



COLLEGE BOUND UNION FC ATHLETES

We invite all Union FC high school students to join us for an informational evening: Early College Placement Workshop; hosted by two of our coaching directors; Marcos Mercado and Antonio Sutton.

When: Friday, October 13th 6:00-7:15 pm

Where: Rio Americano HS Gymnasium

Who: open to all current high school students

In September we hosted our first College Information Night along with Billy Downing of [ESM](#). We provided our families with information about what to expect financially and academically during the college admissions process. We plan to host several other forums geared towards the student athlete. We also plan to share additional resources with our families in regards to the college admissions process.



College Information Night hosted by Billy Downing of ESM.

UNION FC TEAM SPOTLIGHT

Congratulations to the 2004 Girls team coached by Sarah Cortez as they just won the Santa Cruz Classic Tournament, only allowing 1 goal in 4 matches. Awesome job ladies!

UNION '04 GIRLS



Congratulations to Coach Pete McNamee and his 2007 Girls team and his 2008 Boys team. They were both crowned champions of our very own Capital Cup. Great job Coach Pete and big congratulations to your players.

The 2008 boys scored 18 goals and allowed zero goals over 4 matches. The 2007 girls scored 21 goals and only allowed 2 against them in 4 matches.

UNION '07 GIRLS



UNION '08 BOYS



Congratulations to the Union FC '01 Girls NPL team; coached by Rozie DeWeese who have been accepted to the 2017 San Diego Surf College Cup Showcase. This event is attended by an estimated 500 college coaches and is a nationally recognized premier tournament, rated among the top two in the United States.

For more information about this event:

[CLICK HERE](#)

UNION FC PLAYER SPOTLIGHT



We caught up with Adrian Galeana of the Union FC '01 Boys NPL team following his trip to Guadalajara, Mexico in July to play with the NorCal PDP team in the Copas Chivas.

What is your greatest memory from your trip?

-My greatest memory of the trip to Mexico was probably the first game of the tournament. Just being able to make the starting line-up and playing a position I don't normally play then having the chance to help my team win our first game and also getting two goals in that first match.

How has this experience changed you as a player?

-This experience has changed me by just believing in myself and if I worked harder than the other players anything can come my way. The experience showed me what is there for you at the next level. They treated us like a pro team in Mexico. We had everything and all we had to do was show out and I believe we did what they asked for.

Who inspires you the most?

-The person who inspires me the most is my dad, there hasn't been a game where he wouldn't give me ideas or what I should do to help my team out. My dad is a role model for me even though he didn't get to play soccer professionally that's what he wants me to do, he tells me " everything is coming your way I know it is, you just gotta keep working."

What is your best advice to young player just starting to play comp soccer?

-My best is advice for a young player coming out for their

first year of comp is to not be nervous, be yourself and play your game and have fun. It is important to work hard because comp soccer isn't something you want to joke around with if you want to play at the next level.

What do you think is the key to a team's success?

-The key to a team's success is playing as one, if that happens there's no way a team can break you down mentally or physically.

During his spring season Adrian finished third in NorCal Champions League with 11 goals scored.

Since the start of his 2017-2018 season he leads the '01 Boys NPL team with 13 goals and 12 assists.

Keep up the great work Adrian!



Skills Academy Update

We are proud to provide our teams futsal training and additional outdoor skills training to improve their game. These sessions are an important part of your player's development.

Goal Nation has a great article on the importance of this type of training. To read more, [click here](#).



Mindset: how does it impact your player's game?

[Read more here](#)



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 Forward to a Friend

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