



Eugene Metro Futbol Club News

FALL 2010

The Coach's Word

—by Coach Jurgen

Hello EMFC player and families, I hope all of you are enjoying the gorgeous Eugene summer. After watching the World Cup this year, all of our players came out with renewed energy to work on their skills. Most of our teams are competing in summer tournaments and preparing for the fall youth season or for their respective high school seasons. It becomes increasingly difficult to give everyone a full account of EMFC but I will do my best to keep it short and informative.

Soccer is attracting more and more kids to our clubs. This spring we enrolled more than 100 Little Metro players in our program. In our May 2010 tryouts EMFC formed 10 U11-U14 boys and girls teams. In addition, we attracted more than 20 boys and 20 girls into our U10 academy. In early August we will form our U15-18 teams and we hope to form eight U15-18 teams for the 2010-11 season.

All of these players are coached

by a growing number of experienced and licensed coaches. This year several of them gained the next level of licensing. Sven Nelte and Dave Peterson accomplished their USSF B-license in a week-long course in California. Bryn Dennehy completed his USSF C-license and Robin Bostwick completed his USSF D-license. EMFC is committed to improving its coaching staff's education and congratulates all our coaches who continue their education and willingness to learn more about the game.

EMFC is also offering a monthly education clinic for all our coaches. These sessions are either run by the Director of Coaching, by the Technical Director, or by guest coaches from outside the club. Our coaching staff prides itself with an eagerness to learn new material, share knowledge with each other, and make us the best coaches we can be.

What else is new in the club? In May 2010 we established a new and enhanced speed and agility program in the club. Please read speed and agility trainer Michael Caprai's article in this same issue to learn

more about this new addition to our program.

EMFC also made a commitment to iSoccer, the National Standards Project, in measuring our players' technical abilities. Most of our teams have been assessed and can access their results on the iSoccer website. Please read Technical Director Joe Beeler's article about iSoccer.

This year has been a difficult year for Oregon soccer. Oregon's main youth soccer organization, OYSA, has been challenged by a number of Portland clubs who formed their own Oregon Premier League organization. Many clubs outside of Portland have been placed in a difficult situation to figure out how to navigate through the new and emerging infrastructure in Oregon youth soccer. I went to several months' worth of meetings with both groups to help find a solution in which all competitive players in Oregon can play under one umbrella and in one league. Unfortunately, my efforts and those of others did not work out and the two organizations went their own ways, forcing our club to choose where to play in the 2010-11 season. Our Board of Directors discussed and debated the situation and we all agreed that EMFC will play in the Oregon Premier League. All but our U11 teams will play in the new Oregon Premier League. Our U11 teams will remain in OYSA. Our U10 teams continue to play in the local Kidsports Klassic league at the U11 age group.

(Continued on page 2)





The Coach's Word—Continued

EMFC has negotiated four home games for our U12 –U14 teams in the new Oregon Premier League. I am in the process working with their scheduler and administrators to make sure we get a decent schedule in this new league. The away games will be venue-based in Portland which might mean two games a day for our teams when they travel. The fall league is announced with 12 games. If we have four home games, and if they schedule two games a day for our away games, we might only have to travel four times this fall. I will keep everyone updated on how the new league and organization works for us. So far everything has been smooth. Keep an eye on the new OPL website at www.oregonpremierleague.com/frameset.php as well as the OYSA website: www.oregonyouthsoccer.org/

For the older U15-U18 teams nothing really changes. They will play home and away games just as before. The 10-game OPL league schedule will be very similar. Most of our games will start at the end of January. They will also participate in the OPL State cup. The state cup winner will

automatically get a berth into the US Club National Cup. Many of our older teams will participate in College Showcases next year to make sure that college coaches are able to watch our players. If your son or daughter wants to play soccer in college please take a look at our website to learn how to create a soccer resume and how to contact college coaches. It is important that our players contact all the coaches of the colleges that they are interested in and let them know about their interest to play soccer at any particular college.

In the Oregon Premier League there will also be a state cup tournament at the end of the season in April/May for all age groups. In addition, the top six finishers in the league for U12-U14 fall league and the top four finishers in the U15-U18 league qualify for the Northwest Champions League (NWCL) which includes the best 12 or best eight teams in the Pacific Northwest. This year, the U13 boys Boca Juniors will compete in the NWCL starting in August. The U15 girls Magic, the U17

girls Spirit, and the U17 boys Fusion will compete starting in December in the NWCL.

