



Heatwave Herald

LFSC Newsletter

LAST WEEK AT THE FIRE

News and Results

The fantastic weather conditions led to a terrific weekend of soccer for our teams. Outside our Competitive teams, our 'Pre-Competitive' teams traveled to Lafayette to get their first taste of PSL league play. The teams played against other 2015 & 2016 teams from various clubs across the state, representing the club with class.

Off the pitch, several players and teams have already filled out their Breast Cancer Fundraiser sheets. Congrats to all those that have done so. This fundraiser is for a worthy cause, with all proceeds going to support the fight against cancer. If you have not yet done so, please print off your donation form and start building your 'Starting 11' of donors.

Reminder to get your team's results and information in to shayers@lafiresoccer.com to be featured in the Heatwave Herald. It also helps to update your Playmetrics accounts!!



Meet Coach: Christian Pokorn

Current Teams Coaching: 2009 White Boys

Number of years with the club: 12 years

Nationality: Austrian

Coaching Background:

- Louisiana Fire Sparks/Rec/Competitive Coach
- Westbank FC
- Louisiana ODP Asst Coach
- USSF C license

Playing background:

- Bg BRG Klusemann Schule - Ice Hockey, Basketball, Handball, Soccer
- LSF Graz
- Crescent City Soccer Leagues

Favorite Professional Team: SK STURM GRAZ

Soccer Role Model: Carlos Puyol



Best moment at LFSC: My Coed Rec' team playing well and competing against a boys competitive team.

Advice to players: "A day without soccer is a lost day."

Interesting Fact: "Growing up in Austria my neighbor was the great Ivan Osim, Coach of the Yugoslavia National Team, Sturm Graz, and the Japan National Team."

TEAM OF THE WEEK - 2014 CP WHITE BOYS



2014 CP White Boys competed in the Gulf Coast Fall Classic over the weekend. The boys opened play against Union 10 Mobile 2014 B and secured a 5-3 victory. Up next was a match against Gulf Coast United 2014 Grey which resulted in a tough 4-3 loss after surrendering a 3-1 lead. Sunday morning brought a match against Academy STARS 2014 out of Mississippi, during which Fire bounced back from their previous tough defeat and won 3-2, securing 3rd place in the division. The team was led by Matthew Kupperman, who scored 5 goals over the weekend.

TEAM OF THE WEEK - 2013 RED GIRLS



The 13 Red Girls team kicked off their league play on Saturday with a 1-1 draw against an undefeated Lafayette team, thanks to a goal from Georgia Chauvin assisted by Rosemary Haines. The team then met Mandeville Black, another undefeated league opponent, on Sunday and won 2-1, thanks to two goals from Anna-Pierce Smith, including the game-winner in the 60th minute of play. Kathleen Dawson played solid defense all weekend, including a goal line clearance in the tight game against Mandeville. The team finished their weekend with a 5-0 win against Lafourche. Charlotte Millet scored a brace and Lucy Ciolini, Piper Murphy, and Camille Robert all added goals to the win. Caroline Huard stepped in as keeper for the second half and made multiple great saves. Overall, it was a true team effort during this successful weekend.

PLAYER OF THE WEEK

Charlotte Millet 2013 Red Girls

Charlotte, a tenacious defensive midfielder on Coach David LeCompte's team, found herself in the lime light this weekend, contributing two goals during the teams romping 5-0 victory over Lafourche. As a holding midfielder goals seldom come her way but she was able to score two bangers from outside the box, easily beating the keeper. Way to go, Charlotte.



PLAYER OF THE WEEK

Matthew Kupperman 2014 CP White Boys

Matthew had an outstanding weekend, leading 2014 CP White Boys in the Gulf Coast Fall Classic with 5 goals scored. Matthew contributed all over the pitch, playing a pivotal midfield role and leading transitional play for his team. Matthew's abilities to hold the ball in transition, find supporting runs, and drive at defenders to create opportunities were on full display this weekend. Matt is also an incredible team player and first to celebrate his teammates' success.



