

“THE PITCH” - The Official Newsletter of FFC

March 12, 2019 - Volume 17.0



Spotlight on . . .

FFC TOPSoccer & BUDDIES PROGRAM OPPORTUNITY TO GIVE BACK, AND RECEIVE, FOR ALL INVOLVED

BY TOM LEISS

FFC Media Director

Email: tleiss@fredericksburgfc.org

(Saturday, March 9, 2019)—The Fredericksburg FC TOPSoccer & Buddies program has been supporting young athletes with disabilities since 2014. The U.S. Youth Soccer program helps bring “the Beautiful Game” to all players in local communities all over the country.

The FFC program is no different with sessions running on Saturdays during the spring and fall seasons. Participants are obviously key to a successful program, and FFC’s sessions have plenty of those.

Volunteers are also an integral part of the program because they can bring not only their love of the game and skills to sessions, but also a good example of just one way a soccer club can contribute to a community.

The program’s director Toby Brown—as well as his family—has been at the forefront of the program since its beginning and have helped establish it as a different way of providing for those who need a different way of enjoying the game.

FFC’s website describes the program’s goal as, “to address each participant’s



CONTINUED ON PAGE 2

IN THIS ISSUE

- Spotlight On . . .
- FFC’s TOPSoccer & Buddies Program
- Team of the Month
- FFC St. Patrick’s Day Invitational preview
- Tournament Wrap
- College I.D. Combine preview
- *NEW* - Words From The Wise - College recruiting advice
- FFC in the Pros
- Employment Opps
- Spring Programming
- Lost & Found
- Travel Program Info

UPCOMING EVENTS

March 16-17, 2019

2nd ANNUAL ST. PATRICK'S DAY INVITATIONAL

at FFC Park

See pages 8-10 for more info

Monday, March 25, 2019

RECREATIONS PROGRAM TRAINING BEGINS

at FFC Park

Monday, March 31, 2019

ACADEMY, PRE-ACADEMY & MINIS REGISTRATION DEADLINE

See page 7 for more info.

Monday, April 1, 2019

ACADEMY & PRE-ACADEMY SPRING KICKOFF!

at VYSA Turf Field #2

Academy: 5:30-6:30 p.m.

Pre-Academy: 6:30-7:30 p.m.

Saturday, April 6, 2019

MEN'S COLLEGE I.D. COMBINE

at FFC Park

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

Saturday, April 6, 2019

COLLEGE MEN'S SPRING GAME

at FFC Park, 3:30 p.m.

UMW takes on Longwood after the Men's I.D. Combine.

Saturday, April 6, 2019

NCS VYSA STATE CUP FIRST ROUND

Sites & times TBD

Saturday, April 6, 2019

TOPSoccer & BUDDIES FIRST SESSION

at FFC Park, 9:00-10:30 a.m.

CONTINUED FROM PAGE 1

unique skills and abilities to provide a player-based program for exercise and activities that just happens to involve soccer balls of all sizes. FFC TOPSoccer accomplishes this goal through the use of buddies. The buddies, typically FFC soccer players and other school-aged volunteers, enable the players to participate and learn at their own pace."

The program has been extremely successful at providing physical and social skills according to Brigit O'Leary, whose son Warrick—who also played Challenger Baseball when he was younger, basically baseball's version of TOPSoccer (TOPS)—has participated in the program since he was 6 years old.

"Oh my gosh, my boy loves TOPS, so it's hard to narrow down the benefits," she said. "I will say that Warrick is very social, so with both Challenger and TOPS his favorite part is "hanging out" with the buddies, particularly if they're teenagers. To him, any teenager is a 'cool kid'

and he wants to be like them."

When he was younger, it helped him to learn to express himself more clearly so that people that weren't familiar with him could understand what he was trying to say better. More recently, as he has gotten older, it has provided him with good peer models from the community.

"He meets kids of all ages

outside of school, so he has to work on his social skills and these kids don't always know him, so they don't have the frame of reference his classmates at school would. He has to articulate and explain his thought process or why he's doing x, y and z, or he has to read the

social situation and adapt or respond accordingly," O'Leary said.

