



Eugene Metro Fútbol Club News

WINTER 2012

Hello EMFC Players and Families

I can't believe it but the fall season of 2011 is already in its second half. It is a busy fall indeed and this report will give you a quick snapshot where EMFC teams are competing this fall.

Our newest edition to the club is Mini Metros. We have started a new program for 4 and 5-year olds in our club. Caitlin O'Donnell has run the first sessions this fall and we have been overwhelmed with excited and talented young soccer players. With almost 40 Mini Metros we will have to recruit more coaches for our next session in the winter.

Jen Davin, our Little Metro Director, works currently with 150 Little Metro players. Those players are training on Mondays and Wednesdays and then compete on Fridays at Roosevelt MS. Please come out and watch some of the games in a beautiful setting.

The U10 academy is a year-round program that works mainly with 4th graders and provides them with a competitive alternative. These teams form in May and train in four modules throughout the year (Summer, Fall, Winter, and Spring). In the fall and spring, these teams play one year up in the U11 Kidsports Klassic league. We have currently three girls teams, Cypress Blue, Black and White, and two boys teams, Valencia Blue and White. Head coaches Caitlin O'Donnell and Finn

Cronin work with the players to prepare them for entering the competitive U11-14 tryouts in May 2012.

EMFC has entered 12 U11-14 teams in the Oregon Premier League this fall. Last year all our teams received four home games and the rest were away games. This year, the OPL went to home and away games for U13 and U14 teams in the top leagues. EMFC is still pressing the OPL to increase the number of home games for all our teams. We have reached an agreement that in the spring all leagues and age groups are going to be played with an equal number of home and away games. EMFC appreciates all the help and support we have received from our families transporting the players to the away games. We do understand the challenges it posed for families. We encourage all our families to carpool as much as possible to save resources and in many cases give the players an opportunity to bond on the way to and from games.

In addition to the competition in the OPL, some of our teams also compete in the Northwest Champions League. A team qualifies for this league if they ended up in the top four spots in the top Premier league last fall. In addition, the top teams from Washington and Idaho compete in this league. Currently we have the U11 boys Rovers Blue, the U12 girls Athletica Blue and the U14 boys Boca Juniors Blue compete in the NWCL. The U14 boys reached the semifinals which will this year be in early December in Seattle. Congratulations to the Boca Blue boys and their head coach, Joe Beeler.

This coming winter EMFC will enter a full slate of eight high school aged teams in the Oregon Premier League. For the first time EMFC will have a boys and a girls team in each age group from U15-18. Most of these teams will have supplemental tryouts to complete the rosters in the last week of November. Training for the older teams will begin after Thanksgiving. The U15 girls Impact and the U18 girls Spirit will also compete in the Northwest Champions League.

Most of our older teams will participate in College Showcase tournaments to expose our players to college coaches. The FC Portland Showcase will be one of the tournaments most of our teams will attend. Each of the head coaches

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for those teams will assess the best possible tournaments and then make a plan for those teams.

In April and early May, all U12-18 EMFC teams will compete in the OPL state cup or Directors Cup. The OPL state cup is the most important tournament in the year for our competitive teams. It will expose our players to an extremely competitive environment and give every team a chance to compete against the top teams in the state.

Over the last 10 months EMFC coaches attended six coaching education sessions run by Oregon State coach Michelle Voiland, UO coaches Mac Wilson and Lauren Hanson, and Director of Coaching Jurgen Ruckaberle. In addition, our coaches attended injury prevention clinics with Dr. Mick Koester, online concussion training, and a fun coaching session with the Brazilian coaches from the Tetra Brazil camp. Alex Dakers and Daley Stevens acquired their E-license this year and Bryn Dennehy completed his USSF B-license. EMFC remains committed to provide their coaching staff with internal coaching clinics, supporting coaches who continue their licensing process, and provide support with local and regional coaching clinics.

I am very excited to announce a new venture for EMFC in the spring of 2012. EMFC will form a Women's Premier team next spring. This team will play in the Women Premier Soccer League and compete against teams such as Portland Rain, Oregon Rush and Spokane Shadow. We will have tryouts for this team in the spring of 2012 and hope to recruit many college level players from the UO and OSU as well as NCU and Lane Community College to our tryouts. In addition, we hope to see post graduate female soccer players at the tryouts. The season goes from May to late July 2012. Details will be announced in our next newsletter.

