

Fox Soccer Academy *of the* **CAROLINAS**



2024-2025 Tryout Guide
for SENIOR GIRLS
(born 2006 – 2009)



About Fox Soccer Academy of the Carolinas



"If you make it to where successful people are, its down to honest and hard work."

– Christian Fuchs

"Each location has a limit so we can pay close attention to every player." – Christian Fuchs

Learn more about our story in Christian's words by [CLICKING HERE](#).

OUR STORY

Fox Soccer Academy of the Carolinas is the product of a collaboration between English Premier League and FA Cup Champion Christian Fuchs, highly successful business executive Raluca Gold-Fuchs, and Chad Metzler who has been one of the leading figures in youth soccer in the Southeastern United States over the past 20 years. Based on the success of previous Fox Soccer Academies in New York, the UK and Austria, Fox Soccer Academy of the Carolinas offers a truly unique European-style Academy for players in the greater Charlotte area.

The vision started less than a year ago, in April 2023. Within two weeks of announcing the creation of FSA Carolinas, over 600 players registered to try out. In keeping with our mission to create a player & person-centric environment, however, less than 250 players were invited to attend the Academy initially. This represented one boys team per age group from U9 – U19, and four girls teams ; we did not allow girls older than the 2009 birth year to tryout due to the timing. In the first season, FSA has created many waves by competing with (and at times out-performing) many of the traditional power-house clubs in the region, all the while, developing a fun and engaging atmosphere for players to participate in.

As we head into 2024, we are excited to add in senior girls teams (for players born 2006-2009) and announce a very regulated expansion for the Academy.



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Our Mission



"[Our daughter] has a renewed love for the sport, is always excited for practices, is a different player on the field, and her growing confidence and skills is evident during games. She is thriving with the coaches and great kids at Fox. It may be a new program, but the organization, communication, and focused approach is amazing."

– Katie & Jason Geringer

We are all about player growth and development.

Our mission is to provide the best environment for all players to grow, learn, and enjoy the beautiful game. By providing an exceptional community experience that is solely focused on each individual player, we believe that players will flourish and maximize their potential.



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The Fox Soccer Experience



“Fox Academy has not only lived up to their promises but exceeded my expectations. For me, two-way communication & feedback was extremely important. Every club promises evaluations, but what I love is that our daughter doesn't just get seasonal (spring/fall) evaluations like in the past. The feedback she receives is monthly, even weekly at times. The feedback is constructive (both positive & areas to improve) with specific examples and explanations. Coaches are approachable and responsive to her questions and concerns.” - Devon Morris

PLAYER INDIVIDUAL DEVELOPMENT PLANS

At the heart of what we do is each players' individual development plan. This is not a buzz word, nor is it a once-a-year report card. Instead, each player works throughout the year with their coach and parents to develop personal goals and an action plan to reflect their own development. Most players meet with their coach at least one time per month, but there is no set schedule. Instead, players receive regular and on-going feedback and discuss their individual development plan with their coach as needed, both informally and formally.

VEO VIDEO TECHNOLOGY

Fox Soccer Academy is proud to employ VEO technology to film ALL GAMES for EVERY team (U9 – U19). Players have access to all of their games and regularly interact and even receive homework to tag moments, and comment on certain clips within the team community. Coaches will regularly send out specific clips for review with individuals, functional groups, and even the whole team. In person team film review sessions are also common.



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The Fox Soccer Experience



“Access to and communication with the Fox coaches has been easy, the incorporation of video and written feedback has been helpful, and the sense of community that we already feel is beyond anything we ever experienced at our previous club.” – Rizwan Sheikh

HOLISTIC PLAYER DEVELOPMENT

Fox Soccer Academy stresses the “four corners” of player development in every aspect of player instruction. In addition to the TECHNICAL and TACTICAL sides of the game, we work with each player to develop their mental and physical performance. Strength, speed work, conditioning, and injury prevention are planned weekly and integrated into every training session. This is incorporated with carefully curated recovery and periodization plans. Players’ mentality is also readily discussed with teams, and sports psychology sessions will begin to be offered to all players starting in January of 2024. All teams train three times per week for 90-minute sessions. We feel that it is important for players to have at least two nights off to work on homework, socialize with friends or enjoy family time.

PLAYERS ARE RECOGNIZED AS INDIVIDUALS, NOT AS A NUMBER

Every player is valued as an individual at Fox Soccer Academy. Part of the rationale in limiting participation is to be able to offer an Academy experience in which each player feels relevant. No one “falls through the cracks”. Our Director of Coaching and Executive Director know every player by name. It is not uncommon to see Premier League Champion, Christian Fuchs, working with individual players, helping with training sessions, playing with players at the field or chatting with parents in the parking lot. And parents are ENCOURAGED to ask questions and be “in the know” about their players’ development and team experience. This is an INCLUSIVE Academy. EGOS are not welcome here.



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Program Plan for 2024-2025



"We have finally found a club that cares about the play and not the money or amount of players. Fox sees each athlete as an individual and really tries to coach them from there. We love their coaching style, enthusiasm and love for the game and players! Our daughter loves soccer again because of Fox."

