We’re continually working on developing the newsletter to make it more informative to what’s happening in the club, from games and tournaments our club’s teams are involved in, to other activities those involved in our club are participating in. We also plan to update or reintroduce you to players with FFC times who are now playing in college, minor leagues or professional league.

If you think of something you’d like to see in the newsletter, let us know and we’ll see whether it’s something we’d be willing and able to add. You can email ideas to tleiss@fredericksburgfc.org.

Feature Story

COLON-GONZALEZ AND CHANCE REPRESENT FFC IN FRANCE WITH VA ODP

BY TOM LEISS
FFC Social Media / Communications / News Director
Email: tleiss@fredericksburgfc.org
Twitter: @TomLeiss
FREDERICKSBURG, Va. (Wednesday, April 25, 2018)—Fredericksburg FC once again had players involved in ODP trips to Europe, this year with a trip to France for FFC 02 Girls Black member Natalia Colon-Gonzalez and FFC 04 Girls Black member Taryn Chance.

Through hard-work, both girls were selected for their trips that ran from March 26-April 4 and took place in both Paris and Bordeaux when the teams trained and played games against local clubs.

Colon-Gonzalez, 15, got to play games against Paris FC, Bordeaux FC and two other academy teams, while Chance, 13, and her teammates saw action against VGA Saint Maur, Paris FC, TFC and FCE Arlac Merignac.

The results of the matches weren’t the main focus of the games, but both players took lessons from the action they both plan to use with their FFC teams.

Chance, the daughter of Rollie and Shawn, said experiencing a place she’s never been before was important, but improving her game wasn’t far behind on the to-do list.

“I wanted to become a better soccer player, as well as experience playing soccer with international players and of course experience some of the French culture,” said the left-sided wing and back.

Colon-Gonzalez, the daughter of Luis “CC” and Wilnelia, was thinking along the same lines saying, “My main focus while I was there was to have fun, get to know the culture, but to also do the best that I could do while I was playing in my matches.”

As both said, these trips are not just all about soccer, they also allow the players involved to see what another culture is like in a way that doesn’t involve a television or cell phone screen, or a computer monitor.

While in France, the two got to visit many of the familiar site with their teams, including the Eiffle Tower, The Louvre, Notre Dame Cathedral, the Arc de Triomphe and one of the largest sand dunes in Europe while in Bordeaux.

“We did lots of sightseeing and shopping, but my favorite thing was trying new food.” exclaimed Chance, who has also played basketball and run track while at Rodney Thompson Middle School in Stafford, Va.
While in Bordeaux, Colon-Gonzalez and teammates lucked out and got to attend one of the biggest events in French soccer.

“We went to the French League Cup Final game, which was between AS Monaco and Paris Saint-Germain,” said the right back, holding center midfielder. Just like last year’s FFC attendees, Colon-Gonzalez and Chance would highly recommend any player take the trip if the opportunity presents itself.

“It was something that taught me to work with new people. My parents didn’t go with me on the trip, so I had to be independent about certain things,” expressed Colon-Gonzalez, who also plays soccer at Saint John Paul the Great Catholic High School in Dumfries, Va. “I think the style of playing is something that would impress anyone that would go. And of course, the site seeing is something so unique and you can eat really good food!”

“I would definitely recommend a trip overseas and tell them to have fun and enjoy the opportunity,” Chance added.

HERE’S A LITTLE MORE FROM EACH VIA Q&A:

How long have you played for FFC?

NCG: Since U13 and I am now a rising U17.

TC: I started the Spring season of 2016 with U12 Girls Black.

What made you start playing soccer and why do you still play it now?

NCG: I think what got me started in soccer was just the idea of kicking the ball around with some friends. I have continued to play soccer because I have seen my own development and it is something that I have passion for.
**TC:** My parents started me in soccer at 4 and I really enjoyed playing. It was fun and I liked being with the girls on the team, and that is still why I play today.

**How/when did you find out about this trip?**

**NCG:** When I went to the ODP tryouts for the first time back in August of 2017.

**TC:** ODP has an international trip every year and this was the first year my age group was eligible to participate.

**What did you have to do to get on the team?**

**NCG:** I first had to make the district tryouts, then I had to continue and make the state tryouts. After that we had another tryout to pick the squad that would be going on the trip.

