



Union Sacramento FC Monthly Newsletter January 2017

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Dear Union FC Families,

Welcome to our first monthly newsletter of the season.

We are excited to bring you some more personal content and details about our club, its members, our coaches and staff.

We plan to send these updates and more detailed information to our members every month.

Thanks for taking the time to catch up with what we are working on to enhance your experience with Union Sacramento FC.

Meet our



Union FC Team Updates:

Union 06 Boys; will play in their State Cup final the weekend of 2/12.

Union 05 Boys; after 2 victories today they advanced to the State Cup Finals tomorrow.

Union 04 Boys; after a Quarter Final win today they will play in their State Cup Semi-Final tomorrow.

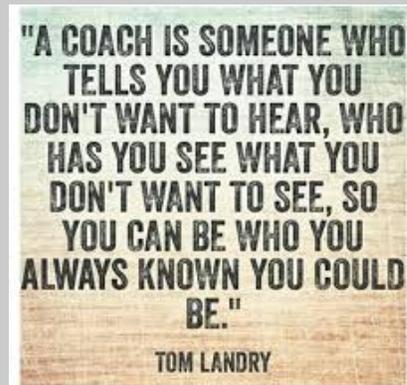
Union 03 Boys NPL; will travel to Las Vegas over President's Day weekend for the Las Vegas International Mayors Cup.

Union 03/04 Navy; have been playing in the NorCal Winter League

Union 06 Girls; will play in their Quarter Finals for State Cup this weekend.

Union 05 Girls; will play in their Quarter Finals for

U9-U11 Coaching Staff



We are excited to announce our coaches for our 2017-2018 season:

U9-U11 teams:

**09 Girls-Josh Fitzgerald
09 Boys-Josh Fitzgerald**

**08 Girls-Renee Montez
08 Boys-Josh Fitzgerald
08 Boys Grey-Tim Franks**

**07 Girls-Pete McNamee
07 Girls Grey-Pete McNamee
07 Boys-Brandon Cavitt
07 Boys Grey-Tim Franks**

[Read more about our U9-U11 Coaches:](#)



Josh Fitzgerald:

Josh has been involved in coaching in the Sacramento region for over 20 years. Josh graduated from Jesuit High School where he played both soccer and rugby. Josh most recently earned his NSCAA Advanced Diploma and

State Cup this weekend.

Union 03 Girls NPL: will travel in March to play at the San Jose Invitational.

Our U15-U19 boys and girls teams are on break so they can participate in their high school soccer seasons.

Best of luck to all of our teams!

GOALNATION
The Voice of Youth Soccer in America – What's Your Goal?

Interesting news around the soccer world from Goal Nation:

Read more about why female youth soccer players are at a higher risk of ACL injuries:

ACL INJURIES AND FEMALE PLAYERS

It can be difficult sometimes to figure out what your player can eat before games, in between games and after games to support their best performance.

Read on for some great tips:

Nutrition tips for soccer players.

It is important to our club that our parents model the best behavior on the sidelines.

Here are some great reminders:

POSITIVE SIDELINE BEHAVIOR

USSF National License among the many other licenses he holds. We are pleased to have Josh back on board with Union Sacramento FC for this upcoming season.



Renee Montez :

Renee has been involved in coaching in Sacramento for several years and is currently the assistant coach for the St. Francis High School varsity

soccer team. We are excited to welcome her to the Union FC family. She has her CYSA F and E licenses and earned her Coerver Youth Diploma.



Tim Franks:

Tim has been involved in coaching soccer and baseball in the local community for several years. He has served on several local youth sport and school

boards and is currently the Boys Varsity soccer coach at Rosemont High School. We are happy to welcome Tim to the Union FC family. Tim has his US Soccer National licenses E & F.



Pete

McNamee: Pete has coached all levels of soccer from U9 to college level players around Northern California. He has earned the NSCAA National

Diploma, USSF F license and his NSCAA Regional License. We are thrilled to have Pete back on board for another season with Union Sacramento FC.



Upcoming Events



January 2017

U9-U11 Tryouts Register Here

Remaining dates:

SUNDAY, JANUARY 29TH, 2017

Larchmont Community
Park

9:00 am-10:30 am
(GIRLS BORN IN
2010, 2009, 2008,
2007)

11:00 am-12:30 pm
(BOYS BORN IN 2010,
2009, 2008, 2007)

TUESDAY, JANUARY 31ST, 2017

Mather Sports
Complex North Soccer
Field: 3755 Schriever
Avenue, Mather, CA
95655



Brandon Cavitt:

Brandon is our Director of Coaching and has coached youth soccer at all levels for many years in the community.

