

KEVIN CARMICHAEL



A.K.A.: Kevin

Age: 37 (DOB: July 17, 1981)

Hometown: Portsmouth, Va.

College: Chowan University (2007 graduate; B.S. in Elementary Education)

Title with FFC: Youth Director

Started at FFC: Nov. 1, 2018

Coaching credentials: United Soccer Coaches Advanced National Diploma (pending), NSCAA Director of Coaching Diploma, USSF D License, NSCAA Level 1 Goalkeeping Diploma

Email: kcarmichael@fredericksburg.org

How did you find your way to FFC?

I know Mayowa and Marcello from my days with Hampton Roads Strikers. [Note: FFC Technical Director of Coaching and Academy Director Mayowa Owolabi, and FFC Boys Director of Coaching Macello Alves]

What is your coaching experience?

I've been coaching for 22 years at a variety of levels, including working full time for youth clubs for the past 6.5 years. Most recently as the WPSL assistant coach and Director of Coaching Girls Full-Year Academy for Virginia Beach City FC and the head coach for the varsity girls at Granby High School in Norfolk, Va. Before that I was the Director of Recreation and Advanced before being promoted to Technical Director for Hampton Roads Strikers in Norfolk, Va. Also formerly coached in the W20 Women's League and Super Y League for Elite Training Academy in Yorktown, Va. Over 10 years on staff for the Virginia ODP program. Eight years with Virginia Rush Soccer Club.

What is your playing experience?

Elizabeth River Soccer Club in Portsmouth, Va.

What made you first get involved in soccer?

I have no idea. The game has been a part of my life as long as I can remember. I guess my parents just signed me up and it kind of stuck.

What made you want to start coaching?

One of my middle school teachers was an age group coordinator for a local recreational league and after I suffered a knee injury, she asked me if I wanted to try coaching. I immediately fell in love with the ability to help players develop a love for the game that I have a passion for.

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



Playing for coaches that allowed me the freedom to make mistakes and learn to play without fear. I've always tried to carry that over into my coaching style.

Who is your biggest influence in your coaching career?

Kevin Smith, who I worked with forever in Hampton Roads and is currently the assistant women's coach for University of Lynchburg, has always encouraged me to focus on the technical aspects of the game while giving me the freedom to be creative with my session planning and not worry about having sessions fail. Jason Smith for hours of talking soccer and sharing ideas and session plans. Gene Gasparini is one of the most knowledgeable people I've ever met in the game and he has always been looking to expand his knowledge. Matt Dacey and Meredith Flaherty from my Rush days. As a player, I enjoyed Jackie Gasparini's calmness on the sideline. It's something I've always remembered and tried to copy as a coach.

What do you enjoy most about working for FFC so far?

I've enjoyed getting to meet and work with a number of coaches in the club. I'm excited about the knowledge and passion the coaches have.

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

[Michael Essien](#) is my favorite player ever. I always admired his work rate and versatility.



Who's your favorite professional soccer team and why?

Chelsea, because when I was growing up, everyone else was a Manchester United fan.

What's your favorite drill and why?

Any kind of 1-v-1s. I love the competitiveness and watching players battle.

What is your best memory from your playing days?

Away tournaments. Time running around hotels and dinners with teammates.

What is your best memory from coaching?

Honestly, it's the relationships that develop from it. I always enjoy when former players reach out and want to share updates on their lives.

Anything else about yourself you'd like to share?

I have two nieces, Brooklyn, who is 4, and Evelyn, who is a newborn.

What's your favorite food?

Hash browns or breakfast potatoes. Any kind of breakfast food.

What's your favorite movie?

Gladiator [Russell Crowe version]

What's your favorite kind of music?

Reggae, but I enjoy a wide variety of music.

What do you like to do other than soccer?

Travel, read, and play trivia.





If you got shipwrecked on a deserted island, what 3 things would you want with you?
A hammock, a soccer ball and unlimited breakfast food.

If they did a movie about your life, what actor would play you and why?
Will Ferrell from Elf because I quote that movie constantly.