



# FUTSALRVA™

A UNITED STATES YOUTH FUTSAL LEAGUE



2018/19 Season

Our Vision is to be an effective and sustainable organization that will develop the sport of futsal and its unique values in and around RVA. We will provide all players the opportunity to participate in leagues, academies and tournaments while maintaining a fun and positive environment. FutsalRVA will promote sportsmanship, respect, and hard work while teaching the technical, tactical, physical and psychological components of the game. We strive to achieve the highest level of professionalism, leadership and guidance to ensure the best possible experience for all our participants, regardless of skill level.

Our vision is underpinned by a clear promise:

**“Everyone, no matter where you are from, or where you live, or whether or not you have played or attended a futsal match, is invited to be part of FutsalRVA.”**

FutsalRVA is an inclusive community, accessible to all, bonded by the love of the game.

For futsal fans everywhere – **WE ARE FutsalRVA!**

**President**  
*Greg Simmonds*

**Executive Director**  
*Joe Farrell*

**Communication Officer**  
*Necole Simmonds*

**Office Administrator**  
*Sally Fotovat*



**Technical Director of Coaching**  
*Don Hughes*

**Academy Girls Director**  
*TBD*

**Developmental Academy Director**  
*Brian Smith*

**Goalkeeping Academy Director**  
*Saul Montero*

**Academy Boys Director**  
*Kwaku Adugyamfi*

**Coaches**  
**Teams**  
**Players**



**President**  
*Greg Simmonds*

Before turning professional, Gregory Simmonds was his high school's (Sherwood High School, Olney, Maryland) first ever All-American athlete — the second is US National stand-out Oguchi Onyewu. He also still holds the record for goals scored at his alma mater, Howard University. Simmonds began his professional soccer career with the Hershey Wildcats where he scored 35 goals, had 16 assists and was named USL-1 Rookie of the Year in 1999 and Team MVP in 2000. Simmonds also played for D.C. United in the CONCACAF Champions Cup in 1999.

Simmonds also boasts international experience, having played with the Jamaican National Team youth and senior teams (Reggae Boyz) in 1999. Signed by the Miami Fusion in 2001, he tallied 4 goals and 2 assists in league and Open Cup matches. After the Fusion folded in 2001, he signed with Rochester Rhinos in 2002 where he led the team with 9 goals and 6 assists. In 2003, he played in 27 games with the Richmond Kickers. Simmonds played for USL First Division team Charleston Battery for the 2004 and 2005 seasons and was the team's leading scorer both years with 18 goals and 9 assists. In 2006 joined Virginia Beach Mariners where he was team MVP after leading the team with 9 goals and 5 assist and being named to the league's ALL STAR TEAM.

Simmonds finished his professional career with 75 goals and 37 assists, last playing for the Puerto Rico Islanders.

Simmonds retired from professional soccer shortly after he founded the Soccer and Futsal programs at U-TURN Sports Performance Academy where he served as Director for over 3 years. Simmonds then became the Co-Founder and President of Own Touch Soccer., as well as Co-Founder and President of FutsalRVA. Simmonds is a US National Pro A License Coach. FutsalRVA has produced four US Youth National team players from and currently has five US Youth Futsal National Championship titles.



**Executive Director**  
*Joe Farrell*

Joe Farrell is the co-founder and co-owner of FutsalRVA.

Born in Scotland, Joe is a former youth professional player in his home town of Glasgow, and played collegiately in the US. In Scotland, Joe was one of the youngest licensed coaches with the Scottish National Soccer Association, as well as a respected community director for the Glasgow Sports Council. Joe has coached in the US for 19 years. For the last 15 years, Joe served as both Director of Coaching and Technical Director, where he helped develop the structure and delivery of many youth grass roots and elite programs in Richmond. Joe has also worked with the Olympic Development program and was the head coach of the Chesterfield NPSL team who achieved amazing success including winning a bid to the 2016 US Open Cup.

