

# “THE PITCH” - The Official Newsletter of FFC

April 17, 2019 - Volume 18.0



## Spotlight on...

### 14 FFC PLAYERS SIGN TO CONTINUE PLAYING CAREERS AT COLLEGE LEVEL

It was a banner year for Fredericksburg FC players as 14—10 boys and four girls—will go on to play college soccer in the fall.

Players and their families gathered at the FFC offices in March to be recognized after officially signing to play with their future schools in February.

All coming off stellar final youth seasons with FFC in 2018, they earned their opportunities to play in college, a just reward for the players and their families after years of hard work. Each player put in countless hours on and off the soccer field to be able to have this chance to continue playing while furthering their educations at the schools of their choice.

“We provide soccer for many reason at FFC, but it is



The players with their parents at FFC's signing event. There are details on upcoming pages in this issue for each of the players (3 players not pictured above).



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# UPCOMING EVENTS

**April 22-25, 2019**

SPRING BREAK CAMPS

at FFC Park

-FULL-DAY CAMP-

9:30 a.m. - 3:00 p.m.

-HALF-DAY CAMP-

9:30 a.m. - 12:00 p.m.

-GOALKEEPER CAMP-

5:00 - 8:00 p.m.

**Saturday, April 27, 2019**

2019-2020 TRAVEL TRYOUTS

U16-U10 Boys & Girls

at FFC Park/VYSA Turf Fields

10:00 a.m. - 12:45 p.m.

**Saturday, April 27, 2019**

U4 MINIS FIRST SESSION

at FFC Park

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

**Saturday, April 27, 2019**

ACADEMY PROGRAM

SCRIMMAGEFEST #1

at FFC Park

Girls: 10:00 - 11:00 a.m.

Boys: 11:00 a.m. - 12:00 p.m.

**Saturday, April 27, 2019**

NCS VYSA STATE CUP

ROUND OF 16

**-FFC 06GB v. Loudoun 06GR-  
12 p.m., FFC Park #11**

-FFC 06BB v. NVCS 06B CCL-  
6 p.m., Benton M.S. #1

-FFC 05BB v. Beach FC 05BR-  
3 p.m., HRSC #8

**Saturday, May 4, 2019**

2019-2020 TRAVEL TRYOUTS

U16-U10 Boys & Girls

at FFC Park/VYSA Turf Fields

10:00 a.m. - 12:45 p.m.

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always a pleasure to see a young athlete move on to play at the next level," FFC President and Executive Director Grover Gibson said. "It's extremely satisfying to know we have provided as many tools as possible to ensure they are best prepared to compete at the collegiate level."

## BOYS SIGNINGS

### PAULO ALVES

**School: Missouri Valley College**



**Positions:** Attacking Midfield

**High School:** Escola Águia de Haia (Brazilian high school)

**When did you start playing at FFC?**

April of 2018.

**What about playing for FFC helped you make it to this step in your college career?**

It helped me a lot, I learned many things that I should do inside the game like think what to do before getting the ball.

**Why did you decide to go to Missouri Valley College?**

Because I know that there's the best place to go, They have an amazing program and a very stronger soccer team!

**What are you looking forward to most playing at MVC?**

I am looking to become a better soccer player and I will be only if I play with strong players.

### GADSONI BIGIRIMANA ABEL

**School: University of Mary Washington**



**Positions:** Attacking Midfield, Ringer Wing

**High School:** Massaponax (Fredericksburg, Va.)

**When did you start playing at FFC?**

My freshman year of high school.

**What about playing for FFC helped you make it to this step in your college career?**

FFC has helped and developed me to become a more effective player on the pitch as well as taught me about the college recruiting process.

**Why did you decide to go to University of Mary Washington?**

I picked this college because it has a beautiful campus with my major in it. Also, it has one of the best DIII programs for soccer in Virginia and I want to make a positive impact on the team as soon as possible.

**What are you looking forward to most playing at UMW?**

I am looking forward to the relationships I will make with my teammates as well as getting involved in the games.

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# TEAM OF THE MONTH - MARCH 2019

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 U19 BOYS BLACK

**FREDERICKSBURG, Va. (Tuesday, April 9)**—The FFC U19 boys finished the month of March unbeaten (5-0-1) with first-place finishes in both the Loudoun Soccer College Showcase on March 1-3 and Jefferson Cup on March 29-31.

The team was led by strong defensive efforts in both tournaments allowing just two goals against over the six games.

Many of these players will be continuing their soccer careers on the college level come this fall.

As of the end of March, the team has an over record on 8-1-1 in tournament and league play. "The Pitch" spoke with their head coach Marcello Alves to see what has made them such a strong squad in March and 2019 as a whole.



### March 2019 Results

#### LOUDOUN SOCCER SHOWCASE (March 1-3)

- W, 7-1 vs. Loudoun Soccer 00B Red (Va.)
- W, 2-1 vs. SOCA Elite 01 U18-19 Boys (Va.)
- T, 0-0 vs. MD United FC 00]01 Boys ECNL (Md.)

#### JEFFERSON CUP (March 29-31)

- W, 1-0 vs. Mid-City Lions FC Nationals (Minn.)
- W, 1-0 vs. Continental FC ECNL Composite '00M (Pa.)
- W, 2-0 vs. Triangle United SA 01 B Gold (N.C.)

### TP: What has made this team so strong in 2019?

**MA:** *I believe that it took a couple months for the boys to fully understand the way we wanted them to play. Once they were completely engaged and committed to the idea we had for them, then they were able to perform at the highest level possible. The positive results came as a consequence of their performance and tactical discipline. Lastly, we had several players going through the final stages of their recruitment process with college coaches, therefore they were very motivated to play their very best.*

### TP: Before 2019 started, were you expecting them to have a good year? What made you think they'd be playing how they are?

**MA:** *I did believe they were going to hit their best performance level in 2019. As I said previously, sometimes you get a team and it takes time for the coach to be able to put all his ideas*

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*in practice. I knew it would take me a couple of months and they were going to hit their best in the Spring.*

**TP: What do you think helped them be successful at the two tournaments they played in March?**

*MA: Both the training and the recruitment process, but beyond that, I believe that a huge part of it was our trip to Orlando late December. The team matured a lot during the Disney Showcase. During those days at the hotel, we were able to work a lot on team bonding and that is showing now in 2019.*

**TP: Do you have any standout/key moments from each tournament that helped earn the championships in each?**

*MA: In all games of the three showcases we've had in 2019, I always boosted their confidence and the key moments every time were that very moment they would realize how good they were individually and collectively as a team. At those moments, they would be almost unstoppable . . . defensively and offensively.*

**TP: Any fun little stories that stick out from your time with these guys, from training or games or otherwise?**

*MA: There are lots of fun stories and memories from these boys in training and games. However, I believe the most fun we had together as a team were during some of the team bonding activities we did at the hotel in Orlando during the Disney Showcase.*

**TP: Is there anything else you'd like to share about the team?**

*MA: I am super proud of them for having an amazing last season at the club. The team had only three juniors on the team, and 17 seniors and most of them are going into the next level to play soccer in college. We have 10 out of 17 already signed to play college soccer, one going pro and another four players at the end of their process into signing with colleges. We have reached the highest ranking of the team's history being No. 3 in Virginia and No. 54 in the nation. This was a very strong group of players, and as I coach I couldn't be more proud of them.*

**—Photos courtesy of Lisa Iden**



## College Recruiting Advice

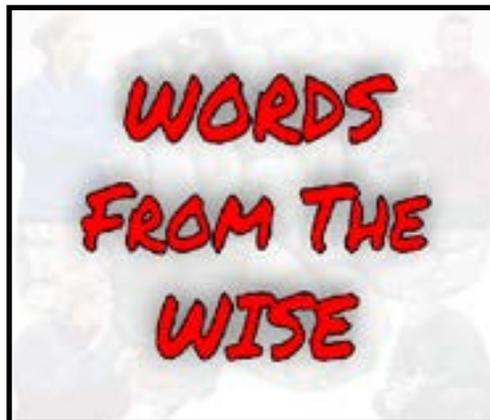
In this series we will bring you monthly on the FFC website and in the club's "The Pitch" Newsletter, FFC Media Director Tom Leiss will talk to various Men's & Women's college coaches about what they look for in recruits. This information will be brought to you anonymously in each post to allow the coaches to be able to speak freely without it violating any NCAA rules so that we can all help players and their families get through the recruiting process as easily as possible. If you are a college coach and would be interested in contributing, please email [tleiss@fredericksburgfc.org](mailto:tleiss@fredericksburgfc.org) and we'll send you a brief questionnaire to answer and contribute.