– Amanda Sessions

PLAN FOR 2024 – 2025

Fox Soccer Academy of the Carolinas will expand to offer two teams only in every age group. This is true for every age group, BOYS and GIRLS, U9 – U19. Included in this plan is the formation of two **2006/2007 girls teams**, two **2008 girls teams**, and an addition of **one new 2009 girls team**.

There will be a strict limit of two teams per age group (three in 7v7 soccer ages) for the coming year. While we expect many more players to tryout in some age groups, in particular, it is important that we limit these numbers to continue to provide the highest quality experience for every player.

At each age, the top-level team will compete in one of the highest-level leagues in the country and the second team will maintain a vigorous regional level schedule. The girls Academy will also maintain several affiliations with professional women's teams both domestically and abroad. All teams will continue to compete against high level competition (i.e. GAL, MLS Next, ECNL, DPL, and NL/Elite 64 level teams) through some of the country's largest showcase events such as the CESA ECNL Friendlies, NCFE Showcase, Jefferson Cup and the Girls Academy National Showcase, all of which teams competed in or are planning to attend this spring.



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Player Opportunities



“After experiencing other Clubs in the area, Fox Soccer Academy is an absolute breath of fresh air for us as parents ... To find somewhere that is focused on a select group of athletes and each individual’s development is really something special.”

– Damon Kosofsky

PLAYER OPPORTUNITIES

At Fox Soccer Academy, we rarely use the word “pathway”. Why? Because the “pathway” is a **myth** told to families by many youth soccer clubs across the country. The idea that belong to one club or another will open some magical stream of opportunities for players that are not available elsewhere is in no way true. Every player’s journey and pathway is different, and Fox Soccer Academy is devoted to helping each and every player achieve their goals, to the best of their ability. The truth is, over the past three years, Fox Soccer Academy worldwide has helped place 14 players in professional teams, under contract in leagues such as the MLS & USL in the US, English Premier League, Championship, Women’s Super League and Scottish Premier League in the UK, Serie A in Italy, Qatar Stars League and the Superliga in Denmark. This, combined with a whole slew of top-level college signings. And Fox Soccer Academy currently maintains working relationships with 24 professional clubs from the US, UK, Denmark and Germany.

INTERNATIONAL TRAVEL

Fox Soccer Academy is an international organization. As such, we feel that international travel experiences are an integral part of the Academy experience. In March 2024 FSA players will travel to Barcelona, Spain to compete in the Mare Nostrum Cup and this July teams will travel to London + Sweden to partake in the Gothia Cup. International travel and exchange programs are a regular fixture for the Fox Soccer community.



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Cost



“Two things stick out when I think about FSA—clear communication and club culture. The culture is centered around developing players on and off the field, and building a community that cares. Our daughter will constantly say- ‘Fox does so much to bring us together!’ When a young player even recognizes the culture—that matters!”—Jana Ritter

TRYOUT COST: FREE

We never charge players to try out. Why would we? Our goal is to continue to add quality players and families to our community, not to take advantage of families trying to find the right soccer experience for their player. Whether FSA is that right fit or not, we invite ALL players to come see what we are about, at NO COST.

PROGRAM TUITION: \$3320

This yearly tuition fee includes ALL expenses except for uniforms.

PAYMENT SCHEDULE: \$500 commitment fee due at the time of signing.
+ 6 monthly payments of \$470 on MAY 1 / JUN 1 / JUL 1 / AUG 1 / SEP 1 / OCT 1

FINANCIAL AID:

Our main goal is to provide an exceptional Academy experience for all players, regardless of their financial situation. FSA offers both need-based financial aid and player scholarships. This past year we gave out nearly \$40,000 in financial aid and plan to make double that amount available to players in the 2023-2024 season.



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Tryout Details



“From the very first meeting discussing what the academy had planned, the staff has been living it daily. Every training has purpose. Staff is approachable. Feedback is real time, specific, actionable and something the players can build upon. Evaluations are very specific and probably the most well thought out I have seen ... And while the environment is competitive and each player strives to be their best, at the same time the academy is promoting a true team and family environment both on and off the pitch through numerous events meant to bring players and families closer together.”

– Rob Laquerre

GENERAL TRYOUTS:

Tryouts will be held on Jan. 15 and Jan. 21, 2024. Offers will be given out after the first night and we do expect a high volume turn out - available roster spots will be very competitive, so we encourage players to attend the first session if possible.

INFORMATION MEETING: December 12, 2023

We will hold an informational meeting at the [Mooreville/Charlotte Hilton Garden Inn](#), from 7:15 PM – 8:30 PM. Players and families can RSVP for this meeting through the tryout form.

TRYOUT REGISTRATION:

[CLICK HERE](#) to register to attend a tryout.

NEED TO TRYOUT BEFORE THE GENERAL TRYOUT DATES?:

Can't make the Jan. 15 and Jan. 21 general tryouts? Or do you need to tryout before that for a different reason? Not a problem. Once you register, just let us know and we can set up a trial for your player during our regular training sessions in December and early January. We are happy to accommodate!



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Contact Information

Executive Director

Chad Metzler

chad@foxsocceracademy.org

704.453.8567

Director of Coaching

Adam Tipper

adamtipper@foxsocceracademy.org

704.682.6188

Website:

www.foxsoccer.academy

Follow us on social media:

[Instagram](#) – foxsoccercarolinas

[Twitter \(X\)](#) - @fsacarolinas

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