Spotlight on . . .

SEVERAL FFC PLAYERS HONORED FOR THEIR HIGH SCHOOL PLAY

Fredericksburg FC has developed many strong travel and college players, as well as high school players, over the years and the 2018-19 school year was no different as several players earned post-season honors on the district/conference, region and state levels.

The club was well-represented at public schools within the Virginia High School League, while also making an impact for private schools.

Several players were also honored with places on the boys and girls All-Area team of Fredericksburg-area newspaper “The Free Lance-Star.”

We’d like to recognize those players as well for their achievements.

Three players from VHSL Class 4 state runner-up Chancellor earned first-team honors in their district, region and state divisions, while also being named to the FLS’s first-team. Another, Tareq Al-Jumaili did the same for Massaponax in Class 5, while also being distinguished as Player of the Year in the Panthers’ district and region.

Erin Jones, who played for Fredericksburg Christian School, was the lone FFC girls player to earn first-team honors at all levels, doing so in the Eagles’ conference and state divisions, while also being named to the FLS’ first team.

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Al-Jumaili (left) and Jones (right) were just two of many FFC players who represented their high school teams this past school year and were recognize for their play with post-season awards. (Pics courtesy of Mike Morones/ The Free Lance-Star.)
UPCOMING EVENTS

Thursday, June 27, 2019
2019-2020 TRAVEL TRYOUTS
Supplemental Tryouts at FFC Park
Beginning at 6:45 p.m.

Saturday, June 29
CCL Pro23 GAME
Men: FFC vs. VDA, 6 p.m.,
at Howison Park Field #3
Women: FFC vs. VDA, 6 p.m.,
at Howison Park Field #2

Sunday, July 1
CCL Pro23 GAME
Women: FFC vs. Bethesda, 8 p.m.,
at Richard Montgomery H.S.

Sunday, July 7, 2019
RECREATION PROGRAM
Early Bird Registration Deadline
Online Registration at: www.fredericksburgfc.org

Sunday, July 7, 2019
CCL Pro23 GAME
Men: FFC vs. VB United, Time TBA, at Va. Beach Sportsplex

Thursday, July 11, 2019
2019-2020 TRAVEL TRYOUTS
Supplemental Tryouts at FFC Park
Beginning at 6:45 p.m.

Thursday, August 15, 2019
RECREATION PROGRAM
Standard Registration Deadline
Online Registration at: www.fredericksburgfc.org

FFC CAMP SERIES
SUMMER CAMPS
See the flyer of page 22 for a full list of remaining summer camps.

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“The number of high school players who are competing on top-level travel teams and training at a high level year round is considerably noticeable,” said FFC Executive Director Grover Gibson. “These honors are a good representation of the work our players put in that are now being put on display through the high school soccer season.”

For list of more players who earned honors, keep reading...

BOYS

Gadsoni Bigirimana Abel (Sr., Massaponax)
- 1st Team Commonwealth District, 1st Team Region 5D, 2nd Team Class 5 All-State, 1st Team FLS All-Area

Tareq Al-Jumaili (Sr, Massaponax)
- POY/1st Team Commonwealth District, POY/1st Team Region 5D, 1st Team Class 5 All-State, 1st Team FLS All-Area

Gabe Bailey (So., Massaponax)
- 2nd Team Commonwealth District, 1st Team Region 5D, 2nd Team Class 5 All-State, 1st Team FLS All-Area

Phillip Beck (Jr., Riverbend)
- 1st Team Commonwealth District, H.M. FLS All-Area

Randall Briggs (Jr., Courtland)
- H.M. Battlefield District

D’Marco Cabrera (Sr., Chancellor)
- H.M. Battlefield District

Alex Diederen (Fredericksburg Academy)
- 2nd Team Delaney Athletic Conference

Lucas Dudley (Jr., King George)
- H.M. Battlefield District

Marcos Gonzalez (Jr., Mountain View)
- 1st Team Commonwealth District, 1st Team Region 5D, 2nd Team Class 5 All-State, 2nd Team FLS All-Area

Jason Healey (Jr., King George)
- 1st Team Battlefield District, 1st Team Region 4B, H.M. FLS All-Area

Justin Healey (Sr., King George)
- 1st Team Battlefield District, 2nd Team Region 4B, 2nd Team FLS All-Area

Ryan Hornung (Jr., Riverbend)
- 2nd Team Commonwealth District, H.M. FLS All-Area

Chandler “Hunter” Iden (Sr., Spotsylvania)
- 1st Team Battlefield District, 1st Team Region 3B, H.M. FLS All-Area

Christopher Jones (Jr., Fredericksburg Christian)
- 1st Team Delaney Athletic Conference

Michael Kreider (Sr., Chancellor)
- 1st Team Battlefield District, 1st Team Region 4B, 1st Team Class 4 All-State, 1st Team FLS All-Area

Ryan Kuberek (Jr., King George)
- 1st Team Battlefield District, 1st Team Region 4B, H.M. FLS All-Area

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Nathan Lam (Sr., Clover Hill)
- 1st Team Dominion District, 1st Teams Region 6B, 804 Varsity Scholar Athlete of the Year

Jacob Michalick (Jr., Courtland)
- 2nd Team Battlefield District

Bertrand Niyungeko (So., Chancellor)
- H.M. Battlefield District

Jacob Peterson (Sr., Chancellor)
- 2nd Team Battlefield District, H.M. FLS All-Area

Joshua Rasure (Sr., Chancellor)
- 1st Team Battlefield District, 1st Team Region 4B, 1st Team Class 4 All-State, 1st Team FLS All-Area

Josh Reid (Sr., Chancellor)
- 1st Team Battlefield District, 1st Team Region 4B, 1st Team Class 4 All-State, 1st Team FLS All-Area

