

Eugene Metro Fútbol Club

Established in 2006, Eugene Metro Fútbol Club is the largest premier soccer club in Lane County, offering quality training and competitive teams for girls and boys ages 6-18. EMFC's mission is to provide experienced, qualified coaching and training for committed soccer players on the club's competitive teams and to organize affordable high-quality soccer programs for all levels, including special needs and recreational players. Our members live throughout the area, and include families of all incomes and cultures. Eugene Metro FC is affiliated with the Oregon Youth Soccer Association and US Youth Soccer, and is an official adidas premier soccer club.

Director of Coaching, Jürgen Ruckaberle



Eugene Metro FC is directed by Jürgen Ruckaberle, one of the area's most experienced coaches. Jürgen played and coached in Germany for many years, and holds US National A and the German National

B coaching licenses.

Currently, he is the head coach of two EMFC teams, the '93 Spirit and the '95 Magic girls teams, and is the South Eugene High School boys varsity soccer coach. Jürgen also coaches the Willamette Valley '97 boys team for the OYSA Olympic Development Program.

Coaching Staff

Over 35 coaches work for Eugene Metro FC, most of whom have national coaching licenses. EMFC provides extensive coaching support and mentoring for young coaches, and all EMFC coaches are encouraged to continue their coaching education and licensing. Throughout the year, the Director of Coaching organizes clinics for the club's coaching staff, covering injury prevention, speed and agility, and other functional and tactical training issues. Many EMFC coaches also work in area high school and college soccer programs as well as for the OYSA Olympic Development Program. EMFC coaches bring high quality coaching and extensive experience to our competitive teams and programs.



Scholarship Program

Eugene Metro FC is committed to including qualified players from lower income families by providing fundraising opportunities, payment plans, and fee assistance. Players joining the U10 Program or the U11-U18 teams may apply for scholarships to be used for player fees and tournaments. Scholarships are awarded to those whose needs are highest, and EMFC relies on fundraising and donations to provide this financial support to club players.

Donations and Sponsorships

Eugene Metro FC welcomes community and business support for its programs. Donations made to the EMFC Scholarship Fund are used directly to assist players with highest financial need based on family income. Business sponsorships for EMFC tournaments, camps, academies, and international friendly games are also available. Eugene Metro FC is a nonprofit organization, and donations qualify for charitable giving tax deductions.

Contact Information

For more information about Eugene Metro FC programs, teams, coaches, or events, please check the club's website: www.emfc.org or email info@emfc.org

To contact Director of Coaching Jürgen Ruckaberle:
EMFC Office: 541-343-5100
Email: doc@emfc.org

Mailing address: Eugene Metro FC
PO Box 10914
Eugene, OR 97440

www.emfc.org

Eugene Metro Fútbol Club



**A Premier
Soccer Club
for Youth and
High School
Players**

EMFC Competitive Youth Teams

EMFC currently has 13 boys and girls youth teams U11-U14 that play in Oregon Youth Soccer Association (OYSA) leagues and in state and regional tournaments. These youth teams form each year in competitive open tryouts in May, train throughout the year, play in summer tournaments, and compete in OYSA fall and spring leagues, and the OYSA State Cup or Presidents Cup Tournaments. Each team has a licensed head coach and an assistant coach or trainer who work under the supervision of the club's Director of Coaching. In addition, EMFC Technical Director Joe Beeler develops training programs and supports coaching for the youngest U10-U12 competitive teams.

EMFC Youth Teams

Girls Teams	Boys Teams
99 Athletica	99 Celtic
99 Freedom	98 Juventus
98 Storm	97 Boca Juniors
98 Blizzard	97 River Plate
97 Roma	96 Azzurri
96 Impact	95 Gunners
96 Revolution	95 Rangers
95 Magic	
95 Chelsea	

2010 U11-U14 Youth Team Tryouts: May 9-12
 Tryout information and registration on www.emfc.org

EMFC Competitive High School Teams

EMFC currently has 6 teams that compete in the OYSA Winter League for U15-U18 players. EMFC U15-U18 tryouts are held in August, and training begins in December after school soccer seasons are completed. Training continues during the winter, spring, and summer through July. Teams compete in the OYSA Winter League in February and March, in the State Cup Tournament in April, and enter several winter, spring, and summer regional tournaments, including showcase tournaments for exposure to college recruiting.

