*

### What would you say was the biggest thing that helped you during your playing career?

*I was always the smallest player on any team I played on, which forced me to work harder to achieve success.*

### Who was your biggest influence in your playing career?

*My first travel coach Robert Garza.*

### Who is the biggest influence in your coaching career?

*My oldest son's coach, Roy Thompson. He allowed me to assist in training sessions and games, imparting a vast amount of knowledge about the game and how to coach. He also helped give me the confidence to start coaching in the travel program.*

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CREATING AN EXPERIENCE THAT INSTILLS AN EARLY LOVE FOR THE GAME!

**FFC MINI PROGRAMS**  
AGES 2 & 3

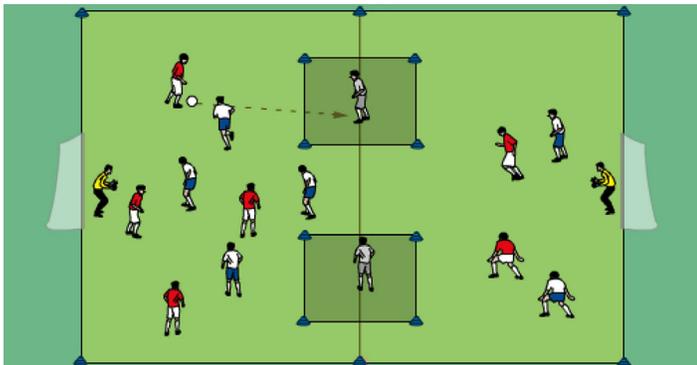
6 WEEK OUTDOOR FALL AND SPRING PROGRAMS  
4 WEEK INDOOR WINTER PROGRAM

DESIGNED FOR  
PRE-SCHOOL AGE PLAYERS!

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**What's your favorite drill and why?**

Counter-Attack. It is a quick-paced game that keeps players focused and engaged. The drill encourages heads up passing and creativity while also reinforcing the need to maintain shape and responsibility.



**What is your best memory from your playing days?**

Scoring the deciding goal in the Jefferson Cup championship match.

**What is your best memory from coaching?**

Not one specific memory, but coaching the '03 Boys Gold team, which was formed primarily with players new to the travel program. It was extremely rewarding to see the players develop individually and grow as a team, ultimately finding success on the field at the end of their year. Their hard work, dedication to the each other, and perseverance were great to witness and be a part of.

**Who's your favorite professional soccer team and why?**

San Lorenzo [Argentina]. My wife and I went to a match while on vacation and fell in love with the energy and the passion of the fans and players. It is hard to watch their matches [here], but they have a storied history in one of the most passionate Football nations in the world.



**Who's your favorite professional player (past and/or present) and why?**

Dani Alves. Probably one of the best wing-back players who regularly contributes in the offensive third while being able to track back and slow counter-attacks.

**What's your favorite food?**

Dry Aged Ribeye

**What's your favorite movie?**

The Royal Tenenbaums

**What's your favorite kind of music?**

Alternative Rock and Jam music

**What do you like to do other than soccer?**

Read, brew beer, play with my kids, hiking, boating.

**If you got shipwrecked on a deserted island, what 3 things would you want with you?**

A tablet loaded with music and books, a solar charger, a fire starter.

**If they did a movie about your life, what actor would play you and why?**

Benedict Cumberbatch. An amazing actor with an extremely wide range that is adept at making you feel what the character is going through.



**Visit our website**  
**[www.fredericksburgfc.org](http://www.fredericksburgfc.org)**



## FREDERICKSBURG FC EXCITED TO HOST 2ND ST. PATRICK'S DAY INVITATIONAL

**BY TOM LEISS**

*FFC Media Director*

*tleiss@fredericksburgfc.org*

**FREDERICKSBURG, Va. (12/5/18)**—The FFC St. Patrick's Day Invitational is back for its second go around after a highly successful inaugural tournament last March.

The first edition of the event boasted 75 teams—40 girls and 35 boys—which was right about at maximum capacity that it can host. The number of applications is expected to grow to at least 90 for the 2019 event at FFC Park, which means the competition on the field should be even stronger. "I'm extremely excited to kick off the second FFC St. Patrick's Day Invitational event. Last year, we hit our target for teams signed up and I am looking forward to attracting more teams this year," Freder-

icksburg FC Technical Director and Tournament Director Mayowa Owolabi said. "We already have teams signing up and I'm expecting a great competitive turnout from returning and a few new clubs during the 2019 event."

