Spotlight on . . .

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

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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.”

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

**GADSONI B 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 college 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.
FFC U19 BOYS BLACK

FREDERICKSBURG, Va. (Tuesday, April 9)—The FFC U19 boys finished the month of March unbeaten (5-0-1) with first-place finishes in both the Loudoun Soccer College Showcase on March 1-3 and Jefferson Cup on March 29-31.

The team was led by strong defensive efforts in both tournaments allowing just two goals against over the six games.

Many of these players will be continuing their soccer careers on the college level come this fall.

As of the end of March, the team has an over record on 8-1-1 in tournament and league play. “The Pitch” spoke with their head coach Marcello Alves to see what has made them such a strong squad in March and 2019 as a whole.

TP: What has made this team so strong in 2019?

MA: I believe that it took a couple months for the boys to fully understand the way we wanted them to play. Once they were completely engaged and committed to the idea we had for them, then they were able to perform at the highest level possible. The positive results came as a consequence of their performance and tactical discipline. Lastly, we had several players going through the final stages of their recruitment process with college coaches, therefore they were very motivated to play their very best.

TP: Before 2019 started, were you expecting them to have a good year? What made you think they’d be playing how they are?

MA: I did believe they were going to hit their best performance level in 2019. As I said previously, sometimes you get a team and it takes time for the coach to be able to put all his ideas
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in practice. I knew it would take me a couple of months and they were going to hit their best in the Spring.

TP: What do you think helped them be successful at the two tournaments they played in March?

MA: Both the training and the recruitment process, but beyond that, I believe that a huge part of it was our trip to Orlando late December. The team matured a lot during the Disney Showcase. During those days at the hotel, we were able to work a lot on team bonding and that is showing now in 2019.

TP: Do you have any standout/key moments from each tournament that helped earn the championships in each?

MA: In all games of the three showcases we’ve had in 2019, I always boosted their confidence and the key moments every time were that very moment they would realize how good they were individually and collectively as a team. At those moments, they would be almost unstoppable . . . defensively and offensively.

TP: Any fun little stories that stick out from your time with these guys, from training or games or otherwise?

MA: There are lots of fun stories and memories from these boys in training and games. However, I believe the most fun we had together as a team were during some of the team bonding activities we did at the hotel in Orlando during the Disney Showcase.

TP: Is there anything else you’d like to share about the team?

MA: I am super proud of them for having an amazing last season at the club. The team had only three juniors on the team, and 17 seniors and most of them are going into the next level to play soccer in college. We have 10 out of 17 already signed to play college soccer, one going pro and another four players at the end of their process into signing with colleges. We have reached the highest ranking of the team’s history being No. 3 in Virginia and No. 54 in the nation. This was a very strong group of players, and as I coach I couldn’t be more proud of them.

—Photos courtesy of Lisa Iden
In this series we will bring you monthly on the FFC website and in the club’s “The Pitch” Newsletter, FFC Media Director Tom Leiss will talk to various Men’s & Women’s college coaches about what they look for in recruits. This information will be brought to you anonymously in each post to allow the coaches to be able to speak freely without it violating any NCAA rules so that we can all help players and their families get through the recruiting process as easily as possible. If you are a college coach and would be interested in contributing, please email tleiss@fredericksburgfc.org and we’ll send you a brief questionnaire to answer and contribute.

(Thursday, April 4, 2019)—In issue No. 2 of “Words from the Wise,” coaches answer: “What are some good ways for a recruit to get “seen” or “noticed” by a college coach?”

Trying the get the attention of a coach at a college or university you’d like to play for isn’t always the easiest thing in the world to do. After all, so many other players are trying to do the same exact thing as you are. So, this seemed like an obvious question to put forth.

Again, the only distinguishing mark I will put with each comment is whether the coach is a men’s or women’s coach. Here’s what they had to say.

COACH 1 (Women’s) — “The best way is be super proactive in the process. College coaches see hundreds of prospects each year. Players need to indicate a serious interest in the program ... learn about the college and program before you write to a coach. Players need to indicate their level of interest and pursue that program just as diligently as a college coach pursues a recruit. It should be a really active process. If one sits and waits for college coaches, it may prove to be a long wait. A second part of this answer is to attend specific college ID camps or summer camps. Make your camp and ID camp [attendance] decisions on colleges that you are truly interested in learning more about the academic programs, as well as the soccer program. Use ID camps and overnight camps as part of your research—talk with other students, tour the campus, sit in a class.”

COACH 2 (Women’s) — “ID Clinics are the big thing now that can get you on campus in front of coaches, an opportunity to get on and see the campus. You also get to interact with current players. Go watch the team play at your interested college or university.”

