



# Heatwave Herald

## LFSC Newsletter



### LAST WEEK AT THE FIRE

## News and Results



With so many teams playing across the region this past weekend, we would need pages and pages to go through all the results, so here's a snippet of what our club got up to this weekend.

At the Blue Angel Classic, the 2014 Girls Red continued their stellar season under Coach Al with a final victory and a combined weekend score of 17-3. Coach Randy's 2007 Navy Boys took home the gold, playing up in the u19 top division. Amazing work, guys. Coach Randy also had his 2011 Navy Boys there, and they finished as runners up. Coach Scott's 2013 LP Navy Boys finished runners up with some great results along the way. The 2012 Navy Boys also finished as finalists, along with Coach Corne's 2009 Red Girls, who tested themselves in the older U17 bracket, narrowly losing in a heated final.

Coach Oscar traveled to Huntsville with the 2006 Red Boys and won a very competitive tournament, beating North Alabama 2-0 in the final.

Special mention for Coach Ryan Hodkinson who has done wonders with his 2012 Red Girls and 2013 Navy Girls so far this season. The 2012 team beat two 2011 teams, and the 2013s had a resounding 5-0 victory over local rivals, Nola Jesters.

## Meet Coach: Thando Ngwane

**Name/Nickname:** Thando

**Current team(s) coaching:** 08B Gold and 09/10G Navy

**Number of years with club:** 1 (Starting his second year)

**Nationality:** South African

**Favorite professional team:** Arsenal

**Soccer role model:** Lucas Radebe

**Best moment as LFSC coach:** Winning the cup in Foley with his 2012B White team.

**Playing background:** Played right back for Westville All Boys in Durban, South Africa.

**Coaching background:** He has been coaching for more than 18 years at various clubs in South Africa, New York, and here in New Orleans.



**Favorite quote/advice for players:** "It always seems impossible until it's done." - Nelson Mandela

**Interesting fact:** His name is on a plaque outside The Emirates Stadium (see photo)

## TEAM OF THE WEEK - 2008 RED GIRLS



The 2008 Red Girls closed out a very successful GSPL fall season this weekend with wins against BRSC 2008 Black (1-0) and Hattiesburg Futbol Club (3-1). In addition to their perfect record after four games, the 2008 Red Girls have allowed the fewest goals across all GSPL league opponents. Coach Plaisance has been impressed with the team's ability to defend collectively and attack thoughtfully. Best of luck to the team as they start their high school soccer seasons.

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## TEAM OF THE WEEK - 2012 NAVY BOYS



Coach Justin Dumestre's 2012B Navy were U13 Finalists at the Blue Angel Classic in Pensacola this weekend! The team competed in the top division for their age bracket as the only non-Florida team in that division.

The boys took care of a couple of Floridian juggernauts. On Saturday night, the team defeated Pensacola Rush 2012 by a score of 2-1.

On Sunday, the team dismantled PBFC 3-1 to reach the final.

The final was a great battle against a well known foe. Unfortunately, the boys fell slightly short, losing 0-3 to a very good Bayside Rush team. Great job boys!



PLAYER OF THE WEEK



# Avery Michael

## 2008 Red Girls

Avery Michael was a pivotal player for the 2008 Red girls this weekend, anchoring a defense that allowed only 1 goal on minimal shots in 180 mins of soccer. Avery is a tough and thoughtful defender who reads the game well and knows how to put in a big tackle when it is needed. Her presence alone gives the rest of the team comfort knowing they have a good chance of winning a game.

PLAYER OF THE WEEK



# Alejandro Rasco

## 2012 Navy Boys

Alejandro Rasco, the strong and versatile Center Back for the 2012 Navy boys, had himself a stellar weekend. As one of the obvious leaders on the team, Alejandro was utilized a great deal during the tournament. Coach Justin was reluctant to give him too many breaks, as his presence is so vital to the team. Alejandro made some huge plays on the defensive side of the ball, helping the team reach the final. We love to see defenders get the love and recognition they deserve. Way to go, Alejandro.