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

Go EMFC

All the best from coach Jürgen



Little Metros

The Little Metro program is open to all soccer players from age 6-10 who want to learn more about how to improve their technical skills. The program offers four separate modules a year: a Fall and Spring Skills Academy and League and a Summer and Winter Skills Academy.

Currently we are in the middle of our Fall Skills Academy and League with a record number 150 players. The Fall Academy is a six week program that practices twice a week with an in house league that competes on Fridays. We have two practice locations, one in Eugene and one in Springfield. The Friday night games are all played in Eugene.

The practice sessions are divided by gender and age. The Friday night league consists of coed 3rd/4th grade teams, 1st/2nd grade boys teams and 1st/2nd grade girls teams. The 3rd/4th grade games are 7 vs 7 to larger goals with keepers. The 1st/2nd grade games are 4 vs 4 to pugg goals with no keepers.

The center of our program is the soccer ball. All Little Metro training sessions focus on introducing and improving the ball handling skills needed to become a successful young soccer player. At this young age, players will work on touching 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 work with the ball, experiment with the ball, and become accustomed to handling the ball in all situations. The Friday league games reinforce this concept and encourage dribbling as much as possible. This is the sole reason for keeping the teams small and limiting the amount of players on the field at one time.

Just as technical skills are the foundation of every soccer player, Little Metros is the foundation for our competitive club.

Jen Davin

Little Metros Program Director

Building a Strong Foundation

By Joe Beeler – Technical Director

When building a structure or organization, it is universally understood that the foundation which either is built on needs to be designed to uphold the demands placed on it. For the soccer player, a strong technical foundation and small sided tactical foundation is what is required for him or her to successfully meet the demands of the game at higher levels. EMFC begins the building of this foundation by placing a high degree of effort and focus on coaching and teaching the technical skills to players at young ages. Players are exposed to much technical work (ball skill work) in EMFC's Mini Metros and Little Metros programs (ages 4-10). In between Little Metros and becoming part of a fully competitive U11 team, we offer the U10 Academy. The U10 Academy is a modular program made up of 4 modules per year that last 6-8 weeks. The U10 Academy program is designed to introduce players to a more competitive look at the game and to prepare them to play in our competitive programs.

While EMFC has always had a set of objectives and areas of focus spelled out for each age group, earlier this year we created and implemented a specific curriculum for our U10 Academy. This curriculum is designed by EMFC Staff coaches and is based on the current standards and curriculum set forth by European Experts and the US Soccer Federation. In a thumbnail, our curriculum is heavily weighted towards

technical skills (first touch, receiving, dribbling, passing, etc.) and micro tactics (1 v 1 attacking, 2 v 1 attacking, 1 v 1 defending, 3 v 3 – 4 v 4). Competence in these areas is an important building block for a player's ability to positively affect the game and make the game more enjoyable for themselves and fans alike. Our goal at EMFC is to ensure that all players who participate in our programs are provided the environment and age appropriate coaching that will help them progress in the game so they can continue to be competitive and enjoy the game at higher levels. Having a curriculum that is followed by our coaches helps us ensure that all players have the same opportunity to learn and progress, regardless of coach or team, and will provide for a stronger base of players as they go forward in the game. We continually monitor our youth competitive teams with a critical eye to see how the coaching they received from us in at the younger ages has impacted their game in the U11-U14 years. So far this year, we have identified one area that we believe we can better address in our U10 program. As a result, our curriculum will be revised and improved.

Going forward, EMFC plans to continue building its curriculum to include U11 and U12 age groups. In the six short years that EMFC has been providing coaching and fielding competitive teams we have experienced a continual increase

in the skill level of our players resulting in more teams playing at the higher divisions of OPL, qualifying for the Northwest Champions League, going further in the State Cup tournament, and winning or being finalists in other tournaments. While winning is not the primary focus of our club for the U11-U14 age groups, the level that our teams are able to compete



at is certainly an indicator of the work we do with our players in the U10 Academy and younger ages. Our curriculum is one strategy for providing consistency in coaching, age appropriate coaching, and the opportunity for all players to learn what they need to enjoy the game in a competitive setting. If you have any questions regarding curriculum or age appropriate objectives for your player, please contact his or her coach. Knowing the basic concepts of the curriculum can help you as a parent understand what they are working on and provide another means for you to support their efforts.