With all these changes in the league structure and administration it will be an interesting year for youth soccer. While many people are worried or anxious about these changes, as a Director I will remain dedicated to providing our players with excellent training, good competition, and additional opportunities to get faster, stronger and technically better, and at the same time provide a home for more than 450 soccer players and their families. Only a few weeks back many of these players and families joined us in the annual EMFC picnic at Alton Baker park and it sure was great to watch all our players train and have fun in a wonderful youth soccer club.

I am honored and privileged to serve as your Director of Coaching.

Go EMFC!

All the best from

Coach Jürgen

State of the Club

-- by Jason Giles, EMFC Board President

Greetings,

We, your EMFC board, wanted to take a moment to bring you all up to speed with the many changes our soccer world has seen in the last year. As you may already know it has been a tumultuous year in Oregon for club soccer. I won't bore you with the details of how we arrived where we're at but I do want to highlight a couple of important points:

We have an exceptional Director of Coaching. Jurgen has been professional, tireless and dogmatic during these past six months, working hard to ensure we had all the relevant information needed to place our club in the proper organization. Thank you Jurgen!

We are optimistic about the future of club soccer in Oregon and the Northwest. The fact that eight large clubs have 'vested' everything in order to create the OPL and another 12+ have joined helps bolster our confidence that we have made the right choice for EMFC.

There will be some bumps and bruises along the way; however it's fairly unrealistic to think that the new OPL league will be flawless in its first full season, so thank you in advance for your patience.

As many of you are aware EMFC was able to commence our fall youth program with no increase in fees for the third consecutive year. We are also happy to report that the same will be true for our high school program this winter. While this is great news we are even more excited about the added services and value we are now able to offer our members. In these last eight months we've added office staff (Amie Ausmus), a U12 Technical Director (Joe Beeler), as well as a speed and agility program (Michael Caprai) and iSoccer to the already excellent value EMFC provides.

Lastly, I would like to take a moment to thank a couple of our board members who have more than fulfilled their roles of service to our club. Coming off the board this August are Kurt Engle and Flo Delaney, both part of the original board that got EMFC off the ground. Thank you both for all of your hard work and hours and hours of service; we wouldn't have the great club we do if it weren't for your dedication.

Best,

Jason



Technical Skills – Closing the Gap

—By Joe Beeler, EMFC Technical Director

In the past few months I have had the opportunity to watch many of our teams train and/or play in games. One observation that I have made recently while watching some of our teams play in the Bend Premier Cup is that our players and teams have a competitive spirit. This is good to see as we are a “competitive club” that strives to develop competitive players and have its teams compete at their respective level. That being said, there remains one aspect of the game that many of our players and teams struggle to compete on the same level as the top teams in their age group or team playing level. This is the technical part of the game: the foot skills; the ability and confidence to take a positive first touch from the ground or the air while under pressure; the ability to connect a pass or beat a player 1 v 1; and of course the ability to finish in front of the net.

As many of you are aware EMFC began a campaign in June to close the technical gap between our teams and the top teams in the state of Oregon. We have contracted with an on-line platform for technical development that provides technical assessment tools and player development tools for both coaches and individual players. This tool is iSoccer. iSoccer is quickly becoming the National Standard



Assessment of a soccer player’s technical abilities. In June we assessed all of our youth teams and a couple of our high school age teams using the iSoccer assessment tool. This has given us a baseline for our team’s technical abilities and the individual player’s technical abilities.

The intent of assessing our players in a measurable setting is to identify strengths and gaps in technical ability so that our coaches can be more focused in their training sessions, and individual players can be more focused on their technical work outside of team training sessions.

Efficacy is one of the most important components to getting positive results from any new program that an organization initiates. What does that mean for EMFC and our players? For EMFC and its players, efficacy means the utilization of iSoccer on a consistent basis by all players and coaches. Coaches need to be assigning iSoccer homework sessions to their players and designing team training sessions with iSoccer in mind. Players need to be self evaluating, doing any homework (ball work) that the coach assigns and/or setting their own goals in iSoccer and utilizing the iSoccer tools (more than 500 videos of technical exercises) to accomplish those goals. Since June, we have yet to accomplish 100% efficacy with our teams. While most teams’ coaches have entered scores (some have not), many of our players still have yet to complete their registration through the club iSoccer account. This tells me that many of our players are not utilizing the tool. Thus far, out of 232 players EMFC has placed in the iSoccer program, 172 have been assessed (or coaches have entered scores for that many) and 128 players have registered. This is only 55% of our players.

