



# Heatwave Herald

## LFSC Newsletter

### LAST WEEK AT THE FIRE

## News and Results

This past weekend saw several of our teams competing in tournaments across the state and beyond. In Destin, the 2014 Red Boys secured victory with a resounding 7-1 victory over ASG from FL.

In Baton Rouge, the 2013 Red Boys claimed victory, playing up an age group.

The 2009 Gold Boys were finalists, along with 2011 White Boys and 2013 Red Girls. 2013 Red Girls doubled up with an LCSL game vs BR. June Lunsford led the team in warmups with a dance then carried those same moves onto the field where she immediately assisted on two early goals (Vivienne Grace & Maggie Barton), then scored herself unassisted, all in the first half, to set up the 3-1 win.

In the Mid-South league, Coach Matt's 2011 Red Boys beat Oxford United 4-3 in a nailbiter!

Off the field, players have started completing their Breast Cancer Fundraiser sheets; way to go, y'all! You should all see your coaches wearing the limited edition 'Pink Jersey' at practices for the next few weeks.

Please join our coaching staff in raising money for a worthy cause.

## Meet Coach: Jason Dormady

**Current Teams Coaching:** 2010 Red Girls

**Number of years with the club:** 14 years

**Nationality:** USA! USA! USA!

### Coaching Background:

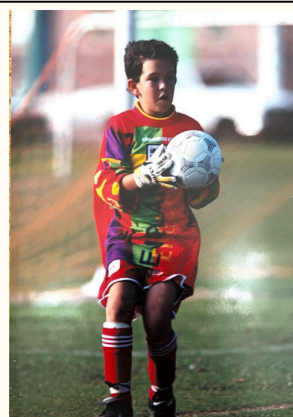
- USSF C License
- Jesuit HS Staff Coach 2012-present
  - Varsity Staff Coach 2017-present
- Louisiana Fire Soccer Club Academy Director 2015-2023
- Louisiana Fire Soccer Club Operations and Communications Director 2022-present

### Playing background:

- Lafreniere Soccer Club U5-U8
- BRSC U11-U8
- Catholic Baton Rouge High School Varsity 2003-2005

**Favorite Professional Team:** Chelsea

**Soccer Role Model:** Frank Lampard & Carlo Ancelotti



### Best moment at LFSC:

- 2018 Presidents' Cup Regionals with 01B Navy
- 2022 DPL Nationals with 08G Red
- 2024 USYS Regionals with 10G Red

**Advice to players:** "On average, a player has the ball for 3 minutes in a game. It's what you do during those other 87 minutes that determines whether you're a good player or not." - Johan Cruyff

**Interesting Fact:** Avid golfer, guitar player, and website designer

## TEAM OF THE WEEK - 2013 CP RED BOYS



The 2013 Red Boys had great weekend at the United Cup in Baton Rouge. Despite playing up an age group in the 2012 age bracket, the guys won all 4 games including the final by a 4-1 score line, scoring 17 goals along the way (by 7 different goal scorers) and conceding only 4 goals total. Coach Macca was pleased with how the boys played, at times scoring some nice team goals, and showing growth in their overall play against older, bigger players. Congratulations to the guys on winning the tournament!

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## TEAM OF THE WEEK - 2009 GOLD BOYS



Coach Liam and the 2009 Gold Boys had a great showing at the Baton Rouge United Cup this weekend. Despite falling in the final, the team had a very positive weekend. The first team the boys went up against was Lafourche Legacy. The game was a physical contest with neither team being able to score, resulting in a 0-0 tie. Saturday afternoon, the boys faced arch nemesis MSC Lakers, a team they had lost 0-2 to in LCSL earlier this season. A strong team effort led to a deserving 3-0 victory. The final was a tougher affair, and the boys eventually fell to a very strong CSC Eagles team. Coach Liam commented on how much the team has grown since the start of the season, and he is loving how much the boys are willing to sacrifice for their team's collective goals.



