



FBS • FC/MAR-JCC Newsletter "STRONGER TOGETHER"

March 2016

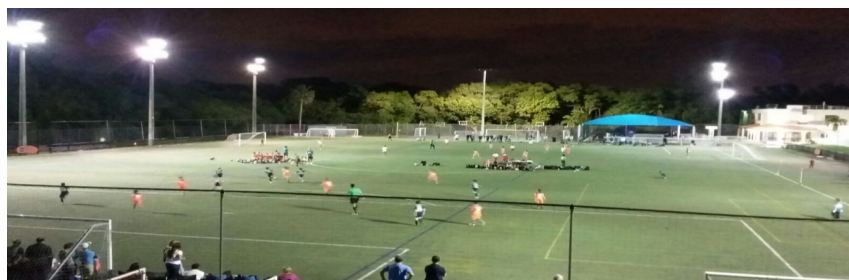
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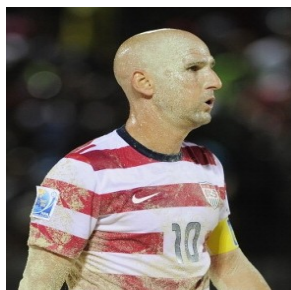
US Soccer Presents in the Mar Jcc



Marcelo Neveleff
US soccer



Our Sponsors:



Francis Farberoff
US Beach Soccer

We would like to thank Marcelo, representative of the United States Soccer Federation who paid us a visit to help us maintain the official U.S. Soccer guidelines. FBS-FC is focused on showing that soccer can be developed with a method of training based on Beach Soccer, Futsal and field Soccer. It is important to show children the different abilities and skills that are needed to improve the discipline of soccer.



Francis Farberoff
Player and captain of the US Beach Soccer National Team for 14 years was called to represent the coaching staff as assistant National Beach Soccer team coach. This will come as a great benefit to our program as we will continue to receive training methods and tactics straight from the top. We welcome the news and we hope to follow this exciting new path of sports training under the U.S. Federation

Final Jamboree January 27

A pleasant and joyous day of sharing with our children. Our Jamboree was a soccer celebration full of laughter and play, while practicing the passionate world of soccer. This is our way of showing well-deserved recognition to all our little stars and future athletes involved in our program. We hope to continue bringing joy to the children through the sport of soccer.



SUCCESS!!! FBSFC PARTICIPATED IN 7 FINALS



Our teams had excellent participation in the Wellington tournament. FBS-FC reached a total of 7 finals and won 3 of them. We believe that their discipline and hard work has reflected these positive results. Thanks to all our parents who support and believe in our FBS staff to provide the best training possible.

Next Tournament: Weston, Regional Cup and Playoffs SFUYSA

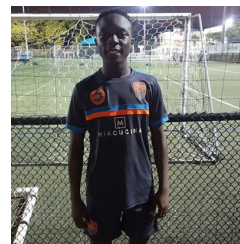
WESTON. FBSFC was again present in the finals as the U9 white and U10 Teal brought home second place. Although they had complicated finals, both teams showed incredible sacrifice and determination. Congratulations to both teams.



REGION A CUP. On the weekend February 20 and 21, the u11 orange and 11 teal were able to achieve the first place position in the Region A Cup. We continue to cheer them on as they try to advance to the second round.



Devin Derival US soccer (U13) "I am focused"



Devin, a player who stands out for his discipline, dedication and commitment to his club, has not only played U13 but U14 and U15 as well. We at FBS are very proud of his recent achievement. Devin was invited to participate in the development program of the U.S. national team u15 category. Congratulations and may you continue to excel at this sport.

FBS-FC u15 Wins SFUYSL and U14 are Finalist



For the first time in our FBS / MAR-JCC history one of our teams, the U15 won the regular season playoffs of the most prestigious league in the Tri-County area, the SFUYSA league. This a great achievement to our club and are extremely proud of this excellent team. At the same time, our U14 made it to the finals and finished as semifinalists in a disputed penalty shootout. Congratulations to both teams!

Edgar Uribe *"Three important keys that make a great Goalkeeper: Attitude, Commitment and Sacrifice"*



I wanted to take the time to thank FBS and all of the parents for the opportunity I have to be able to be part of your son's growth not only as goalkeeper but also as a person.

