



Heatwave Herald

LFSC Newsletter



SET CANCER ABLAZE



LAST WEEK AT THE FIRE

News and Results



The biggest news we have this week is the arrival of Killian Odhran Hannity.

Coach Keir and his lovely wife Tia welcomed their baby boy Killian into the world on Friday October 19th 2024 at 4:17am, weighing 6lbs 11 oz.

Tia and Killian are both doing great and have returned home, welcomed by their dogs Lola and Leo. Keir said "Project Mbappe" will get underway once Killian can walk.

Coach Keir will have limited access to emails for the next couple of weeks as he adjust to becoming a dad.

Tia and Keir would like to thank everyone for their well wishes and generosity.

Meet Coach: JD Barbara

Current team coaching: 2013 CP white Boys & 2012 CP Gold Boys, and Social Media Director at LFSC

Number of years with club: 7 years

Nationality: US Citizen

Favorite professional team: Arsenal

Soccer role model: Bukayo Saka. It's amazing how he rebounded from missing that PK for England and is such a high performer at such a young age.

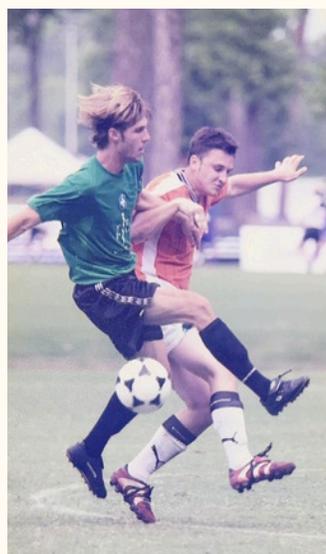
Best moment as LFSC coach: Winning Midnight Madness, the boys' first ever tourney win. I also love watching my 3 boys play for the club, Blaise (11), Jace (9), Link (7).

Playing background: Lakeview & NOSA, ODP, Jesuit

Coaching background: Christian Brothers Director, Brother Martin Asst, Jesuit Asst, Stuart Hall Director

Interesting fact: I stream in Twitch, and I am a Twitch affiliate. I also breed rare and exotic animals. #professorlizard

"Whether you think you can or you can't, you are usually right"



TEAMS OF THE WEEK 2012 GIRLS RED

Midnight Madness - Mandeville

The 2012 Red Girls started the weekend with a tightly contested 1-1 tie with MSC Lakers Elite. Their second game on Saturday was a one sided 3-0 victory against Thibodeaux United, with two goals from Ramsey Macicek and an exceptional volley from a corner from KK Danna. This set the Fire up with a rematch against MSC on Sunday morning. The girls ran out as worthy winners, with a final score of 4-1, as Ana Cristina Sequeira scored a hat trick. Their opponents in the final were Madisonville United, who started the game brightly, but the Fire girls would not be denied and secured a 2-0 win, thanks to goals from Elle Fleming and the weekend's standout player, Sequeira.



2013 BOYS CP WHITE



Midnight Madness - Mandeville

Coach JD 's 2013 CP White Boys took home first place at the Midnight Madness tournament in Mandeville. The boys tied their first game and had to secure a +3 goal differential in the next game to make the finals. In an intense back and forth match, the boys won their next game 6-3 behind the offensive prowess of Jesse Jenkins. The boys would go on to win the finals 2-0, with a penalty from Jesse Jenkins and a quality goal from John Damien Howat. An outstanding defensive performance from Telly Fascitelli helped to secure the shut out in the championship.

TEAMS OF THE WEEK 2016 BOYS CD - HICKOK & COUVILLION

Midnight Madness - Mandeville - Jamboree

The 2016 Competitive Development team led by Coach Neil and Coach Josh continued its incredible season with their 2nd jamboree event of the season, the first being the Gator Classic.

Although wins are not recorded, and medals are not given out at Jamboree events, it is important to highlight the massive strides these boys have made under the tutelage of two experienced and enthusiastic coaches in Neil and Josh.

The first game was 7-0 against Nola Jesters 16B Purple, followed by a 8-2 win against Nola Jester 16 B Green, and finally a 10-1 win against Madisonville Unite 16B Academy Navy.