## PLAYER OF THE WEEK



### Luke Rodriguez 2013 CP Red Boys

Luke Rodriguez had a fantastic weekend, scoring 5 goals and assisting several more, in the team's tournament-winning run at the Baton Rouge United Cup. Coach Macca said that Luke was involved in everything good the team did this past weekend. Luke is a very magnetic and talented young man. He works hard for his teammates, is committed to making those around him better, and has a keen eye for goal. Great work Luke!



## PLAYER OF THE WEEK

### Yousef Alsherees 2009 Gold Boys

At the 11th hour, the 2009 Gold Boys lost their goalkeeper for the Baton Rouge United Cup. Yousef Alsherees refused to let his team suffer, and he stepped up and agreed to play in goal, despite having no experience with that position. During his time between the pipes, Yousef made several impressive saves, cementing himself as the team's backup keeper moving forward. His bravery and 'team-first' attitude allowed the team to excel this weekend! We are all super proud of you, Yousef!

## Alumni Spotlight

### CHASE DUVERNAY - LSU EUNICE

**Chase has always been considered one of the top players to come through LFSC in the last decade. Noticeably more advanced than his peers, he was placed on the 2005 red team with Coach Keir despite being a 2006 player. Chase is a dynamic central midfielder with an eye for goal and a great energy. His talents led him to TDP where he excelled, eventually landing a scholarship offer from LSU-E. Chase attended Holy Cross School where we won the State Title in his Freshmen and Senior years. Chase plans to move to a four year college after LSU-E, and then onto the pros.**

**Team played on:** Fire Red 2005 Boys

**School:** Holy Cross High School & LSU Eunice

**Favorite Soccer Team:** Man City

**Favorite Player:** Lionel Messi

**Favorite Movie:** American Sniper

**Stranded on an island I would take:** My dad

**Favorite LFSC memory:** Coming back from 001 in State Semi final to win 3-1

**What would you last meal be:** A nice steak with a side of Mac and Cheese

**Position:** Central Midfielder

**Advice to young players:** Stay consistent, as there will always be ups and downs

**Fun Fact:** I love playing video games and pumping iron with the boys

**Pet Peeve:** When people smack



# Upcoming Games



AT TIME OF PRINTING THE FOLLOWING TEAMS ARE COMPETING THIS WEEKEND  
\*\*SUBJECT TO CHANGE\*\*

## Blue Angel Tournament - Pensacola

2014 G RED  
2013 B LP NAVY  
2012 G NAVY  
2012 B NAVY  
2011 B NAVY  
2009 G RED

## LCSL & GSPL- STATE WIDE - 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  
2013 B CP RED  
2013 B CP NAVY  
2013 B LP RED  
2013 B LP NAVY  
2012 B RED  
2011 B RED

2011 B WHITE  
2011 B GOLD  
2010 B RED  
2010 B WHITE  
2010 B GOLD  
2009 B RED  
2009 B NAVY  
2009 B GOLD  
2009 B WHITE  
2008 B GOLD  
2005 B NAVY

## LCSL & GSPL- STATE WIDE - GIRLS

2014 G NAVY  
2014 G SILVER  
2013 G NAVY  
2012 G RED  
2011 G RED  
2011 G NAVY  
2010 G RED  
2008 G RED

GOOD LUCK TO ALL LFSC TEAMS THIS WEEKEND



## Global Results

EPL & LA LIGA

OCT 5TH & 6TH

Crystal Palace 0 -1 Liverpool  
Arsenal 3 -1 Southampton  
Man City 3 - 2 Fulham  
Chelsea 1 -1 Nottm Forest  
Aston Villa 0 - 0 Man Utd  
Real Madrid 2 - 0 Villarreal  
Deportivo Alaves 0 - 3 Barcelona

[LINK TO FOTMOB](#)

## Coaches Corner

JD BARBARA

LFSC COACH/DAD/SOCIAL MEDIA DIRECTOR



## PODCAST RECCOMENDATION

What's Going on at Manchester United, Who Are the True Title Contenders, Who Will Get Relegated. Great episode discussing the current turmoil at Man Utd, and what will happen to ETH.

