

NEW ENGLAND SOCCER JOURNAL

August 2018

NESoccerJournal.com

**6TH ANNUAL
PREP SCHOOL GUIDE**

WORLD VIEW

▶ Right to Dream midfielder Umar Farouk Osman was the 2017 Gatorade National Player of the Year at Hotchkiss and is entering his sophomore year at the University of Michigan.

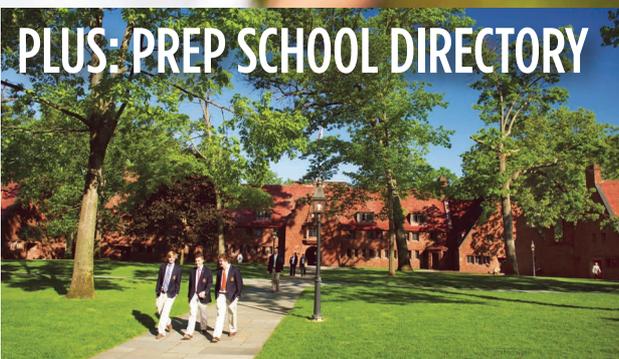
BOYS

Right to Dream players bring global perspective to campus and help elevate prep soccer

GIRLS

Increased opportunities create deeper talent pool

PLUS: PREP SCHOOL DIRECTORY





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OUR MISSION

To inspire and inform amateur athletes and their supporters by sharing compelling stories and insightful advice to help further their development throughout their careers.

6TH ANNUAL PREP SCHOOL GUIDE



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NEW ENGLAND SOCCER JOURNAL

A message to our readers

WHEN WE BEGAN PLANNING New England Soccer Journal six years ago, we embarked on an ambitious goal of creating the best regional soccer publication in the nation.

Our company already was publishing five successful sports magazines — including our flagship New England Hockey Journal — and we knew the time was right to launch a soccer publication. With the sport's increasing popularity and participation, we believed that there was a strong desire for more information and more inspirational stories about New England's soccer community.

So we assembled a dream team of sorts to provide the best coverage possible, including top Boston-based soccer writers Kyle McCarthy and Frank Dell'Apa, as well as legendary players and coaches such as Kristine Lilly and the late Tony DiCicco, who contributed frequently.

We were right. Readers like you have embraced New England Soccer Journal from its first days to today, and I simply cannot thank you enough. Your interest and your support — along with our advertising partners — have helped NESJ continually evolve, expand and improve over the years.

Because of your valued support, I want to share with you some important updates about New England Soccer Journal.

First, over the past year, we have made enormous investments of resources to improve, upgrade and grow our coverage and our platforms, especially on the digital side. We have overhauled and bulked up our digital edition with additional content on a near-daily basis that caters to our target audience of players and parents. Our investment in our digital coverage has been very well received and has helped produce dramatic results, including traffic from throughout North America and around the world, proving that the New England soccer community wants only more original content aimed at the amateur levels.

So in order to best deliver that content, we just launched our new website at NESoccerJournal.com, a premium digital experience that will better showcase our new coverage and be a lot more reader-friendly. And we are making an even bigger investment in creating new digital content that you can't find anywhere else, especially on prep schools, the Development Academy, club soccer and colleges. With that, we also — for the first time — will be requiring readers to become paying subscribers. Some content will remain free, but most of our content will be premium and available only to subscribers. Subscribers also will have access to the digital edition of the print magazine (including back issues). In order to try out our new site, we are offering a free preview for the first few weeks. All content will be accessible for free until Monday, Aug. 20.



Chris Tierney (Wellesley, Mass./ Noble and Greenough)

Of course, we will continue to publish our best-in-class print magazine, featuring the best and most inspiring stories from around the region. The print magazine always has been distributed free at local training facilities, retailers and Revolution home games. As we continue to evolve to provide the best soccer content to our committed readers, the print magazine soon will be available only at select locations. We already have begun a successful partnership program with local soccer organizations to distribute the magazine directly to their members' homes. The only other way to ensure continuing to receive New England Soccer Journal will be to subscribe and have it delivered directly to your home or work.

With our new changes in print and digital, we are introducing three new membership plans with special offers good until Oct. 1:

ALL ACCESS (print and digital): Enjoy every issue of NESJ's print edition delivered to your home, PLUS full access to all content on NESoccerJournal.com. **\$99.99 per year.**

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The best way — and the best deal — to ensure access to everything NESJ has to offer, including the print edition, is to become an All Access member. Or simply check out our new website and new digital content with our trial offer for just 99 cents. Sign up today at NESoccerJournal.com/subscribe.

We hear from readers almost every day about how much they love and value New England Soccer Journal. And we've strived for six years to deliver great content to reach the most readers possible. With the appetite for even more content and our investment in creating it, I'm confident that readers like you will continue to support our efforts.

Our company's mission is "to inspire and inform amateur athletes and their supporters by sharing compelling stories and insightful advice to help further their development throughout their careers." I truly believe that our new direction is the best way to fulfill our mission and continue to provide you with the very best soccer coverage in New England. And I hope that you will continue to support NESJ and give our new digital coverage the attention it deserves.

We will continue to be the premier resource for inspiration, information and insight. We've come a long way in our first six years, but New England Soccer Journal is only just beginning.

Sincerely,

Eric Seamans | Publisher

AROUND THE REGION

Hartford Athletic to join USL

Professional soccer finally is returning to Hartford. United Soccer Leagues awarded a franchise to Hartford Sports Group on July 11. The new club, Hartford Athletic, plans to debut at a renovated Dillon Stadium in 2019.

The arrival of the second-division team marks the end of a successful bid to obtain government funding to renovate the historic ground located in the South End of Hartford.

Local and state authorities agreed to invest \$10 million to upgrade the outdated stadium earlier this year. The Capital Region Development Authority is overseeing the project to modernize the infrastructure at the stadium — including amenities, bathrooms, locker rooms and press facilities — and replace the field and the surrounding bleachers.

Those measures — combined with Hartford Sports Group's investment in a USL franchise — paved the way for the first fully professional men's soccer team in the Nutmeg State since the Connecticut Wolves folded in 2002.

"After years of planning and hard work, we are excited to officially announce that professional soccer is coming to Hartford and Dillon Stadium will be brought back to life," said **Bruce Mandell**, chairman and CEO of Hartford Sports Group, in a statement. "We're proud of where we're from and can't wait to build a club that will energize our community and bring people together. As an organization, we're dedicated to winning on and off the field, and we have all the ingredients for success that we've seen in so many other soccer cities. Let's dream big together and use the world's game to continue the momentum in Hartford."

Hartford Athletic will utilize blue and green as its colors, reminiscent of both the old Hartford Whalers and the current Hartford Yard Goats minor-league baseball team.

The name was chosen based on fan submissions.

"We want an authentic and unique soccer team name," Mandell said. "Athletic is used around the world by soccer clubs, including Atletico Madrid. But no pro soccer team in the United States has used that name. We're now the first."



Hartford Athletic will begin play next April at a renovated Dillon Stadium (artist rendering above). Kyle Martino (Westport, Conn.) already has tweeted his support for his new home state team (right).

Hartford Athletic is the only USL team currently in New England, though there are several teams currently competing in the USL-owned PDL (fourth division).

Black Rock FC reaches semis

Black Rock FC bowed out in the PDL Eastern Conference semifinals after finishing atop the Northeast Division. The first-year side lost, 2-1, to New York Red Bulls U-23 to finish the season 9-3-3 (9-2-3, 30 point in the regular season).

Ifyunanyachi Achara and **Jacob Shaffelburg** (Berkshire



School) led Black Rock with eight goals during the 14-game regular season, while **Theophilus Quartey** led the club with six assists.

GPS Portland Phoenix (7-4-3, 24 points) and Western Mass. Pioneers (6-4-4, 22 points) finished in second and third place in the Northeast Division.

Mewis, Naeher in Connecticut

New England products **Samantha Mewis** (Hanson, Mass.) and **Alyssa Naeher** (Seymour, Conn.) returned to the region

as part of the U.S. squad for the Tournament of Nations.

Mewis and Naeher hoped to feature when the Americans swung through Connecticut for the second match against Australia on July 29 at Pratt & Whitney Stadium in East Hartford, Conn.

The tournament offered both players a chance to consolidate their places in coach **Jill Ellis'** plans ahead of the CONCACAF Women's Champi-

onship in October. The tournament is poised to determine the CONCACAF representatives at the 2019 FIFA Women's World Cup in France next year.

Sousa, Howarth lead Fusion

Expansion side Connecticut Fusion finished as the top New England-based club in United Women's Soccer with a 6-3-1 record during the regular season. Connecticut fell to eventual national semifinalist Inferno Rush.

Connecticut forward **Tori Sousa** (Nashua, N.H./Central Connecticut) ranked as the top

New England-based scorer with nine goals in 11 appearances (tied for third in UWS), while **Kate Howarth** once again underscored her enduring influence at this level by finishing tied for fifth in the league with

eight goals.

If you have an item for Around the Region, email it to editor@NESoccerJournal.com



NEW IDENTITY

■ Friedel's tactical changes yield positive results for revamped Revs, but more help needed to hit goals

By Kyle McCarthy

N

SCENE QUITE captured the essence of this Revolution team than the final stages of a frustrating 3-2 home defeat to LA Galaxy last month. The cruel denouement — including two late goals from the Galaxy with both teams down to 10 men — overshadowed the commitment and the industry from the home side in a bid to grind out the result.

Even after toiling away in the wake of Cristian Penilla's dismissal after 23 minutes, the Revs threw every last ounce into it. The closing and the harrying persisted deep into the second half. Defenders threw themselves in front of every shot and yearned to prevent the Galaxy — even without absent star Zlatan Ibrahimovic — from snatching the points.

"Once you go down a man, you put double the work in," said Revolution midfielder Diego Fagundez (Leominster, Mass.). "With this group of guys, it doesn't matter if you're one man down, two men down — you know you're going to have a great game with us and I think that's what everybody said. We put the energy in there, we put our work in there, but at the end, still not good enough from us."

It is this balance — the commitment and the willingness of a capable and diligent group versus the standards required to secure a first playoff berth since 2015 — that leaves the Revs on a delicate perch as the season enters the



▶ Players such as Matt Turner and Diego Fagundez (top right) have thrived under new coach Brad Friedel (top left).

sharp end.

The progress made in the early stages of Brad Friedel's reign is there for all to see. But are those strides and this group enough to deliver the desired returns? The answer remains up in the air.

THE FOUNDATION for success is in place after a half-season with a revamped tactical approach and a set of players willing to embrace it. That combination led to the Revs' best mark through 21 matches since 2009 (7-6-7, 28 points) prior to a 2-0 defeat to New York Red Bulls on July 22. It also placed the team in the midst of the playoff race.

Most of the focus inevitably fell on the tactical changes designed to in-

crease them a lot of problems," Friedel said. "If you look at the recoveries in our attacking third of the field and especially attacking half of the field, they're amongst the highest, if not the highest in the league. Our chances are created off of them, even if teams play through us. I said it many times in pre-season. We will have exciting games because of that. We are going to concede some chances in games. That's the way that my staff and I want to play the game."

By altering the approach and weaving a handful of standout performers — including offseason acquisitions Jalil Anibaba, Luis Caicedo and Penilla — into the starting XI, the Revs pushed several of the incumbent players forward.

Fagundez flourished in a more central playmaking role designed to place him in space more regularly. His production — including a top-five ranking in chances created as of mid-July — justified those alterations. Matt Turner claimed the starting goalkeeper job in preseason and emerged as one of the best performers in the league at his position during the early stages of the campaign. Teal Bunbury topped his career-high in goals by the end of June (10 goals) as he benefited from a system designed to place him in good spots and use his penchant for darting behind the defensive line.

"I think it's great when a coach has confidence in you, when your teammates are pumping you up, and you want to work hard and prove to them, prove to yourself as well, and to your family, and all those things — I think it's great," Bunbury said. "I think everybody's had a great season. There are a lot of guys on this team that have been putting the work in — and a lot of stuff media and fans don't see — we're putting that work

crease the tempo of the game and rely on high pressure to win the ball in good areas. Former Revolution coach Jay Heaps (Longmeadow, Mass.) espoused similar ideas and reaped some benefits during his tenure, but the implementation of a higher line to compress the field, an increased tempo without the ball and a more cohesive shape proved necessary to disrupt teams more regularly and pave the way for more success on the counter.

Friedel outlined his desire to press high and win possession from the moment he took charge. He also understood that desire inevitably created some risks in defense when opposing sides broke through the press.

"If teams try to play through us, we

in. We just try to make sure that we're winning games on the weekend."

I T DOESN'T ALWAYS translate to points, though. Those advances came at a cost to familiar stalwarts — Juan Agudelo and Kelyn Rowe find themselves in more peripheral roles than expected as Friedel places an emphasis on competition for spots every week — and placed pressure on a defense prone to cracking.

For most of the first half, the Revs sidestepped the brunt of that impact through application and determination. The annual summer swoon — including the first string of consecutive losses in Friedel's reign in July — prompted some introspection about the next steps for this group.

"We said good teams never lose two in a row," Friedel said after the defeat at Red Bull Arena. "Here we are with three — three losses in a row. I think it's a big mentality check for us as a staff and us as a team and the whole."

The next step is inevitable given the transformation in process: another signing or two to accentuate the group in place.

"The bye week maybe comes at a good time where we can address some things," Friedel said. "We're going to get a couple new faces in, which will help, as well."

Revolution general manager Michael Burns (Marlboro, Mass.) did well to land several important contributors prior to the campaign to strengthen the team during the offseason, but there is a further need to freshen the options and strengthen the side heading into the home stretch.

The arrival of longstanding target Cristhian Machado from Bolivian side C.D. Jorge Wilstermann on July 23 strengthened the options in central midfield and supplied further defensive cover. The possibility of adding an attacking option loomed as the secondary transfer window slammed Aug. 8.

