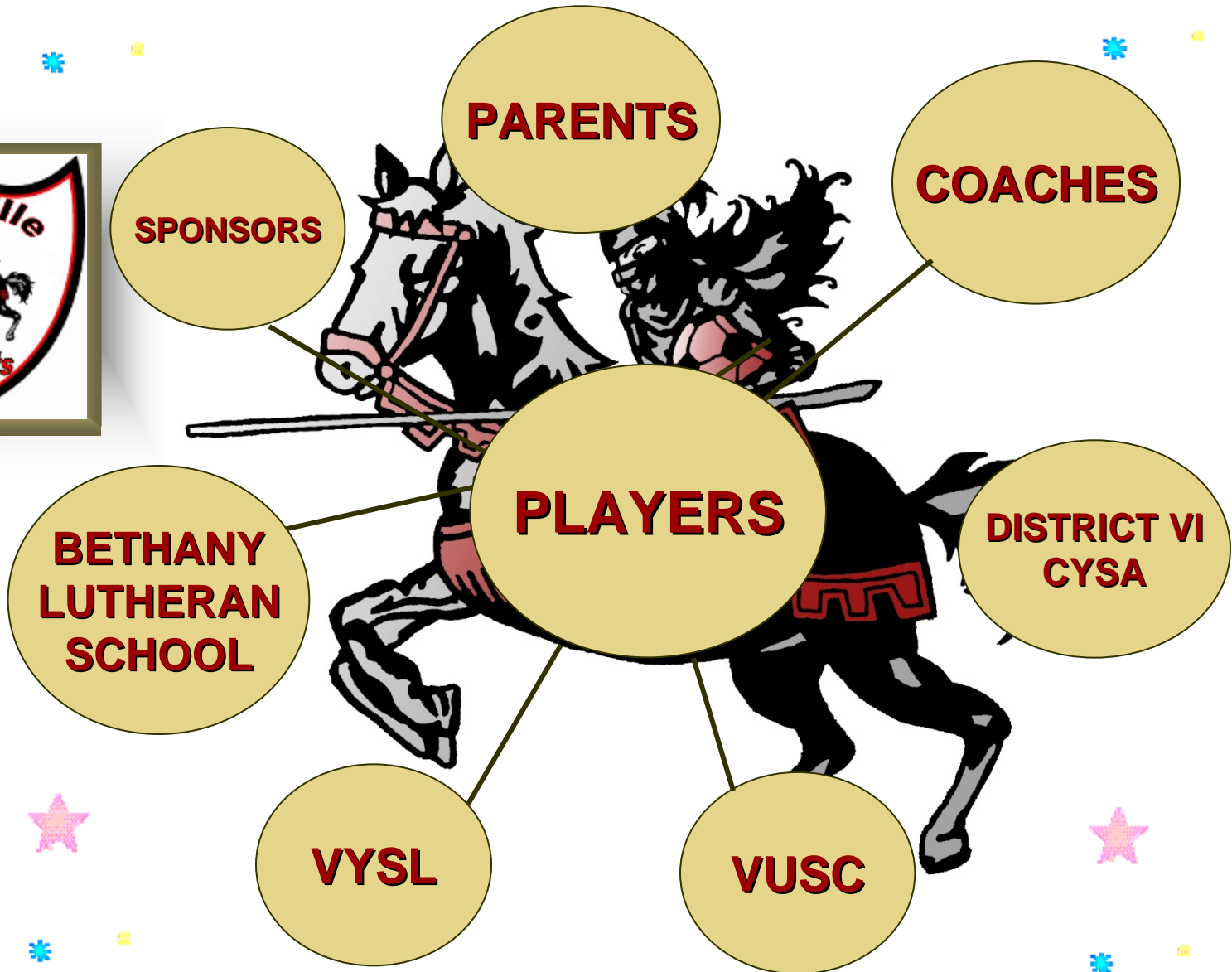


VACAVILLE LADY KNIGHTS
U-10 Girls Class 3 Soccer Team



2009 ... a season to remember ...