There were also teams from other states—one from as far away as Michigan—at last year's tournament, something that Owolabi hopes will increase as the tournament continues to grow.

"I have reached out to teams in West Virginia, North Carolina and also Maryland so I am hopeful that not only do we bring in top competitive teams from Virginia, but from out of state as well," he said. "Bringing out of state teams is attractive for all teams involved with the event. For the out of state teams, they get to see new competition, and for us Virginia teams, we also get to see and experience teams from a different area."



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Getting to see some FFC teams win championships was of course a great highlight of last year's tournament for Owolabi, but just as exciting was the competitiveness of the tournament as a whole.



out there working hard and working together to improve, all parties, players, coaches and refs, will benefit from this environment."

"Championship Sunday was a great environment throughout the park," Owolabi expressed. "We had a few games go into overtime and penalty kicks, so when the competition is that tight it keeps the energy around the park amazing, so I am hoping to have some great competition once again in 2019."

Of course after every inaugural event there are tweaks that need to be made to continue to make it better for all involved. One of the things Owolabi has worked on for the 2019 event in a way to improve it for the referees. After speaking with referee assignors and assessors, a goal is to have assessors on site this time around.

"This will allow our tournament to be used for ref evaluations, which is similar to what VYSA State Cup and CCL Showcase events have done in the past. It helps ensure that refs are on their 'A-Game' and that always helps make sure games are played with less errors," Owolabi said. "Every moment in soccer is a learning and teaching moment, so if we can get good refs

Of course, taking advantage of the club's excellent facilities at FFC Park is also something that will always be an important feature for any event it hosts. It allows all games to be played at one place on top-quality fields so coaches and players don't have to travel to different locations for games.

"We are always excited to be able to showcase our beautiful facility," Owolabi said, continuing, "Players loved the competition and trophies that were up for grabs. . . . And I can't forget everybody loved what the concession stand had to offer. We plan on bringing back Chick-Fil-A and tons of Chick-Fil-A sauce!"

FFC will also be adding a second event that will take place later in 2019. On August 16-18, the club will host its first showcase event, the FFC Virginia Summer Showcase, at FFC Park. It will be a chance for boys and girls teams in the 2000-2010 age groups to show what they've got against elite competition.

**For more on either of these tournament, visit [www.fredericksburgfc.org](http://www.fredericksburgfc.org).**

**LOST & FOUND**



Have you lost something?

Visit the FFC office or

Call: (540) 368-5425

Email:

[officeadmin@fredericksburgfc.org](mailto:officeadmin@fredericksburgfc.org)

# FFC Tournament Wrap...

## NATIONAL CHAMPIONSHIP SERIES FALL VYSA STATE CUP

(Various locations around the state)



NOTE: Seed in parentheses

Saturday, Sept. 22 10 a.m. Round of 32 Evergreen Sportsplex - Field 3

U16 Boys: (17) FFC 03 Black -vs- (16) Barca Academy NoVa 2003B Blue L, 0-5

Saturday, Sept. 22 1 p.m. Round of 16 FFC Park - Field 14

U15 Girls: (4) FFC 04 Black -vs- (13) Virginia Beach City FC 04 Girls Academy I W, 3-1

Saturday, Sept. 22 3 p.m. Round of 32 FFC Park - Field 14

U17 Boys: (12) FFC 02 Black -vs- (21) HCFC Harrisonburg City FC 01 BXX W, 2-0

Saturday, Sept. 22 4 p.m. Round of 32 Lake Braddock High School - Field 1

U15 Boys: (11) FFC 04 Black -vs- (22) BAC Predators L, 1-2

Saturday, Sept. 29 12 p.m. Round of 16 Publix Virginia Training Center - Field 1

U16 Girls: (3) FFC 03 Black -vs- (14) SCCA Elite 03G W, 2-1

Saturday, Sept. 29 2 p.m. Round of 16 Hayfield High School - Field 1

U17 Boys: (12) FFC 02 Black -vs- (5) LMVSC BUI7 Red L, 1-3

Saturday, Sept. 29 4 p.m. Round of 16 Hampton Roads Soccer Complex - Field 6

U19 Boys: (12) FFC 00 Black -vs- (5) Beach FC 00/01B Red Copa L, 1-2 (OT)