COACH 3 (Men’s) — “Recruits should attend camps/showcases on the institutions campus. This will allow the recruit to be seen by the host coaching staff. High-level club tournaments are a must also.”

COACH 4 (Men’s) — “Work rate at training or in games. Often times hard work overcomes talent if you can be competitive and help your team win in all settings. The best are the players who can stand out from a talent perspective and have a high work rate and attitude to go along with it.”

COACH 5 (Women’s) — “Play for a good club. Definitely be proactive—emails telling when and where they are playing. On campus recruiting clinics and camps also are great ways to get in front of a coach.”
Micheal Kreider  
**School:** Millersville University  
**Positions:** Midfield  
**High School:** Chancellor (Fredericksburg, Va.)  
**When did you start playing at FFC?**  
January 2015  
**What about playing for FFC helped you make it to this step in your college 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 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.

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 college career?**  
Playing for some great coaches who molded me as a player and as a person.  
**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.
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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.

MICHAEL NOCERA
School: Virginia Wesleyan University

Positions: Outside Midfield, Attacking Midfield, Left Back
High School: Graduated from Riverbend ('18) (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 college 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.

JACOB PETERSON
School: Virginia Wesleyan University

Positions: Midfield
High School: Chancellor (Fredericksburg, Va.)

When did you start playing at FFC?
[Doesn’t remember when]

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

JOSHUA REID
School: Marymount University

Positions: Goalie
High School: Chancellor (Fredericksburg, Va.)

When did you start playing at FFC?
In the seventh grade (2013).

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

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 college career?
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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.

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.

ERIN JONES
School: Liberty University

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

KATE IGNUDO
School: Longwood University

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

**SHELLEY WINEBARGER**
**School: Randolph-Macon College**

**Position:** 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 college 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.
TECHNIQUE

Ball Mastery & Control—The ability to collect, control and manipulate the ball with both feet, legs, chest and head.

Dribbling & Running with the Ball—Moving the ball in different directions at varying speeds with the ball in full control.

Body Movement & Shapes—How you move your body efficiently with and without the ball to maximize impact with balance and coordination.

GAME INTELLIGENCE

Spatial Awareness—Players need to quickly visualize and understand the pictures that are created on the soccer field. Where

is heavily dependent of the next soccer attribute.

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2019-20 YOUTH SOCCER TRYOUTS ANNOUNCED!

FFC is extremely excited to invite all soccer players to compete on our Elite Black or Red Level Teams for All Ages for both Boys & Girls this upcoming Fall Season!

U16-U19 Boys & Girls | Saturdays, April 27, and May 4
U10-U15 Boys & Girls | Monday, May 6, Wednesday, May 8, and Thursday, May 9
U9 Boys & Girls | Monday, May 20, and Wednesday, May 22

CLICK HERE FOR FULL 2019-2020 TRAVEL TRYOUT INFORMATION, SCHEDULE AND TO REGISTER
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the players standing or moving and what are the distances and spaces in relation to the ball? How quickly can you create these pictures to help you make decisions as to your next move?

Risk Assessment—What happens if I run into this space or if I pass a ball into that space? Are you able to make the right decision that will have a positive impact for your team and minimize the risk.

MINDSET

Mindset is a very hard area with contributing factors, so again this is broken down into smaller segments. It is a key ingredient in a footballer’s makeup and often determines which level you play at because the higher up the football ladder your progress, the more important the mindset becomes.

Passion & Drive—The ambition and hunger to succeed.

Mental Toughness—In times of adversity, how does a player react?

Leadership—Organize vocally or lead by example.

Coachability—How do players react or respond to instructions, criticism and suggestions?

Responsibility—Does the player take ownership of these responsibilities and carry them out or do they shy away?

PHYSIQUE

In the early years, a player’s physique should be one of the last factors to look at, but when we do these are the areas to focus on:

ABC’s—Agility, balance and coordination are vital because there are so many movements that happen in a soccer match. This is with and without a football as you dribble, jump, turn and place your body into a variety of positions.

Power & Strength—This is not the size of the individual, but is more about how effectively you use your body to win a physical battle.

Speed—This is not only straight-line speed, but it is the speed at which you accelerate, decelerate and how quickly you can change direction with and without a football at your feet.

Stamina—As your body fatigues, your control, focus and decision making can become impaired, which are all critical in a match situation. The ability for a player to deal with the constant stop, start nature, as well as endurance during a game to keep moving will be examined.

GOALKEEPER IDENTIFICATION & EVALUATION

There are 4 key factors:

1) Bravery
2) Communication
3) Speed
4) Reactions

Decision Making

Unlike playing in any other position where mistakes can be rectified, being a goalkeeper comes with the knowledge that a mistake will almost certainly result in a goal. With only a split second to make decisions, a goalkeeper must always go with their instinct.