**TC:** Train hard and play my best.

**What was your first thought when you found out you made the team?**

**NCG:** My first thought was that I was going to be able to play an international match in Paris!

**TC:** I was happy, but nervous about travelling overseas.

**What was your highlight from the training you did?**

**NCG:** The European style of soccer is much more unique and they play at a much quicker pace.

**TC:** Training one on one with the coaches from ODP and the French teams.

**Tell us about some highlights you had from the games?**

**NCG:** The way the team passed and got the goals that we got. We played as a unit even though we had never played as a whole team before. I liked to see that we came together very well and had an amazing experience.

**TC:** The French players were more aggressive than U.S. players and they never gave up or quit. I saw this in every single match we played.

**What from the trip do you think you will bring back to help you while playing for FFC?**

**NCG:** I think the quickness of pace is something that I learned how to deal with and definitely expand my game back at FFC.
**TC:** Being a more physical player and better ball control.

**How do you think your trip over there can help the club?**

**NCG:** I think it could help the club in the sense that it is something that I think many people should take interest in if they are looking for something new to learn.

**TC:** The experience of playing overseas and bringing the lessons I learned back to the club will help improve me and then my team.

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**Team Of The Month**

For “Team of the Month” we hope to talk to one of our teams each month. To be featured here, your teams 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.

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**FFC 04 GIRLS BLACK**

This month we are showcasing two teams who not only had an outstanding April, but have been on a roll for all of 2018.

FFC 04 Girls Black has lost just once this season, while FFC 03 Girls Black have yet to lose any games in tournament and league play.

Both teams are near the top of their divisions in the ultra competitive Eastern Regional League, a composite of the top clubs in Region 1.

The 04s went 4-0 to win their division earlier this year at the the Jefferson Cup, capturing the title with a 1-0 win over Piedmont Triad FC 04 Lady Black. The 03s didn’t win their division in the Showcase level of the event, but didn’t lose either, finished 2-0-1, but missing out on advancing to the final by 1 goal in the goal-difference tiebreaker.

**FFC 03 GIRLS BLACK**

The 04s went 4-0 to win their division earlier this year at the the Jefferson Cup, capturing the title with a 1-0 win over Piedmont Triad FC 04 Lady Black. The 03s didn’t win their division in the Showcase level of the event, but didn’t lose either, finished 2-0-1, but missing out on advancing to the final by 1 goal in the goal-difference tiebreaker.
The 04s also advanced in the VYSA Spring State Cup Series during April with a 1-0 overtime win over Virginia Rush 2004G on April 21. FFC, the No. 9 seed in the tournament, advances to face top-seeded Arlington SA 2004 Girls in the Quarterfinals on May 5. With an upset, the FFC would at least match the 03s run to the semifinals last Fall.

The teams, each of which are coached by Grover Gibson, have been working extremely hard to improve their play as both individuals and as teams. All the extra sessions and after winter break and playing a full futsal season from December through March are now paying dividends in the Spring season.

Gibson stressed that it's not just all about the work put in on the field, but also how close the girls on each team are off of it that has helped them be successful.

“I think it's all about creating the balance between a very serious and demanding environment, but also allowing the players to enjoy themselves both on and off the field,” he said. “There is a good balance of time to get to work and time to have a laugh.”

Gibson said he can’t wait to see how these two motivated groups progress in the years to come.

“Both groups have shown a true desire to want to improve at every session and have the ability to do big things both as teams and individuals,” he expressed. “I'm looking forward to see what they are capable of by the time they graduate!”

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BUDDIES are needed for EVERY session. To volunteer email Program Director Toby Brown at toby_brown@cox.net.

Participants may register for any session. It is not required to participate in every week’s session. CLICK HERE for more info or to Register.
REBEIZ JOINS FREDERICKSBURG FC COACHING STAFF

FREDERICKSBURG, Va. (Tuesday, April 10, 2018)—Fredericksburg FC welcomed Alexandre Joseph Rebeiz to the club as the coach of its U11 and U12 boys programs.

Rebeiz is a native of Mbour, Senegal, who recently moved to Arlington, Va., where he lives with his wife Vlada and their 20-month old daughter Amelia. He graduated from Lycee Demba Diop School in 1996 with a Bachelors of General Studies Serie A.

