



FUSION NEWS

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Reminders

Remember to keep your availability on Team Snap up to date and fill out the Health Check before each practice and game.

New Adidas Kits

The 08 Intakes have been sporting the new (blue) kits already and the rest of the Club will transition to them in 2021. Stay tuned for fitting details.

Board Updates

The Fusion FC AGM will be in early December. Notice will be sent by email.

Oct 30 Practice 🍁

It has become Fusion tradition for players to wear their favorite team/player jersey to the practice before Halloween. Don't forget to wear yours to the Friday, Oct 30th practice!



08B players, Zachary Chen and Anthony Rocchetta in their season opener vs TSS

Match Roundup: Weeks 1 & 2

It was great to see the Fusion teams back on the pitch with lots of great successes to start off match play!

In week 1, the Club had a bye week and filled the schedule with exhibition games against Whitecaps boys and girls teams.

Highlights included the 06 boys winning their match 4-2 and the 05 boys coming out on top with a 4-1 win. Meanwhile, the 08 boys and girls played their first games. Both came away with wins over TSS: the girls by a 5-2 score line and the boys, 7-1.

Week 2 saw all the Fusion teams taking to the pitch against Mountain (and the 08 Intakes against Van U). There were a lot of hard fought draws and the 05G, 06G, and 06B teams all came away with wins against Mountain. Well done!



Coach Spotlight: Jeevan Sandhu

How has soccer changed from when you grew up?

The physicality of the game has changed a lot since I grew up playing. Both in terms of tackling and also fitness levels. Today's game is also much more technical. The kids in our club have the ability to control and do tricks on the ball that I wouldn't have ever even attempted!

How have you changed as a coach since you started coaching?

I started coaching young and have been fortunate enough to work with some great mentors over the years. When I first started out I was a tense coach. I'd like to think my coaching demeanour has evolved and I'm calmer in tough situations. My role is to guide and be a role model for my team and that needs to be evident every time I'm on the field.

Who is your favourite coach?

Sir Alex Ferguson is the greatest of all time! His desire to constantly win was infectious, and he expected nothing less.

Do you have a nickname?

I seem to have many nicknames, but Drake definitely has to be the most popular one in the Club.



06G players Cassidy Anderson, Chloe van Schalkwyk, Wynn Brown

Rain (or Cold) or Shine

Wet weather is inevitable, but try these tips for drying out your cleats (and prolonging the life of them) after a soggy practice:

1. Remove the insole (if it's not glued in) for the shoe to dry as quickly and efficiently as possible. Removing laces can speed up drying time if necessary.
2. Mud and dirt can deteriorate the materials much faster, so remove excess mud and dirt before you leave them to dry.
3. Fill them with newspaper to soak up the moisture. Don't stuff them so much that it stretches out the shoe, but enough to snugly fill them. Replace the newspaper after a few hours of necessary.
4. Sit them in a cool, dry place. Don't use heat as it can unstick the glue in the shoe.

Source: soccermaxx.ca



**Player Spotlight:
Clara Fischer-Credo (07G)**

**What grassroots club did you join Fusion from?
Who was your coach?**

I played for VAFC. I've had many coaches over the years but my favorite and most inspiring coach was my Dad.

What is your favourite soccer memory so far?

One of my favorite memories was our trip to Las Vegas with our coach Vanessa. We went site seeing down the strip and got to stay in a mansion! During the tournament, we worked very hard as team and played tough American opponents.

What is your favorite team?

My favorite team is the women's Olympique Lyonnais.

**Who is your favourite player?
Why?**

Ada Hegerberg. She has great skill and gives her teammates opportunities to be successful.

Do you have a nickname?

My nickname is Fishy. I got it at one of our first practices that Jason Jordan ever coached. Jason asked me "what do you go by"? Quinn blurted out "Fishy!". Since then, everyone calls me Fishy...and I actually like it.

Adidas Jacket Orders

Fusion rain jackets and stadium winter coats are now available for order in sizes YS, YM, YL, AXS, AS, AM, AL (there is no YXL sizing). **All orders must be in by Saturday, October 24, 2020.**

*Prices include taxes and application of Fusion logo to the jacket.

Samples are available to try on at Macey's Sports.

BCSPL team player orders must be submitted through your team manager.



Black Rain Jacket -
Core 18
\$80



Black Rain Jacket -
Tiro 19 AW
\$115



Black Winter Jacket -
Core 19
\$125



Player Spotlight: Nicholas Dubois-Phillips (07B)

What grassroots club did you join Fusion from? Who was your coach?

I started at Van U with Coach Nick and then went to Metro with Coach Otto before becoming an intake at Fusion.

What is your favourite soccer memory so far?

Winning the Seattle Starfire tournament with my team last year - it was awesome!

What's your favourite team?

Liverpool

Who is your favourite player? Why?

Mane is my favorite player because he is amazing, and he always has a smile and is happy.

How is it playing in the same club as your sister?

Weird. I am better than her, but don't tell her that...

Upcoming Game Schedule

October 24/25 Weekend (Pls defer to Team Snap)

	October 24	October 25
08G	2:30pm Min v CMF	10:45am UBC v Van U
08B	10:45am UBC v Van U	3pm Min 3 v CMF
07G		5:15pm Rich High v Moun
07B	6pm Hugh Boyd v Mountain	
06G		3pm Min Oval v Mountain
06B	6pm Hugh Boyd v Mountain	
05G		5pm Min Oval v Mountain
05B	8pm Hugh Boyd v Mountain	
04G		7pm Min 3 v Mountain
04B	8pm Rich High v Mountain	
03G		5pm Min 3 v Mountain
03B	8pm Hugh Boyd v Mountain	



The Fusion Prospects Academy In Action!
Every Friday at Trillium Park