Confidence

Being the last line of defense isn’t an easy job and, as mentioned above, there is a lot of pressure surrounding goalkeepers of all ages and levels. For this reason, it is essential that goalkeepers have a large amount of belief in their own ability. Goalkeepers must be commanding and demand respect. If a goalkeeper is not confident, they will not be trusted by the players around them, which will have a negative impact on the team. A goalkeeper has the ability to lift the rest of the team through the way they handle themselves, so confidence is another essential part of a goalkeeper’s make up.

Footwork

In order for the feet to move quickly and the hands to come up and make a save, a high level of coordination is required. Without it, an individual may be able to move their feel well, but without the ability to get the hands across and make a save at the same time, one cannot call themselves a goalkeeper.

Ball Skills

A modern-day goalkeeper must be comfortable with a ball at their feet. Goalkeepers are required to pass and receive the ball. If a young goalkeeper is looking to develop and play at a high level, it is important they do not neglect their ball skills. A day per week spent training with
One FFC parent tells why being involved in the program is good for volunteers & participants

“To a parent of a child with a disability, I’d probably first ask if the kid is involved in anything, what they’re looking for, and what the kid likes. If they say they or their kid wants soccer, but doesn’t have the attention span or skills, or whatever worry the parent has about team sports, or if they say they just want their kid to be active and have no preference, I’d say consider TOPS because it checks all those boxes. I’d tell them their kid doesn’t need to have any soccer experience because it’s player-led. Those that want to work on their soccer skills can be paired with a soccer player and work on whatever skill they want as long as they want, though the buddy may also introduce other skills they think their player can handle or might enjoy, but that if a kid just wants to run the whole time, they can do that. They’ll have a buddy to keep them safe and entertained and having fun, because that’s really the point.

If I’m pitching to a parent whose kid could be a potential Buddy, I’d throw it out there as we could really use some buddies, they don’t have to be good at soccer or really even have a lot of experience, they just need to be a good person, have a good heart, and be willing to work with a kid they don’t know well. I’d tell them the same thing about it being player-led—that if the kid wants to take shots on goal, they’re taking shots on goal and you’re either goalie or at least retrieving the balls for them, but if a kid wants to just work on passing, that’s what you’re doing. I’d warn them that they might end up playing lots of duck-duck-goose. I’d add that the program is really laid back and pretty flexible about what happens, as long as they can keep a kid safe and, ideally, moving a little bit, that the goal is to help the kids be active and have fun.”

—Brigit O’Leary, veteran program parent of a participant and volunteer
Getting to Know . . .

STEVE PLATO

A.K.A.: Coach Plato
Age: 49, Sept 5, 1969
Hometown: Orange Park, Fla. (just outside of Jacksonville)
Title(s): Head coach of the FFC06 Girls Red team and the Vice President of the Board of Directors
Started at FFC: Started coaching rec at FFC in 2010 and travel in 2011
College: Graduated from the University of North Florida, majoring in Criminal Justice and a minor in Political Science.
Coaching credentials: National D license

Email: saplato5@gmail.com

Are you living in the Fredericksburg area now?
Yes. I live in Fredericksburg.

Can you tell us about your family?
I’m married for almost 24 years to Season Plato. We have 3 kids, all having played their travel soccer careers at FFC. Andrew 22, Adam 18 and Madelyn 16.

How did you hear about the club?
From friends in the neighborhood.

What is your coaching experience?
I have been coaching soccer to boys, girls, men and women for 36 years. I’ve coached recreation, travel and adult soccer teams.

What is your playing experience?
I played recreation soccer growing up until a travel program moved to my hometown at the age of 14. I then played travel and high school soccer.

What made you first get involved in soccer?
Mom signed me up when I turned 5 and I liked it more than all the other sports I tried.

What made you want to start coaching?
At age 13 I was an assistant coach for a family friend who was coaching a recreation team of 5 and 6 year olds. Halfway through the season, the head coach had to step away due to health concerns so I took over. That started what has been 36 years and counting of coaching soccer!

What would you say was the biggest thing that helped you during your playing career?
Touching a ball every day to improve my technical skills and touch, while being the

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best teammate possible. Always encouraging my fellow players, never demeaning.

Who is your biggest influence in your coaching career?
Coach Mike Ruff. He was my first coach at age 5 and coached me until travel started nine years later. He was amazing at teaching both the technical and tactical aspect of the game to youth players.

What’s your favorite drill and why?
I love teaching the transition part of the game. I love all drills that deal with transitioning!