A T THIS STAGE, the need for new faces reflects the challenges ahead. There is an almighty tussle ahead to secure an Eastern Conference playoff berth with Montreal belatedly finding its footing under Remi Garde and Toronto FC stirring to life as its stalwarts return to full fitness. There is room to look up in the table, but there also are other club yearning to close the gap from below. But the Revs' perch at this point — inside the playoff line with a team invested in its new approach — offers a firm foundation. It is now time to see whether this Revs side — perhaps with an addition or two — can build upon it without sacrificing the identity forged along the way. **S**

Kyle McCarthy has covered MLS and the New England Revolution for more than a decade. He is the assistant editor of New England Soccer Journal.

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▶ Teal Bunbury (10) already topped his career high in goals by July, benefiting from a system designed to use his penchant to dart behind the defensive line.

David Silverman (left), Keith Nordstrom (top)/New England Revolution

David Silverman/New England Revolution

Active New Englanders in the professional ranks

PLAYER	HOMETOWN/COLLEGE	CLUB	POS.	TWITTER	THE SKINNY
Carlos Alvarez	UConn	Las Vegas Lights (USL)	M	—	Registered fifth goal of season in 6-4 defeat at OKC Energy on July 12
Borja Angoitia	Quinnipiac	Arcos CF (Spain)	GK	@borjaangoitia1	Preparing for the start of the Spanish season
Kwame Awuah	UConn	New York City FC (MLS)	D/M	@KAYAWUAH	Featured twice off the bench under new coach Domenech Torrent
Dominique Badji	Boston University	Colorado Rapids (MLS)	F	@dbadji14	Left the team briefly in July to secure his green card
Alejandro Bedoya	Boston College	Philadelphia Union (MLS)	M	@AleBedoya17	Maintained influential presence in heart of midfield for playoff-chasing Union
Kyle Bekker	Boston College	North Carolina FC (USL)	M	—	Entrenched in the heart of the NCFC midfield
Rhett Bernstein	Brown University	Miami FC (NASL/NPSL)	D	—	Playing in NPSL and waiting for clarity on the next steps for the club
Andre Blake	UConn	Philadelphia Union (MLS)	GK	@AndreBlake29	Made six saves in 2-0 defeat to Atlanta United on July 6
Keasel Broome	Providence College	Unattached	GK	@Keasel	Still waiting to make his next move
Lionel Brown	UConn	Miami FC (NASL/NPSL)	GK	—	Kept in reserve role for NPSL side
Scott Caldwell	Braintree, Mass.	REVOLUTION (MLS)	M	@SCaldwell15	Started two of first three games in July as he tussled for midfield place
Geoff Cameron	Attleboro, Mass./Univ. of Rhode Island	Stoke City (England)	D/M	@GeoffCameron	Reported for preseason training as Stoke prepares for Championship debut
Sergio Campbell	UConn	Unattached	D	—	Opting to play in Ann Arbor (NPSL) to keep match fit
Stefan Cleveland	Dartmouth	Chicago Fire (MLS)	GK	@Stef_Cleveland	Waiting patiently for his chance to play, either on loan or with the first team
Caio Corrêa	Nantucket, Mass.	Al Wasl (United Arab Emirates)	F	—	Gearing up for a new Gulf League season after scoring 14 times last season
Felix De Bona	Somerville, Mass./Boston University	FF Jaro (Finland)	F	—	Joined Jaro through end of the year July 23
Richie Dorman	Boston University	SJK (Finland)	D/M	—	Climbed off the bench for seventh appearance in 1-0 win over Lahti on July 4
Diego Fagundez	Leominster, Mass.	REVOLUTION (MLS)	M/F	@DiegoFagundez14	Matched second-highest goal total (7) with penalty at Minnesota on July 19
Wuilto Fernandes	UMass-Lowell	North Carolina FC (USL)	M	@WuiltoSteven	Frequently kept as an unused substitute for NCFC
George Fochive	UConn	Viborg FF (Denmark)	M	@ivan_george6	Ramping up for the start of the Danish season
Julian Gressel	Providence College	Atlanta United (MLS)	M	@JulianGressel	Deployed across starting XI and trusted to provide good delivery from wide areas
Zachary Herivaux	Brookline, Mass.	REVOLUTION (MLS)	M	@ZHerivaux100	Trying to force his way back into the side
Andrew Jean-Baptiste	UConn	Terengganu II (Malaysia)	D	@ajeambaptiste92	Adjusting to life in Malaysia
Yan Klukowski	Central Connecticut State	Torquay United (England)	M	@yankluk19	Sealed move to new National League side during the summer
Chris Konopka	Providence	Cardiff City (England)	GK	@ChrisKonopka414	Faces uncertain future after arrival of Alex Smithies during the offseason
Jeff Larentowicz	Brown University	Atlanta United (MLS)	M	—	Serving as key figure in the heart of midfield for second-year side
Cyle Larin	UConn	Besiktas (Turkey)	F	@CyleLarin	Aiming to prove his worth as a first-team player ahead of the new season
Zeiko Lewis	Boston College	FH (Iceland)	M/F	—	Mostly kept on the bench during frustrating spell in Iceland
Damion Lowe	University of Hartford	IK Start (Norway)	D	@dlowe_31	Asserted his value as a starting XI fixture in Eliteserien
Aaron Maund	Cambridge, Mass.	Vancouver Whitecaps (MLS)	D	@lmamaundsta	Earned starting berth in 1-0 defeat to Montreal in Canadian Championship July 18
Tommy McNamara	Brown University	New York City FC (MLS)	M	@Tommy_Mc15	Restored to the starting XI under new coach Domenech Torrent
Alejandro Meleán	Holy Cross	Club Jorge Wilstermann (Bolivia)	D/M	@AleMelean	Resting up ahead of the new Bolivian campaign
Tim Murray	Haverhill, Mass./Providence	FC Honka (Finland)	GK	—	Trusted as starting goalkeeper as promoted side pushes for European place
Jake Nerwinski	UConn	Vancouver Whitecaps (MLS)	D	@Jake_Nerwinski	Took firm control of his usual right back perch after early season rotation
Onua Thomas Obasi	Central Connecticut State	Ottawa Fury (USL)	D	—	English defender remains a mainstay for USL side
Wyatt Omsberg	Scarborough, Maine/Dartmouth	Minnesota United (MLS)	D	—	Often named on the bench with veteran defenders ahead of him
Michael Parkhurst	Cranston, R.I.	Atlanta United (MLS)	D	@MFParkhurst	Expected to play a key role in MLS All-Star Game on Aug. 1 in Atlanta
Frantzy Pierrot	Melrose, Mass.	Royal Excel Mouscron (Belgium)	F	—	Seacoast United product signed four-year pro contract July 27
Dylan Remick	Brown University	Houston Dynamo (MLS)	D	@dylanremick15	Completely out of the frame at the moment
Miles Robinson	Arlington, Mass.	Atlanta United (MLS)	D	@_MilesRobinson_	Picked as late substitute in 3-2 defeat at FC Dallas on July 4
Mac Steeves	Needham, Mass./Providence	Houston Dynamo (MLS)	F	—	Eyeing potential loan with path to first team blocked
Mitch Taintor	Storrs, Conn.	Sacramento Republic (USL)	D	@Mitch_Taintor	Stepped back into Republic side after brief Toronto FC loan earlier this year
Chris Tierney	Wellesley, Mass.	REVOLUTION (MLS)	D/M	@ChrisTierney8	Underwent successful, season-ending ACL surgery June 28
Matt Turner	Fairfield	REVOLUTION (MLS)	GK	@headturnerr	Narrowly missed out on place in MLS All-Star Game after stellar first half
Tyler Turner	Meriden, Conn.	Unattached	D	@TyTurner02	Returned to Connecticut to play for Elm City Express (NPSL)
Luke Vercollone	Pembroke, Mass.	Colorado Springs Switchbacks (USL)	M	@mightykicks	Maintaining his prominent place in the Switchbacks side
Kwame Watson-Siriboe	UConn	KTP (Finland)	D	@Kwamekazi	Secured his first Finnish goal June 26
Andrew Wheeler-Omiunu	Bellingham, Mass. / Harvard	Atlanta United (MLS)	D	—	Logging time on loan with Atlanta United II (USL)
Sheanon Williams	Dorchester, Mass.	LA Galaxy (MLS)	D	@sheanonwilliams	Appeared as a late substitute in Galaxy's 3-2 win at New England on July 14
Travis Worra	University of New Hampshire	Richmond Kickers (USL)	GK	@TravWorra1	Displaying his MLS credentials as steady starter for Kickers
Brian Wright	University of Vermont	REVOLUTION (MLS)	F	@BrianWright777	Thrown on late in 2-1 defeat at Minnesota July 18 for first appearance since May

NOTE: If we are missing any players with New England connections, email us at editor@NESoccerJournal.com

DEVELOPMENT ACADEMY Boys

Forward progress

By Jonathan Sigal

The 11th season of U.S. Soccer's boys' Development Academy is in the books.

While no New England teams reached the championships in Kansas City, Mo., it still was a promising 2017-18 season for local up-and-coming players. In all, three local teams made the playoffs in Oceanside, Calif., while five players from the region's five DA clubs received youth national team call-ups.

Further, the New England Revolution signed their fourth Homegrown Player in **Isaac Angking** (Providence, R.I.), and two of the region's DA products — forwards **Justin Rennicks** (Hamilton, Mass./New England Revolution/Indiana University) and **Siad Haji** (Manchester, N.H./Seacoast United/Virginia Commonwealth) — have become important members of the U-20 national team.

New England Soccer Journal reflects on all of those accomplishments — and many more — as part of its year in review.



This Glastonbury, Conn.-based program was the region's sole DA club to make both the U-17 and U-19 playoffs. Neither team advanced out of the group stage, but the latter nearly did, losing out to Sockers FC (Chicago, Ill.) on goal differential.

The rise of **Simon Becher** (Brooklyn, Conn.) offered perhaps the best story for Oakwood in 2017-18. He scored 14 goals in 27 games, earning East Conference Best XI honors. The striker and Holy Cross commit also received several call-ups to the U-20 national team and landed on the cover of the Spring issue of New England Soccer Journal.

Leading scorer and Hartford-bound striker **Kamer Niuhu** (West Springfield, Mass.) and Providence College-bound midfielder **Chris Roman** (South Glastonbury, Conn.) played vital roles for the U-19s. They



Trevor Burns (right, Southboro, Mass.) and Elio Firmino (below, Somerville, Mass.) were two of five Revs Academy players invited to train with the first team.

combined for 23 goals and started every game.

A crop of high-end players return for Oakwood next year, including left back **Sloan Sullivan** (Ellington, Conn.), attacking midfielder **Dylan Maxon** (Clifton Park, N.Y.), defender **Marcus Williams** (North Branford, Conn.) and striker **Chris Alwang** (Weston, Conn.), a UConn commit.



The Revolution can hang their hat on the Angking signing, but the U-19s arguably were a more balanced side without him. They went 2-1 in the playoffs, placing second in their

group behind a stellar Vancouver Whitecaps side.

Following that experience, five players were invited to train with the first team: Providence College-bound midfielder **Kevin Vang** (Cranston, R.I.), Northeastern-bound forward **Tim Ennin** (West Hartford, Conn.), 2001s **Trevor Burns** (Southboro, Mass.) and **Elio Firmino** (Somerville, Mass.), and 2003-birth year goalkeeper **Eliot Jones** (New Britain, Conn.). Three of those players — Vang, Firmino and Burns — also were invited to the first team's pre-season camp in Tucson, Arizona.

Firmino earned East Conference Best XI honors, as did defender **Prince Loney-Bailey**

(Cambridge, Mass.). Loney-Bailey is headed to play at Northwood School and Black Rock FC next season because he will age out of the Development Academy.

Going down the ladder, the U-17s struggled mightily, finishing with just 28 points, the lowest of any Major League Soccer club in their age group. They also finished with an 0-11 record and negative-37 goal differential in Generation adidas Cup play.

On a brighter note, the U-15s finished fourth in the Northeast Division after going 15-8-5. Their breakout players were striker **Andrew Serafino** (East Longmeadow, Mass.) and **Hikaru Fujiwara** (Lexington, Mass.),

who respectively finished with 19 and 11 goals.



The Bolts' U-17 and U-19 teams failed to make the playoffs as injuries took their toll, but the club continues to develop high-end players.

The U-19's midfield trio — led by Syracuse-bound **Julio Fulcar** (Watertown, Mass.) and Vermont-bound **Joey Morrison** (Foxboro, Mass.) — performed well. Fulcar and Morrison missed out on large chunks of the spring season due to injury, though their loss was alleviated some by **Gabriel Meireles** (Everett, Mass.) putting up 10 goals and 10 assists.

On the back end, the Bolts U-19s were bolstered by two athletic, technical center backs in **Dylan Curran** (Jamaica Plain, Mass.) and **Marcelo Lage** (Middleton, Mass.). They will head to Providence College and George Washington, respectively. If all else failed, they could lean upon game-changing goalkeeper and Brown commit **James Swomley** (Newtonville, Mass.).

At the U-17 level, striker and Michigan commit **Christian Pulselli** (Pembroke, Mass.) was crucial. If not for some injuries in the spring, he easily could have surpassed the 20-goal mark. Goalkeeper **Marzuq Puckerin** (Cambridge, Mass.) also was a standout, with several call-ups to the U-17 national team. Lastly, **Victor Viana** (South Dennis, Mass.) was an offensive linchpin in midfield, contributing 15 goals.



The results didn't always come for Beachside — their U-17 and U-19 teams didn't make the playoffs — but impressive college placements remain. Those commitments serve as a testament to the work **Paul Melitsanopoulos** and **Mickey Kydes** have done in keeping

Continued on Page 11



Chris Barry

Breakers lead way

By Jonathan Sigal



Boston Breakers

The inaugural season of the girls' Development Academy officially is wrapped up — but not without some controversy.