2015 GIRLS RED - DUBUISSON



Midnight Madness - Mandeville - Jamboree

2015 Girls Red played at Midnight Madness this past weekend. Unfortunately the tournament wouldn't allow them to play up, so they had to play in the jamboree format. We faced three teams all in our age group that we had never played: Mandeville, Madisonville and Baton Rouge. We had a very strong showing, winning all three game by a combined total of 21 goals while only allowing 4. No champions were crowned and no medals were awarded, but the girls represented their club with quality play and class. Way to go ladies, and of course Coach Mark.

PLAYERS OF THE WEEK



ANA CRISTINA SEQUEIRA 2012 GIRLS RED MIDFIELDER

Ana Cristina scored five goals and registered three assists across four games this weekend. Her ability to use her power to drive through defenses with the ball is exceptional, and she is an accomplished set piece taker, having scored multiple penalty kicks and free kicks this season, as well as creating chances with corners that cause constant problems for opposition defenders. Defensively, AC wins the ball high up the field for her team with her intense pressing, and although she lines up predominantly as a left sided 8, she is versatile enough to play in the back line or up front when required. Keep up the great work, AC!

JESSE JENKINS 2013 CP BOYS WHITE STRIKER

Jesse Jenkins stepped up big time this weekend helping his team to their first ever tournament win. When Jesse is dialed in he is a force to be reckoned with. On their way to the final, the team needed a spark and Jesse gave them just that with a couple of clutch PKs, showing he has ice in his veins. Way to go, Jesse, for showing leadership and for stepping up when the boys needed you! Stay focused and keep working hard!



KATHLEEN DAWSON 2013 GIRLS RED DEFENDER/STRIKER

Kathleen Dawson is one of the newest members of 13 Red Girls and she's already made quite an impact on the team. She's an extremely versatile player who is equally as effective playing defense as she is striker. In Friday night's league match against Jesters, Kathleen opened the scoring with a powerful goal just before the half. Her ability to play both ends of the field kept the other team on its toes, with the opposing coach directing his players to account for her no matter where she was on the field. The 2013 Red Girls are lucky to have Kathleen on the team.





SET CANCER ABLAZE

POWERED BY



Third Coast Soccer

Hunter Vaccaro

2012 CP Gold Boys

#81



Hunter has gone above and beyond for the cause and raised well over \$300, because it just means that much to him.

When Hunter learnt about the cancer fundraiser he felt inspired, and compelled, to help.

Hunter wanted to do this for all the warrior women in his life (both of his grandmothers, three aunts, and multiple others, are cancer survivors), so he was more concerned about doing this for them than for himself.

According to his Mom, Hunter is continuing to raise as much as he can in an effort to 'Set Cancer Ablaze'.

We are all so proud of you Hunter, what an amazing young man, and ambassador for the club, you are!

It's never too late to join the fight. Donate now via Venmo or Paypal.

Venmo: @lafiresoccer

Paypal: registrar@lafiresoccer.com

CLICK HERE



WEEKEND PICS



Global Results

EPL & LA LIGA

OCT 19TH & 20TH

- Tottenham 4 - 1 West Ham
- Man Utd 2 - 1 Brentford
- Bournemouth 2 - 0 Arsenal
- Wolves 1 - 2 Man City
- Liverpool 2 - 1 Chelsea
- Barcelona 5 - 1 Sevilla
- Celta Vigo 1 - 2 Real Madrid

[LINK TO FOTMOB](#)

Coaches Corner

DIRECTOR STUART HAYERS

DOCUMENTARY RECOMMENDATION



This is a great documentary to see the behind the scenes activities of one of England's greatest Youth Academies, Man City. Follow the likes of Phil Foden and Ibrahim as they balance playing for the Youth team in the Champions League tournament and being a part of the 1st team.

This documentary offers a great insight into how a professional academy works.

[LINK TO DOCUMENTARY](#)



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**

PLAYERS

**2018-2019
BOYS & GIRLS**

Weekly Nutritional and Strength Advice brought to you by



STACKED
COACHING

[Fueling Your Child: Tips for Teaching Kids About Nutrition](#)

Teaching children healthy eating habits is about more than just what's on their plate—it's about fostering a positive, balanced relationship with food that will last a lifetime.

As parents, modeling appropriate nutrition behaviors and educating kids on how food fuels their bodies is crucial for setting them up for long-term success.