What is your best memory from your playing days?
It wasn’t a goal, or helping stop a goal, or a big win. It was in a game at age 12, I got kicked so hard in the shin that a massive hematoma formed along my bone. While I could barely put pressure on my leg, I begged the coach to put me back in the game until he did. I fought through the pain to be out there with my teammates until the final whistle. Never give up!

What is your best memory from coaching?
Win or lose, close game or not, any time I’m on the sideline coaching young players at FFC is my “best” memory!

Who is your favorite professional player (past or present) and why?
Andres Iniesta, Former Barcelona and Spanish team player, because he was amazed me for years with his playmaking ability, his ingenious creativity, and the fact that he makes everyone on the team better when he is on the field.

What’s your favorite food?
Cauliflower Pizza or Taco Salad. . . . I can’t pick between the two!

What’s your favorite movie?
Hard to name a single favorite, but I enjoy movies like Legends of the Fall or Everybody’s All-American.

What’s your favorite kind of music?
My favorite band is the Dave Matthew’s Band so whatever you would call this nowadays . . . alternative I guess?

What do you like to do other than soccer?
Without hesitation, fishing. Especially fishing from my kayak. Nothing more peaceful than being on a local river at sunrise on my kayak. I also really enjoy health coaching with my wife and helping people transform their health and wellness.

What’s your favorite kind of music?
My favorite band is the Dave Matthew’s Band so whatever you would call this nowadays . . . alternative I guess?

If you got shipwrecked on a deserted island, what 3 things would you want with you?
Fishing pole, sunscreen and a lifetime supply of fresh water.

If they did a movie about your life, what actor would play you and why?
Harvey Keitel, because he is a little bit nutty.
The Academy & Pre-Academy Programs and Recreation Program are currently accepting late registration. For info on late registration, email officeadmin@fredericksburgfc.org
ANOTHER SUCCESSFUL ST. PATRICK’S DAY INVITATIONAL BRINGS COMPETITION, HELPS BUILD FFC’S REPUTATION

FREDERICKSBURG, Va. (Saturday, April 13, 2019)—Following a second successful FFC St. Patrick’s Day Invitational, “The Pitch” spoke with Tournament Director Mayowa Owolabi about various aspects of the event to close out the 2019 edition.

After having already seen growth in year two—from 70+ boys and girls teams in 2018 to over 80 this year—FFC Park’s wonderfully maintained fields would definitely be put to the test with so many quality teams in attendance. Owolabi was pleased passed with flying colors.

“The 2nd Annual St. Patrick’s Day Invitational went extremely well,” he said. “This year, we added about 15 more teams, so we really pushed FFC Park to full capacity, but the event went well. The weather was fantastic this St. Patrick’s Day weekend, so I was certainly very appreciative of that.”

With a year under its proverbial belt and the added number teams, there was also added expectation that the level of play would increase. According to Owolabi, it most certainly did as the teams took advantage the magnificent weekend to show their wares.

“A major highlight was the competitive level that was showcased at this tournament. In comparison to last year’s event, we brought a higher level of competitive teams,” Owolabi said. “I am very excited to see the tournament has now gotten placed on everybody’s radar and more teams are excited about attending at our beautiful facility.”

The timing of this tournament can also serve a greater purpose. As it’s before the being of teams’ Spring seasons, it is a great opportunity for teams and clubs to evaluate, which in turns helps teams and clubs plan for the upcoming season’s training.

“The St. Patrick’s Day Invitational is a fantastic preseason tournament. It allows you to come in and really see where your team is before entering the Spring season,” Owolabi, who is also FFC’s Technical Director and a coach, stated. “I know specifically for our FFC teams, myself

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and the technical staff used this tournament as a great way to evaluate and assess our travel teams before we started CCL, NCSL and ODSL league play. This allowed us to get information over to coaches, go assist the coaches with planning and managing their Spring season loads.”

With FFC also hosting the first-ever FFC Virginia Summer Showcase on Aug. 16-18, the success of the first two FFC St. Patrick’s Day Invitationals has also helped build the club’s reputation.

Other clubs now know that FFC will provide an outstanding environment that will serve their teams well and provide what teams desire when scheduling events for their teams to attend.

“At this point, we have hosted two tournaments since I came into the club 16 months ago,” Owolabi said. “With the success the St. Patrick’s Day Invitational has had, I believe other clubs and teams can now recognize that FFC can host a well organized and competitive tournament. With that background and credibility, I believe we have been able to create a bigger network of clubs and teams that trust our tournament operations management, believe that their teams will get the appropriate competitive environment . . . and people continue to love FFC Park and what our facilities have to offer.”

FFC Media Director Tom Leiss wrote this follow-up piece with photos coming from Jennifer Beland.