FC Stars of Massachusetts, one of three New England-based sides, announced in April it is departing after one season to go “all in” with the Elite Clubs National League. In its stead, Seacoast United (New Hampshire) will join the girls' DA in 2018-19, completing a regional trio alongside Boston Breakers (Massachusetts) and Oakwood (Connecticut).

Despite the comings and goings, the 2017-18 season was a promising one in New England, with six teams making the playoffs in Oceanside, Calif. The Northeast Division certainly was top heavy at the U-15, U-17 and U-19 levels, with lopsided scorelines unfolding often. In a burgeoning league without the history of the ECNL or National Premier League, talent levels could waver.

To see the bigger picture, New England Soccer Journal chronicled the year for each local club.

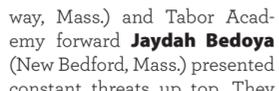
The Breakers were New England's sole side to make the playoffs across all three age groups, though their U-19s stole the show under coach **Rollo Lopes**. They made the national semifinals before losing to eventual runner-up Solar Soccer Club (Texas). The Breakers also amassed a 24-3-1 regular season record to go with a plus-132 goal differential.

Driving that was a dominant forward trio in Duke-bound **Marykate McGuire** (Portsmouth, R.I.), Harvard commit **Gabby DelPico** (Brockton, Mass.) and South Carolina commit **Cat Barry** (Hingham, Mass.). They combined for 111 goals, with Barry named East Conference Player of the Year. They had plenty of midfield help, too, from Boston College commit **Zoie Allen** (Smithfield, R.I.) and Boston University-bound **Taylor Kofton** (Norton, Mass.). If all else failed, there was East Conference Best XI defender **Lucy Cappadona** (Marlboro, Mass.) to clean things up.

While the 17s didn't advance out of the group stage, St. John's commit **Isabelle Aviza** (Med-



In the inaugural season of the girls DA, the Breakers were the only local side to make the playoffs in all three age groups.



Oakwood SC

way, Mass.) and Tabor Academy forward **Jaydah Bedoya** (New Bedford, Mass.) presented constant threats up top. They combined for 46 goals and both finished in the top 10 scoring for the East Conference. Boston University commit **Alyssa Bourgeois** (Maynard, Mass.) earned a spot on the U-17 East Conference Best XI, too.

One prospect to watch closely with the Breakers' U-15s is **Francesca Yanchuk** (Attleboro Falls, Mass.). The forward, a Providence College commit, led her age group nationally with 35 goals in 22 regular season games.

Oakwood's U-15 and U-17 teams both made the playoffs, though they failed to record a win, going a combined 0-5-1. Getting to that point earned director **Matt Cameron** the honor of East Conference Coach of the Year.

The U-17 side went 17-12-2 through the regular season, led by a pair of young attacking players already attracting interest from top 20 Division I programs. **Lumi Kostmayer** (Southbury,

Conn.), a striker playing up three years, finished with 26 goals in 29 games, good for fourth in the country. She also was named to the U-17 East Conference Best XI. Box-to-box midfielder **Natalie Tavara** (Middletown, Conn.), playing up two years, scored 22 goals, which put her in the top 10 for the Eastern Conference at her age group.

It's hard to project how the U-15s will fare down the road, considering it was an '03-heavy team, but **Delaney Farinha** (Preston, Conn.) is an exciting attacking piece. She can play centrally or out wide, and finished with a team-leading 15 goals.

The U-19s narrowly missed out on the playoffs, and return a notable core for the 2018-19 season. Fairfield commit **Maddie Kiely** (Killingworth, Conn.), after an injury-ridden fall, scored 10 times in the spring. UConn commit **Emma Zaccagnini** (Watertown, Conn.) also is capable of turning heads as a dynamic center mid. UMass Lowell commit **Halle Anderson** (Stonington, Conn.) was steady in defense, starting nearly every game.

Continued on facing page

CLUB SOCCER INSIDER

Pair of national titles highlight club season

By Jonathan Sigal

After shrugging off the high school cobwebs at Thanksgiving tournaments, the 2017-18 club soccer season has come to an end in New England. Eight months full of weekend tournaments and late-night practices in the book.

The conclusion is marked by national playoffs for Elite Clubs National League (ECNL) and National Premier League (NPL) teams. Held around the country, these tournaments crowned national champions and brought about some personal awards.

To keep track of it all, New England Soccer Journal compiled a year-end wrap up of club soccer in New England, which included two national titles, both from Massachusetts-based clubs.

Because the Development Academy, put on by U.S. Soccer, operates on a different schedule and scale than the ECNL and NPL, we've done separate recaps for their 2017-18 seasons (Pages 9 and 10).

Girls ECNL

New England-based players nearly completed a clean sweep in player of

the year awards for the ECNL's Northeast Conference, taking home three of four honors.

The U-16 nod went to **Peyton McNamara** (Norwalk, Conn.), a center mid for Connecticut FC who has been called up to the U-16 national team and is committed to Ohio State. Then, at the U-17 level, the award went to FC Stars midfielder **Allie Winstanley** (Concord, Mass.), who committed early on to Dartmouth and stars in prep soccer at Noble and Greenough. Lastly, the U-18 award went to FC Boston striker **Brittany Raphino** (Randolph, Mass.), a Brown commit and Thayer Academy standout.

Only one team from New England — the U-14s from FC Stars — made the ECNL national finals. They ultimately fell 2-1 to Mountain View Los Altos Soccer Club (California).

Elite National Premier League

In a partnership between U.S. Club Soccer and the ECNL, the ENPL finals made their debut. Various clubs from the NPL (locally the New England Premiership) and first-year boys ECNL qualified, with playoffs held in Lancaster, Mass., and nationals held in Aurora, Colo.

The U-13 and U-19 divisions operated on a different schedule, though presented a memorable summer for NEFC (Massachusetts). The U-19 team — coached by Boston College men's coach **Ed Kelly** and sending six players onto Division 1 college soccer — made the national final, losing 3-1 to Ohio Premier Soccer Club. NEFC's U-13 team, a division in which nationals aren't held, won ENPL Eastern Playoffs 2-1 over SUSA FC, an academy program from Long Island, N.Y.

Other impressive summers came for a pair of NEP teams from Massachusetts. The U-16 GPA MA Elite Red team, coached by **Andy Prosser**, won nationals, 2-1, over Penn Fusion Soccer Academy (Pennsylvania). They also showed well during 2017-18 at prestigious college showcase events, winning the Potomac Memorial Day and making the finals of the Jefferson Memorial Cup in March. Meanwhile, Valeo FC's U-14s, coached by UMass Boston's **Jake Beverlin**, made the national semifinals, losing out 3-1 to GPS Florida West.

One Boys ECNL note: In the league's inaugural season, none of the local clubs — Connecticut FC, FSA FC, Boston Bolts and FC Stars — made the ENPL finals.

Girls National Premier League

The girls NPL finals, held in Aurora, Colo., featured seven teams from the New England Premiership. Quite remarkably, every squad reached at least the semifinals, reinforcing the growth of club soccer in the region. Further, four of the seven came from South Shore Select, a Hingham, Mass.-based club led by the likes of **Liz Lima** and **Alison Foley**, the head women's coach at Boston College.

Of those seven squads, just one team — the South Shore Selects U-17s — took home the title, beating fellow Massachusetts team FC Stars, 2-1.

Three others made the finals — South Shore Select U-13s, Seacoast United U-14s and GPS Massachusetts U-16s — but lost. The former two fell to Southern Soccer Academy (Georgia) teams, while the latter lost to a Player Development Academy (New Jersey) team.

Local semifinalists included South Shore Select's U-15 team and FC USA's U-16 team.

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Girls DA

Continued from facing page



FC Stars

This Lancaster, Mass.-based club has cemented itself as a powerhouse in the ECNL, reinforced by how it is departing the DA entirely come 2018-19. In that shift, the U-17 and U-19 teams failed to make the playoffs and both finished with losing records. Their U-15s, conversely, qualified for the playoffs and went 15-10-6 across the regular season.

That youngest group had three players hit the 15-goal mark — **Rory Clare** (Wellesley, Mass.), **Jordan Juetten** (Shrewsbury, Mass.) and **Megan Putvinski** (Holliston, Mass.) — as part of a dynamic attack. Another standout for

them was U-14 national team defender **Molly Martin** (Acton, Mass.), though she largely played the second half of the season in the ECNL.

A similar switch hurt the U-19s, with an impactful trio shifting over to FC Stars' U-17 ECNL team for the spring. That included Penn State commit **Payton Linnehan** (Douglas, Mass.) and twin Boston College commits **Michela** and **Samantha Agresti** (Swampscott, Mass.), with the former two part of the U-17 national team.

While the U-17s struggled at times, Northeastern commit **Alexandra Vazquez** (Townsend, Mass.) was crucial at the back, as was Citadel commit and striker **Haley Long** (Exeter, N.H.) with nine goals.

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Boys DA

Continued from Page 9

the Norwalk, Conn.-based club among the region's best.

Their U-19 team was handed a significant boost by a quartet of South Kent players who joined for the spring season. UConn-bound center back **Sean Martin** (Bridgeport, Conn.), St. John's-bound left back **Payton Blynn** (New Milford, Conn.), Marshall-bound center mid **Vinicius Fernandes** and Virginia Tech commit and winger **Alex Adjetey** all left their mark.

Other crucial pieces on the 19s were UConn-bound midfielder **Arthur Silva** (Bethel, Conn.), Villanova-bound center back **Dylan Middlebrook** (Westport, Conn.) and Quin-nipiac-bound midfielder **Alejandro Holle** (North Haven, Conn.).

Looking ahead, Beachside returns a strong core from its U-17 team. Building blocks include Princeton commit and forward **Ryan Winkler** (Monroe, Conn.), center back **Zach Dedrick** (Wilton, Conn.), forward **Franz Muhaj** (Bridgeport, Conn.) and attacking midfielder **Sergio Silva** (Bethel, Conn.).



Seacoast United

To be straightforward, it was a tough 2017-18 season for Seacoast. Their U-17 and U-19 teams went a combined 8-43-4 and posted a combined negative-117 goal differential. Despite the adverse results, several Seacoast prospects are worth monitoring.

Most notably, goalkeeper **Georges El-Khoury** (Sharon, Mass.) will head west to play at the University of Portland. **Tyler Swanbeck** (Hebron,

Maine), named Coaches 2017-2018 Scholar All-America Player of the Year by the United Soccer Coaches, was steady in midfield, and he'll complete a postgraduate year at Phillips Exeter. His efforts were often helped by **Peter Dakoyannis** (Newton, Mass.).

At the U-17 level, midfielder **Alex Quinones** (Bedford, N.H.) — now bound for South Kent in the prep ranks — was another standout. The same goes for **Mark Huynh** (Andover, Mass.) and goalkeeper **James Lowell** (Brentwood, N.H.), who is transferring to MLS club Seattle Sounders for the fall.

Seacoast's U-15 team also struggled, going 7-13-8, but striker **Jeremy Rodriguez** (North Andover, Mass.) banged home 14 goals.

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new balance



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UNTOUCHABLE



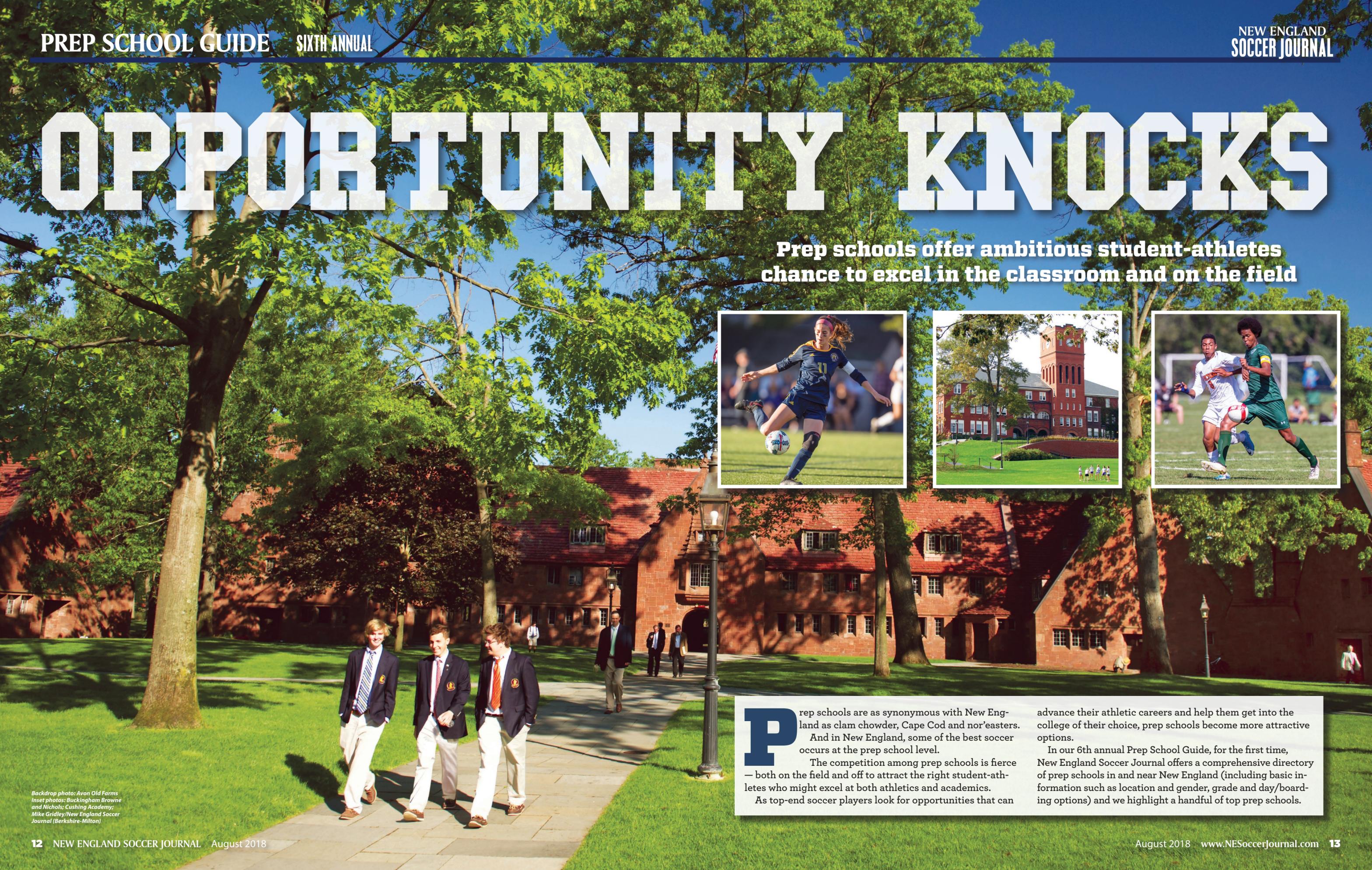
UNTOUCHABLE

#UNTOUCHABLE

new balance

OPPORTUNITY KNOCKS

Prep schools offer ambitious student-athletes chance to excel in the classroom and on the field



Prep schools are as synonymous with New England as clam chowder, Cape Cod and nor'easters. And in New England, some of the best soccer occurs at the prep school level. The competition among prep schools is fierce — both on the field and off to attract the right student-athletes who might excel at both athletics and academics. As top-end soccer players look for opportunities that can

advance their athletic careers and help them get into the college of their choice, prep schools become more attractive options. In our 6th annual Prep School Guide, for the first time, New England Soccer Journal offers a comprehensive directory of prep schools in and near New England (including basic information such as location and gender, grade and day/board-ing options) and we highlight a handful of top prep schools.

