



# Eugene Metro Futbol Club News

SPRING , 2009

## The Coach's Word

The 2008-09 soccer year is moving rapidly to its conclusion with the 2009 OYSA State Cup tournament in April. Eleven EMFC teams will compete in Oregon's most competitive tournament for an opportunity to represent the state in the regional tournament in Lancaster, California, June 15-19. The 2009 State Cup also ends my first year as the Director of Coaching for Eugene Metro FC. What a year it has been! I would like to share some of the achievements and challenges that EMFC faced in this past year.

In the May 2008 youth tryouts, we formed three U11 teams: the Roma (girls), the River Plate (boys), and the Boca Juniors (boys). The very big turnout on the boys' side was a testament to the success of our Little Metro program as well as our new U10 program. As DOC, I was challenged to organize our newly formed U11 teams in an unsettled climate within our state that includes the ongoing debate about the U11 format (8v8 vs 11v11), the Portland and Bend Premier clubs'

decisions to play in separate leagues, and OYSA's attempt to form its own U11 regional leagues. The hybrid training and playing environment that I developed for the U11 teams asked players, coaches, and parents to be flexible, and all involved were very supportive throughout the year. Despite some ups and downs, we achieved a positive soccer training experience for the U11 teams.

The future of the OYSA U11 leagues is still unknown, although OYSA's new Technical Director Mike Smith, formerly the UO assistant soccer coach, is currently working with all the Premier soccer clubs in Oregon to come to a workable solution. I have attended several meetings with other club directors and OYSA to discuss next year's format for U11 teams, and I will update our club when final decisions are reached.

The May youth tryouts also formed seven U12 to U14 teams. In some age groups the tryouts were very competitive, and coaches had to make tough roster decisions. In the U13 boys age group EMFC

continues to have two teams in the same age group, which is the model that EMFC strives for in its youth program. Two teams allow for increased competition among players, smaller rosters to increase playing time, and a perfect training environment for all playing levels.

All of the EMFC youth teams participated in at least two summer tournaments before going to the qualifying tournaments for the OYSA fall league. Eugene Metro placed one youth team in Gold, four in Silver, one in Division 1, and one in Division 2. The Gunners (U13 boys) won the Silver League, and the Phoenix (U14 girls) won Division 2. Head coach Brian Roach and assistant coach Tiffany Smith also led the Phoenix to the first statewide title for Eugene Metro in the OYSA President's Cup Tournament in November!

In August and November, the U15-U18 tryouts formed five teams in the older age groups. These teams began to train in early December, and three teams (U16, U17, U18 boys) went to the FC Portland Showcase tournament in January to expose their skills to college coaches from around the west coast. Along with the U15 girls team, these teams are currently competing in the winter league, and all will enter State Cup play in April. Our U18 boys team will travel to San Diego in March for the Nomads College Showcase tournament to further increase exposure to college coaches for those who want to continue to play college-level soccer after they graduate from high school. For similar reasons, the U17 Fire boys will participate in the Tacoma Showcase of Champions tournament in May.

EMFC added several training components to its year-round program. Speed and agility training is now an integral part of our training curriculum. In the fall EMFC offered youth players optional technical



## THE COACH'S WORD—CONTINUED

training in addition to their team training sessions. This spring we will add a core and strength training program to the curriculum. We continue to offer goalkeeper training on a regular basis. In light of the high number of ACL injuries among female athletes, we will also offer an ACL injury prevention program to our coaches.

In 2008, 17 EMFC youth and high school players were rostered on state-wide Olympic Development Program teams, and many more tried out and benefited from the additional competition. These players will train and compete with some of the state's best players in regional camps and tournaments during the spring and summer.

Our coaching staff has grown significantly over the last few years, and we are proud to have our coaches continue their coaching education. Bryn Dennehy and Finn Cronin successfully completed the National Youth License last year. Rick Virgin successfully completed the USSF C-License. Several of our coaches participated in coaching clinics around the state or organized in our club. I attended the week-long national B-License clinic in Los Angeles last spring, and benefited greatly from the classes and rigorous field sessions. Many of our coaches also coach soccer teams in area high schools, including South, Churchill, Marist, Sheldon, Pleasant Hill, as well as in programs at the UO, Northwest Christian University, and Lane Community College.