This is my third year being a part of the FBS community and I am proud to say that I have seeing a lot of growth in all of my goalkeepers. They've shown how much this really means to them by showing commitment and responsibility. **This is fundamental in a goalkeepers growth. Three important keys that make a great Goalkeeper.**

First and foremost, you need to have the proper **ATTITUDE**. You must really ask yourself, do I really want this? What are the goals of the goalkeeper? If getting to the professional levels are the goal, then there is a particular attitude that is required. Players that truly love the game and have lofty goals are the players that do not need the motivation to work hard. Typically those players are constantly searching for situations where they can put themselves into the fire. Challenging themselves daily and having the inner power and desire to play just for the pure love of the game. It is that internal motivation that you truly want to be the best goalkeeper that you can be because you absolutely love it! A strong attitude for the game will also lead you down the path of doing whatever it takes to succeed on

the field and doing your job well.

Second, you must have a strong **COMMITMENT** to succeed. This means that you must dedicate yourself to daily training at the highest level you can find. The Tuesday, Thursday training and game on Saturday approach will NOT get you to the higher levels of the game by any stretch. It must be a daily commitment on your part to put yourself in a situation where you are receiving quality training and competitive matches. Most times as the young goalkeepers though this is not just a commitment of the individual but to the parents and family as well. It might take Mom or Dad driving you several hours to and from training and matches on a regular basis to give you the best opportunity to grow as a player. If this is the case, then so be it if you truly want to be the best. If you really want something bad enough you will need to fight and battle for it, it just won't happen because you want it to happen.

Third, you must **SACRIFICE** certain things. You will need to eat, live and breathe the game in order to be the best. This might mean being away from family/friends due to traveling with a team for training/matches or not being able to do certain things in general due to your commitment to your goals as a player. This is often the most difficult element to all of this because it really tests your commitment level and attitude. Am I willing to sacrifice not going to the school dance on Friday due to a tournament this weekend? Am I committed enough to my development to sacrifice going to the dance because I really love playing the game that much? These are the questions that you will need to ask yourself all the time in order to become the player that you desire to be.

FBSFC USES TECHNOLOGY TO IMPROVE THE METHOD OF TRAINING



FBS FC is always innovating with new sources of technology. Recently the FBS coaching department installed cameras around the field to record our teams' games. This is a HUGE tool for our coaches providing a birds eye view of games and study players and team movements to fix or reinforce team work. Both players and coaches have the opportunity to review and analyze video to improve movements and positioning on the field as well as finding tactical flaws.



New Coach Ever Palacios and Felipe Maya



Jose Viloria
Physical Trainer

NUTRITIONAL CORNER

What to eat before a game or practice?

It is very important to understand that to train and compete, athletes have to maintain a proper balanced diet to provide them with the essentials they will need. Having good nutrition is fundamental to obtain the energy and strength that high competition requires.

What to eat? Carbohydrates- the base of the body's fuel. Protein- for building and repairing muscle fibers and tissues. Fats- specially vegetables fats and fish oils are very important for providing energy and absorbing vitamins. Vitamins and minerals found in fruits and vegetables helps us to prevent illness and maintain a fit body. It is crucial athletes eat in a healthy way before and after sports activities. Hydration- drinking liquids before, during and after sports activities is also fundamental for replacing water lost during high intensity sessions and to keep your body running smoothly.

Ever Palacios



Ever Antonio Palacios is a Colombian football player, who played for a few clubs, including Deportivo Cali and Atlético Nacional.

Felipe Maya






















Felipe Maya Zuluaga, student of the University of Medellin Colombia. Player of Manizales-Once Caldas.

Meet our coaches

FBS FC is very proud to have such a high caliber coaching staff. We have coaches from various countries like Brazil, Colombia, Honduras, Peru, USA, Venezuela. Most of them former professional soccer players and all of them very well qualified.

Our Staff:

| | |
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|  Sergio Manoel (Bra) |  Felipe Maya |
|  Paulo Amorin (Bra) |  Adeo Kirkconnell (Hon) |
|  Rodrigo Bandeira (Bra) |  Walter Nalvarte (Per) |
|  Bernanrdo Avila (Bra) |  Omar Rodriguez (Per) |
|  Aldo Balsano (Bra) |  Erich Kuhnke (USA) |
|  Cristian Morales (Col) |  Adrian Borba (USA) |
|  Juan Camilo Cortez (Col) |  Jose Viloria (Ven) |
|  Carlos Cajamarca (Col) |  Juan Sescuan (Ven) |
|  Edgar Uribe (Col) |  Carlos Longa (Ven) |
|  Ever Palacios | |



STRONGER TOGETHER
FUTBOL-BEACH SOCCER-FUTSAL CLUB

"FBS FC is the only Club in the nation to provide three different kinds of soccer. Beach Soccer, Futsal and Futbol"

Follow us:    

www.fbssoccer.com

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