Being experienced in the program, Warrick had even had an opportunity to experience a roll as a Buddy himself the past couple years O'Leary said. If Buddies are running short on a particular day, Brown has

CONTINUED ON PAGE 4



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 From 9:00-10:30 a.m.

Saturdays: April 6, 13, 27; May 4, 11, 18; June 1, 8

BUDDIES ALWAYS NEEDED! Email Director Toby Brown at toby_brown@cox.net

For more info or to register, visit www.fredericksburgfc.org

TEAM OF THE MONTH - FEBRUARY 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.

FFC 08 GIRLS FUTSAL

The FFC 08 Girls Futsal team took part in the UFL Presidents Cup on Sunday, Feb. 17 and brought home the U11 Girls Championship.

The girls went undefeated through group play to advance to the final where they dispatched VA United FC 08G in a thrilling 3-2 final match to bring home the victory for the club.

"The Pitch" talked with head coach Mayowa Owolabi about the team's performance at the tournament, as well as what makes them a good team in general and so fun moments he remembers about the group. Here's what he had to say:

What makes this group a good team?

The dedication and hard work each one of these girls puts in during every training session and game is what separates these girls from other teams. We naturally go into every match outsized, but the technical ability and determination to compete is what helps these girls find a lot of their success.

What was the key to the team having success at this tournament?

The same determination. We competed in an event in January and pulled off two ties and a loss. I believe they wanted to enter this tournament and prove to themselves and parents that they could play. They did that. For this specific event, we were able to watch the team we were going to play in the



UFL PRESIDENTS CUP RESULTS

- W, 3-2 vs. LMVSC 08G
- W, 9-1 vs. PWSI 08G
- W, 4-2 vs. Puma Elite 09G
- W, 3-2 vs. VA United 08G (FINAL)

final during their second match and before our third match. While watching we recognized they played a 2-2 formation. The first two games we played, we played a 1-2-1 formation, but after watching the VA United team we knew we would play in the finals, I decided to switch our formation to match them. During our third game, we used the 2-2 formation to get a better understanding and then in the final we used it again and in a sense beat the team in their own style of play, which for the girls should be very rewarding. We set a plan and accomplished a goal, leaving the long day as the UFL President's Day Champions.



CONTINUED ON PAGE 6

CONTINUED FROM PAGE 2

let Warrick, now 11, help some of the younger kids when needed.

"Having him take on the role of the 'teacher' provides immeasurable benefits, still within the realm of learning and being physically active, but also from the side of a Buddy ... giving back, learning to think of others, etc.," she went on to say.

Of course I had to get a first-hand account of what the program provides, so I also asked Warrick a few questions to get a good understanding of a player gets from the session.



"I mostly enjoy just like practicing soccer. It helps you get better at soccer. It improves your skills and helps you get your workout," he said. "TOPSoccer is perfect for anyone who has special disabilities. It can help them get out and play and get out their energy. It can also help them get some fresh air. It can ... it can help them use their social skills, and it can help them get their exercise."

All good thing, for any growing player, not just one with disabilities.

The program isn't just beneficial to participants according to O'Leary, who said it's been wonderful for her personally as well.

"Not only do I know he's involved in something active, wholesome, and safe, because it's active, wholesome, and safe it allows me to connect with other parents of kids with disabilities," she expressed.



"While the kids are out there running around, those that feel comfortable enough to sit on the sidelines can just sit and chat. They don't have to, of course, but we're there and there are others there.

"Even if we're not on the same path—of disability, if the kids don't have the same diagnosis—we can still compare notes or network, share information about other events or activities our kids might enjoy or even just chat about whatever we want to talk about as adults talking to another adult without necessarily being this kid's mom or a parent of a child with x-diagnosis. We get to build our friendships and our own support system at the same time the kids do."

The program wouldn't be able to be successful without the volunteer Buddies. They are basically coaches that can not only pass on their soccer knowledge, but also be a friend that is easier to relate to than an adult, as many of the volunteer Buddies are yourh players of other kids in the community.

It gives both the participant and Buddy a chance to just be kids together while each grows in their own way from the experience. Basically, it's a chance to just play the game.

"I like that they're friendly and social around the kids. I like it when they pass and play goalie. I like it when they're just ... being buddies," Warrick said.