VACAVILLE LADY KNIGHTS
U-10 Girls Class 3 Soccer Team



2009 SEASON

Calendar



DECEMBER 2008: Submit an application to VUSC to Coach a U-10 Girls Class 3 Soccer Team.

FEBRUARY 2009: Approval of the application to Coach the **Vacaville Lady Knights** U-10 Girls, Class 3 Soccer Team.

FEBRUARY 2009: Submittal of the Tryouts Pre-Plan Activities, Team Summary and Team Budget for approval.

FEBRUARY 28, MARCH 1 (cancelled), 7, 8 & 15 (11 AM) = TRYOUTS at Horse Creek Soccer Complex, from 9 AM - 11 AM.

MARCH 2009: Player selection, notification and final roster of players to VUSC.

APRIL 21, 2009: First Parent/Player meeting

MAY: 8 practices. **Ball control, juggling, dribbling, fast footwork. Goalkeeping.**

Practices start on Monday, May 04, 2009.

JUNE: 8 practices. Themes: **Passing/Trapping, (O, I, instep, back heel, triangulations). Goalkeeping.**

JULY: 8 practices. Themes: **Kicking/Shooting, direct, indirect, penalty, corner kicks, throw-in, heading. Introduce Attacking tactics.**

Rules of the Game. Goalkeeping.

Seeding Tournament on Sunday, July 26th, in Elk Grove

AUGUST: 9 practices. Themes: **Attacking/Defending Tactics, Goalkeeping, Rules of the Game. Goalkeeping.**

Aug 14 & 15: U-10 Rocklin Quarry Blast Jamboree.

SEPTEMBER: 9 practices. Metro League starts. Theme: **Attacking/Defending Tactics and Strategies. Set Plays. Goalkeeping.**

Saturday, September 05, 2009 - HUGE YARD SALE - BAKING SALE - CAR WASH AND RAFFLE

Sep 26 & 27: U-10 Goal Rush Jamboree Tournament - Citrus Heights.

OCTOBER: 9 practices. Metro League continues. Theme: **Attacking/Defending Tactics and Strategies. Set Plays. Goalkeeping.**

Oct 24 & 25: U-10 Ghosts and Ghouls Jamboree Tournament - Roseville.

NOVEMBER: 7 practices. Metro League continues. Theme **Attacking/Defending Tactics and Strategies. Set Plays. Goalkeeping.**

DECEMBER: Themes: **Fast footwork, passing and ball control.**

District VI Cup Tournament – Orangevale, Dec 5, 6 and Finals on the 12th

A season to remember ...