(Thursday, April 4, 2019)—In issue No. 2 of "Words from the Wise," coaches answer: ***"What are some good ways for a recruit to get "seen" or "noticed" by a college coach?"***

Trying to get the attention of a coach at a college or university you'd like to play for isn't always the easiest thing in the world to do. After all, so many other players are trying to do the same exact thing as you are. So, this seemed like an obvious question to put forth.

Again, the only distinguishing mark I will put with each comment is whether the coach is a men's or women's coach. Here's what they had to say.

**COACH 1 (Women's)** – "The best way is be super proactive in the process. College coaches see hundreds of prospects each year. Players need to indicate a serious interest in the program ... learn about the college and program before you write to a coach. Players need to indicate their level of interest and pursue that program just as diligently as a college coach pursues a recruit. It should be a really active process. If one sits and waits for college coaches, it may prove to be a long wait. A second part of this answer is to attend specific college ID camps or summer camps. Make your camp and ID camp [attendance] decisions on colleges that you are truly interested



in learning more about the academic programs, as well as the soccer program. Use ID camps and overnight camps as part of your research—talk with other students, tour the campus, sit in a class."

**COACH 2 (Women's)** – "ID Clinics are the big thing now that can get you on campus in front of coaches, an opportunity to get on and see the

campus. You also get to interact with current players. Go watch the team play at your interested college or university."

**COACH 3 (Men's)** – "Recruits should attend camps/showcases on the institutions campus. This will allow the recruit to be seen by the host coaching staff. High-level club tournaments are a must also."

**COACH 4 (Men's)** – "Work rate at training or in games. Often times hard work overcomes talent if you can be competitive and help your team win in all settings. The best are the players who can stand out from a talent perspective and have a high work rate and attitude to go along with it."

**COACH 5 (Women's)** – "Play for a good club. Definitely be proactive—emails telling when and where they are playing. On campus recruiting clinics and camps also are great ways to get in front of a coach."

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### CHANDLER "HUNTER" IDEN

**School: Frostburg State University**



**Positions:** Defense  
**High School:** Spotsylvania (Spotsylvania, Va.)  
**When did you start playing at FFC?**  
*When I was 6 years old I was bumped up to play U8 travel.*  
**What about playing for FFC helped you make it to**

**this step in your college career?**  
*I believe ffc believed my game physically and mentally. The coaches and staff are great and they really care about everyone in the club. They truly want what is best for everyone.*

**Why did you decide to go to Frostburg State University?**  
*I went to FSU and as soon as I got there I knew that this was a college that I would want to go to. I met the boys on the soccer team and they are a good group of boys. FSU also has my major, Cyber Security. That was another factor in my decision.*

**What are you looking forward to most playing at Frostburg State?**  
*I look forward to putting on the college jersey and boots, then catching a dub with my new soccer team at FSU.*

### MICHAEL KREIDER

**School: Millersville University**



**Positions:** Right Back  
**High School:** Chancellor (Fredericksburg, Va.)  
**When did you start playing at FFC?**  
*2009*  
**What about playing for FFC helped you make it to this step in your college career?**

*Playing for some great coaches who molded me as a player and as a person.*  
**Why did you decide to go to Millersville University?**  
*Millersville is a perfect fit. I love the coaches who are excellent and there's an opening for my position. I will be*

*highly competitive, but if I'm at my best, I can work my way into the starting 11.*  
**What are you looking forward to most playing at Millersville?**  
*Being in an environment in which it's sink or swim. Step up your game and be quality or be put to the side. The intensity of the college game and practices will be challenging and this excites me.*

### NATHAN LAM

**School: Virginia Military Institute**



**Positions:** Midfield  
**High School:** Clover Hill (Chesterfield, Va.)  
**When did you start playing at FFC?**  
*January 2015*  
**What about playing for FFC helped you make it to this step in your college career?**

*The high level coaching staff and the quick speed of play that they have taught me to play.*  
**Why did you decide to go to Virginia Military Institute?**  
*The high level of academics, especially in my intended major, the reputation that the school itself holds and the opportunity to pay and have an impact on a Division I school who is rebuilding its soccer program.*

**What are you looking forward to most playing at VMI?**  
*I look forward to having a successful impact on the program starting with my freshman year, just as the current freshmen and sophomores did the past two years.*

### JOSH LAM

**School: Virginia Military Institute**



**Positions:** Outside Back  
**High School:** Clover Hill (Chesterfield, Va.)  
**When did you start playing at FFC?**  
*2015*  
**What about playing for FFC helped you make it to this step in your college**

**career?**  
*Training and playing in a competitive environment,*

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along with coaches who have been invested in improving my play.

**Why did you decide to go to Virginia Military Institute?**

I chose to commit to VMI because of the prestige of the school, the endless academic opportunities and to continue to push myself to become a better player.

**What are you looking forward to most playing at VMI?**

I am looking forward to being a part of the tight-knit group of players and helping to bring more success to the program over the course of the next four years.

**MICHAEL NOCERA**

**School: Virginia Wesleyan University**



**Positions:** Outside Midfield, Attacking Midfield, Left Back  
**High School:** Graduated from Riverbend ('18) (Fredericksburg, Va.)

**When did you start playing at FFC?**  
Freshman year of high school (2014)

**What about playing for FFC helped you make it to**

**this step in your college career?**

I came to FFC to play with the best players and against the best players week in and week out.

**Why did you decide to go to Virginia Wesleyan University?**

I enjoyed the school's campus along with them giving me a chance to play and continue my soccer career.

**What are you looking forward to most playing at Virginia Wesleyan?**

I am looking forward to the challenge of playing soccer at Virginia Wesleyan and continuing to learn and grow as a soccer player.

**JACOB PETERSON**

**School: Virginia Wesleyan University**



**Positions:** Midfield  
**High School:** Chancellor (Fredericksburg, Va.)

**When did you start playing at FFC?**  
[Doesn't remember when]

**What about playing for FFC helped you make it to**

**this step in your college career?**

The additional practices and field time.

**Why did you decide to go to Virginia Wesleyan University?**

I chose Virginia Wesleyan in order to have the opportunity to play soccer at the college level.

**What are you looking forward to most playing at Virginia Wesleyan?**

I am looking forward to being part of a college soccer team and continuing to develop as a player.

**JOSHUA REID**

**School: Marymount University**



**Positions:** Goalie  
**High School:** Chancellor (Fredericksburg, Va.)

**When did you start playing at FFC?**

In the seventh grade (2013).  
**What about playing for FFC helped you make it to this**

**step in your college career?**

Having eight practices a week at FFC during my sophomore and junior years, which made me physically fit and sharper than ever.

**Why did you decide to go to Marymount University?**

I chose Marymount because of the academics and internships available there.

**What are you looking forward to most playing at Marymount?**

Playing with new people for four more years. I am more excited than ever. A new team to call my family. I am looking forward to weight lifting as well.

