



Weekly Roundup

July 15, 2009

INSIDE FCGB WEEKLY ROUNDUP:

Results from DA Championship at the Home Depot Center in Carson California

NIKE SPARQ Training Training Decks for our players

Revere FC U12 crowned 2009 Futsal national champions

Alumni update: Charlie Davies and Jay Heaps



Results from Home Depot Center Carson California: U17/18 battle other top US teams

[Click Here](#) to see the results. The U17/18 FCGB DA team has not had the success they hoped for, losing two games by one goal. FCGB lost 1-0 against Carmel United, and 2-1 against IMG.

Both were games that could have gone either way. At such a high level of play, sometimes it takes a little luck, and the luck has not gone our way. For example, an unbelievable penalty kick save against IMG in the second game kept FCGB from taking a 1-0 lead early. The goalie guessed correctly and made a great save. In the second half, FCGB hit the cross bar, and had the better of the chances, but IMG was able to find an open man on a failed clearance to take the lead. Yesterday, however, FCGB beat a strong Dallas Texans team 4-2. FCGB will play PDA for fifth place in the country.

You can watch the games from the [streaming audio player](#). Or check out highlights at [Studio 90](#). FCGB vs. IMG highlights are the first to appear on the Monday, July 13 edition.

NIKE SPARQ Training + FCGB: Bolts to Provide Soccer Specific Training Program to Members

[NIKE SPARQ Training](#) is the premier soccer training system. Currently, the US national team uses it, and the US Development Academy uses it. It serves two main purposes. First, it focuses on soccer specific exercises. Therefore, players that focus on SPARQ's program will have a more focused soccer training regimen, which in turn maximizes soccer fitness. Second, it is used as a tool to measure athletic ability. Currently, all of our DA players are

tested throughout the year and rated. Afterwards, they are compared to the rest of the country's players. For example, Bolts DA player Charlie Rugg was rated tenth in the country athletically according to SPARQ.





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For the two reasons above, **FCGB now offers SPARQ training tools to our players.** Specifically, we now offer SPARQ “decks.” Decks are different soccer specific exercises players can do on their own, or in groups, that increase athletic ability. All you need are some cone-like objects, and speed ladders.

SPARQ exercise ability correlates highly to soccer athleticism. Therefore, the better you are at these, the better soccer player you will be and the better chance you have to get noticed!

These decks are only available to our members. Therefore, they are password locked.

To access the SPARQ decks click [here](#)

The **password** is: fcgbsparq09

ENJOY! We are happy to provide yet another exclusive service to our members.

Revere FC Boys U12 crowned 2009 US Futsal National Champions

July 13, 2009



The team that won the 2009 Futsal National Championship. Congrats!

Last week, Revere FC, an FCGB affiliate organization, won the Futsal National Championship in Maryland! In addition, six members of this team are on the Bolts U13 boys this

year.

This is the country's oldest, biggest and most prestigious futsal tournament event hosting the top qualified futsal teams from every region of the United States.

Here is the roster:

- Salazar, Brian BOLTS U-13
- Friend, Tony
- Kenawy, Mohamed BOLTS U-13
- Maslow, Aaron BOLTS U-13
- Atwood, Nick BOLTS U-13
- Martinez, Dennis BOLTS U-13
- Polanco, Xavier



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- Alejandro, Smart
- COACH: Cesar Salazar
- Ass. COACH: Andy Friend

For more information visit:

<http://newenglandfutsalrevere.shutterfly.com/72>

FCGB Alumni Update



Davies playing for Hammarby IF

Charlie Davies has been making waves on the US Soccer National Team after a successful year with Hammarby IF of Sweden. After scoring a crucial goal against Egypt in the Confederations Cup round-robin, he played substantial minutes in the semi-finals in a win against Spain, assisting Landon Donovan, and a close loss against Brazil. After the Confederations cup Davies made the Gold Cup Roster. The combination of these two tournaments impressed French league scouts enough, and last week he inked a deal with League 1's Sochaux.

You can read more about Davies at the following places:

- [Boston Herald Article](#)
- [Yanks Abroad Article](#)
- [Soccer America Article](#)

Another FCGB Alum, Jay Heaps, played in the Gold Cup. [You can read more here.](#) It was his first cap for the national team.