Alumni Spotlight

JUSTIN PORTILLO - SACRAMENTO REPUBLIC

Considered by many as the best player to come out of NOLA, Justin Portillo, nicknamed 'Special', continues to thrive in the professional ranks of American soccer. Following college, Justin signed his first professional contract with the Charleston Battery in 2014. After an impressive start to his USL career, Justin was signed by Real Monarchs, where he won the 2019 USL Championship. Then, MLS team Real Salt Lake came knocking, and Justin made the jump to the MLS, where he played for 2 years. In 2021, Justin signed for New Mexico United and later FC Tulsa. Justin is currently playing for Sacramento Republic and continues to be the heartbeat of any midfield lucky enough to have him.

Team played on: Lafreniere Gamblers 1992

School: Grace King High School & Coastal Carolina University

Favorite Soccer Team: FC Barcelona

Favorite Player: Lionel Messi

Favorite Movie: Goodfellas

Favorite LFSC memory: Winning State 5 times

Future Plans: He hopes to become the GM of a pro soccer team after the conclusion of his playing career.

Position: Central Midfielder

Advice to young players: "Surround yourself with people as ambitious and dedicated as you."

Fun Fact: Played for Coach Stu at the Baton Rouge Capitals in the PDL in 2009, making the National Final 4. He was a junior in High School at the time, making him one of the youngest players in the league.



Upcoming Games



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

Tournament shoutout to all of our teams competing this weekend across the state and beyond.
Go and prove to everyone why LFSC is the top club in the state.

Baton Rouge United Cup – BOYS

2014 B LP NAVY
2013 B LP RED
2013 B CP RED
2012 B RED
2011 B WHITE
2010 B RED
2009 B NAVY
2009 B GOLD
2008 B GOLD

Baton Rouge United Cup – GIRLS

2013 G RED
2012 G GOLD
2011 G RED
2011 G NAVY
2009/10 G NAVY

Destin Soccer Rodeo – FL

2014 CP B RED

Mid South

2011 B RED
2009 B RED
2007 B RED

GOOD LUCK TO ALL LFSC TEAMS THIS WEEKEND



Global Results

EPL & LA LIGA

SEPT 28TH & 29TH

Newcastle 1 - 1 Man City
Arsenal 4 - 2 Leicester
Chelsea 4 - 2 Brighton
Wolves 1 - 2 Liverpool
Man Utd 0 - 3 Tottenham
Atletico Madrid 1 - 1 Real Madrid
Osasuna 4 - 2 Barcelona

[LINK TO FOTMOB](#)

Coaches Corner

BRADLEY SCHNELLER

CERTIFIED NUTRITION COACH, CROSSFIT LEVEL 2
COACH, USAW COACH (AND LFSC DAD)



In this episode of Get Stacked, Bradley and Kelly share their personal journeys and insights, revealing the challenges and triumphs of navigating life's unexpected turns. Whether it's transforming a failing business into a thriving community, battling personal demons, or simply finding the courage to start over.

EPISODE 127 - THE COMEBACK KIDS

[LINK TO PODCAST](#)

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](#)



What's Happening at LFSC

CURRENT EVENTS AND UPCOMING EVENTS



‘SETTING CANCER ABLAZE’ BREAST CANCER FUNDRAISER AND CONTEST
SEE FLYER FOR MORE INFORMATION

CONTACT:

BVELASQUEZ@LAFIRESOCCER.COM



Huge congratulations to Juju Stone for being the FIRST player in the club to reach her donation goal for our ‘Set Breast Cancer Ablaze’ fundraiser! She’s also the first to earn the coveted pink jersey!

We’re incredibly proud of Juju’s hard work and dedication to such an important cause. Keep it up, Juju!