See a list of Champions and more Champions pictures on pages 18 - 19
ST. PATRICK’S DAY INVITATIONAL
Age Groups & Brackets Winners

BOYS U9
Gold 2010 Bracket A
Strikers Travel U9 Elite Black (VA)

Silver 2010 Bracket A
Sterling Orange 10B (VA)

BOYS U10
Gold 2009 Bracket A
St. Mary’s Soccer SMS Gummers (MD)

BOYS U11
Gold 2008 Bracket A
PWSI Courage 08B Pride (VA)

BOYS U12
Gold 2007 Bracket A/B
Burke Athletic United 07 (VA)

Silver 2007 Bracket A
Burke Athletic United FC (VA)

BOYS U13
Gold 2006 Bracket A/B/C
NRU 06B Blue (VA)

BOYS U14
Gold 2005 Bracket A
Fredericksburg FC 2005 Boys Black (VA)

BOYS U14
Silver 2005 Bracket A
Arsenal FC Chesapeake, VA)
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BOYS U15
Gold 2004 Bracket A
Tidewater Sharks 2004 United (VA)

GIRLS U9
Gold 2010 Bracket A
SYC Pride 10 Orange (VA)

GIRLS U10
Gold 2009 Bracket A/B/C
FC Richmond FCR ‘09 Girls Sky (VA)

GIRLS U12
Gold 2008/2007 Bracket A
Fredericksburg FC 2008 Girls Black (VA)

GIRLS U13
Gold 2006 Bracket A
Tidewater Sharks 2006 G (VA)
Silver 2006 Bracket A
Calvert CSA Freedom 06G (MD)

GIRLS U15
Gold 2005/2004 Bracket A
Epic SC Force (WV)

EMPLOYMENT OPPORTUNITIES
At Fredericksburg FC

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

If you are interested in helping players improve their game and grow their love and passion for the “Beautiful Game,” VISIT: www.fredericksburgfc.org -or-
EMAIL: executivedirector@fredericksburgfc.org / mowolabi@fredericksburgfc.org

OPENINGS
• Travel Team Coaches & Staff (PT)
• Facility Operations Assistant & Maintenance (PT & FT)
FFC Tournament Wrap...

LOUDOUN SOCCER COLLEGE SHOWCASE
Northern Virginia
March 1-3, 2019

FFC 04 BOYS BLACK
Boys U15 4 Bracket A
0-0 T Reading Rage ‘04 Bale (Pa.)
1-2 L PTFC 04 PTFC BLACK (N.C.)
2-1 W VSA 04B Academy NPL (Va.)

FFC 02 BOYS BLACK
Boys U17 7 Bracket A
6-0 W VSA 02B Academy Select (Va.)
1-1 T PWSI Courage 02B Red (Va.)
0-2 L Maryland United FC 2002 Premier Boys (Md.)

FFC 00/01/02 BOYS BLACK
Boys U19 1 Bracket A
7-1 W Loudoun Soccer 00B Red (Va.)
2-1 W SOCA Elite 01 U18/19 Boys (Va.)
0-0 T MD United FC 00|01 Boys ECNL (Md.)

FFC 00/01/02 BOYS GOLD
Boys U19 4 Bracket A
1-0 W PWSI Courage 00-01B NPL2 (Va.)
0-1 L Maryland United FC 2001 Boys Premier (Md.)
0-0 T Calvert CSA UCV 00B (Md.)

FFC 04 GIRLS BLACK
Girls U15 1 Bracket A
0-4 L Bethesda SC ECNL Force 04 (Md.)
0-0 T Loudoun Soccer ECNL U15 (04G) (Va.)
0-1 L West-Mont United SA Premier ‘04 (Pa.)

FFC 01 GIRLS BLACK
Girls U18 2 Bracket A
1-0 W Beach FC 01G Red Reign (Va.)
1-1 T Maryland Rush Montgomery Blue ’01G Warriors (Md.)
1-2 L HMMS Eagles FC 01 United (Pa.)

CONTINUED ON PAGES 21-22

NCS VYSA SPRING STATE CUP INFO
Spring 2019: U14, U13, U12 Boys & Girls

NATIONAL CHAMPIONSHIP Series
2017-18
Presented by Publix

DAY DATE INFORMATION
Saturday April 6 VYSA NCS Round of 32
- FFC 06 Boys Black 1, FC Richmond U13 Magic 0
Saturday April 27 VYSA NCS Round of 16
- FFC 06 Girls Black (7) vs. Loudoun 06G Red (10)
  12:00 p.m. - at FFC Park #11  *HOME*
- FFC 06 Boys Black (11) vs. NVSC 06B CCL (6)
  6:00 p.m. - at Benton Middle School #1
- FFC 05 Boys Black (13) vs. Beach FC 05B Red (4)
  3:00 p.m. - at Hampton Roads Soccer Complex #8
  *-Seed in parentheses
Saturday May 4 VYSA NCS Quarterfinals
Saturday May 18 VYSA NCS Semifinals
Sunday May 19 VYSA Finals
Rain Dates Next available date as determined by VYSA NCS Director