Harrison Schwab (Jr., Colonial Forge)
- 2nd Team Commonwealth District, H.M. FLS All-Area

Joshua Stoner (Courtland)
- H.M. Battlefield District

Anderson Vasquez (Sr., Chancellor)
- H.M. Battlefield District

Clayton Wheeler (Sr., Chancellor)
- 2nd Team Battlefield District, H.M. FLS All-Area

Julius Williams (Jr., Massaponax)
- 2nd Team Commonwealth District, H.M. FLS All-Area

Brenden Zabava (Sr., Forest Park)
- 2nd Team Cardinal District

GIRLS

Avery Bonner (So., Colonial Forge)
- H.M. Commonwealth District

Mackenzie Burns (Jr., Riverbend)
- 1st Team Commonwealth District, 1st Team Region 6B, 1st Team FLS All-Area

Catherine Dittmer (So., Mountain View)
- 2nd Team Commonwealth District, H.M. FLS All-Area

Katherine Healey (Sr., King George)
- 1st Team Battlefield District, 2nd Team Region 4B, H.M. FLS All-Area

Madeline Hummel (Jr., Riverbend)
- H.M. Commonwealth District

Katelyn Ignudo (Sr., Courtland)
- 1st Team Battlefield District, 1st Team Region 4B, 1st Team FLS All-Area

Erin Jones (Sr., Fredericksburg Christian)
- Co-POY/1st Team Delaney Athletic Conference, 1st Team VISAA Division II, 1st Team FLS All-Area

Allyson Juarez (So., Riverbend)
- 2nd Team Commonwealth District, H.M. FLS All-Area

Kylie Reid (Jr., Courtland)
- 1st Team Battlefield District, 1st Team Region 4B, H.M. FLS All-Area

Kaitlyn Riggleman (Jr., Riverbend)
- 1st Team Commonwealth District, 1st Team Region 6B, 1st Team FLS All-Area

Madison Serttas (Jr., Liberty-Bealeton)
- 1st Team Northwestern District Class 4, Region 4C, 2nd team, Team MVP

Parker Sims (Fr., Fredericksburg Academy)
- 1st Team Delaney Athletic Conference, H.M. FLS All-Area

Danielle “Gracie” Tritt (Sr., Riverbend)
- 1st Team Commonwealth District, 2nd Team Region 6B, 2nd Team FLS All-Area

Bailey Weatherby (Jr., Brooke Point)
- 2nd Team Commonwealth DIstrict, 2nd Team Region 5D, H.M. FLS All-Area

If we did miss somebody, there are some many FFC players participating with their high school varsity teams we certainly may have missed or not be able to find an award online here or there - and we apologize in advance if we did - please email us and we will more than happily add you to the post on our FFC website. Send emails to tleiss@fredericksburgfc.org.

Here’s a list of other players that played for their highs this past season:

BOYS

Joshua Lam (Sr., Clover Hill), Alan Maready (So. Courtland), Paulinho Alves (Escola Águia de Haia, Brazil), Sam Herrin (Jr., Massaponax), Adam Skoloda (Sr., Mountain View), Jorge Alejandro Vargas (Sr., Mountain View), Kyle Irby (Sr., Orange), Andrew Hunter, Cameron Smith-Carroll, Andrew Jordan, Brian Kuhl, Nicholas Newton, Benjamin Wilson, Cheyne Eberhardt, Rhumant Alop, Mustafa Abdelrazeq, Jedrek Bahena, Scott Bass, Alex Carranza, Ryan Florez, Irvin Herrera, Matthew Miller.

GIRLS

Julia Hollandsworth (Sr., Massaponax), Ainsley Griffin (Jr., Mountain View), Hannah Taylor (Fr., Mountain View), Aileen Garcia (So., Riverbend), Jamie Hoover (Jr., Riverbend), Taylor Seal (Jr., Riverbend), Shelley Winebarger (Sr., Riverbend), Riley Nevitt (Massaponax), Tami Owolabi (North Stafford), Nicole Koch, Madison Boling, Madison Schadegg, Kaya Shepherd.
For “Team of the Month” we hope to talk to at least one of our teams each month. To be featured here, your team 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.

April’s Team of the Month is FFC 05 Boys Red. The team is coached by Peter Armatis and started the Spring season with an unbeaten run in Old Dominion Soccer League (ODSL) play in the U14 Division B1.

Some tough early season results turned into a huge motivating factor for the squad and helped them hit the ground running heading into league play.

Armatis and the team have also taken advantage of a new video analysis system that the coach came across while attending the most recent United Soccer Coaches Convention with several other FFC coaches.

Their off-the-field activities have also included being involved in the community, including volunteering as a team to help with the club’s TOPSoccer Program and paying tribute to Breast Cancer Awareness month by wearing pink socks.

For more on the team and what has motivated them and kept them working hard in 2019, read the Q&A with coach Armatis that follows:

What do you think made the team successful on the field during April?

We had a bit of a challenging time in March at the FFC St. Patrick’s Day Invitational with some tough results and injuries. At the end of our final match, we gathered in a circle at midfield and talked about the weekend and how it was not going to define us. We found out who we were and where we needed to work on the training grounds. After that, the boys really
worked hard and we spent a lot of time focusing on area that we needed to and wanted to that supported our style of play. After the first league weekend in April, that validated that our results were a direct result of their effort and we have kept going from there.

What do you think makes the team good overall?