EPISODE 621 -OCTOBER 6TH 2024

[LINK TO PODCAST](#)



# Weekly Nutritional and Strength Advice brought to you by



At Stacked Coaching, we believe building a strong foundation in fitness starts early. Pre-teens can safely begin strength training as early as 8–10 years old, focusing first on mastering bodyweight exercises and proper form. This approach ensures they develop strength, coordination, and overall athleticism before diving into sport-specific skills. Here's why foundational strength training is so important for teens and parents alike:

- **Boosts Physical Development:** Strength training helps build muscle, improve endurance, and support bone health—setting up pre-teens and teens for success in both sports and life.
- **Reduces Injury Risk:** By strengthening muscles and learning proper form, your teen is less likely to get injured, whether on the field or in everyday activities.
- **Improves Mental Health:** Strength training boosts confidence and mood, helping teens build self-esteem as they achieve fitness milestones.
- **Creates Lifelong Healthy Habits:** Getting your teen involved in fitness early sets the stage for a lifetime of health and wellness.

## Getting Started:

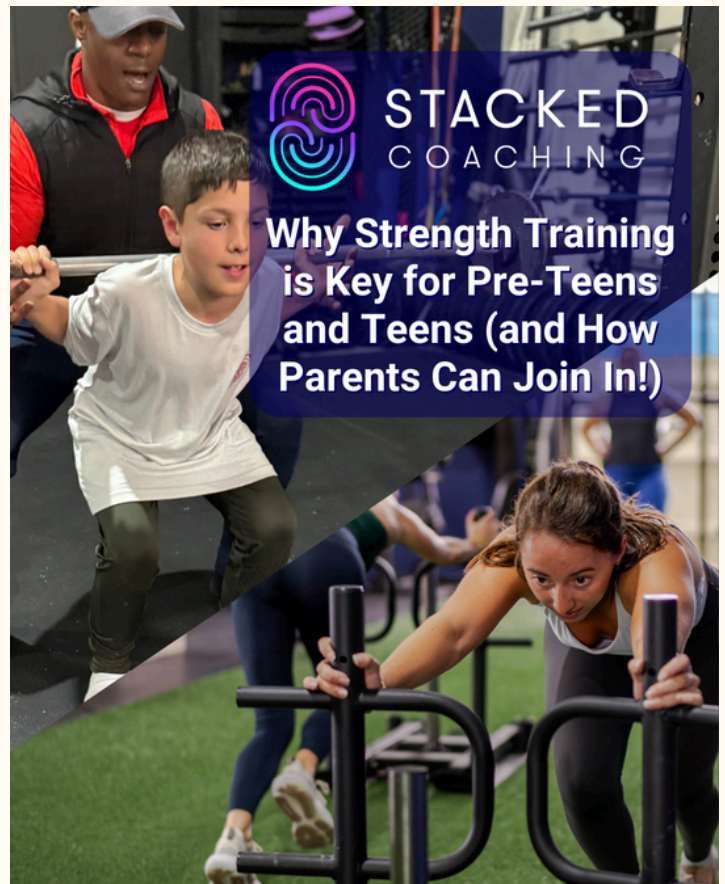
- **Begin with Bodyweight Exercises:** Pre-teens should focus on exercises like push-ups, squats, and lunges before moving on to light weights.
- **Light Weights with Proper Form:** Once bodyweight movements are mastered, introduce light weights, ensuring proper technique is always the priority.
- **Make It a Family Activity:** Parents, working out alongside your teen can be a fun way to bond and set a positive example for lifelong fitness.

Our expert coaches at Stacked Coaching guide both parents and teens through safe, effective workouts designed to improve strength, reduce injury risk, and build confidence.

Ready to get started with your teen? Click [here](#) for more information about working out with Stacked Coaching as a parent, teen, or together!

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

[CLICK TO LEARN MORE](#)





**LOUISIANA FIRE**

**Open House Series**

**Mount Carmel Academy**

# Mount Carmel Academy's



## Open HOUSE

Explore everything MCA has to offer! With small classes averaging 15 students, over 50 clubs and extracurricular activities, and countless opportunities for growth, there are so many reasons to love MCA. Discover more at our Open House on October 10!