**BRENDEN ZABAVA**

**School: Shenandoah University**



**Positions:** Center Attacking Midfield  
**High School:** Forest Park (Woodbridge, Va.)

**When did you start playing at FFC?**

This past year (2018).  
**What about playing for FFC helped you make it to this step in your**

**college career?**

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*Even though I have only been at FFC for this one year, it has helped me a lot. Most importantly, my coaches working with me to contact college coaches and then reaching out and talking to those coaches to tell them about me as a player and a person.*

**Why did you decide to go to Shenandoah University?**

*I chose to further my education at Shenandoah University because of its excellent sports management program. As for soccer, I committed because the soccer program is growing even more, starting with a new head coach, and I want to be a part of that. I will also have previous teammates who will join me on the team and that will make my time there even better.*

**What are you looking forward to most playing at Shenandoah?**

*I will definitely enjoy playing with my previous teammates, but I am most looking forward to all the changes that our new coach will bring. He has told us of his plans to improve and expand all the athletic centers in the school, and he is also looking to get new locker rooms, equipment and uniforms for the team.*

## GIRLS SIGNINGS

### **JULIA HOLLANDSWORTH**

**School: Nazareth College**



**Positions:** Goalie  
**High School:** Massaponax (Fredericksburg, Va.)

**When did you start playing at FFC?**

*Since I was 11 years old.*

**What about playing for FFC helped you make it**

**to this step in your college career?**

*The exposure to the college coaches helped a lot and also the coaches, especially pushing me.*

**Why did you decide to go to Nazareth College?**

*The atmosphere on and off the soccer field. The team is like a family and supports you in anything you do and the college campus is very homey to me. Also, they have a great physical therapy program where you get real-world experience right on campus. The program fits me perfectly.*

**What are you looking forward to most playing at Nazareth?**

*I am looking forward to playing a Naz because it is going to be such a great experience, and also, like I said before, they are a family. They support and push you.*

### **ERIN JONES**

**School: Liberty University**



**Positions:** Goalie  
**High School:** Fredericksburg Christian School (Fredericksburg, Va.)

**When did you start playing at FFC?**

*2015*

**What about playing for FFC helped you make it to this step in your college career?**

*Definitely the amazing coaches I have had the privilege to play or have gotten me to where I am today.*

**Why did you decide to go to Liberty University?**

*I want to go somewhere where the people share the same faith I do and be in that type of environment where God is the main focus.*

**What are you looking forward to most playing at Liberty?**

*Playing at a high level and meeting new people, and making new friends. I am excited to be able to push myself mentally and physically the next four years to be the best player I can be.*

### **KATE IGNUDO**

**School: Longwood University**



**Positions:** Midfield/Forward  
**High School:** Courtland (Fredericksburg, Va.)

**When did you start playing at FFC?**

*2011*

**What about playing for FFC helped you make it to this step in your college career?**

*There have been many things over the years that have helped me pursue my goals of playing at the collegiate level. Some of these included training, encouraging*

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coaching and staff, and the overall schedule we have had to adhere to as FFC players.

**Why did you decide to go to Longwood University?**

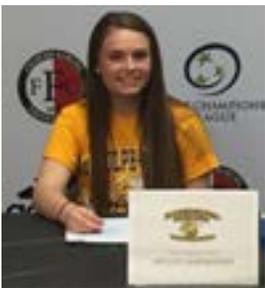
Ever since I started looking at colleges, Longwood has been at the top of my list. Not only do they specialize in Education, the career I want to pursue, but they also have an amazing coaching staff and family atmosphere amongst the team. I can't wait to spend the next four years with them.

**What are you looking forward to most playing at Longwood?**

It is so exciting when you move onto the next level of lay. I am looking forward to developing myself more as a player, finding my limitations and pushing past them.

**SHELLEY WINEBARGER**

**School: Randolph-Macon College**



**Positions:** Attacking Midfield, Forward, Outside Midfield

**High School:** Riverbend (Fredericksburg, Va.)

**When did you start playing at FFC?**

At age 11

**What about playing for FFC helped you make it to this step in your college career?**

I've never had a steady coach throughout my soccer career for travel. All of the coaches I've had, had different techniques while playing for FFC and I've learned so much from those techniques. The coaches for FFC have made me the player I am today and they have impacted the love I have for soccer.

**Why did you decide to go to Randolph-Macon College?**

I chose to commit to Randolph-Macon because of the atmosphere, how the campus feels like I'm at 'home,' and as soon as I met the players and coaches I felt part of the team.

**What are you looking forward to most playing at Randolph-Macon?**

Competing against great teams and players from all around and being part of a new family.

**FREDERICKSBURG FC CAMP SERIES**

**SPRING BREAK CAMPS**

**All Camps at FFC Park**

**APRIL 22-25: Full-Day Camp (U5-U15)**  
➤ 9:30 a.m. - 3 p.m. - Cost: \$175

**APRIL 22-25: Half-Day Camp (U5-U16)**  
➤ 9:30 a.m. - 12 p.m. - Cost: \$125

**APRIL 22-25: Goalkeeper Camp (U8-U16)**  
➤ 5-8 p.m. - Cost: \$125

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

WHAT  
FFC  
COACHES  
LOOK  
FOR  
DURING  
TRYOUTS



**TECHNIQUE**

**Ball Mastery & Control**—The ability to collect, control and manipulate the ball with both feet, legs, chest and head.

**Dribbling & Running with the Ball**—Moving the ball in different directions at varying speeds with the ball in full control.

**Body Movement & Shapes**—

How you move your body efficiently with and without the ball to maximize impact with balance and coordination.

*Just like learning a language, it does not happen overnight and will take years of learning with many hours of repetition. To be able to accomplish this*

*is heavily dependent of the next soccer attribute.*

**GAME INTELLIGENCE**

**Spatial Awareness**—Players need to quickly visualize and understand the pictures that are created on the soccer field. Where

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**2019-20 YOUTH SOCCER TRYOUTS ANNOUNCED!**

*FFC is extremely excited to invite all soccer players to compete on our Elite Black or Red Level Teams for All Ages for both Boys & Girls this upcoming Fall Season!*

U16-U19 Boys & Girls | Saturdays, April 27, and May 4

U10-U15 Boys & Girls | Monday, May 6, Wednesday, May 8, and Thursday, May 9

U9 Boys & Girls | Monday, May 20, and Wednesday, May 22

**[CLICK HERE FOR FULL 2019-2020 TRAVEL TRYOUT INFORMATION, SCHEDULE AND TO REGISTER](#)**

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the players standing or moving and what are the distances and spaces in relation to the ball? How quickly can you create these pictures to help you make decisions as to your next move?

**Risk Assessment**—What happens if I run into this space or if I pass a ball into that space? Are you able to make the right decision that will have a positive impact for your team and minimize the risk.

**MINDSET**

*Mindset is a very hard area with contributing factors, so again this is broken down into smaller segments. It is a key ingredient in a footballer's makeup and often determines which level you play at because the higher up the football ladder your progress, the more important the mindset becomes.*

**Passion & Drive**—The ambition and hunger to succeed.

**Mental Toughness**—In times of adversity, how does a player react?

**Leadership**—Organize vocally or lead by example.

**Coachability**—How do players react or respond to instructions, criticism and suggestions?

**Responsibility**—Does the player take ownership of these responsibilities and carry them out or do they shy away?

**PHYSIQUE**

*In the early years, a player's physique should be one of the last factors to look at, but when we do these are the areas to focus on:*

**ABC's**—Agility, balance and coordination

are vital because there are so many movements that happen in a soccer match This is with and without a football as you dribble, jump, turn and place your body into a variety of positions.

**Power & Strength**—This is not the size of the individual, but is more about how effectively you use your body to win a physical battle.

**Speed**—This is not only straight-line speed, but it is the speed at which you accelerate, decelerate and how quickly you can change direction with and without a football at your feet.

