

# Catch up with Union Sacramento FC!



## A message from the President of Union Sacramento FC

My name is Ed Dudensing and I am the President of Union FC and have served in this capacity since the merger in January of 2015. Prior to that I was the President of BOCA, one of the clubs that merged to make Union Sacramento FC. To some this will serve as a reminder and re-introduction and to our new families their first glimpse of our club infrastructure.

We are very pleased with the progress and overall success of Union Sacramento FC since the merger. This year, we fielded multiple teams in the U9-U14 age groups. We have retained and recruited some of the best coaches in the region and are proud of the club we have built together.

Union FC also has certain key administrative personnel to perform many of the day-to-day administrative tasks that are crucial to the club's successful operation, including:

- Lori Kennedy is the Club Administrator and she handles the daily operations of the club from our American River Drive office as well as manages player registration as the Club Registrar.
- Rene Viergever is the Treasurer and she handles many of the financial aspects of the club.
- Sara Lee handles marketing for the club.

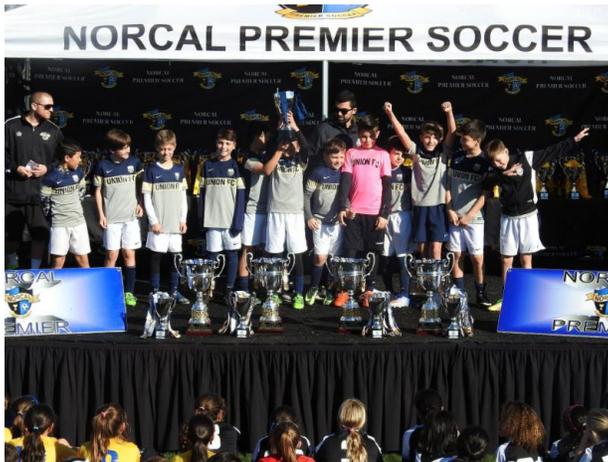
Union FC also is supported by a 15 member Board, which generally meets monthly to discuss bigger picture issues and long term planning for the club. We also have an Executive Committee that meets periodically to discuss budgetary items, personnel and club wide projects and goals. Our Executive Board is made up of myself, Mike Fitzgerald, Cliff Carter, Brett Burns and Brandon Cavitt.

For more information on our board, staff, directors or coaches, including contact information, please visit our website at [www.unionsacramentofofc.org](http://www.unionsacramentofofc.org).

I hope this summary gives you at least some information about what is happening behind the scenes to make our club operationally successful. I will re-emphasize a point I have made before - I am always available by email to respond to any questions or comments you may have regarding any aspect of Union FC. I, and all members of the Executive Committee and Board, welcome the chance to hear from you regarding how our club is doing. We understand that you are the customers and we feel confident in the product we are providing to you.

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Congratulations to our '05 Girls and '06 Boys  
NorCal State Cup Champions



Congratulations to the Union FC '06 Boys  
coached by Brady Nunes who won their State  
Cup Final match 1-0 against San Juan  
Lightning '06 Blue on February 12, 2017. They  
finished 7th in the State.



Congratulations to the Union FC '05 Girls  
coached by Rozie DeWeese who won their  
State Cup Final match 3-2 against West Coast  
Soccer Krush on February 12, 2017.  
They finished in the top 20 in the State.

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**TRYOUTS**



## **U15-U19 Tryout Registration is now open**

You can register your player for tryouts using the following link:

[Union FC Tryout Registration](#)

Exact dates, times and locations will be announced soon!

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## **U9-U14 Registration Reminder**

You've accepted your player's spot on the team, now what?

We need a few things from you before the new season begins:

--US Club registration form (click below to download)

[US CLUB YOUTH REGISTRATION FORM](#)

(new and returning players)

--head shot photo of your player in jpeg format (new players only)

--scanned copy of their birth certificate (new players only)

***-if your player is joining us from another competitive club, please make sure you are requesting a release from that prior club. Release requests should be directed to your former club's Registrar.***

Coaches should be in direct contact with you soon about upcoming team practices.

You can email all the required documents to me: [lori@unionsacramentofc.org](mailto:lori@unionsacramentofc.org)

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## **Hydration Tips**



As the weather starts to warm up it is important to pay attention to your player's hydration.

Soccer.com shares some helpful tips in keeping your player healthy and hydrated.  
[5 TIPS FOR STAYING HYDRATED](#)

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## For the Good of the Game

In honor of Women's History Month we want to highlight work being done by our very own Rozie DeWeese along with the many other women advancing the sport of soccer in our community. We also wish to spotlight Glenda Claremon of Encina High School for her work with the Encina High School soccer program.

## Rozie DeWeese and the NorCal Premier Soccer Women's Committee

Rozie DeWeese--the Union FC Director of the U14-U19 Girls had the opportunity to represent our club a few weeks ago with the NorCal Premier Soccer Women's Committee at the NSCAA convention in Los Angeles. One of the main goals of the committee is to discuss ways to encourage more women to enter the coaching world in Northern California.

Read more about NorCal's Coaching initiative here:  
[NorCal's Female Coaching Initiative Takes the Next Step](#)



NorCal Premier Soccer Women's Committee  
*(Union FC Director Rozie DeWeese pictured on the far right)*

**Please take a few minutes and watch the video about the great work being done in our community by Glenda Claremon of Encina High School.**

Several Union FC players have been a part of her program.

Thank you to Capital Public Radio for sharing their story.



**Glenda Claremon and the Encina  
HS Boys Soccer Program**

**Read the entire article on the program here:  
[When Soccer Is The Common Language](#)**

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