The goal is to guide children in understanding the value of balanced nutrition without creating rigid rules or negative associations that can lead to disordered eating. The following page has a detailed checklist to help, with positive and practical methods.



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

[CLICK TO LEARN MORE](#)

Nurturing a child's relationship with food is an ongoing journey that starts with the habits they see at home. By focusing on balance, moderation, and enjoyment, you can help your child develop healthy, lifelong eating patterns.

Remember, it's not just about the meals you prepare; it's about the example you set. With patience, consistency, and a positive approach, you can empower your child to make informed food choices and embrace a wholesome lifestyle.

Just like on an airplane, you need to secure your own oxygen mask before helping your child. The same goes for health and fitness. To guide your child in building healthy habits, it starts with you.

Do you need support in becoming a role model for nutrition and fitness? Click the link above to book a free consultation with Stacked Coaching and take the first step toward a healthier lifestyle for you and your family.

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As parents, modeling appropriate nutrition behaviors and educating kids on how food fuels their bodies is crucial for setting them up for long-term success.

The goal is to guide children in understanding the value of balanced nutrition without creating rigid rules or negative associations that can lead to disordered eating. Here's how you can promote healthy habits in a way that's both practical and positive.



STACKED COACHING

Promoting Healthy Habits

1. Lead by Example

- **Eat Balanced Meals:** Make balanced, nutrient-dense meals a regular part of family meals. Include a variety of proteins, vegetables, whole grains, and healthy fats.
- **Enjoy Food:** Show your child that food is enjoyable. Eat together as a family, savor meals, and talk about the flavors.
- **Practice Moderation:** Demonstrate that all foods can be part of a healthy diet when consumed in moderation. This reduces the "forbidden fruit" effect that can lead to overindulgence.

2. Focus on Health, Not Weight

- **Avoid Negative Body Talk:** Speak positively about your own body and avoid making negative comments about weight or appearance.
- **Promote Health and Energy:** Frame discussions about food around how it nourishes the body, fuels activities, and contributes to feeling strong and energetic.

3. Encourage Mindful Eating

- **Listen to Hunger and Fullness Cues:** Teach your child to recognize when they're hungry and when they're full. Allow them to decide how much to eat based on these cues.
- **Avoid Pressuring to Clean Plates:** Encourage them to eat until they are satisfied rather than pushing them to finish everything on their plate.

4. Educate Without Restricting

- **Teach About Nutrients:** Explain what different foods do for the body (e.g., protein builds muscles, vegetables provide vitamins) in a way that's easy to understand.
- **Avoid Labeling Foods as 'Good' or 'Bad':** Instead, refer to foods as 'everyday' foods and 'sometimes' foods to encourage balance without creating guilt.

5. Get Kids Involved

- **Let Them Help Cook:** Involve them in meal planning and cooking. It helps them understand how meals are prepared and makes them more likely to try new foods.
- **Grocery Shopping Together:** Teach them how to choose healthy foods and read nutrition labels, framing it as a learning experience rather than a restrictive task.

6. Create a Positive Mealtime Environment

- **Avoid Distractions:** Keep mealtimes focused on food and family, rather than on screens. This helps kids pay attention to what they're eating and develop better eating habits.
- **Enjoy Conversations:** Make mealtime a time for connection. Positive associations with eating together can promote a lifelong healthy relationship with food.

7. Address Emotional Eating

- **Discuss Emotions Openly:** Help your child understand and manage emotions without turning to food for comfort. Encourage talking about feelings, and offer alternative coping mechanisms (e.g., exercise, drawing, reading).
- **Avoid Using Food as a Reward or Punishment:** Instead of offering sweets as a reward or withholding treats as punishment, find non-food ways to celebrate achievements or address behaviors.

8. Stay Calm About Picky Eating

- **Be Patient with New Foods:** Introduce new foods without pressure. It may take several exposures before a child feels comfortable trying something new.
- **Offer Variety:** Keep introducing different foods in various forms, but respect their preferences and let them choose what to eat from a variety of healthy options

Understanding the New Champions League Format



From the 2024/25 season, 36 clubs will participate in the Champions League league phase (former group stage), giving four more sides the opportunity to compete against the best clubs in Europe. Those 36 clubs will participate in a single league competition in which all 36 competing clubs are ranked together.