Team culture. We—players, families, coaches, manager—all have joined forces to create a very positive and engaging culture within our team and that makes overcoming adversity, putting in the necessary work and enjoying the effort and results a lot of fun for everyone involved. We can’t train effectively if our players don’t make training sessions, our attendance has always been great. Our families help get our boys to those sessions, all matches and we all work together and communicate and jump in if any family needs transportation, extra uniform items, items for the matches or whatever it takes. Secondly, it is all about the boys and how they interact with each other. We do not have one bad attitude on our team and it shows how they support each other in good times and bad. We ask our captains—Luke Johnson, Nick Bates and Collin Louton—to address the team before, during and after our matches, lead the organization and effort in our training sessions and work to lead by example. They are a great group to work with because of this and as coaches, we will always support them.

What made the team decide to volunteer with the club’s TOPSoccer Program?

In the Fall of 2018, we had a couple of fun team events to bring the boys closer together. Coming into the Spring, we wanted to jump right into an event and happened to have a by weekend the first day of TOPSoccer. I’ve known coach Toby for a few years and helped volunteer a few times, either directly or with my two boys. Corey Louton [our team manager] and I talked about it and thought it would be a great opportunity to start the season as a team, but also provide some meaningful support to those who do not have the same opportunities and then the boys did the rest.

What was the highlight of that day?

It was a cold/rainy morning and as first it didn’t look like there would be much of a turnout for the TOPSoccer players, but
before you knew it every one of our boys was paired up with someone and they were off and running. As we walked the fields it was so heartening to see our boys engaged, smiling and just playing whatever kind of soccer their partner wanted to and truly having a great time. At one point, we looked across the field and there was one of our boys—Garrett Carrigan—walking hand-in-hand with one of the players along the fence line because that is what the player said he wanted to do. Seeing 13-14-year-old boys supporting these players without being told how to do it shows what kind of boys they really are and it made us really happy to see.

Do you have any funny/fun little moments about the team you’d like to share?

I think bowling night for our first away tournament together was a fun event. We discovered that some of the boys had creative nicknames for themselves and that most of them are better soccer players than bowlers. After our second tournament in Manassas, we had a pizza party and there was some type of mystery drink on the table filled with a variety of ingredients from the table that cause some type of dare as to who would actually drink it. Let’s just say the coaches and parents passed on that chance, but there was one brave soul…

Do the guys hang out together off the field at all? If so, how?

Most of the team is divided up amongst many middle schools, so in most cases we work to create those opportunities for the entire team. After the team came together in the Fall and we went to our first tournament in Charlottesville, the boys created a players-only group text after we all went out for ice cream. I’ve heard rumors of the conversations, spamming of texts and who knows what topics, but we were glad to see that they started that on their own, use it for what they want and seem to really enjoy it together. Lastly, we have had a variety of events to get our boys together that have been team building—bowling, pizza parties, swimming, ice cream, TOPSoccer, etc.—as well as soccer-related activities where we met at the FFC office conference room to watch and break down video of one of our matches we had professionally recorded in the Fall. Seeing themselves on a TV playing soccer and having the opportunity to review how/why we were successful and areas in which we need to work on was a great experience for the boys and can really help aid in their understanding and development going forward.
May's Team of the Month is FFC ‘05 Boys Black. The finished the 2018-19 Club Champions League season with a 5-7-4 record in the Premiership Division. It has been on a run in tournament play, however, winning the last five tournaments it participated in, finishing as finalists in the two prior to that run.

So far during 2019, the squad won the McLean Premier Cup, FFC’s St. Patrick’s Day Invitational and the Williamsburg Invitational, going undefeated in all three tournaments.

The team also has built camaraderie on and off the field through various team building activities.

“The Pitch” spoke with team manager Chris Brantley to learn a little more about what makes up this team and what has helped the team on this successful run.

**What made the team successful in May?**

_The team worked together to earn a record for the month of 4-1-2 in league and tournament play, including taking the championship at the Williamsburg Invitational._

**From what you’ve said, the team has shown a lot of improvement over the last year, what do you think was the key to that?**

_The boys have definitely improved their skill level over the course of the last year, but more importantly, they have improved their mental attitude, and are far more successful in keeping their heads in the game, even when things are not going well._

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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.

   Just like learning a language, it does not happen overnight and will take years of learning with many hours of repetition. To be able to accomplish this is heavily dependent of the next soccer attribute.

GAME INTELLIGENCE

Spatial Awareness—Players need to quickly visualize and understand the pictures that are created on the soccer field. Where 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
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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 effective 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 feet 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 the outfield players will be hugely beneficial in the long run.
Getting to Know . . .

BENJAMIN LeDUC

Age: 20 (DOB: July 6, 1998)
Hometown: Montclair, Va.
Title(s): U9 & U10 Program Coordinator
Started at FFC: 2017
College: Attending the University of Mary Washington, Class of 2020, majoring in Geography
Coaching credentials: USSF Grassroots License, working on USSF D License

Are you living in the Fredericksburg area now?
Yes.

How did you hear about the club?
Grover Gibson [Played for FFC’s Executive Director in 2012]

What is your coaching experience?
I have worked with the FFC U5-8 Pre-Academy and Academy as a coach since joining the club.

What is your playing experience?
Former DC United Academy Youth Player; Former PWSI Youth Player; Former Virginia State ODP Youth Player

What made you first get involved in soccer?
I started when I was younger, had a passion for soccer when I was young. I tried travel and I went from there. It grew and grew on me, loved it ever since and always will.

What made you want to start coaching?
I knew I wasn’t going to make it as a player, but I wanted to stay involved in soccer, so I started coaching and loved it.

What would you say was the biggest thing that helped you during your playing career?
Great coaches. They influenced so many things in my life and I still look back and think about what they have told me today.

Who has been your biggest influence in your playing career?
Aaron Brunner helped me become the player and coach I am today.

Who is your biggest influence in your coaching career?
Ken Krieger.