**Stamina**—As your body fatigues, your control, focus and decision making can become impaired, which are all critical in a match situation. The ability for a player to deal with the constant stop, start nature, as well as endurance during a game to keep moving will be examined.

**GOALKEEPER IDENTIFICATION & EVALUATION**

There are 4 key factors:

- 1) Bravery
- 2) Communication
- 3) Speed
- 4) Reactions

**Decision Making**

Unlike playing in any other position where mistakes can be rectified, being a goalkeeper comes with the knowledge that a mistake will almost certainly result in a goal. With only a split second to make

decisions, a goalkeeper must always go with their instinct.

**Confidence**

Being the last line of defense isn't an easy job and, as mentioned above, there is a lot of pressure surrounding goalkeepers of all ages and levels. For this reason, it is essential that goalkeepers have a large amount of belief in their own ability. Goalkeepers must be commanding and demand respect. If a goalkeeper is not confident, they will not be trusted by the players around them, which will have a negative impact on the team. A goalkeeper has the ability to lift the rest of the team through the way they handle themselves, so confidence is another essential part of a goalkeeper's make up.

**Footwork**

In order for the feet to move quickly and the hands to come up and make a save, a high level of coordination is required. Without it, an individual may be able to move their feet well, but without the ability to get the hands across and make a save at the same time, one cannot call themselves a goalkeeper.

**Ball Skills**

A modern-day goalkeeper must be comfortable with a ball at their feet. Goalkeepers are required to pass and receive the ball If a young goalkeeper is looking to develop and play at a high level. It is important they do not neglect their ball skills. A day per week spent training with

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

**FREE!** **SPRING 2019**  
**TOPSoccer & BUDDIES**

For any child or young adult with a disability aged 4-20+  
Players may come to any or ALL of the sessions and may start at any time.

At FFC Park - Field 15A  
From 9:00-10:30 a.m.  
Saturdays: April 6, 13, 27;  
May 4, 11, June 1

**BUDDIES ALWAYS NEEDED!**  
Email Director Toby Brown at [toby\\_brown@cox.net](mailto:toby_brown@cox.net) for info.

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

## One FFC parent tells why being involved in the program is good for volunteers & participants

*"To a parent of a child with a disability, I'd probably first ask if the kid is involved in anything, what they're looking for, and what the kid likes. If they say they or their kid wants soccer, but doesn't have the attention span or skills, or whatever worry the parent has about team sports, or if they say they just want their kid to be active and have no preference, I'd say consider TOPS because it checks all those boxes. I'd tell them their kid doesn't need to have any soccer experience because it's player-led. Those that want to work on their soccer skills can be paired with a soccer player and work on whatever skill they want as long as they want, though the buddy may also introduce other skills they think their player can handle or might enjoy, but that if a kid just wants to run the whole time, they can do that. They'll have a buddy to keep them safe and entertained and having fun, because that's really the point.*

*If I'm pitching to a parent whose kid could be a potential Buddy, I'd throw it out there as we could really use some buddies, they don't have to be good at soccer or really even have a lot of experience, they just need to be a good person, have a good heart, and be willing to work with a kid they don't know well. I'd tell them the same thing about it being player led—that if the kid wants to take shots on goal, they're taking shots on goal and you're either goal-ie or at least retrieving the balls for them, but if a kid wants to just work on passing, that's what you're doing. I'd warn them that they might end up playing lots of duck-duck-goose. I'd add that the program is really laid back and pretty flexible about what happens, as long as they can keep a kid safe and, ideally, moving a little bit, that the goal is to help the kids be active and have fun."*

**—Brigit O'Leary, veteran program parent of a participant and volunteer**

## Why Volunteer?

*"I would encourage others to volunteer because it is just such a fun program to be a part of. Not only*



*do you get to do what you love by playing soccer, but you also get to have fun with other kids and teach them how to play. There really is no stress or worry, it is all about enjoying yourself and having a good time.*

*The program is also really convenient for FFC players to be able to do it. Since it is on Saturday mornings, there are many times when people could come by the fields early and volunteer before playing in their game that they may have soon after."*

**—Kyle Irby, FFC player & veteran program volunteer**

# Getting to Know...

## STEVE PLATO



**A.K.A.:** Coach Plato

**Age:** 49, Sept 5, 1969

**Hometown:** Orange Park, Fla. (just outside of Jacksonville)

**Title(s):** Head coach of the FFC06 Girls Red team and the Vice President of the Board of Directors

**Started at FFC:** Started coaching rec at FFC in 2010 and travel in 2011

**College:** Graduated from the University of North Florida, majoring in Criminal Justice and a minor in Political Science.

**Coaching credentials:** National D license

**Email:** [saplato5@gmail.com](mailto:saplato5@gmail.com)

**Are you living in the Fredericksburg area now?**

*Yes. I live in Fredericksburg.*

**Can you tell us about your family?**

*I'm married for almost 24 years to Season Plato. We have 3 kids, all having played their travel soccer careers at FFC. Andrew 22, Adam 18 and Madelyn 16.*



**How did you hear about the club?**

*From friends in the neighborhood.*

**What is your coaching experience?**

*I have been coaching soccer to boys, girls, men and women for 36 years. I've coached recreation, travel and adult soccer teams.*

**What is your playing experience?**

*I played recreation soccer growing up until a travel program moved to my hometown at the age of 14. I then*



*played travel and high school soccer.*

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

*Mom signed me up when I turned 5 and I liked it more than all the other sports I tried.*

**What made you want to start coaching?**

*At age 13 I was an assistant coach for a family friend who was coaching a recreation team of 5 and 6 year olds. Halfway through the season, the head coach had to step away due to health concerns so I took over. That started what has been 36 years and counting of coaching soccer!*

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

*Touching a ball every day to improve my technical skills and touch, while being the*

**CONTINUED ON PAGE 14**

**CONTINUED FROM PAGE 13**

*best teammate possible. Always encouraging my fellow players, never demeaning.*

**Who is your biggest influence in your coaching career?**

*Coach Mike Ruff. He was my first coach at age 5 and coached me until travel started nine years later. He was amazing at teaching both the technical and tactical aspect of the game to youth players.*

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

*I love teaching the transition part of the game. I love all drills that deal with transitioning!*

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

*It wasn't a goal, or helping stop a goal, or a big win. It was in a game at age 12, I got kicked so hard in the shin that a massive hematoma formed along my bone. While I could barely put pressure on my leg, I begged the coach to put me back into the game until he did. I fought through the pain to be out there with my teammates until the final whistle. Never give up!*

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

*Win or lose, close game or not, any time I'm on the sideline coaching young players at FFC is my "best" memory!*



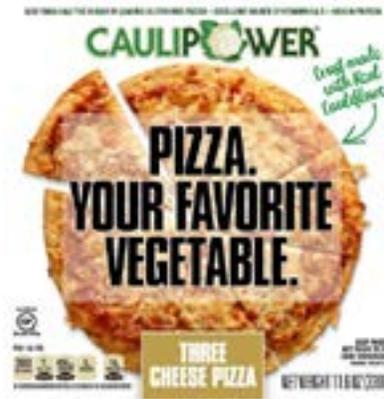
**Who's your favorite professional player (past or present) and why?**

*Andres Iniesta, Former Barcelona and Spanish team player, because he*

*was amazed me for years with his playmaking ability, his ingenious creativity, and the fact that he makes everyone on the team better when he is on the field.*

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

*I don't have a favorite. I just watch all profession-*



*al soccer possible. But my favorite team is the U.S. Men's and Women's National teams.*

**What's your favorite food?**

*Cauliflower Pizza or Taco Salad. . . . I can't pick between the two!*

**What's your favorite movie?**

*Hard to name a single favorite, but I enjoy movies like Legends of the Fall or Everybody's All-American.*

