

Heatwave Herald

I FSC Newsletter





LAST WEEK AT THE FIRE **News & Information**

Welcome to another edition of the Heatwave Herald. This week's Herald contains all tryout and summer camp info, as well as the information for our club-wide meeting to help players & parents of current and potential members navigate the ever-changing soccer landscape in Louisiana, but specifically at LFSC.

Several of our teams traveled to Hammond this past weekend to enjoy some soccer in the sun, and to indulge in the odd strawberry or two. Congrats to everyone who participated. Win, lose, or draw, some great soccer was played. Special shoutout to Coach Marvin's Competitive Development team for winning their bracket. Way to go, boys!

This weekend has some risk of rain, so be on the lookout for any field changes. Good luck to all the teams playing this weekend, especially those who are looking to round out their LCSL seasons (primarily U12 and below), and of course our older teams competing in their State Cups.

Meet Coach: Ryan Hodkinson

Name/Nickname: Ryan Hodkinson

Current team(s) coaching: 2012 Red Girls & 2013 Navy Girls

Number of years with club: 12

Nationality: British

Favorite professional team: Arsenal Soccer role model: Dennis Bergkamp

Playing background: Various academies in South East England. University of

Brighton.

Coaching background: FA Level 2. Academy Coach at Eastbourne Boro & Lewes FC. Performance Analyst Intern at Brighton and Hove FC. Coached in New Jersey, Pittsburgh, and now Louisiana.

Favorite quote/advice for players: "Whether you think you can, or you think you can't, you are right."

Interesting fact: Worked with multiple Olympic medalists in preparation for the 2012 London Paralympics





TEAM OF THE WEEK - 2012 GIRLS RED



Coach Ryan's 2012 Red Girls faced their stiffest competition yet, competing in the Mid-South league, reigistering wins against MS Rush and HFC Storm.

On Saturday, the girls had to battle through a stiff wind in the first half that prevented many chances from coming their way. The second half was a different story, as the girls used the wind to take control of the game and pressure the MS Rush goal non-stop. Eventually, two quick goals came from Ana Cristina Sequeira and KK Danna. On Sunday, similar events occurred. The girls withstood the conditions in the first half, and used the second half conditions to win the game with a strike from Ana Cristina Sequeira again. Multiple chances went begging, but the single goal was enough to win the game.

The girls are currently 2-0-1 in the Mid-South League, and remain undefeated.



TEAM OF THE WEEK - 2014 CP WHITE BOYS

LA Fire 14 CP White Boys made history at the Strawberry Cup in Hammond, winning their first trophy, and the first for coach Karl.

The team handled their bracket games with poise and class, winning each game by adopting a wonderful style of soccer, and scoring some great goals.

They made it to the final where they faced Lafourche Legacy. The game was an intense battle which ended in a 1-1 tie, forcing the game into a PK shootout. The boys converted on their first 3 attempts and the keeper forced a couple of mistakes to seal the victory. The boys have improved their play every week of the season. After falling short in the finals in previous competitions, this tournament win represents their dedication, hard work, and growth.

PLAYERS OF THE WEEK

BLAS RAMOS 2014 CP WHITE BOYS STRIKER



Blas was influential in helping the 2014 White Boys to their first tournament win with a dominant performance in front of goal.
Blas is new to the team, having moved from Motagua in the Spring. He has integrated into the team extremely well, doing everything his coach asks of him and in turn becoming a team favorite amongst his peers.

At the Strawberry Cup this weekend, Blas led the scoring, proving a constant thorn in his opponents' side. He is skillful and hard working, with a great ability to find a finish.

Great work Blas, welcome to the team, welcome to the club, and enjoy the silverware young man!

MYA LIONNET 2012 RED GIRLS DEFENDER



Mya plays left side of central defense and is the corner stone of the back line, along with Sloan Rovetto. Together they form a formidable partnership.

Mya is a tenacious defender who relishes IvI opportunities and can also use her pace to recover when needed. She is an assured passer of the ball, and sets the tone for the way the team builds out from the back. She is also a leader with great communication skills, who helps organize the team out of possession.

Her greatest strength is her composure. Following interceptions she will calmly keep possession for the team and start attacks.

Keep up the good work, Mya!

Manager Spotlight

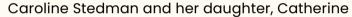
Meet Manager: Caroline Stedman

Teams: 2012 Red Girls

Caroline Stedman is a dedicated manager, and supporter of Louisiana Fire SC. She is an excellent communicator, and navigates the challenges of management with consummate class and grace. Coach Ryan says that his job is made so easy having Caroline as his manager, and wants her to know how valued she is, even if she doesn't hear it all the time. Caroline's daughter, Catherine, is a leading player on the team, and has been instrumental in the team's success so far.