The 43-year old has been coaching since 2005 and boasts many coaching credentials, including a NSCAA Premier diploma (2017), a NSCAA Advanced National diploma (2016), a NSCAA Level 2 Goalkeeper diploma (2016), USSF National “D” and “E” licenses, and is currently a candidate for a USSF National “C” license. In 2016, he also earned Sports Safety International (Concussion Wise), SafeSport and American Red Cross CPR/First Aid certificates. Most recently Rebeiz worked with the New York Red Bulls organization as a Regional (Pre-Academy) Trainer, a Pre-Academy assistant coach (U13 girls) and Trainer Programs coach between 2014-17. From 2010-13, he was head coach for Sol Futbol Club’s (Chesapeake, Va.) U14 boys and U16 girls programs, and while also working as an assistant coach with the club’s Indoor Premier League team. In 2005, he began working with Old Dominion Soccer Club in Virginia Beach, Va., as an assistant coach for U14 girls, then head coach for the U12 girls, while also working as the club’s Assistant Director of Coaching from 2007-10. He has also spent time as a summer camp trainer with Tetra Brazil and Eurotech Soccer World.

While living in Senegal, Rebeiz played club soccer with Toure Kunda or Mbour, for the U16 Senegalese National Team, the Stade de Mbou Youth Team and collegiately while attending Lycee Demba Diop of Mbour. While in the United States, he has played adult soccer with Team Neptune Virginia Beach and Manhattan Celtic in the Cosmopolitan Soccer League (N.Y.).

“I have known Alex for years now from when he was coaching in Virginia before relocating to NYC and I am looking forward to have him join our Staff at FFC. He joins FFC with more than 10 years of coaching experience and has played the game at the highest levels,” said FFC Technical Director of Coaching and Academy Director Mayowa Owolabi. “I am very excited to have Alex join us here at FFC. Just from the few conversations we have had I have grown to admire his hard-working mentality and understanding of the game, and have been impressed with the experiences and exposure that he has received as a coach. I think he will jump on to our staff very well and will be a tremendous asset to our players and families both on and off the field.”
REBEIZ ADDED AS CCL Pro23 WOMEN’S ASSISTANT

FFC also added Rebeiz to the CCL Pro23 coaching staff as an assistant coach with the women’s program, working with Head Coach Ken Krieger.

“I think he will be a huge asset with the experience he has coming from the New York Red Bulls. It will be great to have him with me for the season,” Krieger said. “He is a very knowledgeable coach with a dynamic mentality that will provide quality training and insights for the players playing with the Pro23 Program.”

The club also rescheduled the Men’s Supplemental tryout date as follows:

- **Men’s Supplemental Tryout:** Saturday, May 5 - 9:00-11:00 a.m. - at FFC Park (1898 Mills Dr., Fredericksburg, Va. 22408)

The following are other important dates that should be noted:

- Training begins: Monday, May 14
- Regular season begins: Saturday, June 2
- Playoffs: Saturday-Sunday, July 14-15

The training schedule for both teams will run on Mondays and Wednesdays, from 8:00-9:15 p.m., from May 14-June 3, and then Mondays, Wednesdays and one additional day, from June 4-July 15. All training will take place at FFC Park or the VYSA Turf Fields.

Along with contests against other CCL teams, the club has also scheduled friendlies for the Men’s Program against Reading United and D.C. United Reserve squads. Friendlies for the Women’s Program are yet to be determined. All home games will be played at FFC Park.

APRIL TOURNAMENT RESULTS

The only tournament participated in during April involving FFC teams was the VYSA Spring State Cup competition. The following is how those FFC teams fared and their upcoming schedules.

**Saturday, April 14**
First Round: (15) FFC 06 Boys Black - Lost 2-1 vs. (18) VIST Shenandoah FC E
Second Round: (12) FFC 05 Boys Black - Lost 2-0 vs. (5) LMVS Patriots 05B

Saturday, April 21
First Round: (22) FFC 04 Boys Black - Lost 0-0 (PKs) vs. (11) NVSC 04B CCL
First Round: (9) FFC 04 Girls Black - WON 2-1 (OT) vs. (8) VAR 2004G Rush

Saturday, April 28
Second Round: (10) FFC 05 Girls Black - Lost 5-0 at (7) Beach FC VBTS Beach FC

Saturday, May 5
Quarterfinals: (9) FFC 04 Girls Black - at (1) ARL Arlington SA 2004 Girls

FOR MORE INFORMATION OR TO REGISTER, CLICK HERE OR VISIT WWW.FREDERICKSBURGFC.ORG
GETTING TO KNOW . . .