O'Leary has experienced both

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



CONTINUED ON PAGE 5

CONTINUED FROM PAGE 4

sides of the program as her daughter, who does not have any disabilities has been a "junior volunteer" in the past. She said she has seen the program help change some stereotypes youth volunteers may have had before joining the program, so it helps volunteers grow just as much as the players.

"Generally, they are good, solid kids who come in with a certain idea or expectation about the program and leave with a different understanding of TOPS as a whole and the players, individually, as people," she expressed. "Those that really get it often return and usually end up being some of the best buddies."

One of those Buddies is Kyle Irby.

Kyle, a goalkeeper for the FFC 00 Boys Black team, has been a volunteer for the program since he freshman at Orange High School.

The 18-year old had heard about TOPSoccer from friends on a former team in Richmond whose club also had the program and it had peaked his interest although volunteer wasn't in the cards at the time.

"I was not able to do it at the time because of the extra distance that it would take to get there, but when I found out that there was a program at FFC, I quickly started as soon as I could during Fall of my freshman year," he said.

Kyle and Warrick connected immediately and their relationship quickly turned from volunteer-player to friends. A bond which continues to this day.

O'Leary said Warrick had a good relationship with a

CONTINUED ON PAGE 6



WHY PARTICIPATE?

"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 goalie 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

TOPSoccer & BUDDIES, CONTINUED FROM PAGE 5

previous volunteer, but that there was something extra between him and Kyle. She said Warrick hadn't made it through a session without playing a game of duck-duck-goose until that first time he was paired with Kyle.

"I was on the sideline chatting with friends and it wasn't until I noticed that this kid I don't know, my son's buddy, was teaching him how to nutmeg a player—and that we were almost done with the session that week—that I realized Warrick had been playing soccer the entire time," she reminisced. "That had never happened before, and has only happened a few times since, but when he came off he fields that day it was, 'Kyle said' and 'Do you know what Kyle did?' The next week it was, 'I hope Kyle can be my buddy again.' And at the beginning of the fall season that year, 'I hope Kyle comes back.'

"Thankfully, Kyle came back and the two of them have built a wonderful friendship," she continued, adding that it isn't always just Kyle doing to motivating. "Kyle has taught Warrick a bit about goaltending, and Warrick makes Kyle run ... which I understand is not—or at least was not—his favorite part about



sports."

That is something Kyle said he has really enjoyed about the program. The activities on the field during session are great and he really enjoys making the kids smile, but the friendship built with Warrick is some even more special because it has extended off the field as well.

"Last year, he even invited me to go to the talent show at his school and watch him perform," Kyle said. "It was awesome being able to support him, and even though it was not during TOPSoccer, it emphasizes the fact that the program's real goal is to build connections and form friendships."

Something the program seems to not be having an issue with and that's just the way Warrick likes it too.

"I like that they're friendly and social around the kids. I like it when they pass and play goalie," he said. "I like it when they're just ... being buddies."

If you are interested in participating in the program, you can visit FFC's TOPSoccer & Buddies Program page for more information or to register for FREE by [Clicking Here](#), or email Brown at toby_brown@cox.net to volunteer.

TOTM, CONTINUED FROM PAGE 3

Do you have any fun little stories about this group in general or from the tournament?

A shout out moment to Zoe and Naomi Sample. Before coaching the 2008 Girls Black I was coaching the 2010 Girls Black. Zoe plays on the 2008 Girls Black team and her younger sister, Naomi plays on the 2010 Girls Black team. The first couple of training sessions I had with the 2008 Girls Black team I would always call Zoe Naomi and all the girls would get on me about it... I still slip up every so often, but as a team the girls always catch me if I make the mistake. I told them, I get three strikes a month and if I do more I owe Zoe something. I haven't hit three in a month, but I know the team is waiting for me to fail.

What else can you add about the team?

Without the continued support of the parents I don't know if this team would be where it is today. The commitment of youth soccer today can be stressful and this group of parents has taken on the responsibilities well. Whether it is long tournament days or multiple training sessions a week, they are always there, and there early, and have their kids prepared with everything they need to be able to come in and get straight to work. I value and appreciate their commitment to their children development.