Thank you for everything you do, Caroline!







Catherine Stedman - 2012 CP Red Girls



Global Results
INTERNATIONAL GAMES

MAR 20TH-25TH

USA 0 - 1 Panama England 2 - 0 Albania Canada 2 - 1 USA England 3 - 0 Latvia

Coaches Corner COACH RYAN HODKINSON RECCOMENDATION PODCAST



Thomas Tuchel's first England squad selection has raised a few eyebrows, most notably the inclusion of both Jordan Henderson and Kyle Walker.

During media duties this week, the England manager put an emphasis on physicality and pressing, a tactic not commonly associated with international football. He also voiced that he felt England were more afraid to drop out of Euro 2024 than having the hunger and excitement to win it.

LINK TO FOTMOB

LINK TO PODCAST

What's Happening at LFSC CURRENT EVENTS AND UPCOMING EVENTS

Club-wide membership YOUTUBE STREAM:

As promised, we will be holding a virtual town hall and Q&A session to explain the new club structure, as well as help players and parents understand where they fall, what tryout they should be looking to attend, and how the upcoming tryouts will impact them.

All you need to do is go to www.youtube.com and search for our channel, Louisiana Fire SC, or click link below. That will take you to the live tab on our YouTube page where the presentation will commence at 6pm.

The meeting will be from 6pm-7pm on Sunday March 30th.

Tryout process and how to sign up:

Links are live and can be found on our social media outlets, our website, and in our newsletter. Click on the link for your specific age group and/or program, and you will be redirected to Playmetrics where you will register for the appropriate tryout. A non-refunadable tryout fee of \$50 will be collected upon registration. Please note that even if you cannot attend one of the tryout dates, you MUST register for tryouts to be offered a spot for next season. We will try to find an alternative time for you yo complete a tryout if you are unable to attend.





SLEEP AND INJURY IN ATHLETES



Sleep is vital for athlete performance, recovery, and health. More sleep lowers injury risk, and simple habits can greatly improve young athletes' sleep and performance.

ADOLESCENTS NEED AT LEAST

8-10 HOURS

OF SLEEP PER NIGHT, WITH YOUNG ATHLETES REQUIRING MORE DURING INTENSE TRAINING FOR RECOVERY AND ADAPTATION.



ATHLETES WITH CHRONICALLY POOR SLEEP ARE

58%
MORE LIKELY
TO SUFFER A SURSEQUENT

TO SUFFER A SUBSEQUENT INJURY.

MOST ATHLETES DO NOT SLEEP ENOUGH

ACADEMIC DEMANDS, TRAINING SCHEDULES, TRAVEL, AND PRECOMPETITIVE ANXIETY ARE IMPORTANT THREATS TO SLEEP FOR ADOLESCENT ATHLETES.



ONE EXTRA HOUR OF SLEEP BOOSTS WELL-BEING AND CUTS NEXT-DAY INJURY RISK BY 30-40%.











Louisiana Fire SC Selected for Prestigious National League

ABOUT THE ELITE CLUBS NATIONAL LEAGUE (ECNL)

The ECNL is the nation's leading youth soccer development platform. The ECNL respects and celebrates the unique individuality of every youth soccer player and club, supporting and enabling them to unleash their unfettered passion and fierce tenacity in striving to achieve their potential.

The ECNL'S mission to Raise the Game is a total commitment to create the best possible environment for players, coaches, referees, and administrators, with a determination to constantly question convention and challenge the status quo in youth sports.

As a new addition to the League, LFSC are the first, and only, Louisiana-based club to have been awarded ECNL status.

WHY ECNL?

LFSC leadership took a long look at the talent and resources available to us, and made the bold decision to compete at the National level as a stand-alone club. We are motivated to provide our players with the highest level of youth soccer that the country has to offer.





Read the ECNL press releases here - just click on each picture

WHAT YOU NEED TO KNOW

We will be hosting a club-wide Zoom to answer any questions and outline the new structure of the club's programming in the coming weeks. Stay tuned for more info.







DONOVAN RIPS USMNT: 'Talent is great, pride is better'

U.S. men's national team legend Landon Donovan ripped the team's underwhelming performance at the Concacaf Nations League on Monday.



Overview:

U.S. men's national team legend Landon Donovan ripped the team's underwhelming performance at the Concacaf Nations League on Monday.

