



FBS • FC/MAR-JCC Newsletter "STRONGER TOGETHER"



December 2015

Edition 1, issue 1

Regular Season Success



Francis Farberoff
FBS FC President

Hi parents and players of FBS FC/JCC. I want to thank you for being part of our club and believing in FBS Soccer Program. It is particularly exciting for me as I grew up going to Jewish Community Centers in both Brazil and Colombia to now see so many kids in our JCC, playing soccer both at the pre-competitive and competitive level. We are looking forward to a great future as we see our kids develop into great players while enjoying the beautiful game of soccer. This Newsletter is a way to let our parents and players know about past and future events and developments. This belongs to our kids, so I challenge our parents to help us make this a better program everyday.

"We are looking forward to a great future as we see our kids develop into great players."



FBS FC is currently amid the regular season 2015 - 2016. All players of our competitive program are displaying their skills on the field. We as mentors, are so proud to see their improvement and good behavior on and off the field. We are looking forward to seeing them learn, grow and enjoy every weekend .



Arturo Jenna & Allen Bedahan at FBS conference after game

With our pre and post game interviews, our kids have a space to express their feelings before, during and after competitions. This is a great opportunity to see their potential. You never know, we may be looking at a future soccer super star!

Our Sponsors:



Pre-Travel Jamboree

FBS FC is proud to announce to our community that we had our First Beach Soccer JAMBOREE. On Sunday, December 13th 2015, our recreational program teams had an exceptional experience playing Beach Soccer for the very first time. They along with parents and our staff had a sensational time in a family environment with music and beautiful weather at the beach. FBS FC is always innovating and creating new events to unite our community.



Upcoming Tournaments

FBS FC continues evaluating and challenging all our players and teams in new and different competitions. The WELLINGTON SHOOTOUT is one those and we are excited to see ours kids giving us all their effort and courage on the field. WELLINGTON SHOOTOUT SOCCER TOURNAMENT will be on January 9th & 10th



We never stop in the pursuit of excellence. Our next tournament for all FBS competitive teams will be one of the biggest tournaments in South Florida with more than 600 teams across Florida, other states and internationally WESTON CUP & SHOWCASE appears in our calendar as a good opportunity to show our potential to the soccer world. Separate the weekend of PRESIDENT's day for this event.



Chanukah Celebration

This is an special time of the year, our kids joined us to lit the first candle last Sunday, starting **HANUKAH** celebrations. This will continue during the following 8 days . Players of our pre-competitive and competitive programs are invited to celebrate with us. We have sufganiyot for all in assistance .

In Addition to this, our U10 Orange team donated soccer balls to the kosher food bank





Oscar Gil
Director of Coaching

I am very excited for the release of our FBS Newsletter. The purpose of this is to keep our community periodically informed with all kind of FBS news and events. I hope our community finds this newsletter as a resource to keep our club united and strong.

"I hope our community finds this Newsletter as a resource to keep our club united and Strong"

FBS FC in Colombia

FBS FC is also partaking in experiences abroad while always trying to provide, as a mentors, the best of the best of this beautiful game.

Last Thanksgiving weekend two of our most competitive players took a once in a lifetime trip to Medellin, Colombia. FBS Players, David Dickstein and Pedro Levi had an experience beneficial to both their soccer and social skills in Colombia. They had the opportunity to meet and receive tips from professional players of

Atletico Nacional of Medellin. Also, our players trained in different places like Campo Amor, Manrique, La Sierra y Buenos Aires (Alejandro Echavarría). Places where underprivileged children try to live their dreams playing soccer.

David and Pedro had the opportunity to learn and understand the importance of helping others while at the same time not taking things for granted.



Words of our Soccer Chair FBS soccer program

Hello everyone! I would like to introduce myself , my name is Mimi Kibliskey, and I am the new Soccer Chair for the FBS soccer program.

My main goal is to establish a strong link between parents, FBS and the JCC in order to achieve the best results possible for the soccer program this year. For FBS, the kids' education and the environment where they train, share and play are very important; that is why FBS focuses on teaching soccer's skills, discipline, commitment, and respect, so our children can enjoy every practice and tournaments while developing a strong sense of belonging to their team.

FBS is different from others clubs in that we are a FAMILY, sharing time and experiences during FBS activities that contribute to the enrichment of kids and their families, as well as the coaches lives.





Hellen Beda
Vice-Chair

Program services

It is with much pride That I write this...As I was walking through our field a couple of days ago and saw tons of kids all in amazing FBS uniforms practicing with their coaches, all organized and all working hard!! I got the chills it was priceless!! Thank you FBS for all you do!!



David Fried
Athletic Director

Our MAR-JCC is my home and I have been so lucky to have worked with thousand of kids and families who have entrusted us to help maximize each child's potential, on and off the field.

I am thrilled to work along side Francis and our FBS-JCC soccer club. I care deeply for the well being of EVERY player who participates in our program. When a child completes our program, my desire is that each child understands the value of TEAM (Together Everyone Achieves More)! Being a part of a team is one of life's most value lessons. Life Lessons are all around us, day in and day out, and our coaching staff strives to teach many of them to our young athletes. I believe sports to be not only physical, but also mental and emotional. In the FBS-JCC program, we will work hard to make sure we are teaching , mentoring and guiding our players in all of these areas.

NUTRITIONAL CORNER

What to eat before a game or practice?

Pre-Game Meal

The pre-game meal should be consumed 3-4 hours prior to a soccer game and should include plenty of fluid. This meal should be planned around individual likes and dislikes, thus a variety is essential. Carbohydrates with a low Glycemic Index (GI) should be consumed before the game to preserve energy stores and provide long lasting energy throughout the game. High GI foods should be consumed immediately before and during the game to provide for lost energy in during the first half of games. Example listed below:

1 hour or less before competition

fresh fruit such as apples, watermelon, peaches, grapes, or oranges and/or energy gels up to 1 1/2 cups of water

2 to 3 hours before competition

- fresh fruits
- bread, bagels, pasta
- yogurt
- water

3 to 4 hours before competition

- fresh fruit
- bread, bagels
- pasta with tomato sauce
- baked potatoes energy bar
- cereal with milk
- yogurt
- toast/bread with a bit of peanut butter, lean meat, or cheese
- water



Meet our coaches

FBS FC is very proud to have such a high caliber coaching staff . We have coaches from various countries like Brazil, Colombia, Honduras, Peru, USA, Venezuela. Most of them former professional soccer players and all of them very well qualified.

Our Staff:

 Sergio Manoel (Bra)	 Adee Kirkconnell (Hon)
 Paulo Amorin (Bra)	 Walter Nalvarte (Per)
 Rodrigo Bandeira (Bra)	 Omar Rodriguez (Per)
 Bernanrdo Avila (Bra)	 Erich Kuhnke (USA)
 Aldo Balsano (Bra)	 Adrian Borba (USA)
 Cristian Morales (Col)	 Natalie Diaz (USA)
 Juan Camilo Cortez (Col)	 Jose Viloria (Ven)
 Carlos Cajamarca (Col)	 Juan Sescuan (Ven)
 Edgar Uribe (Col)	 Carlos Longa (Ven)



STRONGER TOGETHER
FUTBOL-BEACHSOCCER-FUTSAL CLUB

“ FBS FC is the only Club in the nation to provide three different kinds of soccer. Beach Soccer, Futsal and Futbol”

Follow us:    

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