Technical ability is the foundation for success on the soccer field and therefore deserves much of our attention. Many of the experts say that the majority of a player’s technical

ability is developed by the time they are 16 or 17 and improvement on technical development comes in much smaller increments beyond those ages. Although players may have athleticism on their side at a younger age, they will find that the lack of technical ability will limit their effectiveness as the game becomes more tactical at the older ages.

So where do we go from here? Let’s take our competitive spirit and focus it on skill development. If you are coach, use the tools and get your players focused on technical competition. If you are a player, get registered (if you are not already) on iSoccer. Follow up with your coach if he/she has not assessed your skills, placed them in iSoccer for you to view, or provided you with any homework. Also, if you are a player, take charge and be competitive with your skills. iSoccer gives you the ability to see how you compare with your teammates and players around the country. See where you fall out and set some goals, then go to work on them 15-20 minutes 2-3 times per week outside of team training. If you are a parent, sit down with your player and help them set goals and come up with a training plan as identified above. You do not need to have a soccer background to use iSoccer. And please players, hold us, your coaches, accountable to helping you develop by requesting feedback from your coach.

In the event that you are not registered, please note that an email was sent to the primary email address we have on file. This email contained a link to complete your iSoccer registration. If you do not have this, then please contact your coach and he/she will resend the registration link.

Let’s use our competitive spirit and close the technical gap! Help yourself and help your team by using iSoccer to develop your skills. Progressing your technical competency can help you enjoy the game on a whole new level and set you up to be an impact player on whatever team you may be playing with.

On the next page see our matrix showing the iSoccer level of each of our teams (iSoccer is based on a scale from 1-10):



Team	iSoccer Level	Age Group	Age Birth Year	Coach	Roster Size	Regis- tered Players	Coach As- sessed
B97 EMFC Boca Juniors	4.9	BU13	1997	Joe Beeler	17	16	17
G95 EMFC Magic	4.7	GU15	1995	Jurgen Ruckaberle	16	15	13
B95 EMFC Gunners	4.4	BU15	1995	Gabriel Hernandez	15	8	8
G94 EMFC Havoc	4.4	BU16	1994	John Gibb	17	9	17
B96 EMFC Azzurri	4.3	BU14	1996	Brian Roach	17	13	15
G98 EMFC Storm	4.1	GU12	1998	Rick Virgin	19	7	19
G96 EMFC Impact	3.9	GU14	1996	Jen Davin	17	17	14
B95 EMFC Ranger	3.8	BU15	1995	Jeromy Flores	7	4	7
B97 EMFC River Plate	3.8	BU13	1997	Gabriel Hernandez	15	8	12
G97 EMFC Roma	3.8	GU13	1997	Dave Peterson	16	10	12
B98 EMFC Juventus	3.0	BU12	1998	Zach Lazar	18	12	16
G99 EMFC Athletica	2.8	GU11	1999	Dean Smith	15	7	15
G99 EMFC Benfica	2.2	GU11	1999	Jeromy Flores	11	1	7
B99 EMFC Celtic	0.0	BU11	1999	Bryn Dennehy	0	0	0
G93 EMFC Spirit	0.0	GU17	1993	Jurgen Ruckaberle	0	0	0
G95 EMFC Chelsea	0.0	GU16	1995	Teresa Bowns	1	1	0

EMFC \$ Fee Reduction Program \$

EMFC offers a Fee Reduction Program through a partnership with the University of Oregon Athletics. This fun-filled opportunity allows EMFC families to staff UO concessions for football, basketball, and baseball games. The money earned is applied as a credit directly to *your* player's account to ultimately reduce your club fees. You also have the option of designating your credit earned to the EMFC Scholarship Fund. Additionally, credits earned are eligible to pay for Little Metros dues.

To participate in EMFC's Fee Reduction Plan or for more information, contact UO event schedulers Lorrie Boyer at lcsunluvr@hotmail.com, 741-3935, or Kim Wriggle at kimbini7277@comcast.net, 461-0520.

This program consists of participating in the staffing of concession booths at UO venues. Duties include customer service, display of merchandise, and light food prep.



- ◆ The time commitment averages 2-6 hours per sign-up, depending on the event.
- ◆ Parents, family, friends and U15 and older players are all eligible to work.
- ◆ Families can significantly reduce player account balances.
- ◆ Over the last three years this successful program has helped families reduce their player fees/dues by more than \$80,000.

So come out, reduce your fees, and meet new EMFC families in an enthusiastic environment.

Looking forward to growing *your* program with you!