Backdrop photos: Avon Old Farms
Inset photos: Buckingham Browne
and Nichols; Cushing Academy;
Mike Gridley/New England Soccer
Journal (Berkshire-Milton)

'Our guys of course get a chance to play with (Right to Dream players), but more importantly get to know them on a personal level and benefit from their perspective, their world view, their willingness to adapt, to be thankful for every opportunity, to work with respect and hunger, to be their best.'

— Owen Finberg, South Kent coach

DREAM ON

Right to Dream not only provides opportunities for prospects from Africa but also helps give their American teammates better competition, greater perspective and more exposure



Entering his junior season at Taft, Right to Dream player Sammed Bawa announced his commitment to the University of North Carolina last year.

Mike Guidley/New England Soccer Journal

By Jonathan Sigal



WHEN SAMMED BAWA LEFT GHANA

and arrived for his freshman season at Taft, he feared the warnings were true.

Ozzie Parente, his coach at the Water-town, Conn.-based prep school, grouped every player — Americans, internationals and Bawa, a Right to Dream student — togeth-

“Once everything got set, the level didn’t quite feel like back home in the academy, but it was close,” said Bawa, a University of North Carolina commit entering his junior season. “Then we started playing Andover, Berkshire, Loomis and Hotchkiss — they pushed me to my limits. That’s when I realized that the level overall is really good and competitive.”

The respect Bawa has for prep school soccer also is a two-way street, with coaches and players praising how Right to Dream has elevated their league.

Traditionally, NEPSAC soccer was home to Americans — domestic players mainly from New England and the surrounding states. The product was still impressive though relatively contained, punctuated by the extensive pro careers of Charlie Davies (Manchester, N.H./Brooks) and Chris Tierney (Wellesley, Mass./Noble and Gre-enough).

But with beds to fill and recruiting networks expanding overseas, the league has gradually become more and more international. Step in Right to Dream, a Ghana-based academy that progresses African players onto either a professional track or American prep schools.

From a soccer standpoint, the effects of the latter pathway are tangible, said Hotchkiss coach Jay Thornhill.

“When you’re within a certain bubble and demographic your whole life, you start to have blinders as to what else is out there,” said Thornhill, who coached 2017 Gatorade National Player of the Year and Right to Dream midfielder Umar Farouk Osman. “They add a fresh style to the game and there’s learning that happens on all levels.”

SUITING UP ALONGSIDE elite Right to Dream players improves Americans’ soccer abilities and demands more of them, said South Kent coach Owen Finberg. That byproduct comes from training sessions, NEPSAC games and even from Black Rock FC, a club program that fuses international and American players from



Canterbury School; Taft School

the prep ranks.

Finberg added that Right to Dream players have even brought about broader collegiate exposure for American players.

“The Right to Dream players have given more of a reason for coaches to buy a flight and come out in their busy season,” said Finberg, who coached Right to Dream goalkeeper Richard Glemawu, last year’s Little East Conference Rookie of the Year at Southern Maine. “That opportunity at a Division 1 or 3 program might not happen if some of those

▶ **ABOVE:** Seidu Shamsudeen, who starred at Canterbury for three seasons before a leg injury last year, is headed to Villanova.

▶ **INSET:** Sammed Bawa, who stars at the Taft School, raves about the level of prep soccer.

▶ **OPPOSITE PAGE:** Millbrook’s Ousseni Bouda (right) of Burkina Faso won Gatorade National Player of the Year honors this year and is committed to Stanford.

er for preseason, regardless of talent. The catch? He didn’t know in America varsity and junior varsity teams begin preseason together, then teams are picked.

Every bit he was told — that a talented midfielder like himself should take the pro route instead of the prep one, that the level of American soccer was low — raced into his mind. Those perceptions quickly went away, helped along by reassurances from Francis Atuahene, a fellow Right to Dream player who went to Hotchkiss and now plays for FC Dallas of Major League Soccer.

guys weren’t involved.”

The soccer benefits are clear: Better players create a better on-field product, which leads to increased visibility and notoriety. The NEPSAC, with a Right to Dream boost, arguably is a better league now than it ever was.

But John Seigenthaler, coach at Millbrook, believes Right to Dream students’ biggest impact isn’t felt on the pitch. Rather, it’s felt in the community, in the classroom, in the dorms. And he’d know well by coach-



Mike Grudley/New England Soccer Journal

ing Right to Dream forward Ousseni Bouda, a Burkina Faso native who took home both the 2018 Gatorade National and New York Player of the Year awards.

Seigenthaler recalls how Bouda arrived on their campus, 10 miles east of the Connecticut/New York border, as a skinny, French-speaking soccer player. Heading into his senior year, Bouda is a prefect, one of the highest honors given to Millbrook students, committed to Stanford and speaks fluent English.

“I’ve heard the Right to Dream head of school say to the group of young men that they’re not just playing for themselves and their school, but for all of Africa,” Seigenthaler said. “They carry that responsibility with pride.”

That gets at the world view Right to Dream players bring to prep campuses,

‘The Right to Dream players have given more of a reason for coaches to buy a flight and come out in their busy season. That opportunity at a Division 1 or 3 program might not happen if some of those guys weren’t involved.’

— Owen Finberg, South Kent coach

ones already bustling with players from throughout the United States and the world. The global perspectives — from North Americans, Africans, Europeans or South Americans — only benefit one another.

“I encourage the Right to Dream students to share their experiences of how they got here, and then we encourage the domestic kids to share their stories as well,” Thornhill said. “That’s how we learn to support each other, to grow from each other.”

Finberg agreed, even noting the origins of Right to Dream players. On the whole, they come from humble beginnings and the chance to play soccer at a prep school alters not only their life but also their entire family’s.

“Our guys of course get a chance to play

with (Right to Dream players),” Finberg said, “but more importantly get to know them on a personal level and benefit from their perspective, their world view, their willingness to adapt, to be thankful for every opportunity, to work with respect and hunger, to be their best.”

The program, clearly, is welcomed with open arms, but some pushback occasionally surfaces, coaches interviewed for this story all acknowledged. Right to Dream players often are the best player at their prep school, which can lead to less playing playing time for American players.

But Finberg, Thornhill and Seigenthaler all were quick to say such disdain is short-



▶ Finberg

Continued on Page 29

DEEP TALENT POOL



► Buckingham Browne and Nichols forward Kayla Duran (Woburn, Mass.), who was named 2018 Massachusetts Gatorade Player of the Year, is headed to Boston College this fall.

■ As the prep girls game seeks its niche amid increased opportunities, the overall level of play keeps rising

By Jonathan Sigal

LISA JOEL SOON will enter her 20th season coaching at Phillips Andover, a spell that's brought about four Class A titles. From that success, she's gained valuable insights into the complexion of girls prep school soccer.

As she reflects on her two decades, the Rhode Island native highlights marked changes over the past decade.

"In the early half of my coaching, there would be that super talented player at Loomis (Chaffee) or how there was Steph McCaffrey at (Buckingham Browne & Nichols School)," Joel said. "They were special and elite and in a class all of their own. Then what happened, the base has grown, it's much more deep."

There still are the elite players — just this fall, Thayer Academy striker Brittany Raphino (Randolph, Mass.), Noble and Greenough midfielder Allie Winstanley (Concord, Mass.) and Tabor striker Cat Barry (Hingham, Mass.) all will compete — but the talent level and recruiting efforts have swelled across the board. That's the sentiment, at least, that Worcester Academy coach Jen Marino harps on before she enters her sixth season.

"The pool has never been deeper in girls soccer because of the platform given to kids over the last five years that even 10 years ago didn't even exist," Marino said. "The quality of play of girls soccer in New England has gone up and the pool is incredibly unique."

Joel and Marino capture the ever-changing girls' youth soccer landscape. And it is a setup where prep schools still are seeking out their niche.

Preps, at most, take up three months in the fall, leaving players on Elite Clubs National League, Development Academy or National Premier League teams from Thanksgiving through as late as mid-July. Those club seasons bring about national-level showcase events, and the end goal of playing college soccer — especially with women's professional options fleeting — still largely



Matt Stone (right); Leilie Pestaina (below)

► St. Mark's senior captain Ainsley DuBose (far right)



comes from club soccer exposure.

But Lauren Ames, entering her fifth season as St. Mark's head coach, has noticed a shift. In greater numbers, college coaches are viewing prep games as prime recruiting opportunities. They're bringing in those top-level club players — from FC Stars, FC Boston, NEFC, Connecticut FC, etc. — so NEPSAC tournament games often are filled with Division 1 and 3 commits.

"They used to just call the club coach, but it's growing where college coaches are tapping into us prep ones too," Ames said. "I understand that at a club showcase you get to see more players, but there's still value in coming out on a Wednesday or a Saturday."

Added Graeme Blackman, entering his fourth year as coach at Buckingham Browne & Nichols: "It's honestly a high level of soccer. Tie that in with the chance

to play for your community and be a multi-dimensional person, it's powerful."

But where do prep schools fit into the broader youth soccer landscape? That's the million-dollar question, Joel said, and she hopes its place extends beyond the soccer field.

She believes the "tension is definitely real" at times between clubs and preps,

Continued on Page 32

DIRECTORY KEY
PREP SCHOOL
Mascot
 Location
 Website
 Grades/years
 Coed/boys only
 Day/boarding

Avon Old Farms
Winged Beavers
 Avon, Conn.
 avonoldfarms.com
 9-postgraduate
 Boys only
 Day and boarding

Bancroft School
Bulldogs
 Worcester, Mass.
 bancroftschool.org
 PreK-12
 Coed
 Day only

Beaver Country Day
None
 Chestnut Hill, Mass.
 bcday.org
 6-12
 Coed
 Day only

Berkshire School
Bears
 Sheffield, Mass.
 berkshireschool.org
 9-12 and postgraduate
 Coed
 Day and boarding

Boys soccer coach: Charlie Bour
Girls soccer coach: Mark Gillon

Why Berkshire School: "Berkshire's dedication to academic, artistic and athletic excellence has led to nearly 90 percent of our graduates earning acceptances to the most selective colleges and universities. There is a proud tradition of success for our soccer alumni, many of whom go on to captain their collegiate teams and become leaders in their professional lives."

Belmont Hill School
None
 Belmont, Mass.
 belmonthill.org
 7-12
 Boys only
 Day and boarding

Berwick Academy
Bulldogs
 South Berwick, Maine
 berwickacademy.org
 PreK-postgraduate
 Coed
 Day and boarding

Boston Trinity Academy
Lions
 Hyde Park, Mass.
 bostontrinity.org
 6-12
 Coed
 Day only

Boston Univ. Academy
None
 Boston, Mass.
 buacademy.org
 9-12
 Coed
 Day only

Brewster Academy
Bobcats
 Wolfeboro, N.H.
 brewsteracademy.org
 9-postgraduate
 Coed
 Day and boarding

Bridgton Academy
Wolverines
 North Bridgton, Maine
 bridgtonacademy.org
 Postgraduate
 Boys only
 Day and boarding

Brimmer & May
Gators
 Chestnut Hill, Mass.
 brimmer.org
 PreK-12
 Coed
 Day only

Brunswick School
Bruins
 Greenwich, Conn.
 brunswickschool.org
 PreK-12
 Boys only
 Day only

Buckingham Browne & Nichols
Knights
 Cambridge, Mass.
 bbns.org
 K-12
 Coed
 Day only

Boys soccer coaches: Jesse Sarzana (head coach) and Kaeghan Kelly (assistant head coach)
Girls soccer coach: Graeme Blackman

Why Buckingham Browne & Nichols: "BB&N is a unique school in that it is in an urban setting and is a K-12 co-ed school. The partnership of the academics and athletics is strong, and the union of teachers and students creates a positive environment. We are proud to compete in the Independent School League."