## Alumni Spotlight

### JACOB RANDOLPH - PITTSBURG RIVERHOUNDS SC

**Jacob Randolph is entering his first season with Riverhounds SC of the USL in 2024. He signed his professional contract after completing his senior season at the University of North Carolina-Wilmington last fall. With the Seahawks in 2023, Jacob allowed just 15 goals and posted seven shutouts while starting 15 of the team's 16 games. The 6-foot-4 goalkeeper began his college career at Division II Barton College in North Carolina, posting 10 shutouts in 20 career starts and leading the team to the Conference Carolinas Final in the Spring 2021 season. Jacob was a standout player for both LFSC and Jesuit High School. We are proud of you, Jacob! Keep it up!**



*click here* →

Click picture to see the youtube video of Jacob



# Upcoming Games



AT TIME OF PRINTING THE FOLLOWING TEAMS ARE COMPETING THIS WEEKEND

**\*\*SUBJECT TO CHANGE\*\***

## Midnight Madness – Mandeville

2016 Rodriguez Boys  
2016 Hickok Boys  
2015/16 Wall Girls  
2015/16 Sam Pang Girls  
2014 CP B NAVY  
2014 G NAVY  
2014 CP B GOLD  
2013 CP B WHITE  
2013 LP B RED  
2013 G NAVY  
2012 G RED  
2010 B GOLD

## LCSL & GSPL- STATE WIDE - BOYS

2015 Valladeres Boys  
2015 Mayes Boys  
2015 St. Louis Boys  
2015 Blackwell Boys  
2015 Bartlett Boys  
2015 Rees Boys  
2015 Bueso Boys  
2014 CP B RED  
2014 LP B RED  
2014 CP B WHITE  
2014 CP B GOLD  
2014 CP B NAVY  
2014 LP B NAVY

2012 B NAVY  
2011 B RED  
2011 B NAVY  
2009 B RED  
2009 B NAVY

## LCSL & GSPL- STATE WIDE - GIRLS

2015 Dubuisson Girls  
2014 G RED  
2013 G RED  
2013 G NAVY  
2012 G RED  
2012 G NAVY  
2012 G GOLD  
2011 G RED  
2011 G NAVY

GOOD LUCK TO ALL LFSC TEAMS THIS WEEKEND



## Global Results

### INTERNATIONAL

OCT 10TH - 13TH

England 1 - 2 Greece  
Italy 2 - 2 Belgium  
Venezuela 1 - 1 Argentina  
Chile 1 - 2 Brazil  
USA 2 - 0 Panama  
Croatia 2 - 1 Scotland  
Spain 1 - 0 Denmark

[LINK TO FOTMOB](#)

## Coaches Corner

STUART HAYERS



### PODCAST RECCOMENDATION

Is Cole Palmer the best player in the EPL? This podcast breaks down the young Englishman's meteoric rise and tries to answer this question.

**IS COLE PALMER THE BEST PLAYER  
IN THE PREMIER LEAGUE?**

**OCT 1ST 2024**

[LINK TO PODCAST](#)





**LOUISIANA FIRE**



**HOLIDAY  
SOCCER CAMPS**



**CAMP 1 - NOV' 23RD & 24TH  
9AM - 12PM @ CITY PARK**

**CAMP 2 - DEC' 21ST & 22ND  
9AM - 12PM @ LAFRENEIERE PARK**

**CAMP 3 - DEC' 28TH & 29TH  
9AM - 12PM @ LAFRENEIERE PARK**

**ATTEND ALL 6 DAYS - \$360  
ATTEND 1 CAMP (2 DAYS) - \$135  
DAILY - \$75**

**TO REGISTER**

- FOLLOW CAMP SIGN UP INFO ON PLAYMETRICS
- [CLICK HERE](#)
- OR EMAIL [KHANNITY@LAFIRESOCCER.COM](mailto:KHANNITY@LAFIRESOCCER.COM)

PLAYERS

**2018-2019  
BOYS & GIRLS**

# Weekly Nutritional and Strength Advice brought to you by



## 'Fuel like an Elite Athlete/Soccer Player'

Getting fit isn't just about hitting the gym. Your protein intake is a game-changer for muscle building and improving body composition. Here's how you can make the most of it:

- Tailor Your Protein:
  - Men: To build muscle, aim for 1.0-1.5 grams of protein per pound of body weight. For general health, 0.8-1.2 grams is enough.
  - Women: Target 0.8-1.2 grams per pound for muscle growth. For overall fitness, 0.6-1.0 grams works well.
- Protein supports muscle repair, strength gains, and lean body mass.
- Distribute Your Protein: Spread out your intake evenly (20-30g every 3-4 hours) to boost muscle protein synthesis all day long, keeping your body in a muscle-building mode.
- Focus on Quality: Prioritize lean meats, eggs, fish, and Greek yogurt. These are packed with essential amino acids your muscles need to grow. For plant-based diets, combine proteins to get a full amino acid profile.