Regards, Lorrie Boyer and Kim Wriggle

**Now Scheduling for Fall Football! Contact Kim Wriggle at
461-0520 or kimbini7277@comcast.net**

Little Metros

Little Metros is a developmental program for children ages 6-10. The primary focus of the program is to have fun while mastering control of the soccer ball. In this program, coaches will introduce and encourage the ball-handling skills needed to become a successful soccer player. Players will interact with the ball as often as possible in order to learn the motor skills necessary to move with the ball in all possible directions. Players are encouraged to use a variety of body parts to control the ball, experiment with new skills, and become accustomed to handling the ball while playing interactive games.

All training sessions are devel-

oped in advance and designed by our most experienced coaches. Players are divided into groups by age and skill level. The training sessions make use of 'small-sided' scrimmages of 3v3 or 4v4. These scrimmages allow every player to get a maximum number of touches on the ball and to apply their newly-learned soccer skills in a fun game environment. The Fall and Spring Leagues are five-week in-house leagues that have games on Friday evenings in conjunction with the weekly training sessions.

The Little Metros program offers four different modules, all priced individually for a more flexible commitment. We offer a Fall Skills League, Winter Skills Academy, Spring Skills League, and the Summer Skills Academy.

The 2010 Fall Skills League will begin September 13th and run through October 22nd. Practices will be on Mondays and Wednesdays from 5:00-6:00. Friday evening games begin September 24th and run through October 22nd. The cost for this program is \$140.00.

For more information, please visit our website at www.littlemetros.org.

—Jen Davin

EMFC Scholarship Program – By Evon Smith

When Eugene Metro FC was formed in 2006, the need for an organized, well-funded scholarship program for players who could not afford to join our teams was a central goal for the club's founders. In fact, the founding board members and director of coaching felt so strongly about including players of all incomes that this commitment became part of Eugene Metro FC's mission as a nonprofit organization. We believed then – and still believe now – that EMFC teams benefit from including all qualified players, regardless of family income, and in a bigger sense, that our community benefits from providing these opportunities to play competitive soccer to boys and girls from lower income families.

From the beginning, Eugene Metro FC has required families to apply each year and has made funding decisions separate from the tryout and roster process. The applications are reviewed confidentially by a scholarship

committee made of current and former EMFC board members and selected volunteers. The scholarship committee for 2010-2011 includes: Evon Smith, Judy Boozer, David Davini, and Raymond Gross.

This year the scholarship committee will provide \$40,000 in scholarship awards to players on our U10-U18 teams. Award amounts vary from \$100-\$700 per player, depending on family income and the number of applications received. This year the scholarship committee is offering additional \$100 "matching awards" for qualified families who participate in the club's Fee Reduction Program during the year. Although EMFC does not provide full scholarships for any players, we offer significant fee assistance to many families who qualify for school lunch programs or who face other serious financial challenges.

The club's scholarship program is financed in several ways, including fundraising events such as past years' international friendly soccer games, donations from the UO concession volunteers' tips, soccer

clinics organized by club coaches, and of course, through individual donations from supportive community businesses and individuals.

We encourage EMFC members to consider making a donation to the EMFC scholarship program at any time during the year. Donations can be designated to players on specific teams or to the general scholarship fund. If you would like more information about the scholarship program or donations, please contact Evon Smith at evonmieko@comcast.net.

Our teams include many girls and boys who would not be able to play club soccer without the financial assistance our club provides each year. The scholarship committee hears from many players and parents who are so grateful for the opportunities this funding provides. As EMFC founders understood from the beginning, providing scholarship funding to deserving players creates many worthwhile benefits for our teams and for youth in our community.

Academic Achievement Award

The following high school players received the first annual EMFC Academic Achievement Award for earning a 3.5 or higher grade point average during the 2009-2010 school year. This award acknowledges these students' outstanding academic work while committing to a competitive club soccer program. These student athletes received a certificate from Eugene Metro FC and are congratulated by their coaches and teammates for their excellent academic achievements during a very busy soccer year.



U16 Spirit:

Shannon Davini - Thurston High School
Aileen Lee - South Eugene High School – HIS
Rebekah Lofstedt - Roseburg High School
Madeline Moulton - South Eugene High School - IHS
Rebecca Rinaldi - Churchill High School
Brooke Strawn - Roseburg High School
Allison Swanson - Roseburg High School
Kate Trahan - Sheldon High School
Chrissy Walter - Sheldon High School
Allison Wonn - Churchill High School – HIS

U16 Fusion:

Matt Arbogast - South Eugene High School – IHS
Collin Marshall - North Eugene High School - IHS
Tyler Patterson - Marist High School

U17 Dynamo:

Luke Hammer - Roseburg High School
Alex Ikard - Thurston High School
Garrick Knowles - Roseburg High School