Cambridge School of Weston
Gryphons
 Weston, Mass.
 csw.org
 9-12
 Coed
 Day and boarding

Canterbury School
Saints
 New Milford, Conn.
 cbury.org
 9-postgraduate
 Coed
 Day and boarding

Cape Cod Academy
Seahawks
 Osterville, Mass.
 capecodacademy.org
 PreK-12
 Coed
 Day only

Chapel Hill - Chauncy Hall
None
 Waltham, Mass.
 chch.org
 9-12
 Coed
 Day and boarding

Cheshire Academy
Cats
 Cheshire, Conn.
 cheshireacademy.org
 8-postgraduate
 Coed
 Day and boarding

Choate Rosemary Hall
Wild Boars
 Wallingford, Conn.
 choate.edu
 9-postgraduate
 Coed
 Day and boarding

Christian Heritage
Kingsmen
 Trumbull, Conn.
 kingsmen.org
 K-12
 Coed
 Day only

Dana Hall School
Dragons
 Wellesley, Mass.
 danahall.org
 9-12
 Girls only
 Day and boarding

Cushing Academy
Penguins
 Ashburnham, Mass.
 cushing.org
 9-12 and postgraduate
 Coed
 Day and boarding

Boys soccer coach: Brandon Sousa
Girls soccer coach: Susan Cirone

Why Cushing Academy: "Cushing strives to nurture leaders and learners who are innately curious, creative and confident. By challenging students — intellectually, on the sports fields, in the arts and across cultural bounds — in a diverse, community-oriented environment, they're set to carry forth values that extend far beyond the classroom."

Darrow School
Ducks
 New Lebanon, N.Y.
 darrowschool.org
 9-12
 Coed
 Day and boarding

Deerfield Academy
None
 Deerfield, Mass.
 deerfield.edu
 9-postgraduate
 Coed
 Day and boarding

Dexter Southfield
None
 Brookline, Mass.
 dextersouthfield.org
 PreK-12
 Coed
 Day only

Dublin School
Wildcats
 Dublin, N.H.
 dublinschool.org
 9-12
 Coed
 Day and boarding

Ethel Walker School
Wildcats
 Simsbury, Conn.
 ethelwalker.org
 6-12
 Girls only
 Day and boarding

Fay School
Moose
 Southboro, Mass.
 fayschool.org
 K-9
 Coed
 Day and boarding

Boys soccer coach: Matt Greene
Girls soccer coach: Cassandra Papalilo

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 9-postgraduate
 Coed
 Day and boarding

Gann Academy
None
 Waltham, Mass.
 gannacademy.org
 9-12
 Coed
 Day only

Governor's Academy
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 Byfield, Mass.
 thegovernorsacademy.org
 9-12
 Coed
 Day and boarding

Greenwich Academy
Gators
 Greenwich, Conn.
 greenwichacademy.org
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Groton School
Zebras
 Groton, Mass.
 groton.org
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 Coed
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Harvey School <i>Cavaliers</i> Katonah, N.Y. harveyschool.org 6-12 Coed Day and boarding	Hoosac School <i>Owls</i> Hoosick, N.Y. hoosac.org 8-postgraduate Coed Day and boarding	Kent School <i>Lions</i> Kent, Conn. kent-school.edu 9-12 Coed Day and boarding	Kingswood Oxford <i>Wyverns</i> West Hartford, Conn. kingswoodoxford.org 6-12 Coed Day only	Lexington Christian <i>Lions</i> Lexington, Mass. lca.edu 6-12 Coed Day and boarding	Marianapolis Prep <i>Golden Knights</i> Thompson, Conn. marianapolis.org 9-postgraduate Coed Day and boarding
Hebron Academy <i>Lumberjacks</i> Hebron, Maine hebronacademy.org 6-postgraduate Coed Day and boarding	Hopkins School <i>Hilltoppers</i> New Haven, Conn. hopkins.edu 7-12 Coed Day only	Kents Hill School <i>Huskies</i> Kents Hill, Maine kentshill.org 9-postgraduate Coed Day and boarding	Landmark School <i>Vikings</i> Prides Crossing, Mass. landmarkschool.org 2-12 Coed Day and boarding	Lincoln School <i>Lynx</i> Providence, R.I. lincolnschool.org 1-12 Girls only Day only	Marvelwood School <i>Pterodactyls</i> Kent, Conn. marvelwood.org 9-postgraduate Coed Day and boarding
High Mowing <i>None</i> Wilton, N.H. highmowing.org 9-12 Coed Day and boarding	Hotchkiss School <i>Bearcats</i> Lakeville, Conn. hotchkiss.org 9-12 Coed Day and boarding	Kimball Union <i>Wildcats</i> Meriden, N.H. kua.org 9-postgraduate Coed Day and boarding	Lawrence Academy <i>Spartans</i> Groton, Mass. lacademy.edu 9-12 Coed Day and boarding	Loomis Chaffee <i>Pelicans</i> Windsor, Conn. loomischaffee.org 9-postgraduate Coed Day and boarding	Master's School <i>Lions</i> West Simsbury, Conn. mastersschool.org K-12 Coed Day only
Holderness School <i>Bulls</i> Chapel Lane Plymouth, N.H. holderness.org 9-postgraduate Coed Day and boarding	Hyde School <i>Wolfpack</i> Bath, Maine hyde.edu 8-postgraduate Coed Day and boarding	King School <i>Vikings</i> Stamford, Conn. kingschoolct.org PreK-12 Coed Day only	Lee Academy <i>Pandas</i> Lee, Maine leeacademy.org 9-postgraduate Coed Day and boarding	MacDuffie School <i>Mustangs</i> Granby, Mass. macduffie.org 6-12 Coed Day and boarding	Masters School <i>Panthers</i> Dobbs Ferry, N.Y. mastersny.org 5-12 Coed Day and boarding

Milton Academy <i>Mustangs</i> Milton, Mass. milton.edu K-12 Coed Day and boarding Boys soccer coach: Chris Kane Girls soccer coach: Peter Kahn Why Milton Academy: "Milton Academy provides a unique blend of high-level soccer and one of the strongest academic programs in the United States. Our varsity teams successfully compete at the highest level of New England soccer while fostering the individual growth of our student-athletes within a tight-knit team culture. Upon graduation, our players are prepared to enjoy meaningful success at top schools and programs such as Harvard, Maryland, Amherst and MIT."	Middlesex School <i>Zebras</i> Concord, Mass. mxschool.edu 9-12 Coed Day and boarding	Millbrook School <i>Mustangs</i> Millbrook, N.Y. millbrook.org 9-12 Coed Day and boarding
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Miss Hall's School <i>Hurricanes</i> Pittsfield, Mass. misshalls.org 9-12 Girls only Day and boarding	Miss Porter's School <i>None</i> Framingham, Conn. porters.org 9-12 Girls only Day and boarding	Moses Brown School <i>Quakers</i> Providence, R.I. mosescbrown.org K-12 Coed Day only	New Hampton School <i>Huskies</i> New Hampton, N.H. newhampton.org 9-postgraduate Coed Day and boarding	New York Military <i>Knights</i> Cornwall-on-Hudson, N.Y. nyma.org 7-12 Coed Day and boarding	Newman School <i>Cardinals</i> Boston, Mass. newmanboston.org 9-12 Coed Day only	Noble and Greenough <i>Bulldogs</i> Dedham, Mass. nobles.edu 7-12 Coed Day and boarding	No. Yarmouth Academy <i>Panthers</i> Yarmouth, Maine nya.org 5-12 Coed Day Only	Northfield Mt. Hermon <i>Hoggers</i> Mount Hermon, Mass. nmhschool.org 9-postgraduate Coed Day and boarding	Oakwood Friends <i>Lions</i> Poughkeepsie, N.Y. oakwoodfriends.org 6-12 Coed Day and boarding
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Roxbury Latin School West Roxbury, Mass. roxburylatin.org 7-12 Boys only Day only Boys soccer coach: Paul Sugg Why Roxbury Latin: "At Roxbury Latin, we are committed to the character development and rigorous academic training of each boy in our care. The school's comparatively low tuition, and its policy to admit and enroll students without regard to their parents' ability to pay, ensures a diverse student body. In designing a vital program, Roxbury Latin is alert to what is best and most effective in educating boys, but we also dare to define what is in their best interest. We care most of all what kind of person a boy is, and we promise to know and love each boy."	Phillips Andover <i>Big Blue</i> Andover, Mass. andover.edu 9-postgraduate Coed Day and boarding	Phillips Exeter <i>Big Red</i> Exeter, N.H. exeter.edu 9-postgraduate Coed Day and boarding	Pingree School <i>Highlanders</i> South Hamilton, Mass. pingree.org 9-12 Coed Day only	Pomfret School <i>Griffins</i> Pomfret, Conn. pomfret.org 9-postgraduate Coed Day and boarding	Portsmouth Abbey <i>Ravens</i> Portsmouth, R.I. portsmouthabbey.org 9-12 Coed Day and boarding	Poughkeepsie Day <i>None</i> Poughkeepsie, N.Y. poughkeepsieday.org PreK-12 Coed Day only	Proctor Academy <i>Hornets</i> Andover, N.H. proctoracademy.org 9-postgraduate Coed Day and boarding	Providence Country Day <i>Knights</i> East Providence, R.I. providencecountryday.org 6-12 Coed Day only	Rivers School <i>Red Wings</i> Weston, Mass. rivers.org 6-12 Coed Day only	Rocky Hill School <i>Mariners</i> East Greenwich, R.I. rockyhill.org PreK-12 Coed Day only	South Kent School <i>Cardinals</i> South Kent, Conn. southkentschool.org 9-12 and postgraduate Boys only Day and boarding Boys soccer coach: Owen Finberg Why South Kent: "At South Kent, we've been educating boys since 1923. We develop young men who can evolve and adapt, be globally competitive and prepared to meet the challenges of our changing world as problem-solvers and innovators. Our program includes a transformational prep school education, top-tier athletic competition and world-class instruction."
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Rye Country Day Wildcats
Rye, N.Y.
ryecountryday.org
PreK-12
Coed
Day only

Sacred Heart Tigers
Greenwich, Conn.
cshgreenwich.org
PreK-12
Girls only
Day only

St. Andrew's School
None
Barrington, R.I.
standrews-ri.org
6-postgraduate
Coed
Day and boarding

St. George's School Dragons
Newport, R.I.
stgeorges.edu
9-12
Coed
Day and boarding

Suffield Academy Tigers
Suffield, Conn.
suffieldacademy.org
9-12
Coed
Day and boarding



Boys soccer coach: Recardo Warren
Girls soccer coach: Dan Sullivan
Why Suffield: "Suffield Academy offers top-level soccer in a challenging, supportive school with world-class facilities. Suffield is consistently among the finest teams in New England prep soccer, and alumni participate in college soccer around the country. Suffield's campus features two synthetic turf fields and an indoor fieldhouse."

St. Luke's School Storm
New Canaan, Conn.
stlucesct.org
5-12
Coed
Day only

St. Mark's School Lions
Southboro, Mass.
stmarksschool.org
9-12
Coed
Day and boarding

St. Mary - Bay View Bengals
Riverside, R.I.
bayviewacademy.org
6-12
Girls only
Day only

St. Paul's School Pelicans
Concord, N.H.
sps.edu
9-12
Coed
Day and boarding

St. Sebastian's School Arrows
Needham, Mass.
stsebs.org
7-12
Boys only
Day only

St. Thomas More
None
Oakdale, Conn.
stmct.org
8-postgraduate
Day and boarding
Boys only

Salisbury School Knights
Salisbury, Conn.
salisbury-school.org
9-postgraduate
Boys only
Day and boarding

Storm King School Cougars
Cornwall-on-Hudson, N.Y.
sks.org
8-12
Coed
Day and boarding

Tabor Academy Seawolves
Marion, Mass.
taboracademy.org
9-12
Coed
Day and boarding

Taft School Rhinos
Watertown, Conn.
taftschool.org
9-postgraduate
Coed
Day and boarding

Thayer Academy Tigers
Braintree, Mass.
thayer.org
5-12
Coed | Day only
Boys soccer coach: Jim Felix
Girls soccer coach: Nick Rugnetta
Why Thayer: "On the field, student-athletes will experience a high level of competition and work closely with professional coaches, who themselves have played and coached soccer at a high level. In the classroom, Thayer offers a rigorous college preparatory curriculum, which includes arts classes, student clubs and organizations and overseas travel opportunities. Student-athletes are known well by their teachers and coaches who encourage and inspire them to excel in the classrooms and on the fields."



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Tilton, N.H.
tilton-school.org
9-postgraduate
Coed
Day and boarding

Trinity-Pawling Pride
Pawling, N.Y.
trinity-pawling.org
8-12
Boys only
Day and boarding

Waring School
None
Beverly, Mass.
waringschool.org
6-12
Coed
Day only

Westminster School Martlets
Simsbury, Conn.
westminster-school.org
9-postgraduate
Coed
Day and boarding

Wheeler School Warriors
Providence, R.I.
wheelerschool.org
PreK-12
Coed
Day only

White Mountain School
None
Bethlehem, N.H.
whitemountain.org
9-postgraduate
Coed
Day and boarding

Vermont Academy Wildcats
Saxtons River, Vt.
vermontacademy.org
9-12 and postgraduate
Coed
Day and boarding



Boys soccer coach: Brian Gilloran
Girls soccer coach: Abbey Edwards
Why Vermont: "Vermont Academy embodies the values of the state of Vermont, including independence, ingenuity, resilience and a love of the outdoors. Our students are innovators and entrepreneurs. They are athletes, artists and scholars. Every student is known and cared for. Happy, spirited students and teachers make for dynamic academic and athletic experiences."