What do you enjoy most about working for FFC?
The environment is so fantastic, coaching staff is one of the best in Virginia and it is a blast coaching for them.

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What’s your favorite drill and why?  
Defending drills because it is such an art to defend properly and effectively.

What is your best memory from your playing days?  
State Cup quarterfinals and semifinals. Remember every minute of it.

What is your best memory from coaching?  
Winning a game in the last minute of the game because one of the children listened to my instructions. Yes . . . I am taking full credit for that goal.

Who’s your favorite professional player (past and/or present) and why?  
Harry Kane, the way he attacks the net is superb. Best striker in the world.

Who’s your favorite professional soccer team and why?  
Tottenham Hotspur. I love Mauricio Pochettino [manager] and I love the style of play.

What’s your favorite food?  
Steak.

What’s your favorite movie?  
Side Effects.

What’s your favorite kind of music?  
Dance Music.

What do you like to do other than soccer?  
NCAA, NBA.

If you got shipwrecked on a deserted island, what 3 things would you want with you?  
Food, water and a soccer ball.

If they did a movie about your life, what actor would play you and why?  
Seth Rogen. I feel like his humor would represent mine very well.

Have you lost something?  
Visit the FFC office or Call: (540) 368-5425  
Email: officeadmin@fredericksburgfc.org
ANTONOPLOS TO LEAD FREDERICKSBURG FC 2011 BOYS RED TEAM

FREDERICKSBURG, Va. (Monday, June 24, 2019)—Fredericksburg FC would like to announce James Antonoplos as the new 2011 Boys Red head coach after working with multiple teams since joining the club.

Antonoplos is a Havre de Grace, Md., native currently residing in Fredericksburg. He’s a 2017 graduate of Saint Vincent College with a bachelor’s degree in mathematics.

The 24-year old began coaching with FFC in the Spring of 2018 as a coach in the Recreation Program. He then became a staff coach with the club’s travel program, while also stepping in as head coach of the club’s 2007 Boys Red team in Fall 2018. This past Spring, he also coached goalkeepers at Massaponax High School. Antonoplos does not currently hold any coaching licenses, but will be looking into furthering his coaching education through the various options available, including seeking a U.S. Soccer Grassroots License in the near future.

Coach James’ playing career included stints as a youth with Delaware ODP and Pipeline SC (Md.). He then moved on to play collegiately at Mount Aloysius College (Cresson, Pa.) and Saint Vincent College (Latrobe, Pa.).

“My goal is to teach the kids of the club the game of soccer and to teach them the love for the game,” he said. “I also have set a goal to gain as much experience through getting to coach the youth travel teams and learning from other coaches to keep improving my own abilities as a coach.”

FFC Executive Director Grover Gibson said he has been impressed with Antonoplos in the relatively brief time he’s had at the club and his work so far shows great signs for the future.

“James has been working with our younger age groups for two years now. All the players he has worked with have shown consistent progress on the field,” Gibson said. “It is exciting to see his growth as a coach and I’m looking forward to seeing him with the younger boys and begin building a strong foundation at the earliest of ages.”

CAJINA NAMED FREDERICKSBURG FC 2010 GIRLS HEAD COACH

FREDERICKSBURG, Va. (Friday, June 21, 2019)—Fredericksburg FC would like to announce Jacqueline Cajina as the club’s new 2010 Girls head coach for the upcoming 2019-20 season after serving as an assistant coach with the club in the Spring.

Cajina is a native of San Diego, Calif., who currently resides in Stafford County with her husband and three children. She is a graduate of the University of San Diego with a bachelor’s degree in history.

Prior to joining FFC in the Spring, the 32-year old built a coaching resume while coaching girls soccer at West Valley High School and Roosevelt Junior High School, as well as with Juventus FC Girls, USD College ID Camp and San Diego Jr. Sockers Rec. All of which are based in Southern
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California. Cajina will be looking into further- ing her coaching education through the various options available.

Coach Jackie has a playing career that began as a youth with the San Diego Surf, as well as being a member of state cup champion California South, the ODP Far West Region champions and ODP USYS champions. Her playing career continued at the University of San Diego, with the Women’s Premier Soccer League’s San Diego Sunwaves/United and with the Mexican Women’s National team.

“My goal is to encourage kids to be self-direct- ed learners, develop technically and be con- fident in their skills on the field,” Cajina said.

FFC Executive Director Grover Gibson said Cajina has shown in her short time with the club that she will be a quality addition to the head coaching staff.

“Jackie has a solid playing background, both at the collegiate and international level, which will compliment the current staff extremely well,” Gibson said. “This has been a steady process since she has joined the club assisting in various roles. When I first spoke with Jackie, this was something she was excited about pursuing and it simply took a bit of time until we could move toward finding her a head coaching position within the club.”

DRACA MOVED INTO FFC’S GIRLS DIRECTOR OF COACHING ROLE

FREDERICKSBURG, Va. (Friday, June 14, 2019) — Fredericksburg FC would like to announce the promotion of Milos Draca to Girls Director of Coaching. Draca has been coaching with the club since September 2018.

Since joining FFC, the native of Novi Sad, Serbia, who now resides in Fredericksburg, has added a UEFA B License to his list of coaching credentials and is now in the process of earning his UEFA A License.

Coaching with the 05 and 06 Girls, and 08 Boys age groups has helped the 30-year old get ac- climated with the club’s culture and should al- low for a smooth transition to his new position.

“That has helped me in meeting the majority of the players from all different age groups. While working directly with two girls teams, I was able to get a better understanding of what the club should be focusing on in the future,” said Draca. “The main goal will be to establish an environment where the players will be able to develop their individual and team skills. That will include all four pillars of soccer: technical, tactical, physical and mental.”