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

Find more information on these
and many more FFC programs at
www.fredericksburgfc.org



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

RECREATION PROGRAM Spring 2019

Email officeadmin@fredericksburgfc.org to inquire
about Late Registration.

Uniforms Required!

Visit www.fredericksburgfc.org For More Info.

Or email Recreation Director Adrian Batchelor at
recreationdirector@fredericksburgfc.org for more info.



FFC Tournament Series

SECOND YEAR OF FFC ST. PATRICK'S DAY INVITATIONAL SET TO BE EVEN BETTER THAN THE FIRST

FREDERICKSBURG, Va. (Friday, Feb. 8, 2019)—With Fredericksburg FC now hosting the FFC St. Patrick's Day Invitational, March will bring the excitement of tournament play to the club and FFC Park every year.

After a successful first run of the event last year, this year's second offering of the event aims to be even better with a year of experience on the tournament staff's belt.

The tournament has already seen growth, moving from 75 team in 2018 to 83—52 boys teams, 31 girls teams—this year.

Teams will be showing up before next weekend's tournament from all over the region to test their skills and continue to improve the play through quality competition.

"I'm excited because year two should always be more fun. We have grown in size and the competition level coming in is fantastic," Tournament Director and FFC Technical Director Mayowa

Owolabi said. "We have teams coming in from North Carolina, Maryland, West Virginia and all over Virginia so that is exciting."

Owolabi and the club are filled with anticipation to all that the second go around of the tournament will bring to FFC Park and the area.

"Running a tournament like this is always fun. I have spoken with a lot of teams and everybody is excited to visit our facilities and enjoy what the City of Fredericksburg and Spotsylvania has to offer off of the field," he expressed. "I personally cannot wait for the 80+ teams to come in for the weekend and take over the fields.

"Goals will be scored, teams will celebrate, teams will face disappointment and trophies will be earned. These are all the emotions that will circle FFC Park March 16-17 and I can't wait."

See pages 9-10 for the tournament brackets and visit the tournament's got GotSoccer.com page for schedules, results and updates.



ST. PATRICK'S DAY INVITATIONAL

Age Groups & Brackets

BOYS U9

Gold 2010 Bracket A

Strikers Travel U9 Elite Black (VA)
Fredericksburg FC 2010 Boys Black (VA)
FC Richmond FCR '10 Boys Navy (VA)
Tidewater Sharks 2010 United (VA)

Silver 2010 Bracket A

FC Richmond FCR '10 Boys Sky (VA)
Bracket A #3 (TBA)
Richmond Strikers 10 Premier Germany (VA)
Fredericksburg FC 2010 Boys Red (VA)

BOYS U10

Gold 2009 Bracket A

Fredericksburg FC 2009 Boys Black (VA)
Legacy Williamsburg Wizards (VA)
St. Mary's Soccer SMS Gummers (MD)
Roanoke Valley Yout Fury (N.C.)

BOYS U11

Gold 2008 Bracket A

Fredericksburg FC 2008 Boys Black (VA)
New River United 08 Boys Skyline (VA)
Monticello United SC MONU Red Fire (VA)
New River United - 01 08 Boys BRSL (VA)

BOYS U9

Gold 2007 Bracket A

Virginia Legacy 07 Wizards Black (VA)
Fredericksburg FC 2007 Boys Black (VA)
C'ville United FC (VA)

Gold 2007 Bracket B

Burke Athletic United 07 (VA)
New River United NRU 07 Bloys Blue (VA)
Monticello United Fire-Black 07 (VA)

Silver 2007 Bracket A

Virginia Legacy 07 Wizards Green (VA)
Burke Athletic United FC (VA)
Fredericksburg FC 2007 Boys Red (VA)
New River United NRU 07B White (VA)
Goochland Galaxy (VA)

BOYS U13

Gold 2006 Bracket A

Burke Athletic United 06 (VA)
MSI MSC 06 Green Knights (MD)
Salem Sabres (VA)
Doradus SDOR '06 Premier (VA)

Gold 2006 Bracket B

Fredericksburg FC 2006 Boys Black (VA)
NRU 06B Blue (VA)
St. Mary's Soccer Scorpions Classic (MD)
Legacy Williamsburg Wizards (VA)