Wilbraham & Monson Titans
Wilbraham, Mass.
wma.us
6-postgraduate
Coed
Day and boarding

Williston Northampton Wildcats
Easthampton, Mass.
williston.com
7-postgraduate
Coed
Day and boarding

Winchendon School Wapiti
Winchendon, Mass.
winchendon.org
8-postgraduate
Coed
Day and boarding

Winsor School Wildcats
Boston, Mass.
winsor.edu
5-12
Girls only
Day only

Woodstock Academy Centaurs
Woodstock, Conn.
woodstockacademy.org
9-postgraduate
Coed
Day and boarding

Wooster School The Generals
Danbury, Conn.
woosterschool.org
PreK-12
Coed
Day only

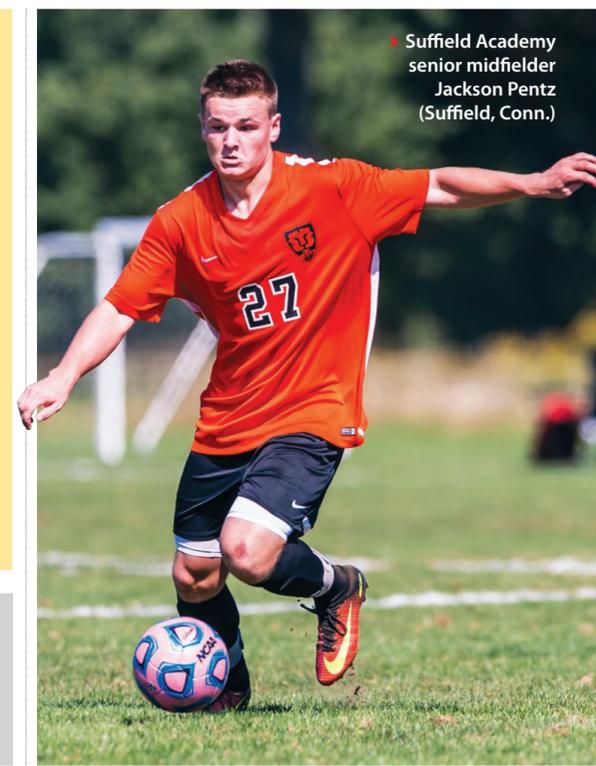
The Williams School Blues
New London, Conn.
williamsschool.org
6-12
Coed | Day only
Boys soccer coach: Dean Taylor
Girls soccer coach: TBA



Why Williams: "The Williams School aims to foster the intellectual, moral, aesthetic and physical development of young women and men in preparation for college, a lifetime of learning and active participation in a changing society. The athletic program at The Williams School provides students with the opportunity to develop individual leadership qualities and self-confidence while cultivating strong physical fitness and competitive character."

Worcester Academy Rams
Worcester, Mass.
worcesteracademy.org
6-postgraduate
Coed
Day and boarding

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Mascot	
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Day/boarding	



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AYSO United East Providence offers playing opportunities from age 3 through adult.

By Phil Shore

Rhode Island does not hide its size, but the smallest state packs a punch. East Providence carries the same sort of mentality as it fights for its space in the spotlight.

While its famous namesake serves as the capital, East Providence rises to prominence in other ways. One of its hallmarks: a passion for soccer and the opportunities the community is provided to play the game.

“East Providence is special because for a small town there is a lot of soccer opportunity,” said Marsha Giroux, the president of AYSO United East Providence. “With there being so many kids with families deeply interested in soccer, we bring to the table the chance for the entire family to play. We start them at age 3 and have leagues for adults. No other club can boast that. The love for soccer is strong here; we want to encourage and deepen that love however we can.”

East Providence has made its mark in soccer in New England over the years. Portuguese Social Clubs fielded adult teams in the Luso American Soccer Association in the 1970s. Pedro Braz — born in Angola — went to East Providence High School, was a two-time first-team All-State and one-time All-New England and All-American selection, and went on to play professionally in Puerto Rico and with the Western Massachusetts Pioneers.

For all of its historic success, 2016 proved to be a

special year for soccer in East Providence.

One example of that success was when the East Providence girls soccer team won the school’s first-ever state championship.

“The first banner to ever be hung up in East Providence High School to say girls soccer champions, it’s a lifetime achievement for these young ladies,” EPHS head coach Angelo Pizzi said in an article on the RhodyBeat.com website. “They’ll never forget this. I have just been blown away by their accomplishments, their work ethic and their off-the-field stuff. This is a family. We talk about that all the time. And the number one thing is that we were hungry and humble. That was our mantra all season.”

In addition to East Providence High School, East Providence is home to private high schools St. Mary Academy and Providence Country Day. It also hosts numerous youth and club programs, including AYSO, Bay-side United, East Bay United Futbol Club, and the newly founded East Providence Youth Soccer Association.

The EPYSA was founded in 2016, and — according to Bob DaSilva, the club’s president — in the spring of 2018, the club fielded 24 teams with 311 players on travel teams, in divisions from U8 to U18, with 200 additional

■ Opportunity and passion combine with robust history and recent milestone to create big impact in small town

Continued on Page 28

AT A GLANCE

Location

East Providence is located in the northeast section of the state, bordering Massachusetts. It’s about 54 miles southwest of Boston.

Population

As of the 2010 U.S. Census, the population of East Providence was 47,037, making it the fifth largest city in Rhode Island.

About town

Incorporated in 1862, East Providence is home to numerous sites listed on the National Register of Historic Places, including the Crescent Park Loeff Carousel and Shelter Building, a hand-carved carousel built by Charles Loeff in 1895. It remains in the same location even though the park closed in the 1970s and condominiums were built around it.

Local legends

A couple notable television hosts have spent time in East Providence. Meredith Vieira — notable host of shows such as “The View” and “Today” — grew up in East Providence, and Elizabeth Hasselbeck — who was a host on “The View” years later — attended St. Mary Academy-Bay View. In the sports world, former MLB second baseman and manager Davey Lopes and former NFL safety Jamie Silva were born in East Providence, while former NHL player and coach Ron Wilson attended East Providence High School.

— PHIL SHORE



Luka Modric of Croatia (left) and N'golo Kante of France (right) — battling during the World Cup final — prove that smaller players can have an outsized impact on the game.

By Kyle McCarthy



Clive Rose/Getty Images

COACHES AND PLAYERS FROM AROUND NEW ENGLAND

gathered around their selected devices and reveled in a fantastic World Cup this summer. Drama and intrigue coursed through every game. The tournament offered a compelling mix of great goals, notable incidents and stunning results.

While locals did not have much in the way of New England ties to celebrate in this tournament, they did possess a series of instructive moments from the pinnacle of the game. Every World Cup creates an instructive snapshot of the game in its current form and highlights the trends present at the highest levels.

As local teams report back for their fall seasons and France finally winds down its celebrations, the takeaways from a compelling tournament are still fresh. Here are a few lessons worth implementing as a new campaign starts and the quest for success commences in earnest.

Size doesn't always matter ...

The two most influential midfielders in the entire tournament cut striking and noticeably slight figures. Luka Modric careens around the Croatian midfielder effortlessly to link possession and pull the strings. N'Golo Kante adopts a more imposing approach in the heart of the French shape by harrying the opposing creative players and using his deft position sense to break

up play time and time again.

Their importance in the tournament is there for all to see. Modric inspired a seasoned Croatia side — a good team benefiting from a kind draw and a willingness to grasp this tempting chance with both hands — to the final through his creativity and his industriousness. Kante propelled France to its second title by providing the

Continued on Page 28



Continued from Page 27

solidity necessary for Paul Pogba to flourish and tempering the impact of the opposition.

Their successes — combined with the presence of Croatia (population 4 million, give or take a few) in the final — illustrate the importance of excellence, not physical attributes. Even at the highest levels, there is ample room for players and teams with ability, even if they do not fit into the prototypical mold of a commanding operator. It is a lesson worth heading for young players everywhere: Make the most of your own abilities, even if you do not necessarily match up with the opposition at the other end.

► ... but details always do

Set pieces played an outsized role in influencing games throughout the tournament. Cristiano Ronaldo's stunning free kick against Spain in the group stages established the tone for a raft of goals from dead-ball situations. The competing teams in Russia scored 70 goals from set pieces during the tournament. That figure constituted 43 percent of the overall goals in the tournament, the highest mark since 1966.

Many of those goals arrived through preparation on one side and lapses on the other. England, in particular, impressed with its creativity from corner kicks and crossed free kicks — remember those straight lines, as if trying to play the ball inbounds on the basketball court? — and its diligence in preparations. Other

sides continually faltered due to a lack of concentration, the persistent inability to track runners and the willingness to perpetually foul in poor areas.

Those reminders are particularly helpful heading into the fall season. Set pieces offer a route to close the gap and cover for any struggles from the run of play. They also pose a potential issue if players and teams slip. Their vital role — even in the top tournament in the world — warrants inspection with the fall season right around the corner.

► It takes a team ...

Most of the discussion prior to the tournament included the inevitable debate about the biggest stars in the world. Would Cristiano Ronaldo or Lionel Messi finally claim that elusive title? Could Neymar lead in-form Brazil back to prominence after a recent revival?

All three stars fell short despite displaying their own abilities in flashes. Messi and Argentina nearly exited after the ground stage amid chaos and disorganization before finally departing in the quarterfinals. Uruguay — one of the more impressive sides in the entire tournament — subdued Ronaldo and Portugal at the same stage. Brazil exited against Belgium in the quarterfinals despite showing its collective strength along the way.

Even with outstanding individual players, those potential contenders inevitably fell short. One or two stars is sometimes enough to carry a team through, particularly at the youth levels. But the



► Kylian Mbappe's speed was a lethal weapon for France on its way to the title.

Jim MacNicol/Getty Images

presence of a talisman does not remove the responsibility from the other players to pull their weight and push the side forward. It is something worth bearing in mind as those seasons commence.

► ... and a plan

The best teams in this tournament identified how they wanted to play and implemented those tactics game after game. France operated on the counter,

moved quickly through midfield and relied on the speed of Kylian Mbappe. Croatia trusted its midfield to dictate terms. Belgium toggled between systems while placing a premium on moving the ball forward quickly toward the intelligent runs of Romelu Lukaku. England waited for the counter and the set pieces. Sweden and Uruguay set out their stall and stymied the opposition. All of those examples — plus

the inverse issues encountered by Argentina and its complete dearth of cohesion — reinforce the necessity of a plan. How do you want to play? Can you maintain those principles and adjust them slightly to suit the specific challenge ahead? These are two fundamental questions coaches must keep in mind as they prepare for the new season.

Most of all, take nothing for granted

Expectations outline the potential outcomes without actually dictating them. Defending champion Germany crashed out in the group stage. Pre-tournament favorites Spain fired their manager on the eve of the tournament and somehow stumbled against a limited Russian side in the quarterfinals. And — not to put too painful of a point on it — the United States, Italy and the Netherlands failed to qualify entirely.

If this tournament — packed with a peculiar draw in bottom half of the knockout round and a weak host nation propelled all the way to the quarterfinals — reinforced anything at all, it is that destiny remains in the hands of people who cling to it. It is a theme worth revisiting time and again as players and teams set their own objectives this fall and strive to meet them day after day. **S**

Kyle McCarthy has covered MLS and the New England Revolution for more than a decade. He is the assistant editor of New England Soccer Journal.

► @kylemccarthy

✉ kyle@NESoccerJournal.com

SoccerTown

Continued from Page 26

children participating recreational and youth academies.

“Our hope is that by focusing on teaching the fundamentals that we may impart true soccer skills and knowledge on our young players,” DaSilva said, “so that they may grow as soccer players and hopefully impact the success of the middle school and high school programs here in East Providence.”

Winning always is the goal for competitive players like those in East Providence, but the development of players and people that resonates most with those involved.

“I love watching the players grow and develop,” AYSO United director of

coaching Karl Hanrahan said. “The best part for me is being part of the change in U.S. culture toward soccer and developing players versus winning at all costs. The U.S. men's national team is not looking for great teams; they are looking for great players. The player should always come first.”

Former East Providence resident and current Providence Country Day girls soccer assistant coach Ada Glazzard relished her time growing up playing soccer in the community, starting with joining AYSO. Glazzard played her college soccer at Roanoke College in Salem, Va., but she recalls her formative years — including her time in East Providence and her successful spell at The Wheeler School in Providence — fondly.

“I have played on teams throughout my soccer career in East Providence, and

everywhere I have played, it has been a diverse group of people,” she said. “I played in an adult pickup league after college as well, and the competition and diversity was something that I always noticed. Also, not to mention the love of the game in this town. It is the place where you can drive by several fields and will always see someone practicing or playing a pickup game.”

The future is bright because the community continues to invest in the game. Bayside FC Stadium — a modern turf ground constructed in conjunction with the City of East Providence and East Providence High School — serves as the beacon. Bayside FC trains and plays all home games at the new field.

The EPYSA also is working to bring a soccer-specific complex to East Providence to help with the lack of fields. In

the meantime, those involved in the club are helping to make the existing fields the best they can be.

Those collective contributions will make soccer in East Providence continue to grow and more on-field success to occur.

“We have been fortunate to have many new parents join us as team managers, coaches and board members,” DaSilva said. “The East Providence soccer community has never been (as) strong. As we enter our third year, we expect that our efforts will begin to see results in our school soccer program as early as this coming season as many of our soccer players will be entering middle school and high school this year.” **S**

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Preparing for new season offers excitement, hope

The month of August is my favorite month as a soccer coach. In a span of a few weeks, I go from coaching our residential camps at Liverpool International Academy Massachusetts & Connecticut to immediately turning my attention to my boys at Pembroke (Mass.) High School as we reach the tryout and preseason periods ahead of the new season.

This campaign presents new challenges for me as a coach and new challenges for our players. We graduated 15 seniors from last year's team, a squad that did as well as hoped and lost in the Division 2 South sectional final. Our goal as a program is to build upon the successes of the previous year.

As a coach, I know that it is much easier said than done. So, how do we reach our goals with a rebuilt squad? What steps do I need to take as a coach to help support our efforts? These are the questions I ask myself as we prep for late August and a new high school season.