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

*My favorite band is the Dave Matthew's Band so whatever you would call this nowadays . . . alternative I guess?*

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

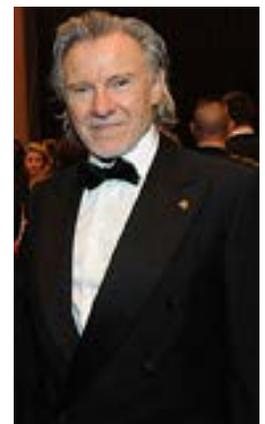
*Without hesitation, fishing. Specifically fishing from my kayak. Nothing more peaceful than being on a local river at sunrise on my kayak. I also really enjoy health coaching with my wife and helping people transform their health and wellness.*

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

*Fishing pole, sunscreen and a lifetime supply of fresh water.*

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

*Harvey Keitel, because he is a little bit nutty.*



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# ACADEMY PROGRAMS REGISTRATION OPEN SPRING 2019

## Academy (U7-U8) - Pre-Academy (U5-6) - Minis (U4)

8-week program  
April 1 - May 22  
**Training:** Monday & Wednesday  
**Games:** Saturday a.m.  
**Location:** FFC Park & VYSA STC  
**Cost:** \$295\*  
\* - Uniforms not included

8-week program  
April 1 - May 22  
**Training:** Monday & Wednesday  
**Games:** Saturday a.m.  
**Location:** FFC Park & VYSA STC  
**Cost:** \$165\*  
\* - Uniforms not included

4-week program  
April 27 - May 18  
**Training & Games:** Saturday a.m.  
**Location:** FFC Park  
**Cost:** \$65\*  
\* - Complimentary jersey provide;  
Players provide shorts/pants/socks

**SPECIAL SESSIONS: Academy & Pre-Academy - April 1 / Minis - April 13**  
For full info or to register, visit: [www.fredericksburgfc.org](http://www.fredericksburgfc.org)

The Academy & Pre-Academy Programs and Recreation Program are currently accepting late registration. For info on late registration, email [officeadmin@fredericksburgfc.org](mailto:officeadmin@fredericksburgfc.org)



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

# RECREATION PROGRAM Spring 2019

Email [officeadmin@fredericksburgfc.org](mailto:officeadmin@fredericksburgfc.org) to inquire about Late Registration.

**Uniforms Required!**

Visit [www.fredericksburgfc.org](http://www.fredericksburgfc.org) For More Info.

Or email Recreation Director Adrian Batchelor at [recreationdirector@fredericksburgfc.org](mailto:recreationdirector@fredericksburgfc.org) for more info.



# FFC Tournament Series

## ANOTHER SUCCESSFUL ST. PATRICK'S DAY INVITATIONAL BRINGS COMPETITION, HELPS BUILD FFC'S REPUTATION

FREDERICKSBURG, Va. (Saturday, April 13, 2019)—Following a second successful FFC St. Patrick's Day Invitational, "The Pitch" spoke with Tournament Director Mayowa Owolabi about various aspects of the event to close out the 2019 edition.

After having already seen growth in year two—from 70+ boys and girls teams in 2018 to over 80 this year—FFC Park's wonderfully maintained fields would definitely be put to the test with so many quality teams in attendance. Owolabi was pleased passed with flying colors.

"The 2nd Annual St. Patrick's Day Invitational went extremely well," he said. "This year, we added about 15 more teams, so we really pushed FFC Park to full capacity, but the event went well. The weather was fantastic this St. Patrick's Day weekend, so I was certainly very appreciative of that."

With a year under its proverbial belt and the added number teams, there was also added expectation that the level of play would increase. According to Owolabi, it most certainly did as the teams took advantage the magnificent weekend to show their wares.

"A major highlight was the competitive level that was showcased at this tournament. In compar-



ison to last year's event, we brought a higher level of competitive teams," Owolabi said. "I am very excited to see the tournament has now gotten placed on everybody's radar and more teams are excited about attending at our beautiful facility."

The timing of this tournament can also serve a greater purpose. As it's before the being of teams' Spring seasons, it is a great opportunity for teams and clubs to evaluate, which in turns helps teams and clubs plan for the upcoming season's training.

"The St. Patrick's Day Invitational is a fantastic preseason tournament. It allows you to come in and really see where your team is before entering the Spring season," Owolabi, who is also FFC's Technical Director and a coach, w stated. "I know specifically for our FFC teams, myself



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**CONTINUED FROM PAGE 16**

and the technical staff used this tournament as a great way to evaluate and assess our travel teams before we started CCL, NCSL and ODSL league play. This allowed us to get information over to coaches, go assist the coaches with planning and managing their Spring season loads."

With FFC also hosting the first-ever FFC Virginia Summer Showcase on Aug. 16-18, the success of the first two FFC St. Patrick's Day Invationals has also helped build the club's reputation.

Other clubs now know that FFC will provide an outstanding environment that will serve their teams well and provide what teams desire when scheduling events for their teams to attend.

"At this point, we have hosted two tournaments since I came into the club 16 months ago," Owolabi said. "With the success the St. Patrick's Day Invitational has had, I believe other clubs and teams can now recognize that FFC can host a well organized and competitive tournament. With that background and credibility, I believe we have been able to create a bigger network of clubs and teams that trust our tournament operations management, believe that their teams will get the appropriate competitive environment . . . and people continue to love FFC Park and what our facilities have to offer."

**FFC Media Director Tom Leiss wrote this follow-up piece with photos coming from Jennifer Beland.**



**See a list of Champions**



**and more Champions**



**pictures on**



**pages 18 - 19**



# ST. PATRICK'S DAY INVITATIONAL Age Groups & Brackets Winners

## BOYS U9

### Gold 2010 Bracket A

Strikers Travel U9 Elite Black (VA)

### Silver 2010 Bracket A

Sterling Orange 10B (VA)

## BOYS U10

### Gold 2009 Bracket A

St. Mary's Soccer SMS Gummers (MD)

## BOYS U11

### Gold 2008 Bracket A

PWSI Courage 08B Pride (VA)

## BOYS U12

### Gold 2007 Bracket A/B

Burke Athletic United 07 (VA)

### Silver 2007 Bracket A

Burke Athletic United FC (VA)



## BOYS U13

### Gold 2006 Bracket A/B/C

NRU 06B Blue (VA)



## BOYS U14

### Gold 2005 Bracket A

Fredericksburg FC 2005 Boys Black (VA)

## BOYS U14

### Silver 2005 Bracket A

Arsenal FC Chesapeake, VA)

CONTINUED ON PAGE 19

**CONTINUED FROM PAGE 18**

**BOYS U15**

**Gold 2004 Bracket A**

Tidewater Sharks 2004 United (VA)

**GIRLS U9**

**Gold 2010 Bracket A**

SYC Pride 10 Orange (VA)

**GIRLS U10**

**Gold 2009 Bracket A/B/C**

FC Richmond FCR '09 Girls Sky (VA)

**GIRLS U12**

**Gold 2008/2007 Bracket A**

Fredericksburg FC 2008 Girls Black (VA)

**GIRLS U13**

**Gold 2006 Bracket A**

Tidewater Sharks 2006 G (VA)

**Silver 2006 Bracket A**

Calvert CSA Freedom 06G (MD)

**GIRLS U15**

**Gold 2005/2004 Bracket A**

Epic SC Force (WV)



**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)

# FFC Tournament Wrap...

## LOUDOUN SOCCER COLLEGE SHOWCASE

Northern Virginia  
March 1-3, 2019

### FFC 04 BOYS BLACK Boys U15 4 Bracket A

- 0-0 T Reading Rage '04 Bale (Pa.)
- 1-2 L PTFC 04 PTFC BLACK (N.C.)
- 2-1 W VSA 04B Academy NPL (Va.)