EMFC High School Teams

Girls Teams	Boys Teams
94 Havoc	94 Real Metro
93 Spirit	93 Fusion
	92 Dynamo
	91 Fire

2010 U15-U18 High School Tryouts: August 9-12
 Tryout information and registration on www.emfc.org

Little Metros Program

For boys and girls ages 6-10, EMFC offers a developmental soccer program that focuses on introducing and improving ball skills in young players. The Little Metros Program is divided into fall, winter, spring, and summer modules with trainings and games scheduled during the week. All training sessions are run by qualified coaches under the supervision of the EMFC Little Metros Director Jen Davin. Little Metros teams play week-day 3v3 or 4v4 games during the fall and spring seasons with both parent and EMFC coaches. The Little Metros program provides a high quality program for younger players to develop soccer skills in a fun and positive environment. For more information about the Little Metros Program, see www.littlemetros.org.



EMFC U10 Program

The EMFC U10 Program is for 4th grade players who want a higher level of skill building, competition, and commitment than the Little Metros or recreational soccer programs offer. The annual program begins each May and includes seasonal training modules, 8v8 games, and tournaments. Each U10 team is assigned a qualified EMFC coach who trains the team throughout the year with support from the club's Technical Director and Director of Coaching.

TOPSoccer Program

Organized each year by EMFC coach Jeremy Flores, the TOPSoccer Program provides weekly indoor soccer clinics for children with special needs. Sessions are scheduled beginning in December and January, and each player is partnered with a volunteer soccer buddy. This program also offers community service opportunities to middle and high school players who volunteer as soccer buddies. Private and corporate donations provide financial support for the EMFC TOPSoccer program for these deserving soccer players.

EMFC Soccer Camps 2010

Organized by Director of Coaching Jürgen Ruckaberle and staffed by qualified coaches, EMFC camps offer quality soccer training in a well-organized and fun environment. All camps are open to both club and recreational soccer players, and appropriate groups are formed by age, gender, and ability.

Spring Break Camp – March 23/24/25

Boys and Girls (ages 7-17)
 Technical improvement, small-sided games, World Cup Tournament

Summer Speed Camp – July 20/21/22

Boys and Girls (ages 10-18)
 Soccer specific speed and agility exercises

High School Camp – August 2/3/4

Boys and Girls (entering 9th, 10th, 11th, 12th grade)
 Technical skills, shooting/finishing, small-sided games



EMFC 3v3 Challenge Cup 2010 – May 22

All soccer teams are welcome to the club's annual spring tournament, in which U7-U18 boys and girls teams play small-sided 3v3 games in appropriate age and gender groups. Games are fast paced, with unlimited subbing and no off-sides. Registration and more information available online at www.emfc.org

EMFC Winter Games and Clinics

Eugene Metro FC organizes several opportunities for training and play during the winter. Drop-in and pre-registration are available.

Futsal Games – (ages 7-15)

Fast-paced indoor games with smaller futsal balls December and January

Footskills Clinics – (ages 7-15)

Small group indoor technical sessions December and January

Pick-up Games – (ages 10-18)

EMFC players and coaches form mixed age and gender teams and play outdoors on Saturdays during the training break period.

EMFC International Friendly Games

Eugene Metro FC has hosted four international friendly games and plans to bring more top-level teams to our community in the future. The Eugene Metro FC Select team, a roster of college-age men from the region, has played U21 teams from AC Milan (Italy), Juventus (Italy), Club America (Mexico), and Bayern Munich (Germany). These games raise funds for the EMFC Scholarship Program and provide area fans with unique opportunities to watch international games in our local community.

