



FC Las Vegas 2009/2010 Club Fact Sheet

Staff:

Director of Soccer Ops.:

Todd Abdalla

- Former University of Nevada- Las Vegas Women's Soccer Assistant Coach
- Former Staff Coach for Tony DiCicco's SoccerPlus Goalkeeping Camps
- United States Soccer Federation "D" License
- Former collegiate player at University of Nevada- Las Vegas
- As a youth played for the Mission Viejo Pateadores (Southern Cal), Cal-South Olympic Development Program, and Region IV ODP Pool Player

Technical Director:
(U9-U18)

Emmanuel "Manny" Kouhaiz

- UEFA License 'A'
- Former professional player; a) Racing Club de Paris (Ligue 1 France), b) Udinese (Calcio 1 and 2), c) Freiburg (Bundesliga), d) New Hampshire Phantoms (A League USA), e) Las Vegas Knights Semi- Pro
- Former Head Coach for the New Hampshire Red Stars Professional Indoor Soccer Team.
- Former New Hampshire Olympic Development Coach

Director of Juniors:
(U5-U10)

Allison Davis

- United States Soccer Federation "B" License
- Master of Science Major: Coaching Education/Exercise Physiology- Ohio University
- Olympic Development Program, Nevada- Head Coach (1990 Girls), Assistant Coach (1995 Girls)
- Olympic Development Program, Ohio North- Assistant State Coach (83 & 84 Girls)
- Former Hiram College Women's Assistant Coach
- Former collegiate player at Walsh University

Goalkeeper Coach:

Steve Flasz

- Former Youth Club player in Chicago
- Current Boys and Girls Goalkeeper Coach at Valley High School

Speed and Agility Trainer/Certified Athletic Trainer:

Tedd Girouard

- Master of Science Cum Laude, Kinesiology, 1998, UNLV
- Bachelor of Science Cum Laude, Athletic Training, 1995, UNLV
- Certified Athletic Trainer, National Athletic Trainers Association Board of Certification
- Part Time Instructor, UNLV Department of Kinesiology, 1998 – Present
- Athletic Trainer- Region IV Boy's Olympic Development Program 1996 – 2007t.
Region IV Girls Olympic Development Program Camp 2001, and 2004. USYS ODP National Team Trials 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004

Club Programs:

Speed and Agility Program

FC Las Vegas players (U11-U19 Mundial Teams) will have speed and agility training concentrating on increasing, speed, agility, vertical leap, core strength, balance, and flexibility. The program also puts an emphasis on injury prevention with specific attention given to ACL injuries. .

The program itself is broken down into many specific exercises including, footwork, technical running, cutting, hurdles, power running, over-speed running, strength exercises, and stretching. Each training session will consist of several different drills designed to improve the individual player's and the team's athleticism.

Technical Training:

In a continued effort to provide our players with the best training, FC Las Vegas is excited to offer our Technical Training Program. One of the characteristics that players are lacking in is their technical abilities, their comfort on and ability to manipulate the ball. These sessions will involve various technical aspects to improve overall individual player performance. The Technical Training sessions will take place throughout the year.

Juggling Club:

The FC Las Vegas Juggling Club is a program to promote ball mastery and confidence for players of all ages in the club. Juggling is one of the best ways to get comfortable with the ball with all surfaces of the body. Touch, how hard and how fast you play a ball, is also a very important skill that juggling teaches through repetition. It also is a great way to gain core strength and balance. Juggling also helps player gain confidence through achievement. Players learn that with time and dedication they can learn to do things that seemed impossible to do when they first started. The juggling club is designed to help increase both the physical and mental sides of soccer. Players are rewarded when they reach various levels of achievement. Players must show their coach or a staff member that they have reached their goals. This is a great way to help encourage players to work on their ball skills on their own, outside of regular training sessions. A player then receives recognition on the club website and also an award of achievement.