Under the new format, teams will play eight matches in the new league phase (former group stage). They will no longer play three opponents twice – home and away – but will instead face fixtures against eight different teams, playing half of those matches at home and half of them away. To determine the eight different opponents, the teams will initially be ranked in four seeding pots. Each team will then be drawn to play two opponents from each of these pots, playing one match against a team from each pot at home, and one away.

The top eight sides in the league will qualify automatically for the round of 16, while the teams finishing in 9th to 24th place will compete in a two-legged knock-out phase play-off to secure their path to the last 16 of the competition. Teams that finish 25th or lower will be eliminated, with no access to the UEFA Europa League.

The new format, with all the teams ranked together in a single league, will mean that there is more to play for all the way through to the final night of the league phase.

In the knockout phase, the teams that finish between 9th and 16th will be seeded in the knockout phase play-off draw, meaning they will face a team placed 17th to 24th – with, in principle, the return leg at home. The eight clubs which prevail in the knockout phase play-offs will then progress to the round of 16, where they will each face one of the top-eight finishers, who will be seeded in the round of 16.

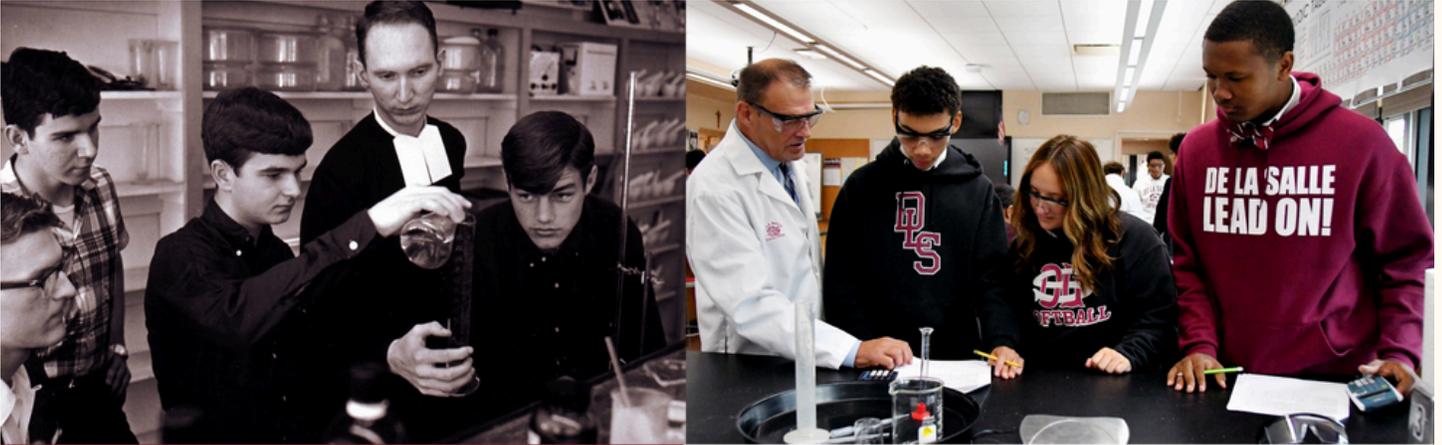


LOUISIANA FIRE

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LOUISIANA FIRE

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Archbishop Chapelle School

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OPEN HOUSE — *Nov. 7*

FOR MORE INFORMATION, OR TO REGISTER, VISIT

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Archbishop Chapelle High School does not discriminate on the basis of race, color, national and ethnic origin, or disability in violation of state law and federal law or regulation in administration of its education policies or programs.



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

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!



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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

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[WEATHER UPDATES](#)

[FUNDRAISING INFO](#)

[PLAYMETRICS](#)

[INSTAGRAM](#)

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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

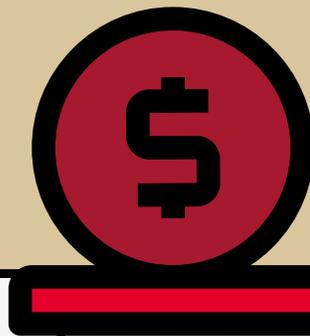
We will collect items through the end of the season (November 15th) and then make the items available for bid in the build up to Xmas (Ending December 13th).

Please fill out the google form to participate.

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

**FOR QUESTIONS AND MORE
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**SHAYERS@LAFIRESOCCER.COM
504-458-9968**



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