While working in this new position, Draca will continue his coaching duties, working as head coach of the 06 and 08 Girls Black teams.

FFC Executive Director Grover Gibson said Draca has proven in his time with the club so far that he will be an excellent addition to the club’s technical staff.

“He currently has shown success with all of his current teams at FFC. I’m excited to provide him with additional opportunities and allow him to have the ability to have a greater impact on the club with this new role,” Gidson stated. “He moved to the area in the last year and has since settled in and purchased a home in the area, and appears to be a great fit for the club with his work ethic, organization and attention to detail.”

LeDUC EARNS NEW ROLE AS FFC’S U9/U10 PROGRAM COORDINATOR

FREDERICKSBURG, Va. (Wednesday, June 12, 2019)—Fredericksburg FC would like to announce the promotion of Benjamin LeDuc to U9 & U10 Boys and Girls Program Coordinator. He will also be taking on the U9 and U10 Boys Black head coach- ing rolls, while also providing assistance with the club’s U9 Boys Red and U10 Girls Black teams.

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LeDuc is native of Montclair, Va., currently residing in the Fredericksburg area while attending the University of Mary Washington. The member of the Class of 2020 is working toward a Geography degree.

The 20-year old has been coaching with the club for the past two years in the U5-U8 Pre-Academy and Academy Programs. He has earned a USSF Grassroots License and is working toward his USSF D License.

In his youth playing days, LeDuc spent time as a member of the D.C. United Academy, Prince William Soccer, Inc. (PWSI) and the Virginia State Olympic Development Program (ODP).

“I always look forward to a new challenge, and having a higher responsibility at this age is definitely going to be hard, but I’m excited to learn and become a better coach and leader through this experience,” LeDuc stated.

LeDuc played for FFC Executive Director Grover Gibson in 2012 and Gibson is confident he will be up to the task in his new roles.

“Ben has currently been excelling as a coach both on and off the field,” Gibson said. “We are looking to expand our staff and structure in the younger ages before they make the transition to CCL U11-U19. The U9 and U10 programming has evolved into needing a staff member who is able to communicate directly with the parents, coaches and team managers in our youngest travel age groups.”

BARASHA TO JOIN FFC STAFF, STARTING WITH ACADEMY PROGRAMS

FREDERICKSBURG, Va. (Friday, May 24, 2019)—Fredericksburg FC would like to welcome Amanda Barasha to the club as an assistant coach with the club’s Academy Programs.

A native of West Chester, Pa., Barasha currently resides in Fredericksburg, Va., after moving to the area from Winston-Salem, N.C., in November 2018. While in Winston-Salem, she attended Wake Forest University where she earned a Bachelor of Arts majoring in Communications and minoring in Entrepreneurship in 2011.

The 30-year-old has previously coached with SoccerPlus Camps as a goalkeeper coach. She relies on her ability to diagnose a player’s learning style in order to help them continue their development in the best way possible.

Barasha played travel soccer growing up as a youth and later played four years while attending Wake Forest. She also played locally in Fredericksburg for one season with former United Soccer League W-League side, the Fredericksburg Gunners.

FFC Technical Director Mayowa Owolabi is pleased to be adding yet another quality coach to the FFC staff.

“It is great to have Amanda join our coaching staff. She has a great player background, winning an ACC Championship and making it to the Elite 8 of the NCAA Championships while playing for Wake Forest University,” he said. “She is starting by getting involved with the academy programming, but I will look to incorporate her into our goalkeeper program and other coaching opportunities moving forward.”

VIA JOINS CLUB TO ASSIST WITH ACADEMY PROGRAMS

FREDERICKSBURG, Va. (Monday, May 14, 2019)—Fredericksburg FC welcomes Melyssa Via to the club as an assistant coach with the Academies Programs.

Via is a native of Stafford, Va., where she currently still resides. A 2008 graduate of North Stafford High School, she went on to graduate from Germanna Community College with an Associates degree in Early Childhood Education in 2011. Has a son, Camden, who currently participates in FFC Pre-Academy (U5-6) program.

CONTINUED ON PAGE 15
The 28-year-old has previously worked with Stafford Soccer as a volunteer coach for the past five-plus years. Her coaching spark was lit after a coaching stint with her father and brother. Via plans to look into furthering her coaching education through VYSA’s various course offerings.

Via played travel soccer in northern Virginia as a youth until injuries sidelined her at age 16. Since recovering and reigniting her passion for the game, she returned to playing in various coed indoor and outdoor adult leagues both at Fredericksburg Field House and through Stafford Soccer.

“I am most looking forward to learning from the amazing coaching staff I get to coach with, expanding my own coaching knowledge and being a part of a great club to influence so many kids learning to have confidence, have fun and love the game of soccer like I do myself,” Via said.

FFC Technical Director Owolabi said her knowledge of the game and familiarity with coaching at this level will be an asset to the club.

“Melyssa is a great addition to the club’s Academy staff,” Owolabi said. “She has experience coaching in Stafford Soccer, so to bring her in, we are excited to be adding an experienced coach with a background of coaching youth players.”

FFC PARTNERS WITH RICHMOND UNITED BOYS DEVELOPMENT ACADEMY

FREDERICKSBURG, Va. (Thursday, April 25, 2019)—Fredericksburg FC is excited to announce a new partnership with the Richmond United Boys Development Academy that will help provide yet another avenue for the club and its players to continue to grow.

Fredericksburg FC—along with the Tidewater Sharks, based out of Williamsburg, Va.—will be joining Richmond United parent clubs Richmond Kickers and Richmond Strikers to enhance and optimizing the development of all players, coaches and technical staff within their respective soccer communities.