### QUARTERFINALS

Saturday, Oct. 13 1 p.m. FFC Park - Field 14

U15 Girls: (4) FFC 04 Black -vs- (5) Alexandria 04 Girls Red W, 1-1 (3-2 PKs)

Saturday, Oct. 13 11 a.m. FFC Park - Field 14

U16 Girls: (3) FFC 03 Black -vs- (6) SOCA 03 U16G Elite L, 0-1

Saturday, Oct. 13 12 p.m. Hampton Roads Soccer Complex - Field 6

U18 Girls: (5) FFC 01 Black -vs- (4) Beach FC 01G Red Reign W, 3-1

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# FALL VYSA STATE CUP CONTINUED . . .

## SEMIFINALS

Saturday, Oct. 13 1 p.m. Publix Virginia Soccer Training Center - Field 2 (Fredericksburg)  
U15 Girls: (4) FFC 04 Black -vs- (1) Beach FC 04G Red W, 2-0

Saturday, Oct. 13 4:30 p.m. Publix Virginia Soccer Training Center - Field 1 (Fredericksburg)  
U18 Girls: (5) FFC 01 Black -vs- (1) CCL Elite L, 1-4

## FINALS

Saturday, Oct. 13 9 a.m. Publix Virginia Soccer Training Center - Field 2 (Fredericksburg)  
U15 Girls: (4) FFC 04 Black -vs-- (2) SOCA 04 U15G Elite L, 0-2

### **CAPITAL FALL CLASSIC**

*Richmond, Va. area*

*November 10-11, 2018 (Boys Weekend)*

#### **FFC 08 BOYS BLACK**

##### **U11 Boys Superior Orange (Group B)**

Score W/L/T Opponent

- 5-0 W FSCI Phoenix Orange U11
- 5-0 W RSK Chesterfield 2008B Elite Blue
- 3-2 W Stafford Revolution 08B Blue (Semis)
- 3-2 W RSK Chesterfield 2008B Elite Blue (Final)

#### **FFC 03 BOYS BLACK**

##### **U16 Boys Premier Black (Group A)**

Score W/L/T Opponent

- 0-5 L FC Ballyhoo 03 Black (Pa.)
- 0-2 L Richmond Kickers Elite '03
- 2-2 T AC Sandhills 03 Orange (N.C.)

### **visitRALEIGH.COM CASL JUNIOR SHOWCASE**

*Raleigh, N.C.*

*November 10-11, 2018 (Boys Weekend)*

#### **FFC 06 BOYS BLACK**

##### **U13 Boys Premire White**

Score W/L/T Opponent

- 4-2 W WHYFC White (N.C.)
- 3-1 W NCFC Navy North (N.C.)
- 4-0 W NCFC Gold Dch
- 2-0 W JASA Coastal Surge Blk (N.C.) (Final)

#### **FFC 05 BOYS BLACK**

##### **U14 Boys Premier White**

Score W/L/T Opponent

- 4-0 W FC United 2005 Select I
- 2-1 W NCFC 05 Red North (N.C.)
- 7-1 W MUFC 2005 Premier Boys (Md.)

4-0 W Carolina Rapids NM Boys NL (N.C.) (Final)

### **BETHESDA PREMIER CUP**

*Bethesda, Md. area*

*November 10-11, 2018 (Girls Weekend)*

#### **FFC 04 GIRLS BLACK**

##### **U15 Girls Liberty Blue**

Score W/L/T Opponent

- 1-1 T DEFC 2004 (Del.)
- 2-3 L No. Union United NUU 04F Strikers (Pa.)
- 1-0 W Penn Fusion SA Preacademy2004 (Martyn)

### **CAPITAL FALL CLASSIC**

*Richmond, Va. area*

*November 17-18, 2018 (Girls Weekend)*

#### **FFC 06 GIRLS BLACK**

##### **U13 Girls Premier (Group B)**

Score W/L/T Opponent

- 1-2 L LMVSC Patriots 2006 Girls Red
- 2-1 W Empire United Rochester (N.Y.)
- 1-0 W Richmond Strikers 06 Elite