Joe is a highly talented Director with energy and enthusiasm that impacts and inspires all who work with him. Joe has a wealth of coaching experience and his positive, infectious approach has made him highly respected and successful throughout the Richmond community. Joe has built a reputation of being a true player's coach and Director, relating easily to the needs of players and parents both on and off the field. Throughout his coaching career, Joe has had many successes in boys, girls and adult programs. Joe has led local Richmond travel teams to victory in the VYSA State Cup Championships and is the first Coach in Richmond to lead a team to a Region 1 Championship. Joe has also taken FutsalRVA teams to the USYF National Championship finals.

Joe's qualifications include USSF A license, NSCAA Advanced National, USSF National Youth License, Director of Coaching Diploma, Higher National Diploma in Sports coaching and a degree in sports science.

In 2007, Joe with his partner Greg Simmonds, had the vision to create the first USYF Futsal league in Richmond. Over the past several years, Joe and has worked hard behind the scenes strategically creating one of the largest and most successful youth futsal leagues and academies in the United States.

Joe is quoted as saying "I am thrilled to take on the role as Executive Director of FutsalRVA and very excited to incorporate FutsalRVA into a quality 12 month program. My goal is make sure that FutsalRVA provides the highest level of training, coaching and communication. Organization, communication and player development opportunities are my top priorities."



**Technical Director of Coaching**  
*Don Hughes*

Place of birth:  
 Northern Virginia, USA

- 2 Time USYF National Championship Coach
- USSF National “B” Licensed Coach
- NSCAA National Diploma
- US Youth Futsal National Level “3”
- Owner and Director of Own Touch Southside
- Former College standout
- Former USL and MLS player
- Former Travel Soccer Director
- NPSL National Championship Coach



**Boys Academy Director**  
*Kwaku Adu-Gyamfi*

Place of birth:  
 Obuasi, Ghana

- USSF National C License
- Futsal Licensed Coach
- National Youth License
- NSCAA National Diploma
- USYF National Championship Coach
- USYF Regional Championship Coach
- Futsal World Championship finalist 2015
- Former College Standout
- Former professional player



**Developmental Academy Director**  
*Brian Smith*

Place of birth:  
 Fairfax, Virginia

- USSF Licensed Coach
- Futsal Licensed Coach
- Former High School Varsity Coach
- High School Coach of the Year
- Travel Soccer Coach
- Former Division 1 player
- Current FutsalRVA Academy Coach



**Goalkeeping Academy Director and Staff Coach**  
*Saul Montero*

Place of birth:  
 Costa Rica

- USSF Licensed coach
- Former Division 1 Athlete (VCU)
- Former Professions player (Brujas FC)
- Former College Goalkeeping Coach (VCU)
- Former US Academy Goalkeeping coach
- Current FutsalRVA Academy Coach



**FutsalRVA Staff Coach**  
*Steve Dougan*

Place of birth: East  
Kilbride, Scotland

- USSF Licensed coach
- Diploma in Sports Coach and Development
- Former Division 1 Athlete
- USYF Regional Championship Coach
- Current Travel Soccer Coach
- Current FutsalRVA Academy Coach



**FutsalRVA Staff Coach**  
*Andre Graham*

Place of birth:  
Richmond, Virginia

- USSF Licensed coach
- Futsal Licensed Coach
- Former College Standout
- Current Travel Soccer Coach
- Current FutsalRVA Academy Coach



**FutsalRVA Staff Coach**  
*Chi Nam Pha*

Place of birth:  
Richmond, VA

- USSF Licensed coach
- USFF Licensed coach
- Former High School Soccer Coach
- USYF Regional Coach
- Current FutsalRVA Academy Coach



**FutsalRVA Staff Coach**  
*Bruno Ramos*

Place of birth:  
Brazil

- USSF Licensed coach
- Former Youth Professional
- Former US Academy Player
- NPSL National Championship player
- Current FutsalRVA Academy Coach



## “Footy” Mites!

*Player Birth Year:  
2013-2015*

This is a fun-focused program for 2-4 year-olds.



## Juniors

*Player Birth Year:  
2011-2013*

Geared towards all levels of experience including beginners, recreational and developmental players.



## Developmental Academy (FDA)

*Player Birth Year:  
2010-2011*

Offered to all U9-U10 players looking to participate in a year-round futsal academy with experienced and qualified coaches.