Gary LaRowe

Lorrie Rose

Ken Loban,
Jim McLaughlin

Laura Lemus
Tom Fargo

Wendy Travers
Siobhan Lehman

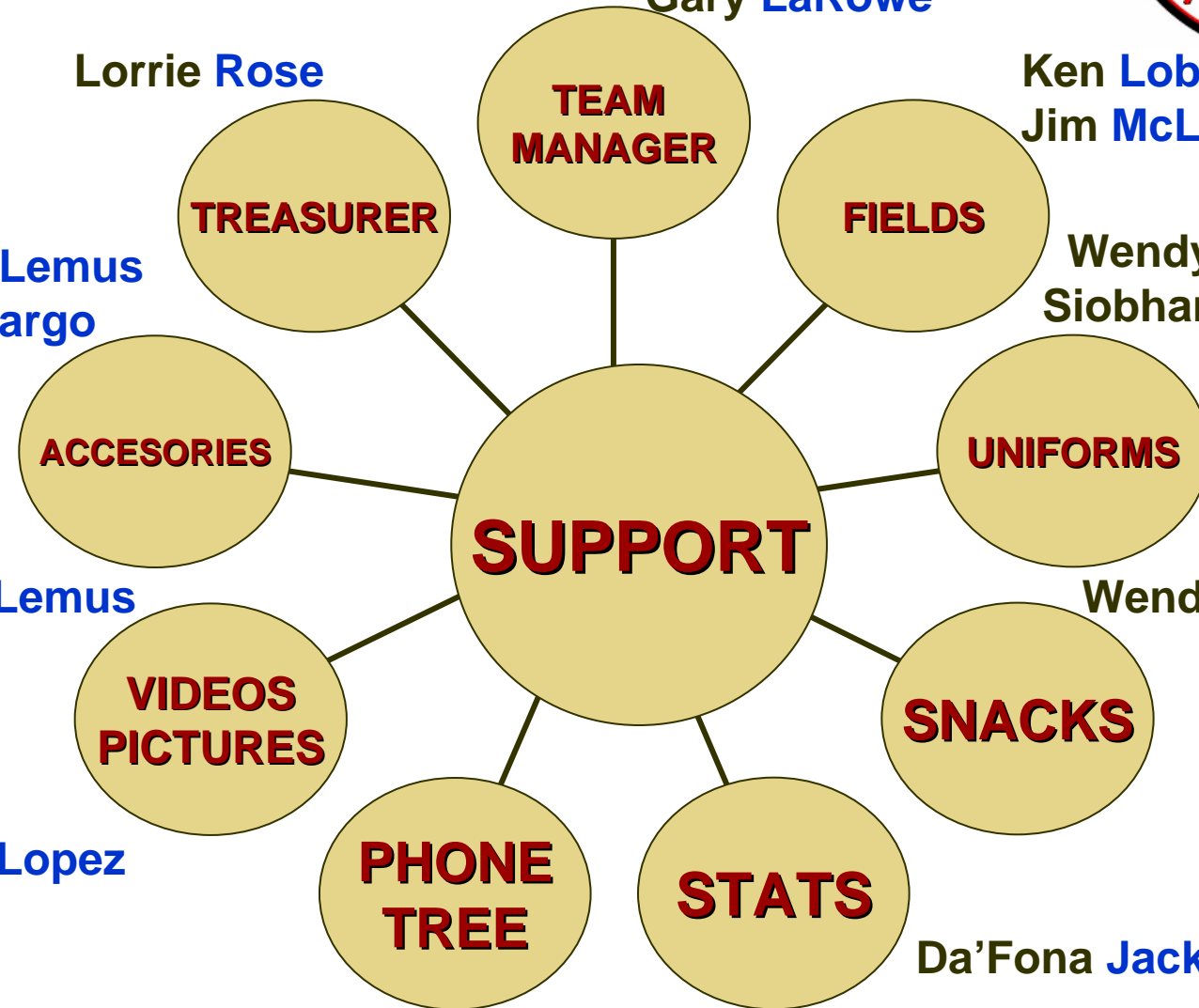
Chris Lemus

Wendy Travers

Noe Lopez

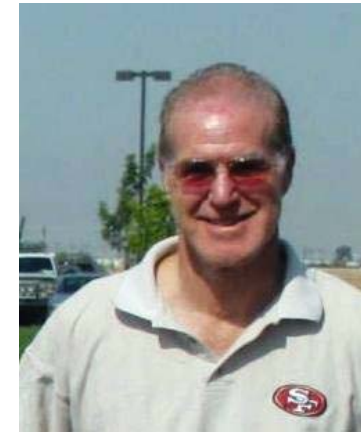
Da'Fona Jackson

Siobhan Lehman





Coaches ...



Ken Loban

Ricardo Serrano

Jim McLaughlin

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Jessica McLaughlin - # 1



- First year playing Metro.
- Played 3 years in VYSL
- Likes playing competitively
- She scored 2 goals
- Assisted in several goals
- She is a tough Defender
- Plays Tennis and Basketball
- Plays the piano and trumpet
- Baton also keeps her busy

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Sarah Loban - # 2



- First year playing Metro.
- Played 4 years in VYSL
- Played all field positions
- She is a great Goalie
- Other coaches praised her
- She scored a goal
- Likes watching TV soccer
- Plays softball
- Likes Irish Dance
- Likes Gymnastics
- Loves Math & Science