### FFC 02 BOYS BLACK Boys U17 7 Bracket A

- 6-0 W VSA 02B Academy Select (Va.)
- 1-1 T PWSI Courage 02B Red (Va.)
- 0-2 L Maryland United FC 2002 Premier Boys (Md.)

### FFC 00/01/02 BOYS BLACK Boys U19 1 Bracket A

- 7-1 W Loudoun Soccer 00B Red (Va.)
- 2-1 W SOCA Elite 01 U18/19 Boys (Va.)
- 0-0 T MD United FC 00|01 Boys ECNL (Md.)

### FFC 00/01 BOYS GOLD Boys U19 4 Bracket A

- 1-0 W PWSI Courage 00-01B NPL2 (Va.)
- 0-1 L Maryland United FC 2001 Boys Premier (Md.)
- 0-0 T Calvert CSA UCV 00B (Md.)

### FFC 04 GIRLS BLACK Girls U15 1 Bracket A

- 0-4 L Bethesda SC ECNL Force 04 (Md.)
- 0-0 T Loudoun Soccer ECNL U15 (04G) (Va.)
- 0-1 L West-Mont United SA Premier '04 (Pa.)

### FFC 01 GIRLS BLACK Girls U18 2 Bracket A

- 1-0 W Beach FC 01G Red Reign (Va.)
- 1-1 T Maryland Rush Montgomery Blue '01G Warriors (Md.)
- 1-2 L HMMS Eagles FC 01 United (Pa.)

CONTINUED ON PAGES 21-22

## NCS VYSA SPRING STATE CUP INFO Spring 2019: U14, U13, U12 Boys & Girls



DAY	DATE	INFORMATION
Saturday	April 6	VYSA NCS Round of 32 - <i>FFC 06 Boys Black 1</i> , FC Richmond U13 Magic 0
Saturday	April 27	VYSA NCS Round of 16 - <i>FFC 06 Girls Black (7)</i> vs. Loudoun 06G Red (10) 12:00 p.m. - at FFC Park #11 <b>*HOME*</b> - <i>FFC 06 Boys Black (11)</i> vs. NVSC 06B CCL (6) 6:00 p.m. - at Benton Middle School #1 - <i>FFC 05 Boys Black (13)</i> vs. Beach FC 05B Red (4) 3:00 p.m. - at Hampton Roads Soccer Complex #8 *-Seed in parentheses
Saturday	May 4	VYSA NCS Quarterfinals
Saturday	May 18	VYSA NCS Semifinals
Sunday	May 19	VYSA Finals
	Rain Dates	Next available date as determined by VYSA NCS Director

### NOTES:

- ➡ This schedule is subject to change at the direction of the VYSA NCS Director.
- ➡ All game will be played single elimination.
- ➡ Visit the VYSA NCS tournament [Calendar](#) page and/or [The State Cup main page](#) for schedule updates and results.

**MCLEAN PREMIER CUP**

*McLean, Va.*

*March 9-10, 2019*

**FFC 05 BOYS BLACK**

**Boys U14 ELITE**

- 5-4 W GO Premier Soccer 05 Blue (Md.)
- 3-1 W Soccer of Columbia United Blue (Md.)
- 3-1 W McLean Youth Soccer MYS White 05 (Va.) (SEMIS)
- 4-2 W Premier SC Navy 05 (Md.) (FINAL)

**JEFFERSON CUP**

*Fredericksburg, Va. (VYSA STC)*

*Midlothian, Va. (River City Sports Complex)*

*March 23-24, 29-31, 2019*

**FFC 04 GIRLS BLACK**

**Girls U15 Classic Orange Bracket A**

- 3-0 W Great Falls Reston FC 04G Elite NPL (Va.)
- 2-2 T GPS NH 2004 NPL (N.H.)
- 2-0 W United Mount Pleasant USA/MP 04 NPL (S.C.)
- 1-0 W Hulmeville SC Freedom (Pa.) (FINAL)

**FFC 2000/01/02 BOYS BLACK**

**Boys U19 Platinum Bracket A**

- 1-0 W Mid-City Lions FC Nationals (Minn.)
- 1-0 W Continental FC ECNL Composite '00M (Pa.)
- 2-0 W Triangle United SA 01 B Gold (N.C.)

**FFC ST. PATRICK'S DAY INVITATIONAL**

*Fredericksburg, Va.*

*March 16-17, 2019*

**FFC 10 BOYS BLACK**

**Boys U9 Gold 2010**

- 4-0 W FC Richmond FCR '10 Boys Navy (Va.)
- 1-1 T Tidewater Sharks 2010 United (Va.)
- 1-5 L Strikers Travel U9 Elite Black (Va.)

**FFC 10 BOYS RED**

**Boys U9 Silver 2010**

- 1-4 L FC Richmond FCR '10 Boys Sky (Va.)
- 1-17 L Sterling Orange 10B (Va.)
- 0-6 L Richmond Strikers 10 Premier Germany (Va.)

**FFC 09 BOYS BLACK**

**Boys U11 Gold 2009**

- 10-4 W Roanoke Valley Youth Fury (N.C.)
- 3-10 L St. Mary's Soccer SMS Gunners (Md.)
- 6-1 W Legacy Williamsburg Wizards (Va.)
- 2-4 L St. Mary's Soccer SMS Gunners (Md.) (FINAL)

**FFC 08 BOYS BLACK**

**Boys U11 Gold 2008**

- 0-3 L PWSI Courage 08B Pride (Va.)
- 2-3 L Monticello United SC MONU Red Fire (Va.)
- 1-2 L New River United 08 Boys Skyline (Va.)

**FFC 07 BOYS BLACK**

**Boys U12 Gold 2007**

- 2-3 L C'ville United FC (Va.)
- 7-1 W Virginia Legacy 07 Wizards Black (Va.)
- 0-8 L New River United NRU 07 Boys Blue (Va.) (SEMIS)

**FFC 07 BOYS RED**

**Boys U12 Silver 2007**

- 1-10 L Goochland Galaxy (Va.)
- 0-9 L Burke Athletic United FC (Va.)
- 0-1 L New River United NRU 07B White (Va.)
- 2-8 L Virginia Legacy 07 Wizards Green (Va.)

**FFC 06 BOYS BLACK**

**Boys U13 Gold 2006**

- 4-0 W St. Mary's Soccer Scorpions Classic (Md.)
- 6-1 W Legacy Williamsburg Wizards (Va.)
- 2-1 W Burke Athletic United 06 (Va.) (SEMIS)
- 2-1 W NRU 06B Blue (FINAL)

**FFC 05 BOYS BLACK**

**Boys U14 Gold 2005 \*-CHAMPIONS**

- 2-1 W Virginia Legacy SC Wizards Green (Va.)
- 7-0 W New River United NRU 05 Blue (Va.)
- 7-0 W Olympiacos Washington, D.C. 05 Boys (Va.)
- 3-1 W Tidewater Sharks 2005 United (Va.)

**FFC 05 BOYS RED**

**Boys U14 Silver 2005**

- 1-2 L Monticello United Fire 05 (Va.)
- 1-4 L St. Mary's Soccer 05 Bombers Classic (Md.)
- 0-8 L Legacy Wizards Black (Va.)
- 1-7 L Arsenal FC Chesapeake (Va.)

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**FFC 04 BOYS RED**

**Boys U15 Gold 2004**

- 1-4 L Tidewater Sharks 2004 United (Va.)
- 0-2 L VYS White 04B (Va.)
- 0-2 L Virginia Legacy SC Wizards Black (Va.)