## Academy

*Player Birth Year:  
2000-2009*

High level year-round program for players U11-U18 that are specifically selected by an ID process.



## USYF National Team



**Footy Mites**

*Player Birth Year: 2013-2015*

This is a fun focused program for 2–4 year olds. The `Footy Mites` program is one 45 min–60min session per week for six weeks and while we do try to incorporate a futsal ball, the program also emphasizes basic motor skill development. The lessons are organized with activities that include a broad range of fun games and drills that will demand the involvement of all parts of the player's body. During the lesson there is also time reserved to play a small game of Futsal.

Some of the motor skills that the `Footy Mites` focus on are: running and jumping around obstacles, alternate feet activities, catching and throwing activities, running stopping and turning, skipping and hopping, futsal specifics: such as receiving, shooting, passing and dribbling the ball. Some of the Social & Emotional Focus are: following directions, recognition of limits, to understand other people's moods and feelings, to cooperate and share, the importance of friendship and the experience of having fun while playing Futsal.

**FutsalRVA Footy Mites Includes:**

- 6 trainings sessions
- FutsalRVA practice jersey



### **Juniors**

*Player Birth Year: 2001-2013*

FutsalRVA Juniors is geared towards U5-U8 year-old players with all levels of experience including beginners, recreational and developmental players. FutsalRVA Juniors provides players a full futsal training session followed by games in 3 v 3 and 4 v 4 formats. Children are placed in classes with similarly skilled players in order to maximize their development.

Players between the ages of 5 and 8 are in the “golden age” of development. The appropriate training program can have a tremendous impact on the future success of a player and his or her passion for the game. The early mastery of technical skills is one of the most important elements in the development of youth players.

FutsalRVA juniors are also encouraged to develop their mental, physical, and social abilities through creative games and other activities. Players learn age-appropriate individual skills, teamwork, and most importantly they have a lot of FUN!

#### **FutsalRVA Footy Mites Includes:**

- 8 Training sessions/games
- FutsalRVA practice/game jersey
- FutsalRVA quality coaches
- 1 Hour sessions



## Developmental Academy

*Player Birth Year: 2010-2011*

FutsalRVA Developmental Academy (FDA) is a program offered to all players ages U8-U10 looking to participate in a year-round futsal academy with experienced and qualified coaches. Players are placed in groups with similarly skilled players in order to maximize their development. This program will serve as a pathway to the FutsalRVA Academy.

The FDA will heavily focus on player development through improving technical ability, game awareness and tactical decision making. FDA Academy training will provide challenging technical drills, games, and exercises in order to increase confidence and enhance critical foot skills. Training will also build upon the fundamentals of dribbling, decisions under pressure, and passing in a fast-paced format. The program is designed to build the foundation for teaching tactical components that will improve the player's understanding of the game. All FDA players will have the opportunity to compete in the FutsalRVA winter league (included in fees) and also have the optional opportunity to play additional tournaments and special events.



FutsalRVA Developmental Academy is open for ANY/ALL players & teams, regardless of their club, level and/or town/city affiliation. FutsalRVA Developmental Academy training is designed to complement, not compete with, a player's club soccer training.

- Approximately 56 training sessions per year with qualified staff
- Train once per week in spring/fall and twice per week in summer/winter
- Age-specific curriculums
- Specialized goalkeeping training
- All players will participate in the FutsalRVA Winter league (8 games. Included in fees)
- All players will participate in the Mid Atlantic Travel League (6 games. Included in fees)
- Optional participation in local and regional tournaments
- Evaluations on player progress
- Mentoring and Director Support
- All players will receive Exclusive access to live or post-game video through Cinesports technology at no charge.



## Academy

*Player Birth Year: 2000-2009*

FutsalRVA Academy is a premier futsal development program that offers players a unique opportunity to train and compete with players from other soccer clubs that are at the same skill-level. Our program is designed to complement, not compete with, a player's regular soccer training with their own clubs. With our team of highly qualified and experienced coaches, our priority is improving the futsal and soccer skills of our players and offering opportunities for intense futsal game-play.