BOYS U14

Gold 2005 Bracket A

Tidewater Sharks 2005 United (VA)
Virginia Legacy SC Wizards Green (VA)
Fredericksburg FC 2005 Boys Black (VA)
Olympiacos Washington DC 05 Boys (VA)
New River United NRU 05 Blue (VA)

Silver 2005 Bracket A

Monticello United Fire 05 (VA)
Legacy Wizards Black (VA)
St. Mary's Soccer 05 Bombers Classic (MD)
Arsenal FC Chesapeake (VA)
Fredericksburg FC 2005 Boys Red (VA)

CONTINUED ON PAGE 10



BOYS U15

Gold 2004 Bracket A

Virginia Legacy SC Wizards Black (VA)
Fredericksburg FC 2004 Boys Red (VA)
VYS White 04B (VA)
Tidewater Sharks 2004 United (VA)

GIRLS U9

Gold 2010 Bracket A

Bracket B #3 (TBA)
DC Stoddert Blue Metros 10 (VA)
FC Richmond FCR '10 Girls Navy (VA)

Gold 2010 Bracket B

DC Stoddert Red Metros 10 (VA)
FC Richmond FCR '10 Girls Sky (VA)
Fredericksburg FC 2010 Gitsl Black (VA)

GIRLS U10

Gold 2009 Bracket A

Fredericksburg FC 2009 Girls Black (VA)
DC Stoddert White Metros 09 (VA)
FC Richmond FCR '09 Girls Sky (VA)

Gold 2009 Bracket B

Fredericksburg FC 2009 Girls Red (VA)
DC Stoddert Red Metros 09 (VA)
Bracket B #3 (TBA)

GIRLS U12

Gold 2008/2007 Bracket A

New River United U12 Girls (VA)
Fredericksburg FC 2008 Girls Black (VA)
McLean Youth Soccer 08 Girls White (VA)
Fredericksburg FC Red Team (VA)

GIRLS U13

Gold 2006 Bracket A

New River United 06G Blue (VA)
Fredericksburg FC 2006 Girls Black (VA)
Tidewater Sharks 2006 G (VA)
McLean 2006 Girls Whited (VA)

Silver 2006 Bracket A

VA Legacy CCL Elite 2006 Girls (VA)
Calvert CSA Freedom 06G (MD)
Fredericksburg FC 2006 Girls Red (VA)
McLean 2006 Gold (VA)

GIRLS U15

Gold 2005/2004 Bracket A

Virginia Legacy CCL Elite (VA)
Loudoun Soccer 04G White (VA)
Fredericksburg FC 2005 Girls Black (VA)
Epic SC Force (WV)

2019 SPRING PROGRAM REGISTRATION

TRAVEL
U9 & up - Costs: See FFC website
Email mowolabi@fredericksburgfc.org to tryout

ACADEMY
Ages 5-8 - Cost: \$295 *
SPRING KICKOFF: April 1; 6:30-7:30 p.m.
Training Starts: April 1 - Games Start: April 6
** Does not include uniforms*

PRE-ACADEMY
Ages 3-5 - Cost: \$165 *
SPRING KICKOFF: April 1; 5:30-6:30 p.m.
Training Starts: April 1 - Games Start: April 6
** Does not include uniforms*

MINIS
Ages 4 & under - Cost: \$65 *
FREE SESSION: April 13; 11-11:45 a.m.
Session Dates: April 27; May 4, 11, 18.
** Jersey provided, Shorts/socks NOT provided*

RECREATION
U8, U10, U12 & U15 - For potential late registration,
email: officeadmin@fredericksburgfc.org

TOPSoccer
Ages: 4 - 20+ - FREE Program
Spring Dates Now Set!

COLLEGE I.D. COMBINE
Men: April 6 - Women: April 13
Birth Years: '00-'04 - Cost: \$125

FREDERICKSBURG FFC FOOTBALL CLUB 1986

For Full Details, Visit: www.fredericksburgfc.org

FFC Futsal Tournament Wrap...