**FFC 10 GIRLS BLACK**

**Girls U9 Gold 2010**

- 5-1 W DC Stoddert Red Metros 10 (Va.)
- 2-1 W FC Richmond FCR '10 Girls Sky (Va.)
- 1-10 L DC Stoddert Blue Metros 10 (Va.) (SEMIS)

**FFC 09 GIRLS BLACK**

**Girls U10 Gold 2009**

- 7-0 W FC Richmond FCR '09 Girls Sky (Va.)
- 10-0 W DC Stoddert White Metros 09 (Va.)
- 0-4 L FC Richmond FCR '09 Girls Navy (Va.) (SEMIS)

**FFC 09 GIRLS RED**

**Girls U10 Gold 2009**

- 1-7 L Winchester United 2009 Girls (Va.)
- 1-7 L DC Stoddert Red Metros 09 (Va.)
- 3-6 L DC Stoddert White Metros 09 (Va.) (CONSO)

**FFC 08 GIRLS BLACK**

**Girls U12 Gold 2008/2007**

- 2-1 W McLean Youth Soccer 08 Girls White (Va.)
- 8-0 W FFC Red Team (Va.)
- 1-0 W New River United U12 Girls (Va.)
- 5-2 W McLean Youth Soccer 08 Girls White (Va.) (FINAL)

**FFC GIRLS RED TEAM**

**Girls U12 Gold 2008/2007**

- 1-7 L New River United U12 Girls (Va.)
- 0-8 L Fredericksburg FC 2008 Girls Black (Va.)
- 0-12 L McLean Youth Soccer 08 Girls White (Va.)

**FFC 06 GIRLS BLACK**

**Girls Ua3 Gold 2006**

- 3-0 W New River United 06G Blue (Va.)
- 2-4 L Tidewater Sharks 2006 G (Va.)
- 1-0 W VA Legacy CCL Elite 2006 Girls (Va.)

**FFC 06 GIRLS RED**

**Girls U13 Silver 2006**

- 0-5 L Calvert CSA Freedom 06G (Md.)
- 0-1 L McLean 2006 Girls White (Va.)
- 0-2 L McLean 2006 Gold (Va.)

**FFC 05 GIRLS BLACK**

**Girls U15 Gold 2005/2004**

- 0-3 L Loudoun Soccer 04G White (Va.)
- 0-11 L Virginia Legacy CCL Elite (Va.)
- 0-4 L Epic SC Force (W.V.)

**STAFFORD SOCCER ST. PATRICK'S DAY TOURNAMENT**

*Stafford, Va.*

*March 16-17, 2019*

**FFC 03 GIRLS RED**

**Girls U16 Gold**

- 1-1 T NVSC 03G CCL II (Va.)
- 0-1 L Potomac Black 03 (Md.)
- 1-7 L Vista Freedom FC 03G (Va.) (SEMIS)

**LOST & FOUND**



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Call: (540) 368-5425

Email:

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

# FFC in the Pros . . .

A quick update as season start to get rolling as we've had movement from to new tems from most of our former players.

## DAKOTA BARNATHAN (D | #58)

### Ottawa Fury FC (USL Championship)

**GP/GS: 4/3 | 273 Min. | G: 0 | A: 0 | Pts: 0**

Second on the team in clearances and ones of the leaders in passing accuracy as a center back, Barnathan has been enjoying his move north of the border this season after playing in all the team's games so far. The Fury sit 11th in the USLC standings (2-1-1).

## KHARLTON BELMAR (F | #11)

### Nashville SC (USL Championship)

**GP/GS: 5/5 | 441 Min. | G: 0 | A: 0 | Pts: 0**

Has yet to notch a point so far with his new squad, but has started every game for Nashville. Tied for the team lead in shots on goal (4), and third in total shots (7), key passes (6), duels won (43) and aerial duels won (12). Nashville sits 3rd in the USLC standings (3-1-1). (NOTE: Nashville will move to MLS in 2020).

## ZACH CARROLL (D | # 5)

### Reno 1868 FC (USL Championship)

**GP/GS: 6/6 | 540 Min. | G: 0 | A: 0 | Pts: 0**



Once again the team's captain, he has played in every minute of every game so far for Reno. Leads the team in blocks (9), tied for second in tackles (9), third in tackles won (6) and aerial duels won (13). Reno sits in 7th place in the USLC standings (2-1-3).

## TODD WHARTON (M | #7)

### Portland Timbers 2 (USL Championship)

**GP/GS: 6/6 | 495 Min. | G: 1 | A: 0 | Pts: 1**



Has continue to have strong showings in USLC, starting every games so far for his new team. Opened the season with a the game-tying goal from the spot in a 1-1 tit against Tulsa Roughnecks FC. Among the team's leaders in several offensive and defensive categories. Portland sits in 1st place in the USLC standings (4-1-1).

## DON SMART (M | #7)

### Forward Madison FC (USL League One)

**GP/GS: 2/2 | 180 Min. | G: 0 | A: 0 | Pts: 0**



Has started and finished both games of Madison's inaugural season. It's been a slow start so far as the team has dropped its opening two games 1-0. While playing on the wing, has been a leader in several statistical cat-



**ABOVE: Barnathan (left) and Belmar exchanged jerseys after their teams squared off in USL Championship action on April 6.**

egories in the opening two games as the team

opens the season with three straight road games, the third coming Friday (4/19) at Orlando City B.

## JONNY ORLANDO (F | #21)

### Baltimore Blast (MASL)

**GP: 20 | G: 6 | A: 5 | Pts: 11**



Ranks 8th on the team in goals, tied for 6th in assists, 8th in points and 6th in shots (34). Tie for 1st place in the Eastern Division (17-7) and will take on division-winner Utica City FC (17-7) on Saturday (4/20) in the opener of their best-of-3 playoffs series.

## MANEL MARTINEZ BELL

### Real Murcia (Spanish Segunda Div. B - Group 4)

**GP/GS: 29/22 | 1900 Min. | G: 6 | A: n/a | Pts: n/a**



The team's leader in goals scores, he added his 6th goal of the season, the game-winner in a 2-1 win over Granada II on March 19. Also ranks 6th in minutes played. Murcia sit in 12th place in Spanish Segunda Division B Group 4 (9-10-14).

**CONTINUED ON PAGE 24**

**CONTINUED FROM PAGE 23**

**ERIC BIRD (M | #25)**

**Houston Dynamo (MLS)**

**GP/GS: -/- | - Min. | G: - | A: - | Pts: -**



After making his MLS debut last season, has yet to see action in 2019. Houston sits in 4th place in MLS (4-0-1).

**CHRISTIAN RODRIGUEZ (M | #)**

**Free Agent**

**GP/GS: -/- | - Min. | G: - | A: - | Pts: -**



Currently out of contract and on trial with a potential TBA new squad after spending 2018 with USL side Tulsa Roughnecks FC.

**TISHAN HANLEY (F \ #)**

**The Villagers SC (USL League 2)**

**GP/GS: -/- | - Min. | G: - | A: - | Pts: -**



Villagers has a preseason game set for Tuesday, May 7, before opening the USLL2 season on Saturday, May 18, at Florida Elite SA (7 p.m., at Creekside H.S.). Spent the 2018 with FFC's CCL Pro23 team.