Along with meeting some of our players, we also want you to get to know our Fredericksburg FC staff better. In this series, we hope to talk to one member of the FFC staff, be it a coach, an administrator, a volunteer, etc., so that you can get to know the people you may regularly see or talk to, but may never have learned much about.

MARCELLO MITCHEL ALVES

A.K.A.: Coach Marcello
Age: 34 (Born: July 28, 1983)
Hometown: Curitiba, Brazil
Title(s): Boys Director of Coaching, CCL Pro23 Men’s Assistant Coach, Boys Staff Coach
Started with FFC: February 2018
Coaching Credentials: USSF National C License (pending); CREF National License (Brazil), Youth Coaching Certificate (Brazil), Strength and Conditioning Certificate (Brazil), Bachelor’s and Master’s Degrees in Physical Education and Sports Performance, respectively.

What is your coaching experience?
Assistant Coach (2015-2018) - Atlético Clube Goianiense (Brazilian Serie B League); 2016 Campeonato Brasileiro Serie B (Brazilian 2nd Division) champions earning promotion to Serie A for first time in club history.
Assistant Coach (2013-2015) - Paraná Clube (Brazilian Serie B League); assisted the Youth (U20) Team during the U20 Brazilian National Championship in 2013 and the professional squad from 2014-2015.
Intern Assistant Coach (2012) - Clube Atlético Paranaense (Brazilian Serie A League); worked with all levels (U15, U17, U20 and professional squad).
Boys & Girl Head Coach (2011-2012) - Norfolk Collegiate High School (Norfolk, Va.)
Assistant Coach (2011-2012) - U.S. Soccer Olympic Development Program (ODP) Virginia Beach, Va. (U10, U11 and U12 boys and girls teams).
Head Coach (2009-2012) - Hampton Roads Strikers (Norfolk, Va.); U10, U12, U15 and U17 boys and girls teams.
Assistant & Fitness Coach (2009) - Coritiba Football Club (Brazil) professional women’s soccer team.
What is your playing experience?
I played 15 years at the highest level; nine years at the professional level in Brazil and the U.S. and six years as an academy player for pro clubs in Brazil.

What made you first get involved in soccer?
My dad was a professional player in Brazil.

What made you want to start coaching?
First, because my passion for the game, I can't get away from the soccer field. I spent my whole life there and I don’t want to leave. Second, because I like to be a leader and a good influence to my players. I want to impact their lives and make them grow as men/women and as soccer players as well.

What would you say was the biggest thing that helped you during your playing career?
Drive. . . . Like desire to achieve/passion drive, etc.

Who was your biggest influence in your playing career?
My father. He is a former pro player.

Who is your biggest influence in your coaching career?
Pep Guardiola.

What do you enjoy most about working for FFC?
Everything. . . . Colleagues, the kids, facilities, etc.

What’s your favorite drill and why?
Small sided games because I think that is the best way for the player to understand the game and to develop technical, tactical, mental and physical aspects of the game all at the same time.

What is your best memory from your playing days?
Playing big games with big crowds.

What is your best memory from coaching?
Being Brazilian League Champions.

Who’s your favorite professional player (past and/or present) and why?
Ronaldinho (Click name for video) because he brought “magic” to the game.
Who’s your favorite professional soccer team and why?
Palmeiras (Brazil) because they were amazing back when I was growing up in Brazil.

What’s your favorite food?
Brazilian steak.

What’s your favorite movie?
Gladiator.

What’s your favorite kind of music?
Samba.

What do you like to do other than soccer?
Exercise, read, video games and family times.

If you got shipwrecked on a deserted island, what 3 things would you want with you?
My bible, my soccer ball and a music device with endless battery life!!

If they did a movie about your life, what actor would play your and why?
Channing Tatum because he is just like me, athletic and handsome! . . . haha! Just kidding!