NOTES:
➤This schedule is subject to change at the direction of the VYSA NCS Director.
➤All game will be played single elimination.
➤Visit the VYSA NCS tournament Calendar page and/or The State Cup main page for schedule updates and results.
MCLEAN PREMIER CUP
McLean, Va.
March 9-10, 2019

FFC 05 BOYS BLACK
Boys U14 ELITE
5-4 W GO Premier Soccer 05 Blue (Md.)
3-1 W Soccer of Columbia United Blue (Md.)
3-1 W McLean Youth Soccer MYS White 05 (Va.) (SEMIS)
4-2 W Premier SC Navy 05 (Md.) (FINAL)

JEFFERSON CUP
Fredericksburg, Va. (VYSA STC)
Midlothian, Va. (River City Sports Complex)
March 23-24, 29-31, 2019

FFC 04 GIRLS BLACK
Girls U15 Classic Orange Bracket A
3-0 W Great Falls Reston FC 04G Elite NPL (Va.)
2-2 T GPS NH 2004 NPL (N.H.)
2-0 W United Mount Pleasant USA/MP 04 NPL (S.C.)
1-0 W Hulmeville SC Freedom (Pa.) (FINAL)

FFC 2000/01/02 BOYS BLACK
Boys U19 Platinum Bracket A
1-0 W Mid-City Lions FC Nationals (Minn.)
1-0 W Continental FC ECNL Composite ‘00M (Pa.)
2-0 W Triangle United SA 01 B Gold (N.C.)

FFC ST. PATRICK’S DAY INVITATIONAL
Fredericksburg, Va.
March 16-17, 2019

FFC 10 BOYS BLACK
Boys U9 Gold 2010
4-0 W FC Richmond FCR ‘10 Boys Navy (Va.)
1-1 T Tidewater Sharks 2010 United (Va.)
1-5 L Strikers Travel U9 Elite Black (Va.)

FFC 10 BOYS RED
Boys U9 Silver 2010
1-4 L FC Richmond FCR ‘10 Boys Sky (Va.)
1-17 L Sterling Orange 10B (Va.)
0-6 L Richmond Strikers 10 Premier Germany (Va.)

FFC 09 BOYS BLACK
Boys U11 Gold 2009
10-4 W Roanoke Valley Youth Fury (N.C.)
3-10 L St. Mary’s Soccer SMS Gunners (Md.)
6-1 W Legacy Williamsburg Wizards (Va.)
2-4 L St. Mary’s Soccer SMS Gunners (Md.) (FINAL)

FFC 08 BOYS BLACK
Boys U11 Gold 2008
0-3 L PW 08B Pride (Va.)
2-3 L Monticello United SC Moni Red Fire (Va.)
1-2 L New River United 08 Boys Skyline (Va.)

FFC 07 BOYS BLACK
Boys U12 Gold 2007
2-3 L C’ville United FC (Va.)
7-1 W Virginia Legacy 07 Wizards Black (Va.)
0-8 L New River United NRU 07 Boys Blue (Va.) (SEMIS)

FFC 07 BOYS RED
Boys U12 Silver 2007
1-10 L Goochland Galaxy (Va.)
0-9 L Burke Athletic United FC (Va.)
0-1 L New River United NRU 07 Boys White (Va.)
2-8 L Virginia Legacy 07 Wizards Green (Va.)

FFC 06 BOYS BLACK
Boys U13 Gold 2006
4-0 W St. Mary’s Soccer Scorpions Classic (Md.)
6-1 W Legacy Williamsburg Wizards (Va.)
2-1 W Burke Athletic United 06 (Va.) (SEMIS)
2-1 W NRU 06B Blue (FINAL)

FFC 05 BOYS BLACK
Boys U14 Gold 2005 *CHAMPIONS
2-1 W Virginia Legacy SC Wizards Green (Va.)
7-0 W New River United NRU 05 Blue (Va.)
7-0 W Olympiacos Washington, D.C. 05 Boys (Va.)
3-1 W Tidewater Sharks 2005 United (Va.)

FFC 05 BOYS RED
Boys U14 Silver 2005
1-2 L Monticello United Fire 05 (Va.)
1-4 L St. Mary’s Soccer 05 Bombers Classic (Md.)
0-8 L Legacy Wizards Black (Va.)
1-7 L Arsenal FC Chesapeake (Va.)