Here are the three most important topics that we will need to address and work through in the coming month:

Leadership

When you lose 15 seniors, you automatically lose leadership. You also lose a sense of togetherness and camaraderie. Those players were teammates on the soccer field and friends off of it. They grew with each other. The friendship and togetherness in my opinion is what drove the team last year and ultimately drove the success.

It admittedly is hard to replicate this when you only have three returning var-

sity players who are rising seniors. What helps is that those three returning seniors are our elected captains and two of them were selected as varsity players when they were freshmen. These captains have been through it all and they all understand what is needed to reach a level of success that we can be proud of.

They will drive our off-season voluntary workouts. They will push their teammates and classmates this summer to get out of their comfort zones and help them understand the opportunities that are possible for them this fall. They want to get back to where we were last year and continue to build and expand the legacy of our program during their tenure at Pembroke High. They are ready to lead. Hopefully their peers are ready to follow.

Underclassman

Many high school coaches are reluctant to take freshmen on their varsity roster. Some have no choice due to roster and tryout numbers. I always look to see if any of our incoming freshmen are up for the task. Most of the time, the answer is yes. I have taken taken at least one freshman player on the varsity roster in every season.

Their impact on the field has varied but, for me, it is incredibly important for our youngest players to experience the varsity culture and acclimate to the demands. These demands can be technical, tactical, mental and physical.

Last year, we had three freshmen

make the varsity team. They received sporadic playing time, but due to injuries and their progress, they featured in some big games and gained incredible experience. The decision to take freshmen onto our roster can be a bit tricky, as

I know that they will receive less playing time with us as opposed to playing with the freshman team.

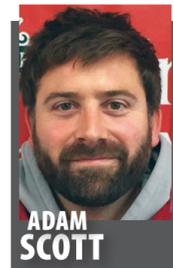
As I ponder that balance, I want them around the older boys on the varsity team. I want them a part of our culture and I want them around the standards that we set as a program. For this upcoming year, we are going to need all three of last year's varsity freshmen to step up their

game as they have every opportunity to start for our team and have a major impact on how we play, as well as the level of success we can achieve.

Our 2018 roster is going to be filled with underclassmen. There are position battles up for grabs in a number of key spots. While this could be a bit nerve-racking as a coach, I am excited to see our boys compete for these spots and compete to earn their place on the team. These internal competitions should help drive our program forward. Healthy competitions for both positional roles and playing time will only help our overall level of play and confidence.

Be brave and true

This is our team mantra. We want our players to be **brave** in all that they do and we want them to be **true** to themselves, true to their teammates and true



ADAM SCOTT

to the program.

If we are looking to be physically fit by the time tryouts arrive, players need to be brave in their offseason conditioning. They need to get up early and invest in the process, even if their friends are all heading to the beach. They have to push the boundaries and embrace the grind that is the offseason and preseason. They have to be brave as they embrace new roles and new expectations. They have to be brave as they look to push their own games to a new level as well as to kick down doors that stand in the way of our collective program.

If a team has a mantra or a hashtag, it has to own it. It can't just be a crutch. As a coach, you can give all of the motivational speeches you want, but your players have to buy into the mission. They have to be part of the process and believe in it. They have to take ownership and essentially run the show. It is the best feeling as a coach when you know and see your players working as one and supporting each other to reach their collective goals.

As I sit here in late July, planning and prepping for our fall season, this is the hope and this is the goal. By the time we hit late August, it will be time to put it in motion and see what we are made of. Hopefully our young Titans are up to the task and are ready to be brave and true. **S**

Adam Scott is the varsity boys coach at Pembroke (Mass.) High School, and the Owner/Director of Soccer for Liverpool FC International Academy Massachusetts in Plymouth, Mass.

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► The entire Taft soccer program has benefited from Right to Dream player Sammed Bawa.

Mike Gridley/New England Soccer Journal

Prep Boys

Continued from Page 17

sighted and misses the point entirely. With prep schools hoping to foster community through education, service and co-curriculars, the presence of a Bawa or a Bouda is about far more than soccer.

“If those guys didn't have football, there's no way for them, just with the way our world is set up, to change their life in a positive way,” Finberg said. “Changing that is what education is all about; it's what our schools are all about.”

Added Siegenthaler: “It's not about excluding the opportunity at

the expense of others. It's about creating a community where our student body has exposure to interests and mindsets and experiences as broadly based as we can forge.”

The soccer piece comes naturally; it always has with Right to Dream players. It's a memorable part, too, with alumin progressing into Major League Soccer and European leagues.

But the campus-wide impact? That's perhaps the most enduring benefit, especially for a program with education and character development at its core. **S**

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Play it safe with your cleats

In 1789, Benjamin Franklin wrote in a letter that only two things were certain in life: death and taxes. Nearly 230 years later, I will add another. If you wear cleats with flat edges, you are significantly increasing your chances of suffering an anterior cruciate ligament (ACL) tear.

Take a step back and understand the marketing of the cleat. They are worn by the top .05 percent of athletes in the world. The descriptions suggest enhanced performance metrics such as enhanced cutting, change of direction, deceleration, acceleration, speed and ball control.

Now I'll break that down for you. The ACL has one job: keep your tibia (shin bone) from moving too far forward away from your femur (thigh bone). It's simple, though, right? The best way to make sure that never happens is to maximize single-leg strength, create an indestructible hamstring-to-quad relationship, and never let your foot get caught in the ground. I've worked with nearly 100 Division 1 athletes and zero percent of them were strong enough to wear a flat-edge cleat on turf. Professional athletes can perform all those metrics barefoot.



JOE CALIGIURI

1. Flat-edge studs worn on turf (any combination of flat and round)
2. Flat-edge studs worn on natural grass (any combination of flat and round)
3. Rounded studs on turf (all studs must be round)



Safe cleats for turf (above) and grass (right)

They don't need the cleat. They are stronger, faster, quicker and more durable than 99.5 percent of their peers. They have tremendous single-leg strength and unprecedented hamstring-to-quad relationships. Above all, they are some of the most aerobically fit athletes in the world, which minimizes loss of focus and a breakdown in kinetic awareness. This is why they are relatively safe in a round or flat edge cleat. You are not.

So what should you be wearing? You should have two pairs of cleats. They don't have to be the most expensive cleats, but they should fit the following criteria:

1. Rubber-studded turf outsole for turf surfaces.
2. Molded round-studded cleat for natural grass surfaces.

Rubber-studded turf cleats allow you to perform all the same sport-specific movements on turf fields without the increased risk of injury. The rubber soles create friction with the rubber base of the turf fields to promote traction while allowing rotation. Wearing a rubber-studded shoe on a turf field significantly reduces the chances of injury from a non-contact mechanism. Molded round-studded cleats on a grass surface will provide just enough traction to play the sport, but because the molded cleat is typically shorter than the screw-in cleat, you are less likely to get your cleat caught in the ground during a change-of-direction play.

If you boldly elect to wear a molded cleat that has even just one or two blade or V-shaped studs, typically in the toe, you are inviting the ACL to tear. The blade-shaped stud does not allow the



shoes to rotate freely in the ground, which will yield what we call the pivot-shift mechanism. This mechanism is when the shoe becomes fixed in the ground and the athlete continues on in motion, only to crumble to the ground in pain holding his or her knee. Enticing?

So, it's up to you. Wear a shoe that fits your game, strength and durability goals. Or wear a shoe that 99.5 percent of the world is not safe in. Your call. **S**

Joe Caligiuri (MS, ATC, CSCS) is director of sports performance and medicine at Stadium Performance in Dedham, Mass., and has served as an athletic trainer with the NHL's Los Angeles Kings, NFL's New England Patriots and at Boston College. Check out spstrengthcoach.com.

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This is the story of the three little pigs — from a mental performance perspective.

The three little pigs live with their mother, who, having spent years raising them, launches them from her home and into the world. So each pig needs to find a place to live. The first builds her house out of straw, the second builds his out of sticks, and the third builds hers out of bricks. The villain of the story, a wolf, comes along and blows down each of the first two houses, sending those pigs running to the protection of the third pig's sturdily built home. The wolf discovers when he reaches this house that he can't blow it down, so the pigs get to live another day in peace.

So, what does this story have to do with mental performance in soccer?

Athletes often are urged to approach the mental aspects of performance by fortifying their minds, so when they encounter difficulty and challenge, their mind can overcome the threat. Build your mind into a house of bricks to keep out the "wolves." Take control of your thoughts — this is a story told to us frequently, but we all know this is easier said than done. The good news is that research is beginning to demonstrate that using strength of will (sheer willpower) to control your thoughts isn't always the best strategy either.

Actually, efforts to control our minds sometimes can create more distress than help. The more we try to not think about something or block it out, the more often we become preoccupied with that exact issue! Here's an example: Don't think about a purple elephant. Chances are an image of a purple elephant popped into your head. But, if uncomfortable "purple elephant" thoughts are not stopped by

EMBRACE THE EYE OF THE HURRICANE

How to develop skills to work with difficult thoughts



LANDON DUMAR

controlling our minds, what can we do?

Recent research suggests instead of trying to change our experiences or block out certain thoughts and feelings, we can change our relationship to those experiences. A much better metaphor than building a house of bricks is being the eye of the hurricane, as mindfulness coach to the NBA, George Mumford, describes it. We don't need to build a fortress in our minds to keep our threatening thoughts and experiences out, because we instead can connect with our capacity to be with our experience without being swept away by it. This may seem like a minor difference, but it is in fact a radically different approach to mental performance.

Now, let's consider a common soccer issue, which is performance anxiety. Plenty of soccer players feel anxious or nervous before they play. Anxiety can become so debilitating that players can't focus or perform, which may lead to poor play or even quitting soccer.

Instead of trying to block out or change that anxious experience, you can work to change your relationship with anxiety. How? Research shows that mindfulness is one successful approach for this. Here are three important skills that are involved in mindfulness that come from Acceptance Commitment Therapy (ACT), a form of mindfulness that is used by many athletes:

Be Present: Being present involves being able to notice what's happening within yourself (thoughts, feelings, sen-

sations), as if from the position of an observer — like you're sitting on the side of the road watching cars drive by.

Open Up: Opening up involves "unhooking" from the difficult thoughts, feelings and sensations and accepting what is happening in the moment. When we're watching the cars from the side of the road, we're not getting up and chasing certain cars down the road. We're just sitting and allowing them to pass by. This space will help you to choose how you want to respond as opposed to just reacting.

Do What Matters: Doing what matters is then connecting to the type of player you want to be and taking "committed action" toward those values. We can accept our experience and still choose to bring our attention and efforts to what is important to us. Whether that's during the game, at practice or lying in bed.

How do these mindfulness ideas apply to soccer?

Brad (not his real name) struggled with a lack of confidence and anxiety due to pressure. To deal with those difficult thoughts and feelings, he tried to energize himself, to calm himself down, putting it out of his mind and just focusing on the plays, but none of it helped the way he wanted it to. The feelings only grew stronger in fact, and he started to feel depressed and angry about the situation and he wasn't sure what to do. He wanted to fortify himself against the experience of

feeling not confident and the pressures he was feeling, but none of it worked, or at least not for very long. The house-of-bricks approach wasn't working. Brad decided to try a new direction. Working with a mental coach, he moved to an eye-of-the-hurricane approach. He continued to feel anxious before games and in some high-pressure situations, but his relationship with those experiences started to change. Instead of getting anxious about being anxious, Brad developed the ability to "unhook" from the difficult situation, to notice when he felt anxious and also to play the way he wanted to play even though those thoughts and feelings were still there. Brad started to reconnect with his love of the game and get into flow when he was playing, regardless of the feelings he was experiencing in the moment.

What often stands in the way of our own best performances is ourselves. In this I mean if we can develop skills to be able to work with difficult thoughts, feelings and situations, then we build our capacity to play at our best regardless of what's going on around us and within our inner experience — just like being the eye of the hurricane.

The best athletes feel anxiety, pressure, a lack of confidence, frustration, fatigue, sadness, the same feelings we all do. They have developed the capacity to perform their best even when experiencing difficulty. An eye-of-the-hurricane approach is something we all can work to develop even if we aren't Lionel Messi. **S**

Landon DuMar is the Mental Performance Coach at RPM Athlete Performance in Natick, Mass. He currently is pursuing a master's degree in athletic counseling at Springfield College and has experience working with a variety of collegiate and youth athletes, coaches and trainers on the mental aspects of sport and performance that focuses on flow, mindfulness, expertise and positive psychology. His background in counseling psychology and extensive experience working in youth mental health programming informs his holistic approach to health, wellness, and well-being. Learn more at www.rpmathlete.com.

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More than likely the cleat with the most "flash" is the cleat with the most liabilities to hide under the sole. Stay simple and you'll stay injury free.

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Learning to forgive floppers

As I write this, the 2018 FIFA World Cup is in the rearview mirror. As always, the monthlong tournament was full of great goals, big upsets and stirring drama. This year's edition was made all the more interesting by seeing some new faces and teams succeed, while the expected favorites fell by the wayside.



JAY KUMAR

I watched a lot of World Cup action this time around with my wife and soccer-loving daughters here, with my relatives in Canada while we were up there on vacation and in packed pubs full of rabid footie fans. But even with all of the great action, there was one glaring flaw that would pop up regularly: the constant flopping.

It's become cliché to expect male soccer players to feign injury during games (let's face it, there's a lot less flopping in the women's game). It happens much more at higher levels of play. By the time you get to the World Cup, well, that's where the world's best players make it an art. We saw great players such as Cristiano Ronaldo and Neymar Jr. drop like they'd been shot by assassins, writhing in agony in reaction to the slightest bit of contact with an opponent. Neymar especially was criticized for his antics. We've all seen the memes and watched the YouTube compilations of faked soccer injuries. So often do players drop and clutch their knees or ankles that it's now a joke; indeed, sometimes we end up laughing about a flop when in reality, the player actually did get hurt.

