

UNITED TIMES

CURRENT EVENTS THROUGHOUT FORT WAYNE UNITED | NOV 2019

Coach's Corner – Claire Ward

By Emily Carr

Claire Ward is the Technical Director of 15U-19U Girls Academy Teams. She is also the coach of most of those teams as well. She heads up all youth soccer ages 6-14 at the Plex and is a Director for the Beasley National Soccer School. Last but not least, she is a mother to 6-year-old soccer star, Lilly. She wears a lot of hats and her dedication to every one of her roles is what makes her a huge asset to the Fort Wayne soccer community.

Having worked with her growing the youth soccer program at the Plex, I have personally seen her work 60-hour work weeks in order to complete every task she set for herself. But she always tends to each one of her commitments with special attention. On top of her already packed schedule, this past Spring and Summer, Claire had time to earn herself a USSF National B License. I got the chance to sit down with the Scotland native to ask her a few questions about coaching for United and earning her B License.

1. Why did you choose Fort Wayne United?

I chose Fort Wayne United because I believe in their mission and philosophy and believe in helping develop individuals to play at the next level. I enjoy working and being mentored by the DOC Bobby and I was also motivated and inspired to return to Fort Wayne and coach alongside Technical Directors Aaron Tulloch and Nick Potter.



2. How long have you been playing soccer? Coaching soccer?

I started playing at age 4. My first team was a boys' team at age 7 and my first girls' team was at 10. I began coaching camps when I was 16 years old. I coached travel soccer right after I was finished playing collegiately and have been ever since.

3. How has coaching impacted your life?

Coaching has allowed me to travel all over the world: Jamaica/Brazil/England/Scotland and the USA. It has allowed me to give back to individuals through coaching the game as well as teaching life skills. It has been so cool to watch players go on and achieve their dreams knowing I have had a small part in their journey.

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HEALTH & WELLNESS: THE IMPORTANCE OF CALCIUM & IRON

According to Nutrition Tips for Young Athletes by Joan Khalaf, calcium and iron are especially important for young athletes, in order to build strong bones and carry oxygen to all areas of the body. Great foods include leafy greens, cheese, meat, eggs and dried fruits. Also, keep in mind, hydrate is key! Children are more likely to suffer from heat-related illness while exercising than adults, so fluids are essential. Hydrating fruits such as oranges and watermelon are a great option to quench kids' thirst and serve as a post-game snack.

PROPS TO...OUR COLLEGIATE PLAYERS



MEDARD MIKOBİ - XAVIER UNIVERSITY

National Signing Day is coming up, and we at Fort Wayne United would like to give props to our players who have signed Letters of Intent to play in college:

Medard Mikobi is signed to play with Xavier University.

Nathan Lemmon is signed to play with Huntington University.

Peyton Badskey is signed to play with the University of North Alabama.



NATHAN LEMMON - HUNTINGTON UNIVERSITY



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New United spirit wear short sleeve tops- \$15

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(water bottles, coffee mugs, blankets, lanyards, umbrellas, beanies, etc.)

NEW ITEMS

FW United Headbands (neon and black) - \$8

New indoor shoes

Colorful Pre wrap - \$2

Old style AXS warm up pants- \$20

Summer shoes must go!

Discounted cleats in various styles!



By Emily Carr



Claire Ward

4. How has coming from Scotland given you a different perspective on soccer/coaching?

We were brought up different back home. We played way more football (soccer) with less coaching/instruction. A lot of the time there were no adults present which allowed us to express ourselves more without feeling judged. Growing up in Scotland allowed me to grow my love for the game by supporting my local team, Ayr United, and my favorite team, Celtic. Going to their game's week in and week out, and supporting them through the good and bad times has given me a lot of passion and loyalty. This has transferred to my coaching career and my love for our club - Fort Wayne United. I love to work with players who love the game as much as I do.

5. Congrats on the B license! Can you give a brief explanation on what a B license means?

It is issued through the United States Soccer Federation and is the second highest level you can obtain (obviously A is the highest). The B license focuses on the 11v11 game and helps with team and individual development.

6. How will you utilize your B license training at FWU?

I will continue to do a lot of things our DOC Bobby already has in place. On the course, it was awesome to see we are doing so many things right. The major thing I will take is developing the player in a holistic approach!

7. How would you describe your coaching style?

I like technical players and players who understand the game. I am a very passionate coach and like to push players out of their comfort zone to help them improve and get to the next level.

8. What is your favorite thing about Fort Wayne United?

Ha I have way too many!!! The coaches I get to work with, learn from, and mentor!! And the awesome families we have in our club that make it a fun job. My favorite weekend of the whole year is State Cup when all our teams/coaches/families are playing in the same location and we are able to support each other and see the neon green EVERYWHERE!



IMPORTANT DATES TO REMEMBER

Thanksgiving

No Trainings or Games

November 28th

3v3 New Year's Blast

Tournament

December 28th

Boys Winter Indoor

College Showcase

February 7 - 9, 2020

Girls Winter Indoor

College Showcase

February 14 - 16, 2020



FWU Alumni – Where are they now?

FWU has alumni playing at all different levels. Here are highlights from a few notable alums that have been in the news lately:

Kristen Harvey – Former United player
Kristen Harvey made the All-Freshman team at University of Evansville and made the conference tournament.

Jewel Reuille – Former United player
Jewel Reuille was voted First Team All-Conference as a Freshman at University of Northern Ohio and won the WHAC Conference Championship.

Jaxon Simmerman - Won the WHAC Conference with Indiana Tech. Indiana Tech is coached by Fort Wayne United Coach John Dunn.