College Prep Program:

The FC Las Vegas College Preparatory Program is designed to help address the needs of the aspiring college soccer player (Freshman and above) and family. Its purpose is to assist them in finding a college setting that is right for them. With more and more players interested in playing soccer at a collegiate level, knowing the steps to take has become very important. FC Las Vegas will help players by giving them college research assistance,

contacting college coaches and reviewing any materials prepared by players. The players will also be provided with a high level of exposure to college coaches. We will create these opportunities through showcase tournaments, profiles and clinics. The club supports the work put in by the players by listing profiles on the web-site and having them available at all showcase tournaments. FC Las Vegas will also help by holding periodic college information meetings with both players and parents to give information, keep up to date records and to answer any/all questions about the process. The players will be supplied with worksheets, tracking logs and examples of initial letters, tournament information letters, follow-up letters and resumes. The FC Las Vegas staff also has many professional contacts, alliances and relationships that can offer players credibility. The club will act as a representative for players when contacted by a college coach. The staff will always hold the highest standard of credibility regarding a player's attitude, work rate and abilities. FC Las Vegas is willing to help any player through the process of searching, selecting, and applying to college. Ultimately, the research and completing the work necessary will be done by the players themselves.

Our players have experienced great success with the help of this program. In just our first 3 years of graduating classes our players have committed to top level programs including:

Alex Holland- University of Louisiana- Monroe
Jillian Masciola- University of Nevada
Laura Perez- Idaho State
Taylor Reyes- New Mexico State
Veronica Subu- New Mexico State
Rebecca Revo- Dixie State College
Alyssa Romero- Northwest Christian College
Stephanie Avila- Belmont Abbey College
Riley Bassett- Southern Utah University
Stacey Brinkman- Southern Utah University
Lauren Dudley- University of Utah
Hailey Garrison- University of Nevada, Las Vegas
Mandy Gilbert- University of Nevada, Las Vegas
Anna Guida- University of Nevada, Las Vegas
Rachael Michaels- Metro State
Madeline Ocon- University of Louisiana Monroe
Jenna Riddle- University of Arizona
Ali Schaefer- Penn State

Courtney Bauder- Stephen F. Austin State University
Kelly Bogdanovich- Union University
Tiffany Bombard- University of Louisiana- Monroe
Nicole Brinkman- Lyon College
Samantha Cashman- University of Louisiana-
Devan Council- Vanderbilt University
Becca D'Occhio- Dixie College
Erin Flanigan- United States Air Force Academy
Amanda Forrester- University of Nevada, Las Vegas
Alexa Lemos- Dixie State College
Tara Magdos- TCU
Cheryl Martin- TCU
Kilee O'Connell- Iowa Western
Krista Oliver- Dixie State College
Katie Palmer- BYU
Ericka Predmore- Lamar University
Kristen Shim- University of Nevada, Las Vegas

Player Fees:

FC Las Vegas is dedicated to providing all the resources and tools necessary for our players to develop to their maximum potential. While these tools and resources come with a cost, we feel that they are necessary to help your child reach their full potential and make it to the next level. FCLV has worked hard to keep these costs at a minimum while still maintaining their effectiveness. A complete break down on what is included in the FCLV registration fee is included on the team fact sheet.

A few things you may want to consider while choosing a team for your child are:

-Clubs that try to lure you with "No club fees" often are not providing many of the necessary elements that help maximize player development.

-Included in the FCLV costs are services that other clubs do not provide and would cost you significantly more to get on your own. One example of this is the FCLV speed and agility coach. The FCLV cost for speed and agility training will be a lot less than the \$25-\$35 it would cost per 1 hour session if your child were not a part of the FCLV and wanted this service.

-The majority of the costs associated with playing competitive soccer are incurred by all teams and clubs. These costs include uniforms, league fees, tournament fees, state cup fees and team equipment. Wherever you play you're going to have these fees.

-Many teams and clubs have done a good job covering a large part of these costs with fundraisers and sponsorships. They then advertise their club or team as not costing anything or costing very little. In fact all the costs still exist, they just have some way to help cover them. FC Las Vegas is no different in this aspect. We will provide our players and parents with a wide array of fundraising and sponsorship opportunities.

-FC Las Vegas will have 2 types of payment options, paying in full or a payment plan (spreading the payments over 6 months). All payment and payment plan information can be found online at the administration page of our website, www.fclasvegas.com.

-FC Las Vegas does offer a Financial Assistance Program. One of the many goals of FC Las Vegas is to ensure that any child with the desire, commitment and ability to play for one of our teams be given the opportunity regardless of their financial situation. The FCLV Financial Assistance Program includes alternate payment plans and player scholarships. Information and Application can be found on the administrative page of our website, www.fclasvegas.com.