**WANT TO OPTIMIZE YOUR NUTRITION  
AND REACH YOUR GOALS FASTER?  
LEARN MORE OR SCHEDULE A FREE  
CONSULTATION:**

[CLICK TO LEARN MORE](#)





## Thomas Tuchel set to become England's new manager. Is this a good fit?



The German coach, currently out of work after leaving Bayern Munich at the end of last season, seems to have the right temperament and tactical knowledge to make this a success.

Tuchel proved at Borussia Dortmund, PSG, Chelsea and Bayern that he is a very good tactician in cup competitions, winning the German Cup with Dortmund, reaching the Champions League final with PSG, winning the Champions League at Chelsea and taking a struggling Bayern side to within a few minutes of the Champions League final last season.

He knows English football well, will be comfortable with the intense pressure placed on him, and has worked closely with and against most of this England squad for many years. His close relationship with Harry Kane is also a positive as England aim to get at least two more major tournaments out of their talismanic striker. He is also very good at organizing a team defensively and at making small tweaks during games to decide big moments.

Tuchel is available now and all signs point towards the FA wanting to hire him imminently. It would be a very good appointment and his straight talking, no nonsense approach is exactly what this England team needs to take the final step to win something.

His objective for the 2026 World Cup, if England qualify, is clear: win the thing. After successive defeats in the European Championship finals in 2021 and 2024, victory at a major tournament is the only way England will be deemed a success.

## Pochettino brings belief back to USMNT with win over Panama



New head coach Mauricio Pochettino earned a debut win and midfielder Yunus Musah celebrated his first international goal as the U.S. Men's National Team defeated Panama, 2-0, in Saturday's Hispanic Heritage Match, presented by AT&T. The friendly played before a crowd of 20,239 at Q2 Stadium in Austin, Texas, marked the auspicious start of a new era for the USMNT, which took the field under Pochettino for the first time. The renowned Argentine manager, who was appointed last month, became the fourth coach in U.S. Soccer's modern era to win his debut match, joining Bora Milutinovic (1991), Bob Bradley (2007) and Gregg Berhalter (2019).

The victory, capped by a stoppage-time strike from native Texan Ricardo Pepi, snapped the USA's four-game winless run as well as its two-game skid against Panama. Los Canaleros eliminated the Americans in the 2023 Concacaf Gold Cup semifinals on penalties, then overcame a 10-man USMNT, 2-1, during the group stage of this summer's Copa América.

The result also lifted the USA's record in Austin to a perfect 5-0-0, with each win coming by shutout.

Pochettino's first starting XI included a few intriguing wrinkles, led by the tandem of 22-year-old center midfielders Gianluca Busio and Aiden Morris that anchored the USA's 4-2-3-1. Musah, whose national team minutes had typically been spent in the middle, was higher and on the right. Christian Pulisic patrolled the left flank and Brenden Aaronson played underneath striker Josh Sargent, who started for the first time since the 2022 FIFA World Cup.





# LOUISIANA FIRE

## **Parent & Member Code of Conduct**

"The Louisiana Fire Soccer Club wants every child, parent, grandparent, guardian, family member, and friend to enjoy their visit to the soccer fields. To ensure that everyone's visit is a pleasant experience, here are a few friendly reminders..." Hubie Collins, Executive Director

### **1. Cheering NOT Coaching**

- Be positive and supportive. Cheer for every kid, not just your own. Every child is out there doing their best, and we're all on the same team!
- Avoid shouting instructions from the sidelines. Let the coaches do the coaching.
- Never direct any form of communication towards opponent players.

### **2. Respect the Officials**

- Referees are human and make mistakes, just like everyone else. Please respect their decisions, even if you disagree.
- No yelling at or challenging the officials. It's just a game! It is also prohibited to enter the playing field to confront the referee or their assistants.
- If you disagree with a decision, we suggest taking the referee course and increasing the dwindling pool of referees we have in the area.

### **3. Support the Coaches**

- Our coaches dedicate time and effort to help your child grow. Let's be appreciative of their hard work.
- If you have a concern, talk to the coach privately after a game or practice. Be constructive and solution-focused.
- We operate a strict 24hr rule regarding coach contact. NEVER approach a coach after a game or practice with an adversarial demeanor. Seek a calm environment in which to discuss your concerns.
- As parents/supporters of our club, you are expected to refrain from publicly criticizing the club/coach/players.

### **4. Encourage Good Sportsmanship**

- Lead by example. Be a role model for your child by showing respect to players, coaches, and other parents.
- Win or lose, teach your child the importance of teamwork, respect, and shaking hands after the game.
- Never let the result of a game invoke an overly emotional reaction. Remember that you are the adult(s).