UFL PRESIDENTS CUP (Futsal)

Northern Virginia

Feb. 16-17, 2019

FFC 08 GIRLS FUTSAL

U11 Girls Division (Pool A)

3-2 W LMVSC 08C
 9-1 W PWSI 08G
 4-2 W Puma Elite 09G
 3-2 W VA United 08G (FINAL)

FFC 05 BOYS FUTSAL

U15 Boys Division (Pool A)

3-2 W VSA FC 05B
 5-5 T PWSI 05/06B Red
 8-4 W PWSI 05/06B Black

U.S. YOUTH FUTSAL NATIONALS

Kansas City

Feb. 16-17, 2019

FFC 02 GIRLS FUTSAL

GU 16-17/2003-2002

8-3 W 2002 Girls Academy
 2-7 L Mia San Futsal
 0-5 L Phoenix 02G Academy (SEMIS)

CCL SHOWCASE

Midlothian, Va.

Feb. 1-3, 2019

The following FFC teams competed in the first CCL Showcase of 2019. CCL doesn't post results from the game, but we still wanted to acknowledge our teams that participated. Each team played 2 games on the weekend versus teams from FC Richmond and WVFC. (The 00/01 Boys Gold team played VBR Star 2000 Boys Elite and FCSC United 19 Boys.)

BOYS

FFC 03 Boys Black
 FFC 02 Boys Black
 FFC 00/01/02 Boys Black
 FFC 00/01 Boys Gold

GIRLS

FFC 03 Girls Black
 FFC 02 Girls Black
 FFC 01 Girls Black

NCS VYSA SPRING STATE CUP DATES

Spring 2019: U14, U13, U12 Boys & Girls

DAY	DATE	INFORMATION
Thursday	March 14	Applications close at 4 p.m.
Wednesday	March 20	VYSA NCS Draw
Wednesday	April 3	All U14, U13 and U12 Boys & Girls VYSA NCS Rosters Frozen at Midnight
Saturdays	April 6, 13, 27	VYSA NCS Game Dates
Saturday	May 4, 11	VYSA NCS Game Dates
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 [Game Day Information](#) page for updates.

FOLLOW US ON OUR SOCIAL MEDIA ACCOUNTS



www.facebook.com/FredericksburgFC



twitter.com/FFC_1986



www.instagram.com/fredericksburg_fc

Visit our website
www.fredericksburgfc.org

FFC'S COLLEGE I.D. COMBINE AN OPPORTUNITY FOR PLAYERS TO GET FIRST-HAND COLLEGE EXPERIENCE

BY TOM LEISS

FFC Media Director

Email: tliess@fredericksburgfc.org

FREDERICKSBURG, Va. (3/2/19)—This year will mark the third installment of Fredericksburg FC offering a College I.D. Combine to the soccer community in and around the Fredericksburg area.

It is a wonderful opportunity for players that have a goal of playing in college to get to experience training from actual college coaches.

"Players have a 90 minute training session in the morning with several different coaches. In the afternoon, players will be able to play games and have the coaches watching," Combine Director Marcello Alves said. "After that, we will close with a time of Q&A for the coaches to answer all questions from camp's players and parents."

The FFC combine isn't just open to players who are members on the club, any player from any club is welcome to attend. The event, for players in age groups 2004-2000, is design to provide an impact not only for the club, but the entire local soccer community.

Alves said the event is not only beneficial for players because of the training they get from college coaches, but also because they get to play with and against players who are more experienced than them.

"For players seeking exposure to college coaches, this is an event you can't miss. It is really important to

help you with your recruiting process to be trained by these coaches," Alves expressed. "The coaches will be able to watch the players closely and get to know them better, which could be huge for their recruitment into those schools."

The event could also prove extremely important if one of the schools that has coaches attending in one a player would like to attend, as it will allow the coach to not only see how you play in a game, but also during training.

"If there are any schools that a player might be interested in attending to play soccer, then they should reach out to these coaches prior to the event," Alves advised. "This way coaches know you're interest and know who you are."

"The day of the event players should introduce themselves to the coaches and play hard. After the event, players should follow up with the coaches with an email asking for their feedback," he continued.