Landon Donovan could not believe what he saw at the Concacaf Nations League from the USMNT. U.S. men's national team legend Landon Donovan ripped the team's underwhelming performance at the Concacaf Nations League on Monday. He didn't mince his words.

"I'm so sick of hearing how 'talented' this group of players is and all the amazing clubs they play for," he said on X (formerly Twitter). "If you aren't going to show up and actually give a s!%* about playing for your national team, decline the invite. Talent is great, pride is better."

Donovan's comments came after the Americans lost both their matches at the CNL final four. They lost to Panama, 1-0, in the semifinals on Thursday and then to Canada in the third-place match.

The U.S. entered the final four as three-time defending champion, never having lost a semifinal or final match. Donovan knows something about playing with pride for his country. He scored 57 goals in 157 appearances for the USMNT. At the club level, Donovan was a member of a record six MLS Cup-winning teams. He also is the league's all-time assists leader with 136. The Major League Soccer MVP Award was renamed in his honor.

So the next time your coach tells you that talent isn't enough and that hard working players are preferred over talented ones, just remember this is something that is true even at the highest level of soccer!





DATES:

CLUB CAMP 1 – JUNE 3–5

CLUB CAMP 2 – JUNE 10–12

GIRLS ONLY CAMP – JUNE 16–18

CLUB CAMP 3 – JUNE 24–26

CLUB CAMP 4 – JUNE 30–JULY 2

3V3 TOURNEY – JULY 21–24

PRESEASON CAMP - AUG' 6-8

LOCATION: LAFRENIERE PARK TURF FIELDS

PRICING: FULL WEEK \$195, DAILY \$75

TIMES: 5:45pm-8:30pm

ALL AGES BOYS AND GIRLS

FOR CAMPS IN BLACK BOXES PLEASE SEE ADDITIONAL FLYERS WITH INFORMATION

MORE INFO: WWW.LAFIRESOCCER.COM



JUNE 16TH 17TH 18TH

Our Girls Only camp is just that, a camp designed for girls only. Our LFSC coaches will take the girls through a range of drills and games within a girls-only environment.

LOCATION: LAFRENIERE PARK TURF FIELDS

PRICING: FULL WEEK \$195, DAILY \$75

TIMES: 5:45pm-8:30pm

AGES: 7 YEARS OLD - 15 YEARS OLD

GIRLS ONLY!!!

CLICK HERE **PLAYMETRICS REGISTRATION**

MORE INFO: WWW.LAFIRESOCCER.COM



This camp will focus on games games games! Players will be split into teams everyday and get to compete in small sided games.

LOCATION: City Park Marconi Fields

3V3 FLASH CAMP

PRICING: FULL WEEK \$195, DAILY \$60

TIMES: 5:45pm-8pm

AGES: 7 YEARS OLD - 13 YEARS OLD





AUGUST 6TH 7TH 8TH

ready for the fall season. Get a head start on the competition with our inclusive camp that will prepare players physically and mentally for the season.

LOCATION: LAFRENIERE PARK TURF FIELDS

PRE SEASON CAME

PRICING: FULL WEEK \$195, DAILY \$75

TIMES: 5:45pm-8:30pm

AGES: 9 YEARS OLD - 16 YEARS OLD

BOYS & GIRLS

MORE INFO: WWW.LAFIRESOCCER.COM





2025-26 HIGH PERFMORANCE PATHWAY





BOYS TRYOUTS

APRIL 7th, 26th, and 27th LAFRENIERE TURF FIELDS

2013

Monday April 7 6PM-7:30P

2010

Saturday April 26th 3P - 4:30 P

2012

Sunday April 27 4P - 5:30P

2009

Saturday April 26th 4:30P - 6P

2011

Sunday April 27th 4P - 5:30P

2007/2008

Saturday April 26th 4:30P - 6P





2025-26

GIRLS PLAYER PLACEMENTS

ECNL-RL and COMPETITIVE

MAY 27 - 30 at LAFRENIERE TURF FIELDS

2007 2008 2009

T/W May 27 and 28 4P - 5:30

2011

T/W May 27 and 28 7P - 8:30 2010

Th/F May 29 and 30 5:30P - 7

2012

T/W May 27 and 28 5:30P - 7

registration via playmetrics lafiresoccer.com



2025-26 PLAYER PLACEMENTS

U11, U12, and U13 BOYS and GIRLS

APRIL 14th and 15th LAFRENIERE TURF FIELDS

2015 BOYS 2015 GIRLS 2013 BOYS

Monday April 14 5:30P - 7P and

Tuesday April 15

5:30P - 7P

2014 BOYS 2014 GIRLS 2013 GIRLS

Monday April 14
7P - 8:30P
and
Tuesday April 15
7P - 8:30P

Register via Playmetrics www.lafiresoccer.com (Rainout April 16)