#### **FFC 05 GIRLS BLACK**

##### **U14 Girls Superior (Group A)**

Score W/L/T Opponent

- 3-3 T FC Richmond Metro 05 Girls
- 1-2 L Powhatan Fury FC 05/06G
- 0-0 T Valley AFC Green 05

#### **FFC 06 GIRLS RED**

##### **U13 Girls Classic (Group A)**

Score W/L/T Opponent

- 0-2 L Valley AFC Green 06
- 0-0 T Richmond Strikers Tornadoes
- 0-2 L FC Richmond Metro 06 Girls

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**FFC 03/04 GIRLS RED**

**U16 Girls Classic (Group A)**

Score	W/L/T	Opponent
0-0	T	SOCA C'ville 03 Classic
0-2	L	FC Richmond Metro 03 Girls
3-1	W	Old Dominion SC Fiamme Blu

**visitRALEIGH.COM CASL SHOWCASE  
RALEIGH, N.C.**

**November 16-18, 2018 (Boys Weekend)**

**FFC 04 BOYS BLACK**

**U15 Boys Elite Navy**

Score	W/L/T	Opponent
3-0	W	Quickstrike FC Qsfc 04' (N.Y.)
2-0	W	Dunedin Sterlind Premier Boys 2004 (Fla.)
3-1	W	04 NCFC Red North (N.C.)

**CHESAPEAKE CHALLENGE CUP  
CENTREVILLE, VA.**

**November 17-18, 2018 (Boys)**

**FFC 04 BOYS RED**

**U15 Boys Bracket A**

Score	W/L/T	Opponent
1-0	W	CUSC o4 Black
2-2	T	Beach FC Galaxy
4-0	W	Beach FC Fusion
0-1	L	Beach FC Galaxy (Final)

**RICHMOND KICKERS MEGABLAST  
Richmond Va.**

**November 17-18, 2018 (Recreation Tourney)**

**FFC SIESS**

**U14 Galaxy Coed (Bracket A)**

Score	W/L/T	Opponent
3-2	W	Richmond Strikers Chesterfield
0-1	L	Tricities United
3-1	W	Richmond Kickers Turbo Power
1-6	L	FC Rec Richmond FC Lucas

**CAPITAL FALL CLASSIC  
Richmond Va. area**

**November 17-18, 2018 (GIRLS Weekend)**

**FFC 06 GIRLS BLACK**

**U13 Girls Premier (Group B)**

Score	W/L/T	Opponent
1-2	L	LMVSC Patriots 2006 Girls Red
2-1	W	Empire United Rochester 2006 (N.Y.)
1-0	W	Richmond Strikers 06 Elite

**FFC 06 GIRLS RED**

**U13 Girls Classic (Group A)**

Score	W/L/T	Opponent
0-2	L	Valley AFC Green 06
0-0	T	Richmond Strikers Tornadoes
0-2	L	FC Richmond Metros 06 Girls

**FFC 05 GIRLS BLACK**

**U14 Girls Superior (Group A)**

Score	W/L/T	Opponent
3-3	T	FC Richmond Metro 05 Girls
1-2	L	Powhatan Fury FC05/06G
0-0	T	Valley AFC Green 05

**FFC 03/04 GIRLS RED**

**U16 Girls Classic (Group B)**

Score	W/L/T	Opponent
0-0	T	SOCA C'ville 03 Classic
0-2	L	FC Richmond Metros 03 Girls
3-1	W	Old Dominion SC Fiamme Blue

**DISNEY GIRLS SOCCER SHOWCASE  
ESPN Wide World of Sports, Fla.**

**November 22-25, 2018**

**FFC 03 GIRLS BLACK**

**U16 Girls Premier - Red**

Score	W/L/T	Opponent
1-2	L	FKK 03 Florida Krush NPL (Fla.)
0-1	L	Weston FC 2003 Pre-Academy (Fla.)
1-1	T	Inter Atlanta FC Blues 03 Elite (Ga.)

**CONTINUED ON PAGE 17**



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**FFC 01 GIRLS BLACK**

**U18 Girls Championship**

Score W/L/T Opponent

0-4 L Elite Soccer Academy 01 Gray (Pa.)

5-3 W SSA Chelsea 01G SCCL (Ga.)

3-0 W VHSC Attack 01 Black (Ala.)

