



2021 FENWICK SOCCER

"All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So, I run with purpose in every step."

1 Corinthians 9:25-26

Goals & Expectations:

The goal of this program is to produce Godly Young Men. We want to Nurture, Equip and Commission.

- * We will do our best to represent Christ in all we do, at all times.
- * We will have fun.
- * You are expected to be a good teammate.
- * You are a student-athlete, not an athlete-student.
 - You are expected to carry a 3.0 GPA or higher
- * You are expected to embrace challenges.
- * You are expected to be intentional about growing up (discipline, maturity, integrity, etc.)
- * You are expected to become a leader. You do not have to be a captain, to be a leader.
 1. Passionate
 2. Team First
 3. Service
 4. Humble
 5. Thankful
 6. Accountable

You are expected to respect your teammates, students, teachers, coaches, officials, administrators, staff and parents.

What Makes Fenwick Soccer Different?

- Focus on player development
- Focus on development as a person
- Encourage players to become students of the game
- Opportunity to represent Fenwick in the GCL
- Everyone can contribute to our team success
- Prepare you for life:
 1. Be a good person
 2. Be a good husband
 3. Be a good father
- Brothers for Life: Develop lifelong relationships. We will always be there for you

Soccer:

"Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming."

-John Wooden

- * Growth Over Outcome
- * We will be 2-way players.
- * We will be fit.
- * We will be mentally tough.
- * We will be great teammates.
- * We will give 100% effort, 100% of the time.
- Coaches and players will communicate with each other openly, honestly and respectfully.
- Players will be technical and have a good 1st touch.
- Possession is of the utmost importance. If we lose the ball, we will work to win the ball back within six seconds.
- When we can run at defenders and beat them off the dribble, we will.
- Players will understand what to do in every situation during a game.



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Pep Guardiola First Speech at FC Barcelona

"Gentlemen, good morning. You can imagine what a huge motivation it is for me to be here, to coach this team. It is the ultimate honour. Above all, I love this club. I would never make a decision that would harm or go against the club. Everything I am going to do is based on my love for FC Barcelona. We need and want order and discipline.

"The team has been through a time when not everybody was as professional as they should have been. It is time for everybody to run and to give their all.

"I've been part of this club for many years and I am aware of the mistakes that have been made in the past, I will defend you to the death but I can also say that I will be very demanding of you all: just like I will be with myself.

"I only ask this of you. I won't tell you off if you misplace a pass, or miss a header that costs us a goal, as long as I know you are giving 100 percent. I could forgive you any mistake, but I won't forgive you if you don't give your heart and soul to Barcelona.

"We're to help each other and make sure that there is a spiritual peace so that the players don't feel tension or division. We are not little groups because in all teams this is what ends kill team spirit.

"The players in this room are very good, if we can't get them to win anything, it will be our fault. Let's stick together when times are hard. make sure that nothing gets leaked to the press. I don't want anybody to fight a battle on his own,

"The style comes dictated by the history of this club and we will be faithful to it. When we have the ball, we can't lose it. When that happens, run and get it back. This is it, basically."



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The 10 Nutrition Rules to Live By (U.S. Soccer)

1. Come Back To Earth: Choose the least processed forms of foods such as fruits, veggies, whole grains and high fiber carbohydrates.
 2. Eat A Rainbow Often: Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.
 3. The Less Legs The Better: Include a Lean protein source with each meal.
 4. Eat Healthy Fats: Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed and flaxseed oil.
 5. Eat Breakfast Every Day: When you eat within 30 minutes of waking up, you jump start your metabolism. This gives you more energy to get your day going.
 6. Three For Three: Eat smaller portions more often, spread evenly across the day. No excuses- you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, proteins and fat) every three hours for optimal fueling.
 7. Stay Hydrated: Dehydration = Decreased Performance. Drink at least three liters of non-caloric beverages (water/ green tea) every day.
 8. Don't Waste Your Workout: Have a post -workout recovery meal or shake that combines both carbs and protein immediately after your training.
 9. Supplement Wisely: Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement that into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check with your doctor or registered dietician.
 10. SLEEP: Aim for eight hours of sleep. If you can't get eight hours daily, consider power naps when you can. The body recovers and repairs best when its sleeping.
- And to finish off...

The 80/20 Rule: Each meal and snack is an opportunity to fuel your body optimally, Choose the foods that are the best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time.



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IMPORTANT DATES:

- * **June 7th: Summer Workouts Begin (M, W, F) 7:00-8:30am / Field Session 8:45-10:00am**
- * **June 7th -10th: Fenwick Soccer Camp for Grades 1-6 (9:00AM - 12:00PM)**
- * **June 14th -17th: Fenwick Soccer Camp for Grades 7-8**
- * **July 19th-21st: Grant Knight Soccer Camp from 3:00-6:00pm @ Bishop Fenwick**
- * **July 24th-25th: Northmont Soccer Classic**
- * **August 2nd: First Official Day of Training**
- * **August 5th: Scrimmage @ Miamisburg High School**
- * **August 10th: Scrimmage vs LaSalle High School**
- * **August 13th: Friday Night Futbol vs Waverly High School**
- * **October 18th-23rd: Sectionals**
- * **October 25th-30th: Districts**
- * **November 2nd-6th: Regionals**
- * **November 9th - 13th: State Finals**

Contact Information:

Sean Bray Head Varsity Coach
stbray74@gmail.com
317-513-7124 (cell)

Patrick Weizman Assistant Varsity Coach:
pwracing@gmail.com
513-518-5842 (cell)

Cesar Vanegas: JV Head Coach:
Cesarvanegas@gmail.com
513-257-4625 (cell)

Chris Bourque: Goalkeeper Coach:
Cbourque66@gmail.com
513-620-3939 (cell)

Alison Vendely: Team Administrator
amvendely@gmail.com
937-469-0461 (cell)

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