

# FITZ HELPS MESSIAH WIN ANOTHER NATIONAL TITLE

Posted by Tom Leiss

(Pictures from Micah Fitz and [GoMessiah.com](http://GoMessiah.com))

On December 2, Messiah College won its 11th NCAA Division III Men's Soccer championship in Micah Fitz, a member of Fredericksburg FC's National Premier Soccer League program, was part of it.

The sophomore, who saw action in 20 games this season for the Falcons (24-2-0) and registered three assists, came on as a late first-half sub in the championship, which saw Messiah come out on top 2-1 North Park (19-3-2).



Messiah head coach Brad McCarty said the coaching staff recruited Fitz because he'd be a good fit on and off the field and he proved his worth throughout the season.

"Micah does a brilliant job in the midfield of being able to turn and break pressure on his own," McCarty said, recalling the team's game against nationally-ranked Rowan University when Fitz came on, earned an assist on the game-tying goal and help the Falcons go on to win in overtime. "Micah has the the ability to contribute both on and off the field as an upperclassman."

The Falcons hit a small bump in the road when they just their second loss of the season in the Middle Atlantic Conferences (MAC) Commonwealth Championship game, 2-1, to Lycoming College.

Undeterred, they still headed into the NCAA tournament with the confidence that had started to build even before the 2017 season started according to Fitz.

"The week after our 2016 season ended in the sweet 16; we played futsal that following week and everyone was locked in and ready to win in 2017."

Messiah opened with 1-0 wins over Castleton University and Hobart College in Buffalo, N.Y., in the First and Second rounds. The Falcons then hosted the Sectional Semifinal and Final where they defeated Stevens Institute of Technology 3-2 and the University of Rochester 2-0. They then sent Brandeis University home with a 3-2 double-overtime win in the National Semifinals in Greensboro, N.C., to reach the final.

There were plenty of tough stretches in the run, but Fitz (left, #17) said the team always felt confident they could attain their goal.

“There was never a moment anybody on the team thought we were going to lose in the NCAA tournament,” he said. “We went down a few times, but the belief that we would win came from everyone and was always at 100 percent.”

For example in the championship game when the Falcons fell behind 1-0 just 1:12 into the game, but replied less than four minutes later to level the match. The eventual game winner coming about a minute after Fitz stepped on the field.

The teams battled the rest of the way, but Messiah was able to hold off the Vikings and get that championship feeling when the final whistle blew.

“The feeling of joy knowing that all the work that everyone had put in during both the off-season and season had payed off,” Fitz said, adding how awesome it was to send the team’s seniors out with a bang. “The fact that we got to maximize the seniors' soccer season to it’s limit [was a highlight of the run].”

Now for a little more on Micah and his life on and off the soccer pitch.

## MICAH FITZ



**School:** Messiah College [[Men's soccer website](#)]

**Position:** Holding midfield

**Last FFC team:** NPSL

**Hometown:** Bristow, Virginia

**What do you like most about playing with FFC?**

The competitiveness that was brought to every practice by the players.

**What was your first experience playing soccer?**

Jumping around on a long grassed field and catching bugs while all the others players ran past me when I was 3 years old.

**What has been the hardest part about playing in college?**

Managing both school and soccer.

**What has been the most fun part of playing soccer in college?**

The bond of brotherhood that I have developed with my fellow players I have made through the game I love.

**What are your future soccer goals?**

I really want to travel around the world and use soccer as a gateway to make a difference in people's lives.

**What do you think the key is to reaching that goal?**

Continuing to work hard and be relationally invested in people.

**What would you like to do once you're done playing soccer?**

I want to go into clinical psychology or social psychology.

**What is your favorite soccer drill in practice?**

Phase 10: Quick/Transitional possession drill

**What is your favorite brand of soccer shoe?**

Nike

**What is your favorite soccer team?**

Manchester City

**What is your favorite food?**

Green bean casserole

**What is your favorite movie?**

We Are Marshall

**What is your favorite music group?**

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