As an added bonus this year, participants in the men's combine on April 6 will be able to stick around after the conclusion of the combine to watch the University of Mary Washington and Longwood University square off in a men's college spring game being hosted by FFC at FFC Park.

"All participants of the combine event will have the amazing opportunity to watch a real college match on site," Alves stated. "Players can see what a real college match looks like and use that experience as something to look up to in their soccer careers."

COLLEGE I.D. COMBINE 2019
 9:30 a.m. - 3 p.m. At FFC Park
 More Info or to Register: www.fredericksburgfc.org

SPECIAL BONUS
 April 6 at 3:30 p.m.
 Men's College Spring Game
 Mary Washington vs. Longwood

Men's April 6 **Women's April 13**

WOMEN'S TEAMS

MEN'S TEAMS

COLLEGE MEN'S SPRING GAME
 Hosted By Fredericksburg FC
 At FFC Park - Fredericksburg, Va.

Saturday, April 6 - 3:30 p.m.

UMW VS LONGWOOD

Following the Men's College I.D. Combine
FREE to the Public!

Words From The Wise - 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 and we'll send you a brief questionnaire to answer and contribute.

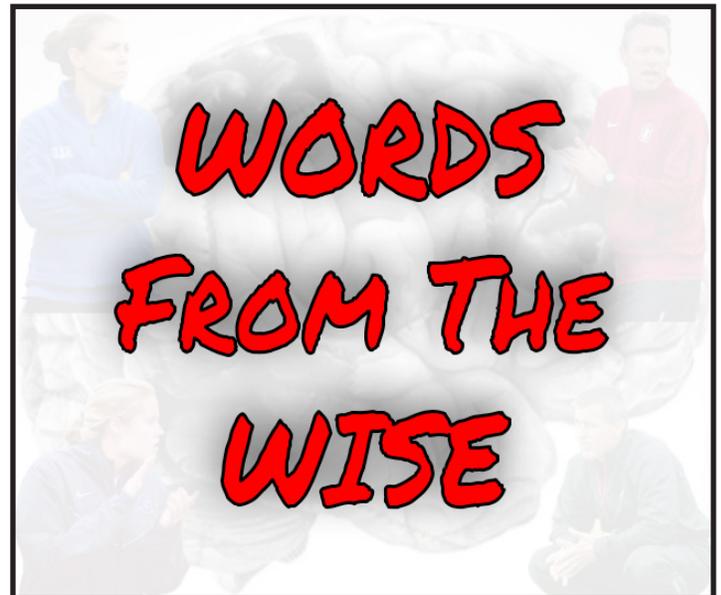
(Saturday, March 9, 2019) – In this first installment of the of the series, we'll start with an obvious beginning . . . I ask coaches, "What is the first thing you look for in a recruit?" A natural starting point for the series I thought and one that hopefully will be an instant help for players and their families.

For this month, I've heard back from five coaches. The 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 (Men's) — "We look for a player that has very good technical ability, understands the tactical sense of the game, and has a passion for the game."

COACH 2 (Women's) — "TALENT is the best answer. I always look for these four factors that = TALENT. Technically sound, Tactically above average, Fit and can cover ground, IT FACTOR, every player has one. It's what makes them unique/special."

COACH 3 (Men's) — "The overall productivity level of the player. Based on position, productivity can be viewed in a multitude of ways. If it's an attacking player, can they assist or score. For defenders its maybe being organized and a ball winner. Dynamic wingers need to be able to beat players in isolation and serve or go to goal. No matter what the position, having influence on the outcome and productivity level of your team is what I look for most in a recruit."



COACH 4 (Women's) — "When out watching a game most players should have the basic technical aspects down- we look for athleticism, work rate and mobility and how the recruit uses those traits it. Also, are they getting the ball and if not why?"

COACH 5 (Women's) — "One of the first things we look for in a recruit is a joy and passion for playing soccer. We think for a player to grow in the college game, she needs to love to play and be willing to work hard in sessions with coaches present and in sessions without coaches. The intrinsic desire to want to be a better player and be willing to commit to that effort is an incredibly appealing quality in a recruit."