FutsalRVA Academy is for players looking to participate in high-level technical and tactical futsal training sessions, competitive league play, as well as regional and national level tournaments. FutsalRVA players will focus on technique, tactical awareness and pinpoint passing which demands quick reflexes and fast thinking. Through our unique training methods, we have produced players of exceptional ability. Both current and alumni FutsalRVA players are playing for professional club academies and graduating to the National level in both soccer and futsal

### FutsalRVA Academy Includes:

- Approximately 56 training sessions per year with qualified staff
- Training once per week in spring/fall, twice per week in summer/winter
- Age-specific curriculums
- Specialized goalkeeping training
- All players will participate in the FutsalRVA Winter League (8 games. Option to be included in fees)
- All players will participate in the Mid Atlantic Travel League (6 games. Included in fees)
- All Players will compete in selected tournament (3-4 games. Included in fees)
- Opportunity for participation in National ID camps and clinics
- Opportunity to play in 4 events per year at the highest level of competition
- Continuous Evaluations on player progress
- Mentoring and Director Support
- All players will receive exclusive access to live or post-game video through Cinesports technology at no charge



	Team	Coach
<b>GIRLS</b>	FDA	TBA
	U10	TBA
	U11 Pivo	TBA
	U11 Fixo	TBA
	U12	TBA
	U13	TBA
	U14	TBA
	U15	TBA
	HSG	TBA
	<b>BOYS</b>	FDA Pivo
FDA Fixo		TBA
U11		TBA
U12		TBA
U13 Pivo		TBA
U13 Fixo		TBA
U13 Ala		TBA
U14 Pivo		TBA
U14 Fixo		TBA
U15		TBA
U16		TBA
HSB		TBA

### **March 23**

- Town hall meeting for all FutsalRVA players. Times TBA

### **March 30**

- Practice will start for all training groups

### **March 30 - June 16**

- Once per week Practice. Fridays only

### **June 19 - July 31**

- Twice per week practices. TBA

### **July - August ( TBA)**

- Mid Atlantic Festival Games - Home
- Mid Atlantic Festival Games - Away
- FutsalRVA camp

### **August 3 - November 17**

- Once per week Practice. Fridays only

### **November 23**

- Thanksgiving weekend- No practice

### **December 2 - February 16**

- FutsalRVA League begins

### **December 1 - January 29**

- Twice per week Practice.

### **December 7-9**

- FutsalRVA Jefferson Open

### **January 19 - February 12**

- Mid-Atlantic Travel League

### **January 11-13**

- USYF Regional Tournament

### **February 2-3**

- USYF State ID Trials

### **February 15-18**

- USYF National Championships

### **February 22**

- Champions night

### **March 1**

- 2019/20 FutsalRVA Girls ID

### **March 8**

- 2019/20 FutsalRVA Boys ID

### **March 15**

- 2019/20 FutsalRVA Supplemental ID



<b>BIRTH YEAR</b>	<b>ACADEMY (Monthly)</b>	<b>FDA (Monthly)</b>	<b>ACADEMY MENTEE (Monthly)</b>	<b>FDA MENTEE (Monthly)</b>
2011		\$90		\$55
2010		\$90		\$55
2009	\$125		\$55	
2008	\$125		\$55	
2007	\$125		\$55	
2006	\$125		\$55	
2005	\$125		\$55	
2004	\$125		\$55	
2003-2000	\$125		\$55	

FutsalRVA strives to provide the highest value for Academy players and families. For convenience, fees are inclusive of all year-round training, program and administrative costs.

FutsalRVA is committed to maintaining its independence and objectivity in the formation of our Academy teams. We are NOT a club and have no soccer club affiliation. Although we utilize the support and cooperation of soccer coaches from many neighboring soccer programs, we have a strict “no recruiting policy”. Soccer players from one club can rest assured that they will never be pressured to join other clubs in the course of playing futsal with our program. In addition, our independence and objectivity are reflected in the fact that we provide equal, unbiased opportunity for all players in our `open I.D process`.

## Affiliations and Partners