What are some of the additional challenges that EMFC continues to face? As Director of Coaching, I want to attract the best soccer players in our area to our club and provide them with quality training. This goal is complicated because club soccer comes with a price tag that not all players can afford. As a club we have made a financial commitment to provide opportunities for all soccer players in this community, and last year, EMFC spent almost \$40,000 for scholarships. In order to compete with the best teams in the state, we need to attract all committed soccer players to our program and then give

them the best training.

Another area that we struggle with is the lack of facilities. We rent turf and grass fields throughout the year from school districts and from Eugene and Springfield city facilities. While the cost is significant to rent fields, during the spring and fall month renting fields is very difficult because of the high demand on turf fields from school sports and because Kidsports and AYSO have preferred user status with the 4J School District. This lack of facilities makes it difficult to plan practices and games during these important seasons. The decentralized nature of our fields makes it also difficult to develop a home field atmosphere, provide training tools for coaches on the field, and to develop a sense of club identity among our players and families. However, we are fortunate to have access to so many excellent all-weather fields, and we will continue to work with city and school district administrators to schedule adequate fields for our teams.

In conclusion, EMFC is now a recognized premier soccer club in Oregon. We have teams in all age groups and provide quality training for our teams. Our Little Metro program attracts young soccer players to our club learning and practicing the game we all cherish. In addition, EMFC has also developed a growing club identity. All these accomplishments have only been possible with the support and enthusiasm of all EMFC players, families, coaches, volunteers, supporters, and generous donors. I am very proud to work with all of you for a successful and enriching soccer experience for all our players and families.

Go EMFC !

***All the best  
from Coach  
Jürgen***



## Benefits of Club Membership

As members of Eugene Metro FC and the Oregon Youth Soccer Association all players have insurance coverage for injuries that occur while participating in scheduled games, team practice sessions, and sponsored activities. This insurance coverage will pay up to \$100,000 for injuries sustained during covered activities. Dental injuries are treated like any other injuries. There is a \$500 deductible and an 80/20 co-insurance applied to each of the accidents. Additional information and forms are available on-line at [www.pullenins.com/coverage.esp](http://www.pullenins.com/coverage.esp).

## Customer Accounts

Greetings from the EMFC office! Please email or call the office if or when:

- ☆ there's a concern about your balance
- ☆ you get off-track of the payment plan
- ☆ you believe there might be a correction needed
- ☆ there's a question about fundraising credits
- ☆ you have not received a statement of account in 60 days
- ☆ your email address CHANGES

We can make notes on your players' account and avoid unnecessary confusion when you keep in touch. Write [soccerflo@comcast.net](mailto:soccerflo@comcast.net) or call 541-343-5100. Thanks and best of luck to your players!

***Flo DeLaney***

***EMFC Customer  
Accounts***

# EMFC 3v3 Challenge Cup

## May 16 & 17, 2009



Eugene Metro Fútbol Club proudly presents a day of soccer excitement in its annual 3v3 tournament. EMFC invites boys and girls teams ages 6 to 18 to compete in the Eugene Metro FC Challenge Cup at Roosevelt Middle School on Saturday, May 16 for age groups U7-U12, and on Sunday, May 17, 2009 for age groups U13-U18.

- 3v3 FORMAT:** 3 field players, no goalkeeper, two small goals, and a small field. Each game has two halves of 12 minutes. Four game minimum. Five-player maximum roster.
- REGISTRATION:** Sign up your team with 3-5 players on the roster in boys and girls age groups. Go to [www.emfc.org](http://www.emfc.org) and click the REGISTRATION button.
- AGE BRACKETS:** U7/8, U9/10, U11/12: Saturday, May 16, 2009  
U13/14, U15/16, U17/18: Sunday, May 17, 2009  
We provide Silver and Gold divisions when possible.
- DEADLINE:** May 8, 2009
- ENTRY FEE:** \$100 per team
- MORE INFO:** More details, rules, and forms at [www.emfc.org](http://www.emfc.org)

If you have questions, call Tournament Director Jürgen Ruckaberle at 541-844-6376 or email [jurgensoccer@comcast.net](mailto:jurgensoccer@comcast.net)



## EMFC \$ Fee Reduction Program \$

EMFC offers a Fee Reduction Program through a partnership with the University of Oregon Athletics. This fun-filled opportunity allows EMFC families to staff UO concessions for football, basketball and baseball games. The money earned is applied as a credit directly to your player's account to ultimately reduce your club fees. One also has the option of designating their credit earned to the EMFC Scholarship Fund.