BOYS COMPETITIVE U14 through U19 2025-26 PLAYER PLACEMENTS

May 27 through 30
LAFRENIERE TURF FIELDS

2007 2008 2009

T/W May 27 and 28 4P - 5:30

2010

Th/F May 29 and 30 5:30P - 7

2011

T/W May 27 and 28 7P - 8:30

2012

T/W May 27 and 28 5:30P - 7

registration via playmetrics lafiresoccer.com



Competitive Development Player Placements
Rising 9U - Rising 10U Age Groups
2016- 2017 Birth Year All located at City Park 2 and 3

Date	Start	Finish	Birth Year	Age Group
Monday	5:30 PM	7:00 PM	2016	Rising U10 Boys Tryout
April 28	5:30 PM	7:00 PM	2016	Rising U10 Girls Tryout
During				
Ignite	5:30 PM	7:00 PM	2017	Rising U9 Boys Tryout
Practice	5 7 6 5 1			
	5:30 PM	7:00 PM	2017	Rising U9 Girls Tryout
_				
Date	Start	Finish	Birth Year	Age Group
				Age Group
Date Tuesday	Start 5:30 PM	Finish 7:00 PM	Birth Year 2016	Age Group Rising U10 Boys Tryout
Tuesday				
Tuesday	5:30 PM	7:00 PM	2016	Rising U10 Boys Tryout
Tuesday	5:30 PM	7:00 PM	2016	Rising U10 Boys Tryout
Tuesday	5:30 PM 5:30 PM 5:30 PM	7:00 PM 7:00 PM	2016 2016 2017	Rising U10 Boys Tryout Rising U10 Girls Tryout Rising U9 Boys Tryout
Tuesday	5:30 PM 5:30 PM	7:00 PM	2016	Rising U10 Boys Tryout Rising U10 Girls Tryout







Competitive Program Player Placements Rising 11U - Rising 13U Age Groups 2015 - 2013 Birth Year

Date	Start	Finish	Birth Year	Age Group
	5:30 PM	7:00 PM	2015	Rising U11 Boys Tryout
	5:30 PM	7:00 PM	2015	Rising U11 Girls Tryout
April 14th	5:30 PM	7:00 PM	2013	Rising U13 Boys Tryout
'	7:00 PM	8:30 PM	2013	Rising U13 Girls Tryout
	7:00 PM	8:30 PM	2014	Rising U12 Girls Tryout
	7:00 PM	8:30 PM	2014	Rising UI2 Boys Tryout
Date	Start	Finish	Birth Year	Age Group
Date	Start 5:30 PM	Finish 7:00 PM	Birth Year 2015	Age Group Rising U11 Boys Tryout
Date Tuesday	5:30 PM	7:00 PM	2015	Rising U11 Boys Tryout
	5:30 PM 5:30 PM	7:00 PM 7:00 PM	2015 2015	Rising U11 Boys Tryout Rising U11 Girls Tryout Rising U13 Boys Tryout
	5:30 PM 5:30 PM 5:30 PM	7:00 PM 7:00 PM 7:00 PM	2015 2015 2013	Rising U11 Boys Tryout Rising U11 Girls Tryout

All located at Lafreniere Park Field 7&8

Rain Out D	Dates		
2015	April 16	Rising U11 Girls	5:30 PM
2015	April 16	Rising U11 Boys	5:30 PM
2013	April 16	Rising U13 Boys	5:30 PM
2014	April 16	Rising U12 Girls	7:00 PM
2014	April 16	Rising U12 Boys	7:00 PM
2013	April 16	Rising U13 Girls	7:00 PM
20			