**EDP FALL SHOWCASE**

*New Jersey*

*November 23-25, 2018*

**FFC 00/01/02 BOYS BLACK**

**U19 Men's 2000 Silver (Group B)**

Score W/L/T Opponent

1-0 W PA Classic Elite Blue 00 (Pa.)

2-5 L Warrington SC Union (Pa.)

-- -- Game 3 n/a



**FFC 00/01 BOYS GOLD**

**U19 Men's 2000 Ruby (Group B)**

Score W/L/T Opponent

0-2 L Keystone Athletic KA Grifo 2000B (Pa.)

0-3 L Jersey Knights Warriors (N.J.)

-- -- Game 3 n/a



**visitRALEIGH.COM CASL SHOWCASE**

*Raleigh, N.C.*

*November 30-December 2, 2018 (GIRLS Weekend)*

**FFC 04 GIRLS BLACK**

**U15 Girls Elite Silver (Group D) - (Won Group)**

Score W/L/T Opponent

1-0 W United FC Furman 04G Elite (S.C.)

1-0 W CR NM Burgundy Rapids G (N.C.)

0-0 T FC United 2004 Pre-Academy Predator (Ill.)

**EMPLOYMENT OPPORTUNITIES At Fredericksburg FC**



*One of largest and most successful soccer clubs in Central Virginia offering year-round programming for all Ages!*

*If you are interested in helping helping players improve their game and grow their love and passion for the "Beautiful Game," VISIT: [www.fredericksburgfc.org](http://www.fredericksburgfc.org) -or- EMAIL: [executivedirector@fredericksburgfc.org](mailto:executivedirector@fredericksburgfc.org) / [mowolabi@fredericksburgfc.org](mailto:mowolabi@fredericksburgfc.org)*



**OPENINGS**

- Travel Team Coaches & Staff (PT)
- Facility Operations Assistant & Maintenance (PT & FT)

# UPCOMING FFC SPRING PROGRAMMING

## TRAVEL PROGRAM

*If you are new to the area, played in FFC's Recreation Program and think you're ready for a step up in competition and training, are looking for new challenges with a new club or had a birthday and need to tryout for an older team, look no further.*

*We accept players to the travel program year-round. If you are interested in trying out for the program and there are no tryouts currently scheduled, please contact the FFC office at (540) 368-5425 or email Technical Director Mayowa Owolabi at [mowolabi@fredericksburgfc.org](mailto:mowolabi@fredericksburgfc.org) to arrange a tryout.*

**Ages:** U9 & up

**Tryouts:** Supplemental Tryouts currently scheduled. See below.

**Location:** Training at FFC Park; Games at FFC Park and various other locations throughout the region.

**SUPPLEMENTAL SPRING 2019 TRYOUTS:** See tryout info in ad on Page 5

## ACADEMY PROGRAM

*Designed for all skill levels of young soccer players who are under the age of 8. Training is two sessions a week and small-sided, in-house games (4v4, 5v5) are held on Saturday mornings. Players in the 7/8 Academy will also participate in scrimmage festivals with academy players from other travel clubs. The 7/8 Academy is offered three times a year: fall, winter and spring. Training and games are both led by the FFC Academy coaching staff. The focus is not only on dribbling, passing and shooting, but also basic positioning and gameplay.*

**Ages:** 6-8 years old

**Dates:** April 1 - May 22 \*\*SPECIAL SPRING KICKOFF EVENT - Monday, April 1 from 6:30-7:30 p.m.

**Training:** Mondays & Wednesdays from 6:30 - 7:30 p.m. on VYSA Turf Field #2 (adjacent to FFC Park)

**Games:** Saturdays from 10:00 - 10:45 a.m. on FFC Park Field #9

**Cost:** \$295

**Uniforms:** Are required and not included in the registration fee. Find full uniform info at the link below.

## PRE-ACADEMY PROGRAM

*This 8-week program for boys and girls is the best first step for players that hope to one day move into the Travel Program. Introduces players to more structured, competitive environment through both training and games, while still maintaining the fun of the game.*

*Beginner soccer program for pre-school age players who are 3, 4 and 5 years old. Training is two sessions a week and also includes small-sided, in-house games (2v2, 3v3, 4v4) on Saturday mornings. The 5/6 Academy is offered three times a year: fall, winter and spring. Training and games are both led by the FFC Academy coaching staff. The focus is on basic dribbling, passing and shooting in a fun and structured environment.*

