

Fredericksburg FC opens play in the NCS VYSA State Cup this Saturday with two games at FFC Park and two on the road.

We talked to players from the teams ahead of the action to see what they have to say.

NICK NEWTON (Massaponax H.S.)

Center Back and Captain of FFC U17 Boys Black

FFC Coach: Steve Petros

U17 Boys Black Schedule: Saturday, 3 p.m., at FFC Park Field #14 - vs. Harrisonburg City FC 01 BXX



What's the most exciting part about playing in the State Cup?

Getting to play some of the best teams in the state.

What do you guys have to do to be successful in your upcoming game?

We have a talented team this year. We need to trust each other and learn to use everyone's talents so that our skills come together.

What is the overall team goal from getting to play in State Cup?

Come together, play hard and be be unstoppable.

ANDREW ARLEDGE

(Fredericksburg Christian School)

Goalie and Captain of FFC U15 Boys Black

FFC Coach: Mayowa Owolabi

U15 Boys Black Schedule: Saturday, 4 p.m., at Lake Braddock H.S. Field #1 - vs. BAS Predators



What is the most exciting part about playing in the State Cup?

Our team is thrilled to play in the VA State Cup this year, and I believe that we are fully capable of reaching our goal of advancing deep into the rounds and even winning the State Cup.

What do you guys have to do to be successful in the upcoming game?

I believe in order to be successful in winning, we have to make accurate and complete passes, make smart decisions being fully focused 100% of the time and successfully put the ball in the back of the net.

What is the overall team goal from getting to play in State Cup?

Although winning the State Cup will not be an easy task, I believe with our outstanding back line, solid midfield and quick strikers, we should be able to make it easier on ourselves.

Is there anything that you think is important when it comes to State Cup?

We need to be prepared off the field by getting plenty of rest and eating well prior to each game and by thinking about key situations we might encounter during the game. With all of these attributes, and an outstanding coach, we should be successful in winning the VA State Cup.

VYSA NSC STATE CUP 2018-2019

(Seed in parentheses)

(HOME games in Red)



AGE GROUP	FFC TEAM	OPPONENT	DATE	TIME	SITE	ROUND
U16 Boys	(17) FFC 03 Black	(16) Barca Academy NoVa 2003B Blue	Saturday, Sept. 22	10:00 a.m.	Evergreen Sportsplex - Field 3	Round of 32
U15 Girls	(4) FFC 04 Black	(13) Virginia Beach City FC 04 Girls Academy I	Saturday, Sept. 22	1:00 p.m.	FFC Park - Field 14	Round of 16
U17 Boys	(12) FFC 02 Black	(21) HCFC Harrisonburg City FC 01 BXX	Saturday, Sept. 22	3:00 p.m.	FFC Park - Field 14	Round of 32
U15 Boys	(11) FFC 04 Black	(22) BAS Predators	Saturday, Sept. 22	4:00 p.m.	Lake Braddock High School - Field 1	Round of 32
U16 Girls	(3) FFC 03 Black	(14) SCCA Elite 03G	Saturday, Sept. 29	TBA	TBA	Round of 16
U19 Boys	(12) FFC 00 Black	(5) Beach FC 00/01B Red Copa	Saturday, Sept. 29	TBA	TBA	Round of 16
U18 Girls	(5) FFC 01 Black	(4) Beach FC 01G Red Reign	Saturday, Oct. 13	TBA	TBA	Quarterfinal