FFC TOPSoccer & BUDDIES

**is back again for the
Spring 2019 with FREE
sessions on Saturdays!**

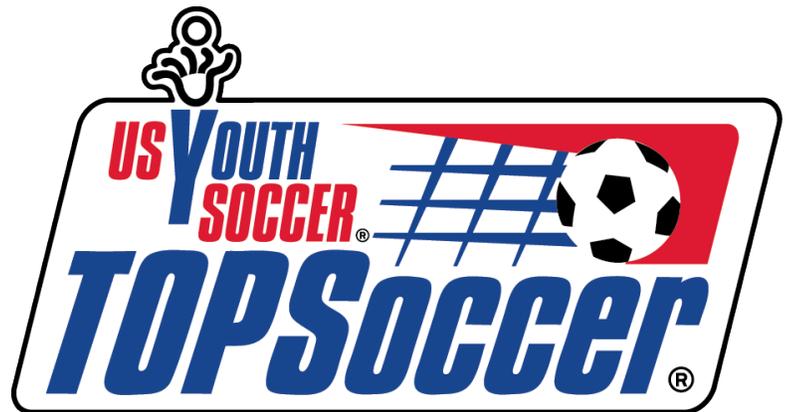
Participants & Buddies
are always wanted.

All sessions at FFC Park.

Finalized dates and times
below. For more info or
to register, visit:

www.fredericksburgfc.org

GET INVOLVED!!



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

From 9:00-10:30 a.m.

**Saturdays: April 6, 13, 27;
May 4, 11, 18; June 1, 8**

BUDDIES ALWAYS NEEDED!

**Email Director Toby Brown at
toby_brown@cox.net**

For more info or to register, visit www.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.

DON SMART: After winning the NPSL title with Miami FC last season, has made a move to first-year side Forward Madison FC in USL League One.

KHARLTON BELMAR: After bouncing between MLS's Sporting Kansas City and USL Championship squad Swope Park Rangers last season, has signed with Nashville SC on the USLC. (NOTE: Nashville will move to MLS in 2020).

TODD WHARTON: Also on the move this season, as he signed with Portland Timbers 2 oF the in the USL Championship following 3 seasons with Rio Grande Valley FC.

ZACH CARROLL: Returns to Reno 1868 FC after earning the Defensive Player of the Year Awad in 2018.

ERIC BIRD: Remained with MLS's Houston Dynamo after seeing action in 6 games in 2018.

JONNY ORLANDO: Signed on with MASL's Baltimore Blast this season, currently on 6 goals and 5 assists after tallying in Sunday's 10-9 win vs. Kansas City.

DAKOTA BARNATHAN: Made a move from one USL Championship side to another, joining Ottawa Fury FC.

MANEL MARTINEZ BELL: CuVWrrrently playing with Spanish Segunda Division B side Real Murcia, scoring 5 goals in 25 games.

TISHAN HANLEY: After spending 2018 with FFC's CCL Pro23 team, will be joining The Villagers SC in USL League Two this season.

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

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



FREDERICKSBURG FC CAMP SERIES

SUMMER CAMPS

All Camps at FFC Park
 For more info or to register, visit:
www.fredericksburgfc.org

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

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

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



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 -or- EMAIL: executivedirector@fredericksburgfc.org / mowolabi@fredericksburgfc.org



OPENINGS

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

UPCOMING FFC SPRING 2019 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 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 on the [FFC website](#).

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 on the [FFC website](#).

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

To arrange a tryout: Email FFC Technical Director Mayowa Owolabi at 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.

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 on the [FFC website](http://www.fredericksburgfc.org).

Visit www.fredericksburgfc.org for more info on all programs!

SPRING 2019 TRAVEL PLAYERS STILL NEEDED

Individual tryouts are still available to all players for all teams in the club, but the following teams have immediate openings:

- **2009 Boys**
- **2007 Boys**
- **2009 Girls**

Any players or families interested in trying out, should contact Technical Director Mayowa Owolabi directly at mowolabi@fredericksburgfc.org

For more information on the club and all of its programs, please visit our website at: 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 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 the outfield players will be hugely beneficial in the long run.

LOST & FOUND



Have you lost something?

Visit the FFC office or

Call: (540) 368-5425

Email:

officeadmin@fredericksburgfc.org