To participate in EMFC's Fee Reduction Plan or for more information, contact UO event schedulers Lorrie Boyer at [lcbsunluvr@hotmail.com](mailto:lcbsunluvr@hotmail.com), 741-3935, or Kim Wriggle at [kimbini7277@comcast.net](mailto:kimbini7277@comcast.net), 461-0520.

- ☆ This program consists of participating in the staffing of concession booths at UO venues. Duties include customer service, display of merchandise, and light food prep.
- ☆ The time commitment is 2-6 hours per sign-up, depending on the event.
- ☆ Parents, family, friends and U15 and older players are all eligible to work.
- ☆ Families can significantly reduce player account balances.
- ☆ Over the last 3 years this successful program has helped families reduce their player fees/dues by over \$60,000.



So come out, reduce your fees, and meet new EMFC families in an enthusiastic environment.

Looking forward to growing your program with you!

Regards, Lorrie Boyer and Kim Wriggle



## Congratulations to Mac Wilson

It is with great pride that one of our own, Mac Wilson, our Little Metro's Program Director, E-10 Technical Director, and Fusion Head Coach, has accepted a position as the Assistant Head Coach for the University of Oregon Women's Soccer Team. Consequently, on March 30, 2009, Mac will resign his position as Little Metro's Director and E-10 Technical Director so that he may devote himself full time to the University of Oregon. We look forward to supporting Mac as he prowls the sidelines of Pape' field and helps take U of O Women's Soccer Team to the next level.

## New Little Metro's Director

Jen Davin will succeed Mac Wilson as the new Director of the Little Metro's program. Jen holds a USSF National (C) license and has substantial coaching experience. Previously, Jen assisted Mac Wilson with the Little Metro's Program and most recently was an assistant coach for the U15 EMFC Spirit. We are excited to have Jen assume this position and know that our Little Metro's program is in good hands.

## Discount for Members

Direct Kick offers all EMFC members a 10% discount on all purchases, excluding uniforms. Raza and his staff are there to help you with all your soccer needs.

## Club America Coming to Eugene!

Club de Futbol America, one of Mexico's most successful futbol clubs, is coming to Eugene on June 2, 2009 for an international friendly game against the Eugene Metro FC Select team. Club America was founded in 1916 and has a long history of success. Over the years Club America has won ten Mexican first division championships and eight

international titles, tying it with FC Barcelona and FC Bayern Munich as the clubs with the most official international titles. It is easily the most successful club from the Confederation of North, Central American, and Caribbean



Association Futbol. (CONCACAF). At the present time Club America has a large following and regularly draws over 60,000 fans to their matches.

Eugene Metro FC Select team will be made up of the top U-21 soccer players from the regional area, most of whom currently play Division I college soccer. The Select team intends to build on last year's achievement when they played Jueventus Primavera and won on kicks after a 2-2 tie.



Club America has many fans in the area who will attend the match so please come out and support your own EMFC Select! More information about the game will be posted shortly on the EMFC website.

## Volunteers Needed for International Friendly Game on June 2

EMFC needs many volunteers for its biggest scholarship program fundraiser -- the annual *International Friendly* game. This year's game will be Tuesday night, June 2, at Willamette High

School, featuring the EMFC Select team vs the Club America Reserve.

Volunteers receive an event t-shirt, free admission to the game, and our huge gratitude for helping! Please remember that you may not be able to watch the entire game if you are volunteering to help with the event. Most volunteer duties require minimum 2-hour commitments on June 2 from 5pm to 10pm. State in your email if you have specific duties or time periods in mind. This is an excellent way to donate your time to Eugene Metro. High school students are welcome to help and can receive community service hours!

If you would like to volunteer, send an email by May 1 to Evon Smith at [evonmieko@comcast.net](mailto:evonmieko@comcast.net).

Thank you!

*International Friendly* Volunteers Needed:

- Security
- Ushers
- Tickets
- Raffle Sales
- Shirt Sales
- Concessions
- Parking
- Event Set up (before game)
- 9Clean up (after game)