Competitive Program Player Placements

Rising 14U - Rising 19U Age Groups 2012 - 2007 Birth Year

All located at Lafreniere Park Field 7&8

Date	Start	Finish	Birth Year	Age Group
Tuesday	4:00 PM	5:30 PM	2007/2008/2009	Rising U17, U18 and U19 Boys Tryout
May 27th	4:00 PM	5:30 PM	2007/2008/2009	Rising U17, U18 and U19 Girls Tryout
May 27th				
	5:30 PM	7:00 PM	2012	Rising U14 Boys Tryout
	5:30 PM	7:00 PM	2012	Rising U14 Girls Tryout
	7:00 PM	8:30 PM	2011	Rising U15 Boys Tryout
	7:00 PM	8:30 PM	2011	Rising U15 Girls Tryout
Wednesday	4:00 PM	5:30 PM	2007/2008/2009	Rising U17, U18 and U19 Boys Tryout
May 28th	4:00 PM	5:30 PM	2007/2008/2009	Rising U17, U18 and U19 Girls Tryout
	5:30 PM	7:00 PM	2012	Rising U14 Boys Tryout
	5:30 PM	7:00 PM	2012	Rising U14 Girls Tryout
	7:00 PM	8:30 PM	2011	Rising U15 Boys Tryout
	7:00 PM	8:30 PM	2011	Rising U15 Girls Tryout
	5:30 PM	7:00 PM	2010	Rising U16 Boys Tryout
Thursday	5:30 PM	7:00 PM	2010	Rising U16 Girls Tryout
May 29th		7.00 7 14		· · · · · · · · · · · · · · · · · · ·
Friday	5:30 PM	7:00 PM	2010	Rising U16 Boys Tryout
May 30th	5:30 PM	7:00 PM	2010	Rising U16 Girls Tryout

Rain Out Dates_		All located	l at Lafreniere Pa	ark Field 7&8
2012	May 30th	7:00 PM	8.30PM	Rising U14 Girls
2012	May 30th	7:00 PM	8:30 PM	Rising U14 Boys
2011	May 31st	8:00 AM	9:15 AM	Rising U15 Girls
2011	May 31st	8:00 AM	9:15 AM	Rising U15 Boys
2010	May 31st	9:15 AM	10:30 AM	Rising U16 Girls
2010	May 31st	9:15 AM	10:30 AM	Rising U16 Boys
2009	May 30th	4:00 PM	5:30 PM	Rising U17 Girls
2009	May 30th	4:00 PM	5:30 PM	Rising U17 Boys
2008	May 30th	4:00 PM	5:30 PM	Rising U18 Girls
2008	May 30th	4:00 PM	5:30 PM	Rising U18 Boys
2007	May 30th	4:00 PM	5:30 PM	Rising U19 Cirls
2007	May 30th	4:00 PM	5:30 PM	Rising U19 Boys







HIGH PERFORMANCE PATHWAY

Boys ECNL and ECRL Tryouts

Rising U13 - Rising U19 Age Groups 2013 - 2007 Birth Year

Date	Start	Finish	Birth Year	Age Group
Monday April 7th	6:00 PM	7:30 PM	2013	Rising U13 Boys Tryout
	4:30 PM	6:00 PM	2007/2008	Rising U18 and U19 Boys Tryout
Saturday				
April 26th	4:30 PM	6:00 PN	2009	Rising U17 Boys Tryout
	3:00 PM	4:30 PM	2010	Rising U14 Boys Tryout
Sunday	4:00 PM	5:30 PM	2011	Rising U15 Boys Tryout
April 27th				
•	4:00 PM	5:30 PM	2012	Rising U14 Boys Tryout







Louisiana Fire Soccer Club Mission Statement

Our goal is to educate and develop our youth through the sport of soccer. We believe that soccer provides the best education in all of sports through teamwork, confidence, discipline, character, adversity, and on-field problem solving. We have created a "PATHWAY FOR ALL" concept that benefits all players, at all ages and at all stages of development.



Useful Links

JUST CLICK BELOW

SINC SPORTS

LSA WEBSITE

WEATHER UPDATES

FUNDRAISING INFO

PLAYMETRICS

INSTAGRAM

FACEBOOK

Club Contacts

DIRECTORS & STAFF

DAVID DEHOOG

DDEHOOG@LAFIRESOCCER.COM EXECUTIVE ADMINISTRATOR

HUBIE COLLINS

HCOLLINS@LAFIRESOCCER.COM EXECUTIVE DIRECTOR

KEIR HANNITY

KHANNITY@LAFIRESOCCER.COM BOYS COMPETITIVE DIRECTOR

BOBBY VELASQUEZ

BVELASQUEZ@LAFIRESOCCER.COM GIRLS COMPETITIVE DIRECTOR

STUART HAYERS

SHAYERS@LAFIRESOCCER.COM FOUNDATION PHASE DIRECTOR HEAD OF BUSINESS DEVELOPMENT

ERIC GRESSE

EGRESSE@LAFIRESOCCER.COM RECREATIONAL DIRECTOR

JASON DORMADY

JDORMADY@LAFIRESOCCER.COM COMMUNICATIONS & OPERATIONS DIRECTOR

JD BARBARA

JDBARBARA@LAFIRESOCCER.COM SOCIAL MEDIA DIRECTOR

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