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CONTINUED FROM PAGE 21

FFC 04 BOYS RED
Boys U15 Gold 2004
1-4 L Tidewater Sharks 2004 United (Va.)
0-2 L VYS White 04B (Va.)
0-2 L Virginia Legacy SC Wizards Black (Va.)

FFC 10 GIRLS BLACK
Girls U9 Gold 2010
5-1 W DC Stoddert Red Metros 10 (Va.)
2-1 W FC Richmond FCR ‘10 Girls Sky (Va.)
1-10 L DC Stoddert Blue Metros 10 (Va.)
(SEMIS)

FFC 09 GIRLS BLACK
Girls U10 Gold 2009
7-0 W FC Richmond FCR ’09 Girls Sky (Va.)
10-0 W DC Stoddert White Metros 09 (Va.)
0-4 L FC Richmond FCR ’09 Girls Navy (Va.)
(SEMIS)

FFC 09 GIRLS RED
Girls U10 Gold 2009
1-7 L Winchester United 2009 Girls (Va.)
1-7 L DC Stoddert Red Metros 09 (Va.)
3-6 L DC Stoddert White Metros 09 (Va.)
(CONSO)

FFC 08 GIRLS BLACK
2-1 W McLean Youth Soccer 08 Girls White (Va.)
8-0 W FFC Red Team (Va.)
1-0 W New River United U12 Girls (Va.)
5-2 W McLean Youth Soccer 08 Girls White (Va.) (FINAL)

FFC GIRLS RED TEAM
1-7 L New River United U12 Girls (Va.)
0-8 L Fredericksburg FC 2008 Girls Black (Va.)
0-12 L McLean Youth Soccer 08 Girls White (Va.)

FFC 06 GIRLS BLACK
Girls Ua3 Gold 2006
3-0 W New River United 06G Blue (Va.)
2-4 L Tidewater Sharks 2006 G (Va.)
1-0 W VA Legacy CCL Elite 2006 Girls (Va.)

FFC 06 GIRLS RED
Girls U13 Silver 2006
0-5 L Calvert CSA Freedom 06G (Md.)
0-1 L McLean 2006 Girls White (Va.)
0-2 L McLean 2006 Gold (Va.)

FFC 05 GIRLS BLACK
0-3 L Loudoun Soccer 04G White (Va.)
0-11 L Virginia Legacy CCL Elite (Va.)
0-4 L Epic SC Force (W.V.)

STAFFORD SOCCER ST. PATRICK’S DAY TOURNAMENT
Stafford, Va.
March 16-17, 2019

FFC 03 GIRLS RED
Girls U16 Gold
1-1 T NVSC 03G CCL II (Va.)
0-1 L Potomac Black 03 (Md.)
1-7 L Vista Freedom FC 03G (Va.) (SEMIS)

LOST & FOUND

Have you lost something?
Visit the FFC office or
Call: (540) 368-5425
Email:
officeadmin@fredericksburgfc.org
A quick update as season start to get rolling as we’ve had movement from to new teams from most of our former players.

**DAKOTA BARNATHAN (D | #58)**
Ottawa Fury FC (USL Championship)
**GP/GS: 4/3 | 273 Min. | G: 0 | A: 0 | Pts: 0**
Second on the team in clearances and ones of the leaders in passing accuracy as a center back, Barnathan has been enjoying his move north of the border this season after playing in all the team’s games so far. The Fury sit 11th in the USLC standings (2-1-1).

**KHARLTON BELMAR (F | #11)**
Nashville SC (USL Championship)
**GP/GS: 5/5 | 441 Min. | G: 0 | A: 0 | Pts: 0**
Has yet to notch a point so far with his new squad, but has started every game for Nashville. Tied for the team lead in shots on goal (4), and third in total shots (7), key passes (6), duels won (43) and aerial duels won (12). Nashville sits 3rd in the USLC standings (3-1-1).

(NOTE: Nashville will move to MLS in 2020).

**ZACH CARROLL (D | # 5)**
Reno 1868 FC (USL Championship)
**GP/GS: 6/6 | 540 Min. | G: 0 | A: 0 | Pts: 0**
Once again the team’s captain, he has played in every minute of every game so far for Reno. Leads the team in blocks (9), tied for second in tackles (9), third in tackles won (6) and aerial duels won (13). Reno sits in 7th place in the USLC standings (2-1-3).

**TODD WHARTON (M | #7)**
Portland Timbers 2 (USL Championship)
**GP/GS: 6/6 | 495 Min. | G: 1 | A: 0 | Pts: 1**
Has continue to have strong showings in USLC, starting every games so far for his new team. Opened the season with a the game-tying goal from the spot in a 1-1 tie against Tulsa Roughnecks FC. Among the team’s leaders in several offensive and defensive categories. Portland sits in 1st place in the USLC standings (4-1-1).

