

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 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.”

2019 FFC COLLEGE SIGNINGS

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 soccer 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 Missouri Valley?



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

From FFC Coach Marchello Alves:

"Paulinho is going into a very strong program full of foreigners at Missouri Valley. They are current NAIA National Finalists, therefore he will have to work really hard to compete at that level. This will be great for him to develop his game toward his goal of playing professional soccer after college."

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 soccer 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.

From FFC Coach Marchello Alves:

"Gadsoni is a player that will be impactful right away at Mary Washington. He is fantastic with the ball and will fit right in with the playing style of UMW."

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 soccer 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.

From FFC Coach Marchello Alves:

“Hunter is strong and physical which will help him to fit in right away at the D2 level. In addition to that, his technical skills will provide him the edge to stand out and be impactful at the Frostburg program.”

MICHAEL KREIDER

School: Millersville University



MILLERSVILLE



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 soccer 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.

From FFC Coach Marchello Alves:

"Mike is a huge addition to Millersville. Beyond his high leadership skills, he is very strong and ready to face the physical game played at the college level."

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 soccer career?

Training and playing in a competitive environment, 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 players.

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.

From FFC Coach Marchello Alves:

"Josh is the type of player any coach would love to have. He is plays really well in either side of the field (right or left), works really hard, push his teammates to work harder and is incredibly consistent. For sure a great addition to VMI."

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 soccer 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 1 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.

From FFC Coach Marchello Alves:

"Nate is definitely the player VMI needed to start changing the program for the better. He will be one of the most impactful players on that team since day one. His strong leadership traits and amazing performance on the field, will be huge for VMI."

MICHAEL NOCERA

School: Virginia Wesleyan University



Positions: Outside Midfield, Attacking Midfield, Left Back

High School: Riverbend ('18 Graduate) (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 soccer 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.

From FFC Coach Marchello Alves:

"Mike is the perfect fit for VA Wesleyan. He is great with the ball, fast and can play in several different positions with the same quality."

JACOB PETERSON

School: Virginia Wesleyan University



Positions: Midfield

High School: Chancellor (Fredericksburg, Va.)

When did you start playing at FFC?

[Doesn't remember when he started]

What about playing for FFC helped you make it to this step in your soccer 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.

From FFC Coach Marchello Alves:

"Jake has technical skills above average and this will help him to stand out at VA Wesleyan. I am positive he will be a good addition to the program."

JOSHUA REID

School: Marymount University



Positions: Goalie

High School: Chancellor (Fredericksburg, Va.)

When did you start playing at FFC?

In the seventh grade.

What about playing for FFC helped you make it to this step in your soccer 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?

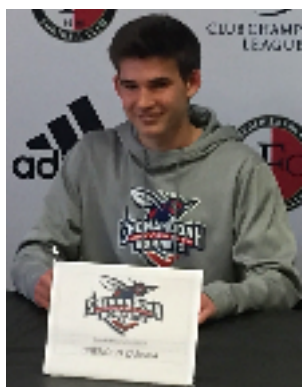
Playing with new people for four more years. I am more excited than ever. A new team to call my family. I am looking forward to weight lifting as well.

From FFC Coach Marchello Alves:

“Josh is a complete package for Marymount University soccer team. He is a great goalkeeper with size and confidence. He will definitely make an impact on the program right away.”

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 soccer career?

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.

From FFC Coach Marchello Alves:

“Brenden is not only a great soccer player, but also a great boy. This is the type of player every coach wants and I am pretty sure he will be happy at Shenandoah University.”

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 soccer 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.

From FFC Coach Mayowa Owolabi:

"Julia is a great shot stopping goalkeeper who is quick and athletic. She makes solid saves and can make the spectacular save in games. She has a great personality and attitude and it has been a blast working with her and watching her make the move into the next level. Her passion to attend Nazareth College was evident from day one so I am extremely excited to follow her growth and development on this path."

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 soccer 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 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 play. I am looking forward to developing myself more as a player, finding my limitations and pushing past them.

From FFC Coach Mayowa Owolabi:

"Kate Ignudo has the ability to play both as a box-to-box central midfielder, a striker and also a winger. She has the physicality, the technical ability and the confidence to be a dominant midfielder who is capable of helping make any team she plays on better on both sides of the

ball. Longwood will benefit from Ignudo's presence on the field. She covers ground effortlessly and impacts every game as a result. In the attack, her combination of speed and control of the ball allows her to break down midfield and back lines off of the dribble.”

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 soccer 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.

From FFC Coach Mayowa Owolabi:

“I am excited to watch Erin progress through the collegiate game! She brings a warrior mentality to the game and is one of the top GK's in the state. Erin knew she wanted to attend Liberty University a long time ago so it is rewarding to watch her accomplish this goal. Her coaches and teammates will love her at Liberty and they are truly getting a fantastic player and person overall. In addition to her commanding presence in the goal, she is an outstanding shot stopper and excellent dealing with crosses. Her fearlessness in traffic and in breakaway situations also impressed me over the last year. In addition, Erin's awareness with distribution is tremendous, which allows for critical counter attacking opportunities for her teammates.”

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 soccer 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.

From FFC Coach Mayowa Owolabi:

"Shelley has an unbelievable passion for the game and brings that same quality to everything she does. Her upbeat personality is infectious and her willingness to do whatever it takes for the betterment of the team inspired me while coaching her and I know Coach Howell will love this side of her at Randolph Macon. She is explosive and has great balance, which enables her to create space where none appears to exist. Her comfort running at players 1-v-1 or shooting with accuracy and power from distance are the same."