#PinkJersey #FundraiserChampion #ProudClubMoment #SetCancer Ablaze

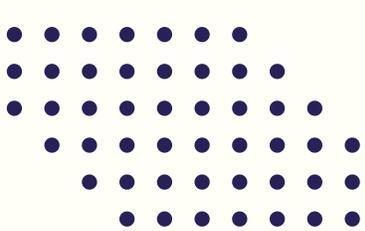


WALK-ONS SCHOLARSHIP OPPORTUNITY
SEE FLYER FOR MORE INFORMATION

CONTACT:

SHAYERS@LAFIRESOCCER.COM

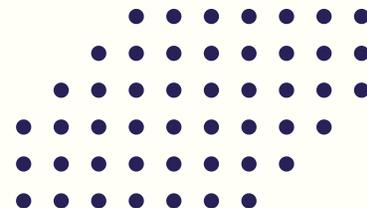
WWW.LAFIRESOCCER.COM



x x x x

SCHOLARSHIP PROGRAM 2024

Part of the "Let Them Play" Campaign



Walk-Ons is committed to ensuring all kids have the opportunity to participate in youth sport and have pledged to help scholarship a select group of LFSC players

REQUIREMENTS

- 3.0 GPA in school
- Have a financial need (assessed by LFSC)
- Demonstrate positive character traits

TO APPLY

- Essay explaining why you are a good candidate for a scholarship
- One character reference
- School academic report
- Application through FACTS program
- Applications are due Oct 31st
- Send all information to
 - sponsors@lafiresoccer.com
 - matt@brechtelhospitality.com

CONTACT US: 

504-465-8224



sponsors@lafiresoccer.com



www.lafiresoccer.com



LOUISIANA FIRE

Open House Series

Cabrini High School

CABRINI
HIGH SCHOOL

**OPEN
HOUSE**



**Thursday
October 3rd
3:30 – 6:30 p.m.**

Cabrini High School does not discriminate on the basis of race, color, national or ethnic origin in the administration of its policies.





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. He 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.HOLYCROSSSTIGERS.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

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



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.

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](#)

Club Contacts

DIRECTORS & STAFF

DAVID DEHOOG

DDEHOOG@LAFIRESOCCER.COM
EXECUTIVE ADMINISTRATOR

HUBIE COLLINS

HCOLLINS@LAFIRESOCCER.COM
EXECUTIVE DIRECTOR

KEIR HANNITY

KHANNITY@LAFIRESOCCER.COM
BOYS COMPETITIVE DIRECTOR

BOBBY VELASQUEZ

BYELASQUEZ@LAFIRESOCCER.COM
GIRLS COMPETITIVE DIRECTOR

STUART HAYERS

SHAYERS@LAFIRESOCCER.COM
FOUNDATION PHASE DIRECTOR
HEAD OF BUSINESS DEVELOPMENT

ERIC GRESSE

EGRESSE@LAFIRESOCCER.COM
RECREATIONAL DIRECTOR

JASON DORMADY

JDORMADY@LAFIRESOCCER.COM
COMMUNICATIONS & OPERATIONS DIRECTOR

JD BARBARA

JDBARBARA@LAFIRESOCCER.COM
SOCIAL MEDIA DIRECTOR

PROUD SPONSORS of LOUISIANA FIRE



Edward Jones Member SIPC

Bryon J Hatrel
CFP®, CLU®
Financial Advisor
3547 N Hullen St
Suite K
Metairie, LA 70002
504-456-9854
bryon.hatrel@edwardjones.com

Joey Nieto
CFP®
Financial Advisor
527 W Esplanade Ave
Suite 103
Kenner, LA 70065
504-465-0876
joey.nieto@edwardjones.com

Maurice "Mo" Carr
CFP®, AAMS™
Financial Advisor
401 Whitney Ave
Suite 121
Gretna, LA 70056
504-376-1741
mo.carr@edwardjones.com

> edwardjones.com

THE *vagina* WHISPERER



IGNIS AURUM PROBAT