The partnership came to fruition after extensive talks between Richmond United’s leadership, as well as leadership from both new clubs led by Fredericksburg FC Executive Director Grover Gibson and Tidewater Sharks Club Director Martin Vickerton.

“I have been speaking with the Richmond staff at various levels over the past three years and there were a lot of moving pieces at the time, and with a little patience much has finally fell into place,” said Gibson. “It has now been extremely easy to put this all together as everyone that has worked towards this goal is solely focused on providing the best development pathway for players.”

As part of the new partnership, five players from the two affiliated clubs will join Richmond United as developmental or full-time players for the 2019-20 season. In addition, the clubs will collaborate regularly throughout the season to identify high-performing players.

“We are excited to establish this partnership with Fredericksburg FC and Tidewater Sharks,” Richmond United Boys DA Director Sascha Goerres said in a press release. “In my conversations with Grover and Martin, it became clear very quickly that both clubs put the development of the individual player first and are fully committed to providing their most talented players and staff a clear pathway to the Development Academy, the top tier of youth soccer in the United States.”

The focus will be on two main areas, player development and club/staff development. The affiliation will provide the most talented players the opportunity to benefit from Richmond United’s Development Academy environment for training and games as developmental players, while
**FFC in the Pros . . .**

**TODD WHARTON (M | #7)**  
Portland Timbers 2 (USL Championship)  

<table>
<thead>
<tr>
<th>GP/GS: 15/14</th>
<th>1,218 Min.</th>
<th>G: 3</th>
<th>A: 0</th>
<th>Pts: 3</th>
</tr>
</thead>
</table>

The team’s captain seen action in all 15 games, starting all but one. Has added two more goals, including a game-tying score against Fresno on June 6, from his holding-mid position. He is tied with the third most goals on the team; 2nd in key passes (22) and interceptions (30); 3rd in passes (510) and pass accuracy (86.9%); and among the leaders in several other categories. Portland sits in 2nd place in the USLC standings (7-2-6).  


**ZACH CARROLL (D | #5)**  
Reno 1868 FC (USL Championship)  

<table>
<thead>
<tr>
<th>GP/GS: 15/15</th>
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<th>G: 0</th>
<th>A: 0</th>
<th>Pts: 0</th>
</tr>
</thead>
</table>

The captain is one of two players that have played every minute of every game for Reno. Leads the team in clearances (59), blocks (18), interceptions (31), tackles won (18), aerial duels (78) and aerial duels won (56), while sitting second in tackles (15), duels (138) and duels won (93). Reno sits in 7th place in the USLC standings (6-4-5).

**DAKOTA BARNATHAN (D | #58)**  
Ottawa Fury FC (USL Championship)  

<table>
<thead>
<tr>
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<th>1,071 Min.</th>
<th>G: 0</th>
<th>A: 2</th>
<th>Pts: 2</th>
</tr>
</thead>
</table>

Barnathan has earned his first two assists with Ottawa during the last two months from his defensive position, tied for third highest on the team. He has totaled 50 clearances (2nd on the team), 11 interceptions and two blocks on the season. The Fury sit 7th in the USLC standings (6-2-6).

**KHARLTON BELMAR (F | #11)**  
Nashville SC (USL Championship)  

<table>
<thead>
<tr>
<th>GP/GS: 16/12</th>
<th>1,044 Min.</th>
<th>G: 1</th>
<th>A: 1</th>
<th>Pts: 2</th>
</tr>
</thead>
</table>

Notched his first goal for his new club against his old club, Swope Park Rangers, in a 5-1 Nashville win on May 11. Has totaled 13 shots, seven shots on goal, 10 key passes, 91 duels won (4th on team) and 37 aerial duels won (3rd). Nashville sits 4th in the USLC standings (8-3-5). (NOTE: Nashville will move to MLS in 2020).

**DON SMART (M | #7)**  
Forward Madison FC (USL League One)  

| --- | --- | --- | --- | --- |

Smart leads the team in goals and is tied for first in assists and is third in minutes played. He also leads team the squad in key passes (19-co) and crossed (27); is second in shots of goal (10); fourth in shots (16) and interceptions (12); and is among the team leaders in several other defensive categories. Madison sits 7th in the 10-team USLL1 standings (4-6-2).

**JONNY ORLANDO (F | #21)**  
Baltimore Blast (MASL)  

<table>
<thead>
<tr>
<th>GP: 20</th>
<th>G: 6</th>
<th>A: 5</th>
<th>Pts: 11</th>
</tr>
</thead>
</table>

Finished the regular season, ranks 8th on the team in goals, tied for 6th in assists, 8th in points and 6th in shots (34). After finishing in a tie for 1st place in the Eastern Division (17-7), the Blast beat Utica City FC in the first round of the playoffs, but fell to the Milwaukee Wave in the conference final.

**MANEL MARTINEZ BELL - Real Murcia**  
(Spanish Segunda Division B - Group 4)  

| --- | --- | --- | --- | --- |

The team’s leader in goals scored, he also ranked 5th in minutes played. Murcia finished...
ICYMI, CONTINUED FROM PAGE 15

simultaneously continuing to participate in training and games with their home clubs. In the process, each will work together to provide all players with an appropriate level of competition based on the individual players’ abilities and goals.

“This is a huge milestone for soccer player development in the Fredericksburg area,” said Gibson of the new opportunity to offer more chances for growth for players. “I’m confident in saying this is a true working relationship between clubs, staff and players to reach a common goal and Fredericksburg FC is looking to help lead the way in setting the example of how club collaborations will directly benefit everyone involved.”

PROS, CONTINUED FROM PAGE 16

in 12th place out of 20 teams in the Spanish Segunda Division B Group 4 (11-12-15) and failed to make it into post-season play, but did avoid relegation.