## **5. Be Respectful of Other Parents**

- Let's keep the sidelines a positive space. No negative comments or criticism towards other parents or their children.
- We're a community. Treat others with kindness and respect, just like you'd want them to treat you.

## **6. Help Keep It Fun!**

- Remember that kids play soccer because it's fun. Keep the atmosphere light and enjoyable for everyone. It's youth soccer, not the World Cup!!!
- Celebrate effort and improvement, not just wins. This helps kids build confidence and enjoy the game more.

## **7. Safety First**

- Encourage your child to follow the rules of the game and listen to their coach to avoid injuries.
- If your child isn't feeling well or is injured, please let the coach know. Your child's well-being comes first!

## **8. Stay Involved**

- Be present and engaged! Your support means the world to your child and the team.
- Volunteer when possible, whether it's bringing snacks, helping with rides, or assisting with club events. Every bit helps!

## **9. Alcohol/Tobacco/Drug/Pet Policy**

- LFSC has a strict no drinking/smoking/drug use policy on the sidelines. Pets are discouraged from the LFSC facilities and are not allowed near field sidelines or team benches, except for service animals.

## **10. Communication**

- If you have a grievance, please follow the chain of command regarding communication. You should email the coach and manager to request a meeting. If that does not resolve the issue, you should reach out to the relevant Director (Eric/Stuart/Keir/Bobby). If you still need the issue resolved, you would contact the Executive Director, Hubie Collins.
- Profanity should never be heard at a youth sporting event. Do not use foul language or aggressive language and tones towards any member of our club, the opposing club, officials, administrators, members of the public or non-affiliated spectators.

## **11. Financial Obligations**

- Parents and guardians are expected to remain up to date with all financial obligations, including uniforms, team fees, and registration fees.

\*\*Failure to adhere to the above code of conduct may result in disciplinary action, including but not limited to: player or parent suspensions, monetary fines, and dismissal from the club. All decisions to suspend or dismiss a player from the Club for any of the above behaviors will be made in consultation with the Board of Directors and will be final.\*\*





LOUISIANA FIRE

Open House Series  
Holy Cross School

The Holy Cross Man is a refined gentleman who lives by faith. Devoted to his soul's welfare, he reflects often on God. His daily actions are sanctified by prayer, the practice of virtue, and manly piety. Since sanctity is due to our Lord, to Our Lady and to St. Joseph, patron of his school.

The Holy Cross Man is studious, learns as an intellectual perfection as an honor. He knows that his school is his training ground where he must mold himself into a useful man.

The Holy Cross Man is a member of the Mystical Body of Christ.

In a word, he is a man of faith and honesty, of strength of character through self-mastery, of respect for the Christian family and lawful authority, of leadership in the pursuit of the true, the good, and the beautiful -

# BOYS TO MEN

**It's not just what we say, it's who we are!**  
that is the Holy Cross Man



HOLY  CROSS  
SCHOOL EST. 1849

# OPEN HOUSE

OCTOBER 16 | 6:00 P.M. | 5500 PARIS AVE

WWW.HOLYCROSSTIGERS.COM





# LOUISIANA FIRE

## Open House Series St. Mary's Dominican

**SPEND-A-DAY AT  
DOMINICAN**

FALL SPEND-A-DAYS

*Girls in grades 5-7*  
SEPTEMBER 6, 11, 20  
OCTOBER 21, 29, 31  
NOVEMBER 1, 6, 12

*Wednesdays on*  
**WALMSLEY**

*Parents and girls in grades 6-7*  
SEPTEMBER 18  
OCTOBER 2  
NOVEMBER 6



ST. MARY'S  
DOMINICAN  
HIGH SCHOOL

*Open  
House*

**OCTOBER 17**  
3:30 PM - 6:30 PM



DOMINICAN  
**Debs**  
MINI-CAMP

*Girls in grades K-7*  
**SEPTEMBER 14**

DOMINICAN  
DISCOVERY  DAY

*Parents and girls in  
grades 6-7*  
**SEPTEMBER 28**

DOMINICAN  
CHEER   
 Mini-Camp

*Girls in grades K-7*  
**OCTOBER 12**

**Dominican  
Debs IV**  
DANCE CLINIC

*Girls in grades PreK4-7*  
**OCTOBER 19**

[www.stmarysdominican.org](http://www.stmarysdominican.org)

For more information, contact  
Kailyn Smith '15, Recruitment Director,  
at (504) 865-9401 ext. 5028 -OR-  
recruitment@stmarysdominican.org.