Here in the United States, sports fans tend to get a little holier-than-thou about diving, but it happens in so-called tougher sports as well, albeit to a lesser degree than soccer. Basketball, football and hockey all have their share of flops and faked injuries; the NHL even adopted penalties and fines for flopping in an attempt to curb the trend.

Flopping isn't a pointless endeavor, however. It's all about trying to get an edge, or, in this case, possession or a free kick. If you flop in the opposing

team's penalty area and are awarded a penalty kick, that's a potentially game-changing advantage. It may not be pretty or even fair, but players are willing to do it to get a win. Part of the challenge for officials is the game is moving so fast that it's sometimes hard to tell exactly what happened during an apparent foul. Even with the advent of video replay technology in this year's World Cup, there still were plenty of flops that were resulted in a disadvantage for the opposing team.

FIFA has instructed referees to issue yellow cards for dives, but it doesn't happen very often. Indeed, a well-timed flop may serve the purpose of letting the referee know that a player is being roughed up. Neymar was a flop machine in the World Cup this year, but he also was one of the most-fouled players, according to FIFA stats. There are plenty of elbows thrown and kicks to the ankles that go unnoticed by referees as the play proceeds during a game.

Next year, the FIFA Women's World Cup will take place in France. In addition to getting plenty of attention here because the U.S. women's team is the defending champion, the tournament will be notable for the lack of diving and flopping compared to the men's game. Some have theorized that as the women's game progresses, there will be more diving, but for now, female players seemingly have been reluctant to try that tactic.

Fortunately, the proliferation of flopping hasn't made its way down to the youth soccer level, at least not in the girls' games I've coached and watched over the past 10 years or so. Sure, there's the occasional phantom trip or a player who goes down in a heap and lies motionless for a minute before suddenly popping up and returning to play no worse for

the wear. But those are rare occurrences.

Back to the biggest stage: Does all the diving and fakery diminish the so-called Beautiful Game? Sure, but not so much as to take away from the drama and action that held our attention for the duration of the World Cup.

Flopping makes for a good laugh and some derisive commentary, but it usually doesn't decide the outcome of a game (occasionally, it does, and that's a shame). For better or worse, diving is part of the culture of the men's game, and it's going to take a while to change that mindset.

Does all the diving and fakery diminish the so-called Beautiful Game? Sure, but not so much as to take away from the drama and action that held our attention during the World Cup.

Now that he's been pilloried on social media for his diving clinic in the World Cup, will Neymar change his ways? He might think twice about it next, but some of that is simply done instinctively. If he feels a hand on his back or an opponent about to catch, his first instinct is likely to go down and try to draw a penalty call. That's just part of the game now.

Hopefully, that will change in the future. For now, we've got the memes and YouTube. **S**

Jay Kumar is a writer, editor and proud father of two soccer players: Hannah, 16, and Lily, 14. Originally from the suburbs of Toronto, he played high school soccer in New Hampshire and in adult outdoor and indoor leagues north of Boston. He lives in Beverly, Mass., and works for a publisher of healthcare compliance products.

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Prep Girls

Continued from Page 19

particularly because the DA's full-year calendar means few girls are given waivers to play for their school. Even after the fall, when prep soccer players might have been two- or three-sport athletes, the rigors and demands of club soccer can be all-consuming.

"What I always say to my girls is the reality is for pretty much all of you, at 22 when you graduate, you're hanging up your cleats," Joel said. "So let's see how soccer allows you to really develop as a

human being in society and as a student. The game ends."

While prep tuitions push north of \$40,000 in some cases, financial aid often is an option. As club soccer has grown, that's opened the door to families who otherwise might not have believed preps were even a possibility for them, Ames said.

"With the amount of soccer these kids are playing, to have some balance in the prep school world outside of soccer, it plays into the experience of educating the whole child," Ames said. "That's a huge advantage, and honestly isn't usually found elsewhere."

Blackman granted that preps aren't for everyone — the price point may be too

high and others might not want to leave their communities — but he believes they certainly have a place as youth soccer continues to grow.

Plus, unlike how international students often are the elite players in boys' preps, the student-athlete population is largely from New England. Some schools — Hotchkiss, Choate Rosemary Hall, etc. — are home to internationals, but the local, top-level club players still comprise the bulk of the rosters.

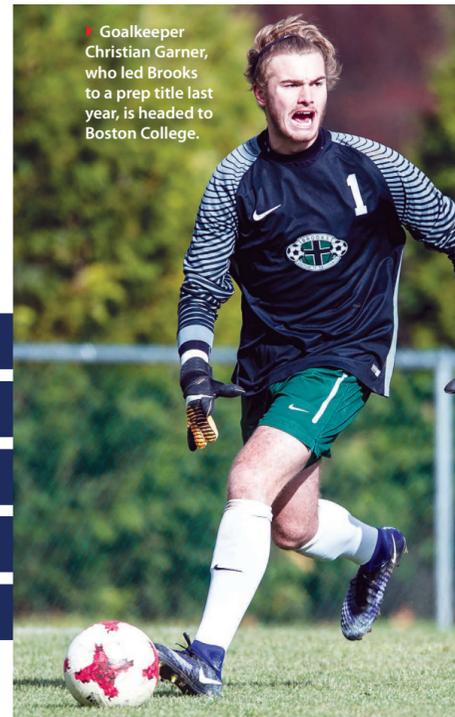
It all adds up to a complimentary, education-driven piece to club soccer, Blackman said. And Division 1 college standouts such as striker Christina Farrell (Wallingford, Conn./Georgetown/Cho-

ate), goalkeepers Christina Etzel (Madison, Conn./Brown/Loomis Chaffee) and Brooke Heinsohn (Norfolk, Mass./Duke/Rivers), and midfielder Maria DiMartinis (Norwell, Mass./Harvard/Milton Academy) only prove that preps can keep the college soccer end goal thriving.

"Preps really compliments players who want to play high-level club," Blackman said. "I think it allows girls to have the experience for your school, playing for your community, but doing it without sacrificing quality." **S**

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Goalies' saving grace: Hydration



Goalkeeper Christian Garner, who led Brooks to a prep title last year, is headed to Boston College.

Dehydration is a performance-limiting factor in all sports but is especially detrimental for goalies. Time on the field, combined with exertion, heat and the fact that goalies don't sub out the way field players do, increases a goalie's risk for dehydration. The solution: a deliberate hydration plan that begins long before the whistle blows.

The importance of proper hydration for health and performance can't be understated.

■ In the blood, water transports glucose, oxygen and fats to working muscles and carries away metabolic by-products such as carbon dioxide and lactic acid.

■ In sweat, water absorbs heat from muscles and regulates body temperature through the skin.

■ In saliva and gastric secretions, water helps to digest food.

■ In urine, water eliminates waste. The darker the urine the more concentrated the waste.

■ In the entire body, water makes up cells, lubricates joints and cushions organs and tissues

Drinking enough water seems simple enough, but when I ask my athletes if they hydrate properly, many of them, even those playing at very high levels, will say that there are times when they've been dehydrated. They describe fatigue, cramping, headaches and blurred vision. Performance declines with just a 1-3 percent loss of body weight due to sweat. Perceived exertion increases and what feels so comfortable when a goalie is "in the zone" now

feels challenging. Core temperature rises, chills may ensue and time to recover is lengthened. One of the most detrimental effects for a goalie is decreased cognitive functioning; it becomes harder to stay dialed in and focused.

Tips for a hydration plan

1. Do your best to hydrate fully every day, not just on game days.
2. Drink more water and less of ev-



JULIE NICOLETTI

erything else.

3. On game day, drink 16-20 ounces of water two hours before.

4. Drink 16-24 ounces for every 20 minutes on the field.

5. Rehydrate with electrolytes, a carb/electrolyte solution +/- or additional sodium in between periods.

6. Replenish after with 20-24 ounces of water per pound lost during the game.

You are faster, stronger, more mentally clear and less likely to become injured when you are fully hydrated. Seems like a game changer to me.

#FueltheChampionWithin **S**

Julie Nicoletti is a nationally recognized sports nutritionist who specializes in coaching student and professional athletes to optimize performance and minimize the risk of injury through nutrition. As the founder of Kinetic Fuel Performance Based Nutrition, Julie combines her professional training as a registered pharmacist with her experience as a certified sports nutritionist to customize plans for athletes and teams enabling them to see transformative results. Learn more at www.kineticfuel.net.

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SKILL OF THE MONTH by Phil Tait Soccer 1 on 1

Aerial Control Session

Each month, NESJ — with Phil Tait Soccer 1 on 1 — features a new skills video. Watch the video at youtu.be/bvmpG7w5BA5

We've showcased an aerial control session with 1 on 1 trainee Chase Carrera this spring.

Carrera (GPS Massachusetts) has taken part in 50-plus 1 on 1 sessions since 2015. Assisting with the session is Justin Rennicks (U20 USMNT).

The video showcases three different aerial control drills:

- ▶ Juggling Tic Tac Toe Warm Up
- ▶ Aerial Control Surfaces on the Dribble
- ▶ Receiving Chipped Pass (Touch & Catch with Partner)

Phil Tait Soccer 1 on 1 provides supplemental private soccer training catered toward boys and girls aged 8-plus and primarily targeted toward players based throughout Massachusetts and southern New Hampshire. For more information, visit www.1on1soccer.com.

[@philtait1on1](#) feedback@NESoccerJournal.com



ANIBABA

Hangin' out with ... Jalil Anibaba



I saw you ran your first camp back at home in Davis, Calif., during the offseason. What was that like for you? "It was awesome. Awesome, awesome. I had the time of my life. The kids seemed to have a blast. My dad and my brothers had a good time, helping out, playing with the kids, teaching them. To be honest, it was more of an extension for what my family has been doing for years on end in the Davis community. This was my way of giving back and my way to give the kids something to look forward to every year."

You've been in the league for the better part of a decade now. What have you learned about it? What have you taken from the experience so far? "I've learned a lot. I've always tried to learn as I've gone through different experiences in life, and soccer specifically, as I've gained more and more experience in the league. I came into the league at a very interesting time. And I've been fortunate enough to play at an interesting time because I've gotten to see the league grow a lot. It's changed a lot over the years. One of the things that I've learned that's been applicable everywhere I've been and everywhere I've played — no matter how successful the team has been or whether the year has been a grind or a struggle — is that you're always willing to work hard, work for the team and work to gain your teammates' respect. You have to always be able to enjoy what you're doing."

That mantra of work carried through for you off the field. You recently finished your degree at the University of North Carolina. What was that experience like? And why was it important to you to graduate?

"It's always been something that's important to me, but even more so, it's been important to my family ever since I was a little kid and before I was even born. The importance of education to my family has been one of the cornerstones that makes my family what it is. For me, when I left Chapel Hill early — at least in terms of before I graduated — I always knew I would complete it. It was just a matter of doing what I had to do, jump through the proper hoops, get the proper courses approved, transfer some courses back, and do what I actually had to do. I did it because I had the support of people who worked at the university."

We're talking about a North Carolina degree in economics. It's a heavy lift. Did you have a lot left to do? Or did you just have a couple of credits?

"I had a decent bit. Before I started at Chapel Hill, I transferred there from Santa Clara University. When I first transferred to Chapel Hill, they evaluated my transfer report and gave me a breakdown of the classes that did transfer, the classes that didn't transfer and the amount of units I needed to graduate. When I first got there, there were a lot of classes that they didn't accept. It just was what it was. At that time, I just lost a lot of credits that I had completed. When I left Chapel Hill and started playing (in MLS) and started to take classes again for Chapel Hill, I got the ball rolling again and the university re-evaluated my transfer report. They went back in and accepted a number of classes I had transferred in that weren't previously accepted. I went from having to take about 12 or so classes to graduate to — after I had done three — about four more left. That was awesome news to me because I was going into it thinking I had to do a lot more than actually need be."

It's still a lot, though. Especially now that you're in a new place. What are your thoughts on the city and the team over the course of this year? "I love it. I'm really happy with how the move has gone as far as the football, as far as the locker room is concerned, my working relationship with Brad (Friedel) and the coaching staff. I couldn't be happier to be where I am right now. That goes with enjoying the way we play, how the staff pushes us. That's going to help mold us into better professionals. Above all, what I enjoy most as far as the football is concerned is the guys we have in that locker room, the coaches we have within the locker room. That type of stuff is what can take your experience to the next level. As far as living in the Boston area, I love it. I didn't know too much about Boston or New England in general before I moved out here. I just came out here with an open mind. I was pleasantly surprised by how much I liked living here." — KYLE MCCARTHY

David Silverman/New England Revolution

Basic bio

Club: Revolution
Position: Defender
Hometown: Davis, Calif.
College: North Carolina
Birthdate: Oct. 19, 1988

Favorites

Nickname: Ja
MLS road trip: "Top of the list has to be San Jose, because that's where my family is. ... It's also where I started my college career. My best friends still live in the area."

Vacation spot: Northern California
Player growing up: Nwankwo Kanu
Non-soccer sport: "I loved baseball. I didn't dedicate my time to soccer and I didn't come from a soccer family, I probably would have been a baseball player."
Actor: Denzel Washington

Movie: Any one of several Denzel movies.
"How do you say which one is better between 'Man on Fire,' 'John Q' or 'American Gangster'? All of his top movies are up there for me."
Music: "I enjoy a lot of Nigerian music, but as far as a top, go-to artist, anyone who knows me knows it's Drake."

Equipment

Cleats: "I've been with Nike for my whole career. I've been wearing Legends for pretty much my entire career. I switched to Magistas earlier this year, and I've been wearing them all season. I fell in love with them again. Now Nike just released the PhantomVSNs. Those are the ones I'm in now."

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