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 5th place in MLS (7-4-3). He has seen 45 minutes of action with USL Championship affiliate Rio Grande Valley FC Toros.

TOM DEVITT (M | n/a) - Blyth Spartans AFC (English National League North, 2019-20)
GP/GS: 20/14 | 1,248 Min. | G: 0 | A: n/a | Pts: n/a (with Gateshead FC 2018-19)

After playing the 2018-19 season with Gateshead FC in England’s National League, Devitt has sign to play with Blythe Spartans FC in the National League North for the upcoming season. Gateshead (19-18-9) finished 17th out of 24 teams last season. Blyth (20-9-13) finished 6th in the league last season.

CONTINUED FROM PAGE 7

Do the boys spend time together away from the field as well?... If so, do you have any examples of this they’ve done you could share?

The boys get along well and can always be found hanging out together at tournament hotels and meals. At the Williamsburg Invitational, we had a team barbeque at the resort pool and every member of the team, and the families, participated.

Anything else you’d like to add about the team?

As noted in my original email, the boys have worked hard to compete against some top-level opponents and have won the last five tournaments that they participated in. This is a great group of boys that have worked hard to improve as individuals and as a team.

CONTINUED FROM PAGE 7

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College Recruiting Advice

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.

(Friday, June 21, 2019)—In issue No. 3 of “Words from the Wise,” coaches answer: What are some good ways for a recruit to get “seen” or “noticed” by a college coach?

To get recruited coaches will need to know how you play and what you will bring to their team both on and off the field. With this in mind, the coaches “The Pitch” talked to had plenty of suggestions on some of the ways that have worked best while they’ve been coaching.

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 (Men’s) — “Recruits need to focus on what they want to get out of the student-athlete experience at the University. Is the soccer program a national contender, a conference contender or maybe a bottom dweller in the conference. Am I going to a team that was 15-2 or a team that was 2-15? There is a significant difference no matter if it is a Division 1, 2, 3, or NAIA program.”

COACH 2 (Women’s) — “3 FACTORS: 1. Academics, 2. Fitness and 3. Be realistic”

COACH 3 (Men’s) — “I would say recruits need to focus on being themselves as players. Oftentimes players try and force the issue and press to be a player they are not capable of being. Pirlo would have never been a successful professional if he always looked to beat players off the dribble or tried to use athleticism to best an opponent. Instead he used his technique, vision and overall positional awareness to be one of the best players in the world. I would say to recruits to find some areas of your game you are above average in and look to become even better in those areas instead of always just focusing on the things you need to improve upon. Don’t get me wrong, those improvement areas are still important but be who you worked hard to be within the limits of your game.”

COACH 4 (Women’s) — “Being successful in what they do and when and where they do it…. i.e., don’t turn the ball over and make something good happen in the attack. Don’t forget to defend too! We like players that are comfortable handling the ball running with it.”

COACH 5 (Women’s) — “I feel that one of a player’s primary focuses should be on what she really does well. I sometimes think that we spend so much time working on our weaknesses that we do not allow ourselves to become great in one or two areas. I recommend finding out what you do well and then become great at it—this will help a recruit stand out as well as potentially provide a real need for a college program.”
CCL SCRIMMAGEFEST
Fredericksburg, Va. (FFC Park)
May 18-19, 2019
Results not available, but the following FFC teams participated.
- FFC ’10 Boys Black
- FFC ’10 Boys Red
- FFC ’09 Boys Black
- FFC ’10 Girls Black
- FFC ’09 Girls Black

WILLIAMSBURG INVITATIONAL
Williamsburg, Va. (Warhill Sports Complex)
May 25-26, 2019

FFC ’10 BOYS BLACK
Boys U9 Gold
1-9 L Tidewater Sharks ’10 United (Va.)
0-1 L FC Richmond FCR ‘10 Boys Navy (Va.)
0-4 L Ballaz Football Academy (Jamaica)

FFC ’09 BOYS BLACK
Boys U10 Bronze (Bracket A)
5-1 W Tidewater Sharks ‘09 City (Va.)
3-2 W Dynamo SC 09B Grey (Va.)
3-3 T SVU 09 Boys (Va.)

FFC ’08 BOYS BLACK
Boys U11 Gold
2-3 L OBX Storm Academy 2008 Boys AJAX (N.C.)
2-10 L Ballaz Football Academy U11 (Jamaica)
1-4 L Greater Severna Park Athletic Tsunami (Md.)

FFC ’07 BOYS BLACK
Boys U12 Silver (Bracket A)
7-0 W CBGC Clinton Jets White ‘07 (Md.)
7-0 W AFC Chesapeake AFC07B 01 (U12) (Va.)
3-0 W CBGC Clinton Jets ‘07/08 (Md.) (SEMSIS)
0-1 L FC Richmond FCR Metro ‘07 Boys (Va.) (FINAL)

CONTINUED ON PAGE 20
SPRING 2019 HIGHLIGHTS

TOURNAMENT CHAMPIONS
05 Boys Black (U14) - McLean Premier Cup (4-0-0)
04 Girls Black (U15) - Jefferson Cup (3-0-1)
00/01/02 Boys Black (U19) - Jefferson Cup (3-0-0)
06 Boys Black (U13) - FFC St. Patrick’s Day Invitational (4-0-0)
05 Boys Black (U14) - FFC St. Patrick’s Day Invitational (4-0-0)
08 Girls Black (U12) - FFC St. Patrick’s Day Invitational (4-0-0)
06 Boys Black (U13) - Williamsburg Invitational (4-0-0)
05 Boys Black (U14) - Williamsburg Invitational (4-0-0)
08 Girls Black (U11) - Williamsburg Invitational (4-0-0)