**FFC IN THE PROS**

**WHARTON NAMED TO TEAM OF THE WEEK**

Former FFC/RVA FC National Premier Soccer League (NPSL) standout Todd Wharton (left; center), who currently plays for the Rio Grande Valley Torros, was named to the United Soccer League’s Team of the Week for Week 3 after the team’s 3-3 tie with Sacramento Republic FC.

The University of Virginia graduate netted the team’s first goal via the penalty spot in the second half and completed 30 of 33 passes for the game. He was the first player for the Toros to earn a Team of the Week honor this season.
Wharton, who is the team’s captain, leads the team in scoring with two goals and is tied for the team lead with 540 minutes played in six games played. He added his first assist on the season in the Torros’ 2-0 win over Orange County SC Wednesday, April 25. The first victory of the season for RGV (1-3-2).

BELMAR KEEPS ROLLING

Fellow former FFC NPSLer Kharlton Belmar keeps adding to his stellar start to 2018, recently earning USL’s Player of the Month Award for March with 37 percent of the vote after totalling four goals and two assists during the month for Swope Park Rangers.

The Virginia Beach, Va., native also took over as the top scorer in team history for the Rangers, an affiliate of Major League Soccer’s Sporting Kansas City. The MLS side currently has Belmar under contract, but loaned him to Rangers before the start of the current season.

Fresh off his hot start in March, which also included one USL Player of the Week award and twice being named the USL’s Team of the Week, the 25-year old added yet another Team of the Week honor after scoring twice in the final 20 minutes of Swope Park’s 2-2 draw at Phoenix Rising FC during Week 6. The scores pushed his league-leading season total to seven and his career total to 36 to move him into the USL’s All-Time Top 10 Goal Scoring list.
EMPLOYMENT OPPORTUNITIES AT FREDERICKSBURG FC

Youth Director
&
Facilities Manager Wanted

One of largest and most successful soccer clubs in Central Virginia offering year-round programming for all Ages!

** Click for more details **

Send us your bio or resume to: executivedirector@fredericksburgfc.org

Camps & Clinics

Don’t miss out on FFC’s 2018 Camps Series

The club will be hosting a series of camps throughout the year, camps will vary from Recreational-Level Camp to Travel-Player-Level Camps. All camps will be led by FFC Technical Staff and licensed Coaching Staff.

The camps are open to all players, regardless of club affiliation. We want players who are interested in getting better.

The Fredericksburg FC Camp Series is a Player Development Program focused completely on individual development over the course of the camp. All players are challenged in a fun environment that stresses skills development and creative problem solving. Important habits and skills are developed at an early age and will need to be crafted as players age and our camps follow this philosophy.
Each group will be broken into groups based on age and skill level. These camp sessions are highly recommended for players of all levels.

Click Here for complete info on the FFC website.

**SPRING 2018 PROGRAMS**  
(Registration is always ongoing in most programs. Visit fredericksburgfc.org for more info.)

Click on the program title for more information.

- **Travel Program**: Season UNDERWAY. Tryouts by appointment. Contact: officeadmin@fredericksburgfc.org.

- **Recreation Program**: Season UNDERWAY. Email officeadmin@fredericksburgfc.org about late registration.

- **TOPSoccer & Buddies Program**: Registration OPEN. Sessions all Saturdays until June 9 (excluding Memorial Day Weekend). You can join at any point while the FREE PROGRAM is being offered.

- **Academy Program (Ages 5-8)**: Season UNDERWAY. Email officeadmin@fredericksburgfc.org about late registration.

- **Pre-Academy Program (Ages 3-5)**: Season UNDERWAY. Email officeadmin@fredericksburgfc.org about late registration.

- **U4 Minis Program**: Season UNDERWAY. Email officeadmin@fredericksburgfc.org about late registration.

- **CCL Pro23 Men's & Women's Programs**: Supplemental tryout Saturday, May 5, at FFC Park, from 9-11 a.m.; Training begins April 30; League play begins June 2.

- **College Combine**: Women's will be held May 5. Men's will be held May 12. Each camp runs from 9:30 a.m.-3 p.m. at FFC Park. Registration OPEN! Click link for more details.

- **Futsal I.D. Program**: To be announced.

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**CONTACT US**

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