**DON SMART (M | #7)**
Forward Madison FC (USL League One)
**GP/GS: 2/2 | 180 Min. | G: 0 | A: 0 | Pts: 0**
Has started and finished both games of Madison’s inaugural season. It’s been a slow start so far as the team has dropped its opening two games 1-0. While playing on the wing, has been a leader in several statistical cat-

CONTINUED ON PAGE 24
CONTINUED FROM PAGE 23

ERIC BIRD (M | #25)
Houston Dynamo (MLS)

GP/GS: -/- | - Min. | G: - | A: - | Pts: -

After making his MLS debut last season, has yet to see action in 2019. Houston sits in 4th place in MLS (4-0-1).

TISHAN HANLEY (F | #)
The Villagers SC (USL League 2)

GP/GS: -/- | - Min. | G: - | A: - | Pts: -

Villagers has a preseason game set for Tuesday, May 7, before opening the USLL2 season on Saturday, May 18, at Florida Elite SA (7 p.m., at Creekside H.S.). Spent the 2018 with FFC’s CCL Pro23 team.

CHRISTIAN RODRIGUEZ (M | #)
Free Agent
GP/GS: -/- | - Min. | G: - | A: - | Pts: -

Currently out of contract and on trial with a potential TBA new squad after spending 2018 with USL side Tulsa Roughnecks FC.

Visit www.fredericksburgfc.org or email officeadmin@fredericksburgfc.org for info on potential late registration
TRAVEL PROGRAM

If you are new to the area, played in FFC’s Recreation Program and think you’re ready for a step up in competition and training, are looking for new challenges with a new club or had a birthday and need to tryout for an older team, look no further.

We accept players to the travel program year-round. If you are interested in trying out for the program and there are no tryouts currently scheduled, please contact the FFC office at (540) 368-5425 or email Technical Director Mayowa Owolabi at mowolabi@fredericksburgfc.org to arrange a tryout.

Ages: U9 & up
Tryouts: Tryouts for Spring 2019 season currently by appointment only. Details in above paragraph.
Location: Training at FFC Park; Games at FFC Park and various other locations throughout the region.

2019-20 TRYOUTS: See tryout info in ad on Pages 4-5

TOPSoccer & BUDDIES PROGRAM

At its foremost, TOPSoccer is a free program for players with disabilities open to athletes from ages 4-20+. But it is also an opportunity for players of all ability levels to spread their love for the game. FFC members are highly encouraged to volunteer some of their time with the program.

Ages: 4 - 20+ years old
Dates & Times: Saturday, April 6, 13, 27; May 4, 11; June 1 from 9-10:30 a.m.
Location: FFC Park, Field 15A
Cost: FREE!

CCL Pro23 MEN’S & WOMEN’S PROGRAM

The purpose and objective for Fredericksburg FC’s CCL Pro23 Men’s and Women’s programs is to provide the U15-U23 players the opportunity to remain competitive and involved with the club on a full-time basis throughout the spring season and the summer months. The CCL Pro23 Men’s and Women’s teams will compete as a squad for the spring season, attending one additional college showcase between March and May. Once the spring season is complete, the CCL Pro23 Men’s and Women’s teams will then compete during the summer months as a squad in the CCL Pro23 League.

Fredericksburg FC will use the league and platform to provide our U15-U19 players the opportunity to game valuable experience playing with and against older player, which will help prepare them for college and future higher-level competition.

Ages: 15-23
Dates: March - Summer CCL Pro23 League season
Training dates & times: TBD
Location: Home games at FFC Park; road games at various locations throughout the region
Cost: $295 (The $25 tryout fee will deducted from this fee for a balance due of $270 if you are selected for the program. See below for tryout info.)

TRYOUTS

To arrange a tryout: Email FFC Technical Director Mayowa Owolabi at mowolabi@fredericksburgfc.org.
Dates & Times: No tryouts scheduled at this time.
Location: FFC Park / VYSA Soccer Training Center Turf Fields
Cost: No tryouts scheduled at this time.

FOR ALL OTHER PROGRAMS, EMAIL OFFICEADMIN@FREDERICKSBURGFC.ORG
ABOUT LATE REGISTRATION OPTIONS

Visit www.fredericksburfc.org for more info on all programs!
For FULL tryout info, visit: www.fredericksburgfc.org. Also be sure to check our website, as well as our social media accounts on Instagram, Facebook & Twitter for any potential updates.

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<th>Tryout 3 - If needed</th>
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