TOURNAMENT FINALISTS
07 Boys Black (U12) - Williamsburg Invitational (3-0-1)

SHOWCASE UNBEATENS (No finals played)
00/01/02 Boys Black (U19) - Loudoun Soccer College Showcase (2-0-1)

CONTINUED FROM PAGE 19

FFC ‘06 BOYS BLACK
Boys U13 Gold (Bracket A)
3-1 W OBX Storm 2006 Boys Ocean (N.C.)
4-2 W SVU ‘06B Blue (Va.)
5-0 W Honlopen Riptide (Del.)
5-0 W Yorktown FC Militia (Va.) (FINAL)

FFC ‘04 BOYS RED
Boys U15 (Bracket A)
0-2 L Tidewater Sharks ’04 United (Va.)
0-3 L FC Richmond FCR Metro ‘04 Boys (Va.)
4-3 W AFC Chesapeake AFC0405B02 (U16) (Va.) (CONSO)
0-3 L NRFA United (04) NRFA United Elite (N.C.) (CONSO)

FFC ‘05 BOYS BLACK
Boys U14 Gold/Silver (Bracket A)
4-1 W Shenandoah Valley United Inc. SVU ‘05B Blue (Va.)
1-0 W Tidewater Sharks 2005 United (Va.)
3-0 W Tidewater Sharks ’05 City (Va.) (SEMIS)
4-3 W Shenandoah Valley United Inc. SVU ‘05B Blue (Va.)

FFC ‘05 BOYS RED
Boys U14 Bronze/Blue (Bracket B)
1-2 L Old Dominion SC Crusaders (Va.)
2-2 T SOCA C’ville 05 U14B Classic Blue (Va.)
1-1 T CBGC Clinton Jets 2005 (Md.)

FFC ‘08 GIRLS BLACK
Girls U11 Gold (Bracket A)
2-0 W Calvert CSA Courage 08G (Md.)
1-0 W Tidewater Sharks 2008 G (Va.)
1-0 W Chesapeake Revolution Platinum (Va.)
1-0 W Tidewater Sharks 2008 G (Va.) (FINAL)

CONTINUED ON PAGE 21
CONTINUED FROM PAGE 20

FFC ’09 GIRLS BLACK  
Girls U10 Gold (Bracket A)  
6-1 W Calvert Rage (Md.)  
1-3 L Tidewater Sharks 2009G (Va.)  
1-2 L FC Richmond FCR ‘09 Girls Navy (Va.)

FFC ’10 GIRLS BLACK  
Girls U10 Bronze (Bracket A)  
2-7 L Shenandoah Valley United Inc. Girls U10 (Va.)  
2-2 T Orange Fire U9/10 Girls (Va.)  
0-2 L Tidewater Sharks 2010 Girls United (Va.)

FFC ’06 GIRLS BLACK  
Girls U13 Gold/Silver (Bracket B)  
3-0 W Calvert CSA Freedom 06G (Md.)  
5-1 W Virginia Beach City FC VB City ‘06 Girls (Va.)  
1-5 L La Plata Patriots (Md.) (SEMIS)

FFC ’06 GIRLS RED  
Girls U13 Bronze (Bracket B)  
0-2 L SVU ’06 Girls Blue (Va.)  
1-0 W CBGC Clinton Lady Jets 2006 (Md.)  
0-1 L SOCA C’ville 06 U13G Classic Blue (Va.)

FFC ’05 GIRLS BLACK  
Girls U14 (Bracket B)  
0-3 L Dynamo SC 05G Elite (Va.)  
0-0 T FC Richmond FCR Metro ‘05 Girls (Va.)  
4-0 W SOCA Civile 05 U14 Classic White (Va.) (CONSO)

FFC 03/04 GIRLS RED  
Girls U15 (Bracket B)  
0-3 L Old Dominion SC Rampage (Va.)  
4-1 W Carolina Lightning Lady Lightning (N.C.)  
2-1 W BFC 2004G Hurricanes (Va.)

U.S. CLUB SOCCER STATE CUP  
Herndon, Va. (Nike Park)  
May 25-26, 2019

FFC ’08 GIRLS BLACK  
Girls U11  
3-5 L GFRSC 08G Spirit (Va.)
FREDERICKSBURG FC CAMP SERIES

FULL-DAY CAMP (U5-U15)
- June 24-27: 9:00 a.m. - 3 p.m. ~ Cost: $175

ELITE FEET CAMP (U9-U19)
- June 24-27: 5 p.m. - 8 p.m. ~ Cost: $150

HALF-DAY CAMP (U5-U15)
- July 15-18: 9:30 a.m. - 12 p.m. ~ Cost: $125
- July 29-Aug 1: 9:30 a.m. - 12 p.m. ~ Cost: $125

SUMMER CAMPS
All Camps at FFC Park
For more info or to register, visit:
www.fredricksburgfc.org

STRIKER & FINISHING CAMP(U9-U16)
- July 15-18: 9:30 a.m. - 12 p.m. ~ Cost: $125

GOALKEEPER CAMP (U9-U16)
- July 15-18: 9:30 a.m. - 12 p.m. ~ Cost: $125
- July 29-Aug 1: 9:30 a.m. - 12 p.m. ~ Cost: $125

PREMIER PRESEASON CAMP (U11-U19)
- July 29-Aug 1: 9:30 a.m. - 12 p.m. ~ Cost: $150

RECREATION PROGRAM
Fall 2019 Registration
Early Bird Special Price
Cost: $65

Early Bird Registration: Until Sun., July 7, 2019
Standard Registration: July 8 - Aug. 15, 2019
Uniforms Required! (Not included in reg. fee)
EMPLOYMENT OPPORTUNITIES
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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)

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for more info on any FFC programs!