**FOLLOW US ON OUR SOCIAL MEDIA ACCOUNTS**

 [www.facebook.com/FredericksburgFC](http://www.facebook.com/FredericksburgFC)

 [twitter.com/FFC\\_1986](https://twitter.com/FFC_1986)

 [www.instagram.com/fredericksburg\\_fc](http://www.instagram.com/fredericksburg_fc)

**Visit [www.fredericksburgfc.org](http://www.fredericksburgfc.org)  
or email [officeadmin@fredericksburgfc.org](mailto:officeadmin@fredericksburgfc.org)  
for info on potential late registration**

**FREDERICKSBURG FC CAMP SERIES**

**FULL-DAY CAMP (U5-U15)**  
➤ June 24-27: 9:00 a.m. - 3 p.m. - Cost: \$175

**ELITE FEET CAMP (U9-U19)**  
➤ June 24-27: 5 p.m. - 8 p.m. - Cost: \$150

**HALF-DAY CAMP (U5-U15)**  
➤ July 15-18: 9:30 a.m. - 12 p.m. - Cost: \$125  
➤ July 29-Aug. 1: 9:30 a.m. - 12 p.m. - Cost: \$125

**SUMMER CAMPS**

All Camps at FFC Park

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

**STRIKER & FINISHING CAMP (U9-U16)**  
➤ July 15-18: 9:30 a.m. - 12 p.m. - Cost: \$125

**GOALKEEPER CAMP (U9-U16)**  
➤ July 15-18: 9:30 a.m. - 12 p.m. - Cost: \$125  
➤ July 29-Aug. 1: 9:30 a.m. - 12 p.m. - Cost: \$125

**PREMIER PRESEASON CAMP (U11-U19)**  
➤ July 29-Aug. 1: 9:30 a.m. - 12 p.m. - Cost: \$150



## FFC SPRING 2019 PROGRAMMING UPDATE

### 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:** Tryouts for Spring 2019 season currently by appointment only. Details in above paragraph.

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

**2019-20 TRYOUTS:** See tryout info in ad on Pages 4-5

### 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:** Saturday, April 6, 13, 27; May 4, 11; June 1 from 9-10:30 a.m.

**Location:** FFC Park, Field 15A

**Cost:** FREE!

### 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

**To arrange a tryout:** Email FFC Technical Director Mayowa Owolabi at [mowolabi@fredericksburgfc.org](mailto:mowolabi@fredericksburgfc.org).

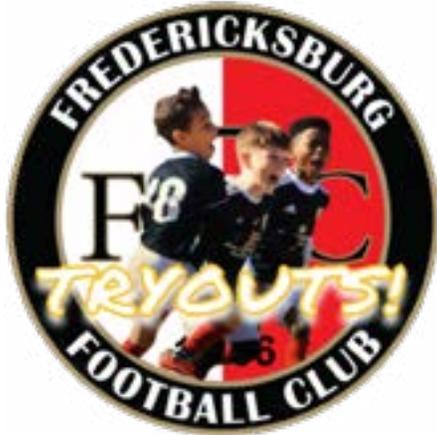
**Dates & Times:** No tryouts scheduled at this time.

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

**Cost:** No tryouts scheduled at this time.

**[FOR ALL OTHER PROGRAMS, EMAIL OFFICEADMIN@FREDERICKSBURGFC.ORG](mailto:OFFICEADMIN@FREDERICKSBURGFC.ORG)**  
**[ABOUT LATE REGISTRATION OPTIONS](#)**

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



Fredericksburg FC - 2019/2020 Season Tryout Schedule		
<b>U16 - U19 (2004 - 2001)</b>		<b>April 27</b>
<b>Age Groups</b>	<b>Goalkeeper Specific Tryout</b>	
2004 Boys	Saturday 4/27	11:15am - 12pm
2003 Boys	Saturday 4/27	10 - 10:45am
2002 Boys	Saturday 4/27	10 - 10:45am
2001 Boys	Saturday 4/27	10 - 10:45am
2004 Girls	Saturday 4/27	11:15am - 12pm
2003 Girls	Saturday 4/27	10 - 10:45am
2002 Girls	Saturday 4/27	10 - 10:45am
2001 Girls	Saturday 4/27	10 - 10:45am
<b>U10 - U15 (2010 - 2005)</b>		<b>May 6</b>
<b>Age Groups</b>	<b>Goalkeeper Specific Tryout</b>	
2010 Boys	Monday 5/6	6:45 - 7:30pm
2009 Boys	Monday 5/6	6:45 - 7:30pm
2008 Boys	Monday 5/6	6:45 - 7:30pm
2007 Boys	Monday 5/6	6:45 - 7:30pm
2006 Boys	Monday 5/6	5:30 - 6:15pm
2005 Boys	Monday 5/6	5:30 - 6:15pm
2010 Girls	Monday 5/6	6:45 - 7:30pm
2009 Girls	Monday 5/6	6:45 - 7:30pm
2008 Girls	Monday 5/6	5:30 - 6:15pm
2007 Girls	Monday 5/6	6:45 - 7:30pm
2006 Girls	Monday 5/6	6:45 - 7:30pm
2005 Girls	Monday 5/6	5:30 - 6:15pm
<b>U9 (2011)</b>		<b>May 20</b>
<b>Age Groups</b>	<b>Goalkeeper Specific Tryout</b>	
2011 Boys	Monday 5/20	6:45 - 7:30pm
2011 Girls	Monday 5/20	6:45 - 7:30pm

**For FULL tryout info, visit:**  
[www.fredericksburgfc.org](http://www.fredericksburgfc.org).  
 Also be sure to check our website,  
 as well as our social media accounts  
 on Instagram, Facebook & Twitter  
 for any potential updates.

Fredericksburg FC - 2019/2020 Season Tryout Schedule			
<b>U16 - U19 (2004 - 2001)</b>		<b>April 27, May 4</b>	
<b>Age Group</b>	<b>Tryout 1 - 4/27</b>	<b>Tryout 2 - 5/4</b>	<b>Tryout 3 - If needed</b>
2004 Boys	Saturday 10 - 11:15am	Saturday 10 - 11:15am	
2003 Boys	Saturday 11:30am - 12:45pm	Saturday 11:30am - 12:45pm	
2002 Boys	Saturday 11:30am - 12:45pm	Saturday 11:30am - 12:45pm	
2001 Boys	Saturday 11:30am - 12:45pm	Saturday 11:30am - 12:45pm	
2004 Girls	Saturday 10 - 11:15am	Saturday 10 - 11:15am	
2003 Girls	Saturday 11:30am - 12:45pm	Saturday 11:30am - 12:45pm	
2002 Girls	Saturday 11:30am - 12:45pm	Saturday 11:30am - 12:45pm	
2001 Girls	Saturday 11:30am - 12:45pm	Saturday 11:30am - 12:45pm	
<b>U10 - U15 (2010 - 2005)</b>		<b>May 6th, May 8th, &amp; May 9th</b>	
<b>Age Group</b>	<b>Tryout 1 - 5/6</b>	<b>Tryout 2 - 5/8</b>	<b>Tryout 3 - 5/9</b>
2010 Boys	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	Thursday 5:30 - 6:45pm
2009 Boys	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	Thursday 5:30 - 6:45pm
2008 Boys	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	Thursday 5:30 - 6:45pm
2007 Boys	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	Thursday 5:30 - 6:45pm
2006 Boys	Monday 6:45 - 8:00pm	Wednesday 6:45 - 8:00pm	Thursday 6:45 - 8:00pm
2005 Boys	Monday 6:45 - 8:00pm	Wednesday 6:45 - 8:00pm	Thursday 6:45 - 8:00pm
2010 Girls	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	Thursday 5:30 - 6:45pm
2009 Girls	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	Thursday 5:30 - 6:45pm
2008 Girls	Monday 6:45 - 8:00pm	Wednesday 6:45 - 8:00pm	Thursday 6:45 - 8:00pm
2007 Girls	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	Thursday 5:30 - 6:45pm
2006 Girls	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	Thursday 5:30 - 6:45pm
2005 Girls	Monday 6:45 - 8:00pm	Wednesday 6:45 - 8:00pm	Thursday 6:45 - 8:00pm
<b>U9 (2011)</b>		<b>May 20 &amp; May 22</b>	
<b>Age Group</b>	<b>Tryout 1 - 5/20</b>	<b>Tryout 2 - 5/22</b>	
2011 Boys	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	
2011 Girls	Monday 5:30 - 6:45pm	Wednesday 5:30 - 6:45pm	