Women's World Cup - Keep the Fire Blazing

The 2011 Women's World Cup created quite a stir in the United States this summer. After the women finished second in their group during the first round, many Americans thought that the United States Women were preparing to make their earliest World Cup exit ever when they fell behind to Brazil in the semi-final match that has since become one of the most talked-about soccer games in history. During that match, on July 10, 2011, the U.S. Women's National team sparked a fire that spread rapidly across the country. Megan Rapinoe launched a perfect cross to Abby Wambach's head, tying the match after 90 minutes of regulation and 30 minutes of overtime. If you somehow missed the clip, go look it up on YouTube. Better yet, go watch the whole game.

That spark created a media frenzy, with ESPN SportsCenter, Good Morning America, Rachel Maddow, The Today Show, and many other national news outlets clamoring for appearances by athletes who were formerly strangers to most Americans. The World Cup final, bringing the United States and Japan together in Germany, left the Americans with a second place medal, but the skyrocketing interest in soccer remained active. In fact, the final match was the most "tweeted" event ever on Twitter, with more tweets flying during those two hours than during any other two hours in history, including the Royal Wedding. The women came home to throngs of fans lining up for blocks to get photographs, autographs and high-fives. Two "Celebration Tour" games against

Canada brought over 30,000 spectators to see the women play live in Kansas City and Portland, many of whom had never seen an international soccer match. The players enjoyed new-found fame and attention, and fans found new stars, idols, and heroines. And then...there was silence. Football season started, school was back in session, and many soccer fans started their own seasons. The fire began to smolder.

What can you do to keep the fire, the interest in soccer as a professional and international sport, alive? And why should you? Let's start with why. The youth that play for EMFC, and youth players across the United States, don't watch enough soccer. It has been suggested, and supported with ample research, that a player's own game benefits greatly by watching higher levels of play. Kids around the world, specifically boys, spend time watching older kids and adults play pick-up soccer (rather, futbol), local leagues, and professional matches. They cheer for their clubs, cities, and countries. They know the players' names, they wear their jerseys, and they try to mimic their skills on the field. This is important for players' speed of play, creativity, and confidence.

Second, many of the U.S. soccer players are great role models! There haven't been any steroid scandals in U.S. soccer leagues, the players aren't regularly in the headlines for getting DUI's, stealing laptops, or abusing animals, and they are generally

accessible to their fans. They are great examples of working hard to achieve goals. Throughout the last two years, both the National Team men and women have been stellar examples of winning with gusto and losing with grace, congratulating their opponents no matter what the outcome, and cheering their teammates' every goal, assist, save, and tackle. Further, Men's and Women's National Team soccer players are known for their contributions of time and energy, and sometimes money, to a wide variety of charities.

How can you encourage the enthusiasm and support for soccer that this summer sent men, women, and



children to the local sporting goods store or soccer shop in search of jerseys bearing the name "Solo" and to the internet to Google "Alex Morgan?" By taking your kids to more games, watching games online or on TV, and helping young players identify older players to look up to you, will help keep that fire alive.

Oregon is lucky to have SIX Division I college teams to watch: the local favorite Oregon Ducks women, our neighbors to the north, the Beaver men's and women's teams, the University of Portland men's and women's teams, and the Portland State women.

Portland is the proud home of the Major League Soccer team, the Timbers. The Timbers Army (fan following) has garnered national attention for their undying enthusiasm for the newest MLS team. While their season is currently wrapping up, games are surprisingly accessible, both from a transportation and financial perspective.