**DOMINI-DEB  
DAY**

*Girls in grades 3-7*  
**NOVEMBER 1 & 2**



**LOUISIANA FIRE**

**Open House Series**

**Isidore Newman School**



**NEWMAN**  
ISIDORE NEWMAN SCHOOL  
SINCE 1903

**Middle & Upper School Open House**  
**November 12, 2024 at 5:30 p.m.**

Register online at [www.newmanschool.org/openhouse](http://www.newmanschool.org/openhouse)

Learn more about Newman's Middle School (Grades 6 - 8) and Upper School (Grades 9 - 12) during our Open House on **Tuesday, November 12, 2024**. Attendees will have the opportunity to hear directly from our students and learn more about our academic program, athletics, and the arts.

*Contact us with any questions at 504-896-6323. We look forward to getting to know your family!*





Calling all LFSC players, parents, and families,

We are incredibly proud to bring our community together for a cause that touches so many lives. Breast cancer affects millions of people each year, and as a soccer club, we believe in using the power of sport and teamwork to make a meaningful impact off the field as well.

Studies show that 1 in 8 women will suffer from Breast Cancer at one point during their lifetime.

We are not only celebrating the strength and resilience of survivors, but we're also raising crucial funds to support research, treatment, and those battling this disease. Every contribution, whether large or small, helps bring us closer to a future where breast cancer is no longer a threat to our loved ones.

Thank you for standing with us, and for helping us kick breast cancer to the sidelines!

We are asking each player on one of our teams to collect a 'starting 11' of donors.

Each position is \$10. Total team = \$110.

Bonus 'Coach Position' for \$25.

Deadline October 31st. .

Those that can get a full team of donors will get a limited edition pink 'Setting cancer Ablaze' jersey, will be allowed to wear the jersey for training and intra club friendlies.

Donations of any amount are encouraged/accepted with all proceeds going to Ochsner Health's Breast Surgery Recovery Fund at The Lieselotte Tansey Breast Center.

Just print off the PDF below, fill out the information, collect and submit the money.

Don't forget your shirt size.

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**FUNDS CAN BE COLLECTED VIA:**  
**CHECK : LOUISIANA FIRE SOCCER**  
**VENMO: @LAFIRESOCCER**  
**CASH: COLLECTED BY TEAM MANAGERS**



LOUISIANA FIRE



SET CANCER ABLAZE



NAME: \_\_\_\_\_

TEAM: \_\_\_\_\_

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_
- 11 \_\_\_\_\_
- Co \_\_\_\_\_



PLAYER SHIRT SIZE: \_\_\_\_\_

PLEASE HELP US SUPPORT BREAST CANCER BY CHOOSING A POSITION ON THE FIELD. TOGETHER OUR TEAM CAN

MAKE A DIFFERENCE IN THE FIGHT AGAINST BREAST CANCER. ALL PROCEEDS WILL GO TO OCHSNER CANCER

RESEARCH DEPT.

DEADLINE OCT 31ST

TEAM  
1999

SET CANCER ABLAZE  
LOUISIANA



POWERED BY



**Third Coast Soccer**





**LOUISIANA FIRE**

# HOLIDAY AUCTION

**SUPPORTING THE "LET THEM PLAY"  
CAMPAIGN**



**LFSC Families,  
We will be conducting a HOLIDAY  
2024 auction to raise funds for our  
"LET THEM PLAY" CAMPAIGN.  
We are asking families/teams  
to donate items for the auction.**

- Gift Cards
- Food and Beverage
- Experiences
- Company SWAG
- And everything in between

**We will collect items through the end of  
the season (November 15th) and then  
make the items available for bid in the  
build up to Xmas ( Ending December 13th).**

**Please fill out the google form to  
participate.**

**GOOGLE DONATION FORM:** [CLICK HERE](#) TO SUBMIT DONATION

**FOR QUESTIONS AND MORE  
INFORMATION CONTACT  
STUART HAYERS**

**SHAYERS@LAFIRESOCCER.COM  
504-458-9968**





## LOUISIANA FIRE SOCCER CLUB MISSION STATEMENT

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

[SEE FULL FIELD SCHEDULE](#)



### Useful Links

JUST CLICK BELOW

[SINC SPORTS](#)

[LSA WEBSITE](#)

[WEATHER UPDATES](#)

[FUNDRAISING INFO](#)

[PLAYMETRICS](#)

[INSTAGRAM](#)

[FACEBOOK](#)

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THE *vagina* WHISPERER



IGNIS AURUM PROBAT