- Wants to be an Animal Rescue Officer

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Natalie LaRowe - # 4



- First year playing Metro.
- Played 3 years in VYSL
- 2 seasons with Ricardo
- Played as a Defender
- She is a tough Defender
- Plays the piano
- Likes writing stories, reading
- She is Homeschooled
- Baking cookies, babysitting
- Bike riding, running
- Swimming, embroidering
- Very involved in her Church

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Shelby Fargo - # 5



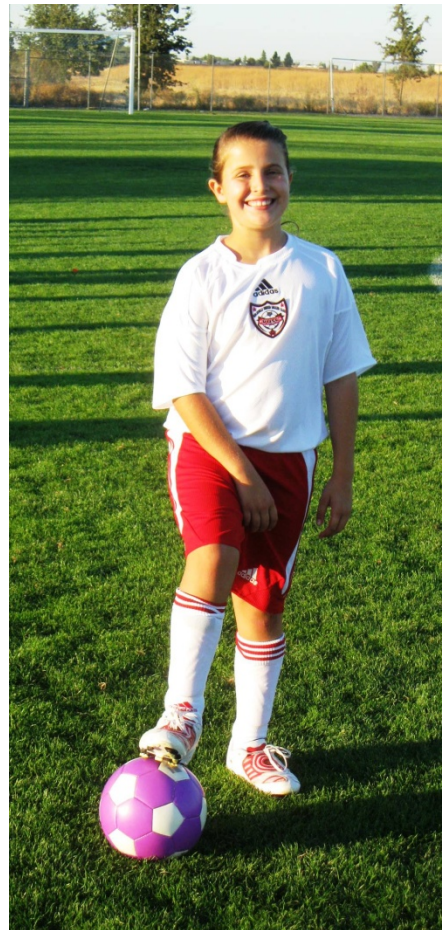
- First year playing Metro.
- Played 3 years in VYSL
- 1 season with Ricardo
- She is a fast Player
- Played all positions
- Also as a backup Goalie
- Practices and plays hard
- Captain of our team
- Scored 8 goals
- Plays flute at school

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Taylor Rose - # 6



- First year playing Metro.
- Played 3 years in VYSL
- 3 seasons with Ricardo
- She loves being a Goalie
- Other coaches praised her
- Scored first season goal
- Loves Math & reading
- Plays the piano
- Wants to learn guitar
- Enjoys swimming &
- Composing song & lyrics

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Amanda Travers - # 7



- First year playing Metro.
- Played since 4 years old
- Played Forward & Midfield
- Alternated as Defender
- Loves swimming
- Loves playing with friends
- Loves to talk
- Scored 7 goals
- Nickname is “Lucky # 7”

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Veronica Lopez - # 8



- First year playing Metro.
- Played at 5 years old
- Played 3 years in VYSL
- She is a tough Defender
- Loves to travel & ballet
- Loves tap dancing
- Wants to be an RN
- To save people's lives

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Jurnee Woodward - # 9



- First year playing Metro
- Played 4 years in VYSL
- 1 season with Ricardo
- Top leading scorer (25)
- Scored a half of the goals
- Fastest player in the team
- Plays as Forward
- Enjoys basketball
- Skateboarding, reading
- Works at the school library

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Ally Serrano - # 10



- First year playing Metro.
- Played 4 years in VYSL
- Soccer: core of the family
- Tough player
- Plays Defensive Midfield
- Likes doing soccer moves
- Accomplished cellist
- Scored 2 goals
- Homeschooled since Kinder
- Wants to be a Veterinarian &
- Cello teacher

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Madeline Lehman - # 11



- First year playing Metro.
- Played 4 years in VYSL
- Played all positions
- Very tough player
- Wanted to continue playing
- Even injured
- Likes softball & dance
- Danced in the games
- Scored a goal
- Likes writing and field trips

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Emily Lemus - # 12



- First year playing Metro.
- Played since 5 years old
- 4 seasons with Ricardo
- Played as Midfielder
- Likes doing soccer moves
- Assisted in several goals
- Likes playing Defense
- Scored 2 goals
- Belongs to a soccer family

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**THANK YOU ALL
FOR YOUR SUPPORT**



And for a Memorable Season ...

GO LADY KNIGHTS !!!

2009 SEASON