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EMFC Forms Adult Women's Premier Team

EMFC Azul in 2012

Believe it or not, there are TWO women's soccer leagues in the United States, and chances are good that you haven't heard of either of them. The Women's Professional Soccer (WPS) League is only three years old and currently has six teams playing, all of which are located east of the Mississippi. This league is the most competitive, and it is home to many of the women who were stars in the Women's World Cup for the U.S., Brazil, Canada, France, and England. While it certainly isn't convenient to watch these matches live, at least one game is broadcast on Fox Soccer Network every week, and they are often streamed live over the internet. The second national league, the Women's Premier Soccer League (WPSL) is home to many current and former female college players, and we have three teams in Oregon! The Portland Rain U23, Portland Rain, and Oregon Rush. Hopefully, we'll have a team in Eugene sometime soon!

Finally, for younger players, even getting to a High School match is a good experience. Seeing older siblings, friends, or other local athletes playing against schools from across Oregon can help develop aspirations and inspire the younger player. These games are frequent during the fall season, inexpensive, and fun to watch.

In conclusion, don't let the excitement, support, and engagement in soccer die until the next big international tournament. Keep the EMFC players in your family engaged in the sport beyond OPL and ODP. Check out teams online, go to some games, and help the youth identify players that they look up to, whether it is for their position on the field, hometown, jersey number, hairstyle, or off-field interest. Your son or daughter will benefit on and off the field, and who knows...he or she may be the next role model playing for the Ducks, the Timbers, or the U.S. National Team with kids asking for their autograph after the game.

Caitlin O'Donnell is currently coaching the girls U10 Academy and the club's first session of Mini Metros. Off the field she is an attorney at Thorp, Purdy, Jewett, Urness, and Wilkinson.

EMFC has grown its program in the last few years to integrate a very successful Little Metro program and this fall introduced the Mini Metros. This coming season EMFC will have a full roster of at least one team per age and gender from U10 to U18. Over the last few years, EMFC has put more focus on the girls side of the club to make the girls side as competitive as the boys side. In 2012, EMFC will add a Women's Premier League team to our program. This team will compete in the Women Premier Soccer League together with teams from Portland, Spokane, Bend, Seattle, and Vancouver, B.C. The season is from May 1 to August 1 in 2012. The team will be coached by Director of Coaching, Jurgen Ruckaberle and EMFC staff coaches.

The Women's Premier Soccer League is an independent national soccer league whose main focus is on the development of highly competitive women's soccer teams. The WPSL also makes every effort to bring quality soccer to all levels of the community and to promote the stature of female athletes as role models for our youth. The league fielded over 60 teams nationally and plays in 10 divisions. Typically players come from older club teams, high school teams, college teams, and even have post collegiate players on their rosters. Many college programs encourage their players to compete in the WPSL to improve and maintain their skill and fitness levels. If you want to read more on the WPSL please read more details at <http://www.wpsl.info/>

EMFC will run a tryout for this team in April 2012. We will encourage college level players from Lane Community College, University of Oregon, Northwest Christian University as well as college programs from the area (OSU, Willamette University, Corban University, etc.). In addition, we will encourage our own older players to try out for this team. We hope to form a competitive roster of at least 30 players to be able to maintain a quality training environment and be able to send a competitive roster to the 10-16 games over the summer.

This team will extend our program and will allow female players to continue to play at the highest level. It will also allow our community to watch very competitive games for female athletes. The games will be played at local high schools and we feel very confident to bring the local soccer community out in numbers to support our newest addition to the EMFC soccer program. In addition, it will allow all EMFC players to watch high level soccer in the summer months.

If you are interested in supporting this new part of the EMFC program please contact Director of Coaching, Jurgen Ruckaberle. We are looking for help and support in marketing, promoting, and sponsoring this team for 2012.





EUGENE METRO FÚTBOL CLUB



Scarves for Scholarships

The Eugene Metro Futbol Club is selling soccer scarves for \$20 each to benefit the club's scholarship program. All profits from scarf sales will go directly to our scholarship fund. Scholarships benefit players' who face financial limitations in their quest to participate in club soccer. EMFC supports players and families in need.

If you are interested in wearing an EMFC soccer scarf pre-orders are underway now. The cost for each scarf is \$20 dollars for which \$11 dollars will be earned for the club's scholarship fund.

Ordering Information

Cost: \$20 each

Contact: Bear Goodman oso.ukuku@gmail.com

Mail: EMFC, PO BOX 10914, Eugene 97440

Checks Payable to EMFC



EUGENE METRO FÚTBOL CLUB