**OCTOBER 10**  
**3-7:30 PM**

**RSVP: [mcacubs.com](http://mcacubs.com)**



7027 MILNE BLVD | NEW ORLEANS, LA 70124





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](mailto:recruitment@stmarysdominican.org).

**DOMINI-DEB  
DAY**

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





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**

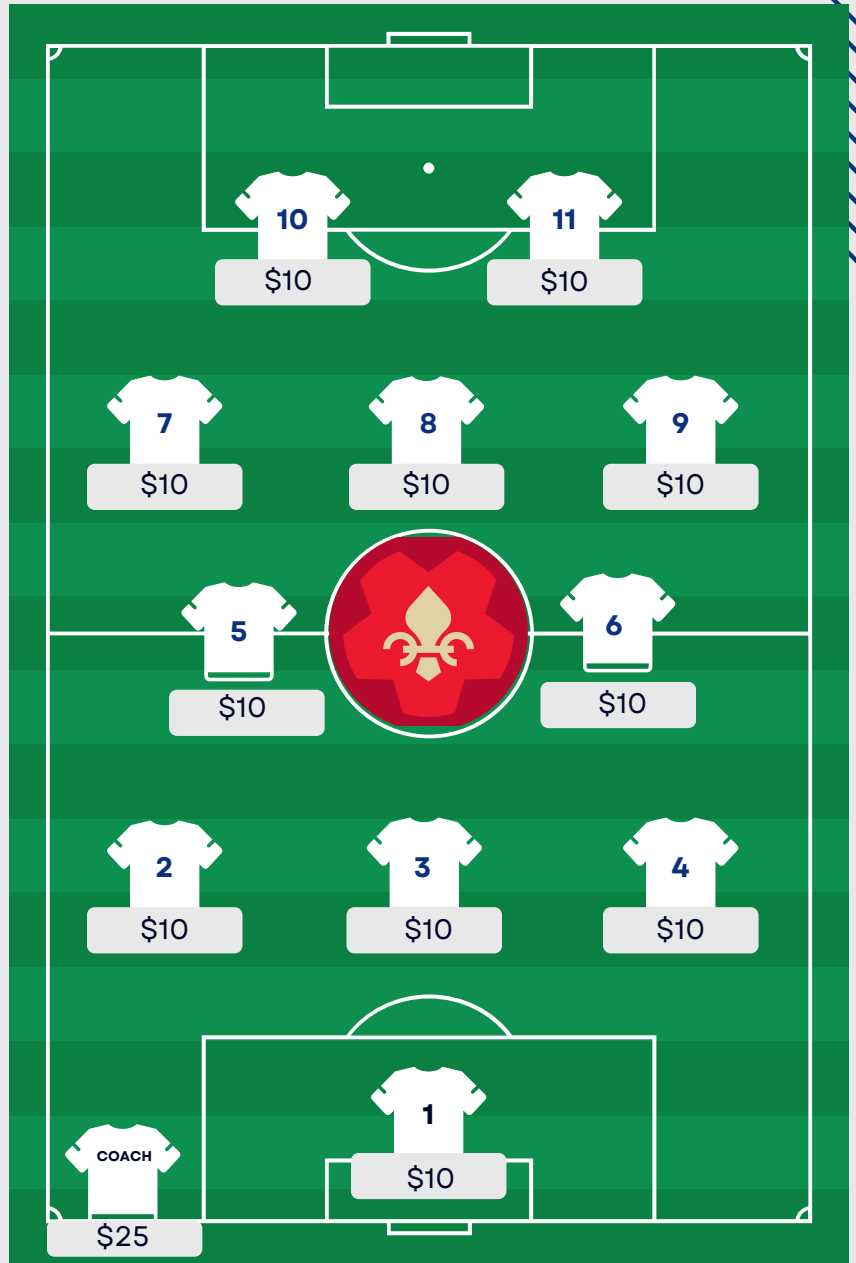


POWERED BY  
**Third Coast Soccer**

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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## IGNIS AURUM PROBAT