**Ages:** 3-5 years old

**Dates:** April 1 - May 22 \*\*SPECIAL SPRING KICKOFF EVENT - Monday, April 1 from 5:30-6:30 p.m.

**Training:** Mondays & Wednesdays from 5:30 - 6:30 p.m. on VYSA Turf Field #2 (adjacent to FFC Park)

**Games:** Saturdays from 9:00 - 9:45 a.m. on FFC Park Field #9

**Cost:** \$165

**Uniforms:** Are required and not included in the registration fee. Find full uniform info at the link below.

## TOPSoccer & BUDDIES PROGRAM

*At its foremost, TOPSoccer is a free program for players with disabilities open to athletes from ages 4-20+. But it is also an opportunity for players of all ability levels to spread their love for the game. FFC members are highly encouraged to volunteer some of their time with the program.*

**Ages:** 4 - 20+ years old

**Dates & Times:** To be announced

**Location:** FFC Park

**Cost:** FREE!

## MINIS PROGRAM

*The 4-week program for boys and girls is structured for players age 4 and under. Fun is the main goal, while creating an experience that instills an early love for the game.*

*An introduction to soccer! Requiring no soccer experience or prior soccer training. These soccer players start as early as 2 & 3 years old. The program is typically 4-6 weeks. Players will meet once a week to learn basic skills with and without the soccer ball. The focus is on FUN, but also encouraging young players to take on basic information and instruction from our FFC Academy coaches. The U4 Minis Program is offered three times a year: fall, winter and spring.*

**Ages:** 4 & under

**Dates:** Saturdays April 27 and May 4, 11, 18 \*\*FREE SESSION - Saturday, April 13 from 11:00 - 11:45 a.m.

**Times:** 11:00 - 11:45 a.m.

**Location:** FFC Park

**Cost:** \$65

**Uniforms:** The program provides a complimentary jersey for all U4 Minis participants. Shorts/pants are responsibility of the player.

## CCL Pro23 MEN'S & WOMEN'S PROGRAM

*The purpose and objective for Fredericksburg FC's CCL Pro23 Men's and Women's programs is to provide the U15-U23 players the opportunity to remain competitive and involved with the club on a full-time basis throughout the spring season and the summer months. The CCL Pro23 Men's and Women's teams will compete as a squad for the spring season, attending one additional college showcase between March and May. Once the spring season is complete, the CCL Pro23 Men's and Women's teams will then compete during the summer months as a squad in the CCL Pro23 League.*

*Fredericksburg FC will use the league and platform to provide our U15-U19 players the opportunity to game valuable experience playing with and against older player, which will help prepare them for college and future higher-level competition.*

**Ages:** 15-23

**Dates:** March - Summer CCL Pro23 League season

**Training dates & times:** TBD

**Location:** Home games at FFC Park; road games at various locations throughout the region

**Cost:** \$295 (The \$25 tryout fee will deducted from this fee for a balance due of \$270 if you are selected for the program. See below for tryout info.)

### TRYOUTS

**Dates:** Saturday, Jan. 5 & Sunday, Jan. 6, 2019

**Times:** 11:00 a.m. - 1:00 p.m. both days

**Location:** FFC Park / VYSA Soccer Training Center Turf Fields

**Cost:** \$25

## RECREATION PROGRAM

*The program is open to boys and girls ages U8-U19 and no experience is necessary. The Recreation Program is a great place to start to take your game to the next level if you're not ready for the travel soccer environment or are just looking for a competitive place to play without having to travel out of the area.*

*Ages: U8-U19 (U8-U15 ONLY in the spring)*

*Dates: Training is scheduled to begin Monday, March 18, with games scheduled to begin Saturday, April 6.*

*The last game is scheduled for Saturday, June 1.*

**Times:** Vary

**Location:** FFC Park

**Early-Bird Cost:** \$65 per player (on/before December 31, 2018)

**Regular Cost:** \$85 per player (on/after January 1, 2019) - REGISTRATION DEADLINE: Friday, Feb. 15, 2019

**Uniform:** Are required and not included in the registration fee. Find full uniform info at the link below.

**Visit [www.fredericksburfc.org](http://www.fredericksburfc.org) for more info on all programs!**