Brandon played at the collegiate level, semi-pro level and had a professional soccer career throughout the United States. Brandon most recently earned his La Liga Methodology Formation -Level 3 certification along with many other NSCAA diplomas. We are proud to have Brandon with us at Union Sacramento FC.

Read more about our coaches here:

[2017-2018 COACHES](#)

*Sports do not
build character,
they reveal it*

John Wooden

Recognizing player excellence off the field

We want to hear about your player's success off the field as much as their success on the field.

We would like to start recognizing those players that are maintaining a 3.5 GPA and above and those players making a difference in their school or community.

Please send us your child's report card and/or details about their community service if you wish for them to be recognized in these monthly newsletters.

Please send report cards to Lori Kennedy by email: lori@unionsacramentofc.org

At this time GPA recognition is for players receiving letter grades only.

**UNION FC PLAYER
RECOGNITION:**

6:00 pm-7:30 pm
(BOYS & GIRLS BORN
IN 2010, 2009, 2008,
2007)

**SATURDAY,
FEBRUARY 4TH, 2017
(IF NEEDED)**

Larchmont Community
Park

9:00 am-10:30 am
(GIRLS BORN IN
2010, 2009, 2008,
2007)

11:00 am-12:30 pm
(BOYS BORN IN 2010,
2009, 2008, 2007)

February 2017

**U12-U14 Tryouts
Register Here**

**SATURDAY,
FEBRUARY 18TH**

Larchmont Community
Park

9:00 am-10:30 am
(GIRLS BORN IN
2006, 2005, 2004)

11:00 am-12:30 pm
(BOYS BORN IN 2006,
2005, 2004)

**SUNDAY, FEBRUARY
19TH**

Larchmont Community
Park



We are so proud of Bailee Kern from our '00 Girls team as she recently competed with the Cal North ODP (**Olympic Development Program**) team in Arizona. Way to go Bailee!



UNION FC PARENT SPOTLIGHT

Meet Union FC Parent; Stacey
Neff
(mom to 3 Union FC players:
Carson, Katelyn and Calin)



Why did you choose Union?

We were a loyal BOCA family and wanted to support the merger and stay with the coaches we knew and loved. We had also heard fantastic things about the RCU staff and were excited to see the new talent being brought to

9:00 am-10:30 am
(GIRLS BORN IN
2006, 2005, 2004)

11:00 am-12:30 pm
(BOYS BORN IN 2006,
2005, 2004)

**TUESDAY, FEBRUARY
21ST**

Mather Sports
Complex North Soccer
Field: 3755 Schriever
Avenue, Mather, CA
95655

6:00 pm-7:30 pm
(BOYS & GIRLS BORN
IN 2006, 2005, 2004)

**SATURDAY,
FEBRUARY 25TH,
2017 (IF NEEDED)**

Larchmont Community
Park

9:00 am-10:30
am(GIRLS BORN IN
2006, 2005, 2004)

11:00 am-12:30 pm
(BOYS BORN IN 2006,
2005, 2004)



the field.

How do you feel Union differentiates itself from other local clubs?

I feel our coaches are amazing and incredibly qualified with impressive knowledge, experience and credentials. With three practices a week, my three kids have learned to be better players and better people on and off the field thanks to the high standards each of their coaches hold them to. Union is unique in the amount of tournaments we host and the organization it entails! The opportunities available to players and families is also fantastic. Helping at tournaments, traveling out of town (and out of state, and even out of the country!!) to new and exciting places, watching high-level soccer, Union nights at Sac Republic games (and many other opportunities Sac Republic related!) and opportunities to travel to Barcelona are just a short list of why we love this club!

What is your favorite "soccer mom" memory?

So many! My fondest moments are when my kids are at their happiest...which means when they win! My best memories are when they have a medal around their neck and a championship trophy in hand! But, my most FAVORITE memory was traveling to Barcelona, Spain and watching my oldest son score two international goals for his team!

What is your favorite field to travel to and why?

Our favorite fields are always due to the ambiance that goes with it, we love Santa Cruz for the beach, Aurora, Colorado for the mountains and we look forward to Las Vegas, Nevada this spring!

What do you think you would do with your weekends if they weren't spent on a soccer field?

I would be twiddling my thumbs wishing I was watching Union FC soccer!

A big thank you to Stacey Neff for taking time out of her busy schedule to answer our questions so thoughtfully!

Nominate the next parent we should spotlight by emailing me at lori@unionsacramentoafc.org.

Please share with us what you'd like to see us cover in these monthly newsletters. We are always looking for innovative ways to communicate our message to our members and the community.



Follow us on
Facebook and
Instagram

Share our club news with your
friends and family by forwarding this
email!

Send us your game scores and
photos so we can share them with
our members.

 Forward to a Friend

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