

2025-2026 Season



**PARENT/PLAYER
HANDBOOK**

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LETTER FROM THE DIRECTOR

Thank you for committing to be a part of FC Richmond's Magic & Mystx competitive team programs.

We value the development of each of our players both on and off the soccer field. This holistic approach is built over time by placing a high priority on teaching each player about discipline, commitment, sacrifice, accountability, and responsibility.

We hold our players to high standards and expectations, and have a proven track record of developing strong character traits that will stay with each player long after their soccer careers have ended.

There will be, AND SHOULD BE, plenty of highs and lows throughout a player's youth soccer career.

We ask that each of our players and parents embrace these ups and downs, and value these as teachable moments which players can draw from for future opportunities to strengthen from within.

FC Richmond looks forward to playing a part in your child's journey within the game and "Beyond the Game".



Executive & Technical Director

CELEBRATING 40 YEARS

FC Richmond is proud to celebrate its 40th anniversary this year! Founded by Dave Amsler in 1985, the club has dedicated four decades to serving soccer players and their families in the Richmond community.

Just three years after its inception, FC Richmond merged with the Greenfield Dragons Athletic Association. The established FC Richmond name was kept, and three travel soccer divisions were formed: Magic, Mystx, and Metro.

Today, FC Richmond continues its legacy, serving and developing over 3,000 young athletes across its Recreation, Futures, and Travel soccer programs. The club's high standards of excellence have consistently helped countless players develop essential skills and strong character through their commitment to the game.

FC Richmond Club Success

- NCAA College Players = 900+
- Professional Players = 24
- High School & College All Americans = 25
- National Team Players = 21
- VYSA Hall of Fame Members = 6
- VYSA State Championships = Multiple

2005 Gatorade VA Girls Player of the Year

2011 Gatorade National Boys Player of the Year

2022 Gatorade VA Boys Player of the Year





CLUB CULTURE

Our **vision** is to be the home of a holistic soccer development experience and a community that fosters connection, growth, and pride. Together, we will create a culture of excellence where dedication meets opportunity—launching young men and women into success both on the field and Beyond the Game.

Our **mission** is to provide a personalized approach to soccer development—challenging and supporting every player to take ownership of their journey, embrace commitment, and strive for continuous growth.

Pillars of Success (The 3 C's)

- **CHARACTER:** We prioritize the development of the person behind the player, fostering lifelong character skills that will serve as the foundation for growth both on and off the field.
- **COMPETITIVENESS:** We cultivate a relentless drive to improve, a hunger to compete, and the courage to take risks. Competitiveness at FC Richmond is about more than winning—it's about bringing your best every day, honoring the process, and pushing your limits with discipline, purpose, and pride.
- **COMMUNITY:** We believe in the power of shared experiences to shape stronger individuals and teams. Community at FC Richmond means creating meaningful connections through the game—whether it's traveling together on milestone trips, building bonds through our sisterhood and brotherhood programs, or giving back through community service.

“BEYOND THE GAME” PHILOSOPHY

Our BEYOND THE GAME philosophy is a commitment to helping our players understand our Pillars of Success.

These philosophies are designed to prepare players for life both on and off the soccer field. The goal is to provide opportunities to instill personal responsibility and accountability that players will carry with them after their youth soccer days are over.

FC Richmond Players should be:

- **PREPARED:** Whether for training or match day activities it is the players responsibility to make sure you have all the appropriate gear cleaned and well kept, your water jug filled, arrive early with the right mindset and great attitude.
- **COMMITTED:** Players will strive to make all team activities and become the best version of yourself at every team event..
- **ACCOUNTABLE:** Understand the consequences of positive and negative actions and take full responsibility for those actions. Players who hold themselves and others accountable help cultivate the environment the team needs.
- **GREAT TEAMMATES:** Players will encourage, challenge, and celebrate, and expect the best of each other. For continued development of yourself and your team you must be willing to help those around you succeed.
- **RESPECTFUL:** Respect your opposition, thank the referees, greet your coaches, and thank your parents that give up hours for you to enjoy this game. It's a privilege to be playing this game at this level.

TRAVEL SOCCER STAFF



TRIP ELLIS - Executive & Technical Director

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GABBY MUNCY - Director of Club Culture & Leadership

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KRIS SOUTH - Director of Operations

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- 804 823 9191 ext. 1



BETH DOGGETT - Travel Administrator

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PLAYER CONDUCT & EXPECTATIONS

- Players will not use inflammatory language or use derogatory remarks regarding gender, race, religion or country of origin to any person.
- Players should strive to be at 100% of practices and games. You have chosen to be an athlete on a travel team and, as such, have made a commitment to put your team above other activities.
- Players, not parents, should be learning to contact the appropriate director and coach in a timely manner when/if an absence is going to occur. (See page X for more details)
- Players who are of driving age should NEVER drive to/from away games or tournaments even if a parent is in the car. Players should be resting and focusing on their upcoming match.
- Arrive to training approximately 10-15 minutes early, and to games 45 minutes early, to change into cleats and get in the right mindset. Players should wear slides or flat soled shoes to and from training and games.
- Each team is issued a bag of training balls, cones, and pinnies. Players will take turns sharing the responsibility (in jersey number sequence) of bringing the equipment bag to training each week.
 - Players should launder pinnies and have the balls pumped up before each practice and game.
- Players should begin preparing for a match two days prior. Proper diet, hydration, and sleep habits are essential for optimal performances. A good habit is to check the weather as this may impact your preparations.
- Players, NOT parents, should pack their own bag and check it beforehand to make sure all necessary items are included and ready for use. (See page X for more details)

SOCCER PARENTING RESOURCE CENTER & THE SIDELINE PROJECT

FC Richmond is partnered with the Soccer Parenting Resource Center to provide valuable resources for all club members.

We feel so strongly about the positive effect The Sideline Project has on parents, players, referees, and coaches that **we are requiring all parents who are regularly on the sideline, and who have not already taken the course, to take The Sideline Player course before their player plays their first game in August.**

This short, 15 minute course is designed to help improve the sideline for players and parents. It is a research based, “player’s eye view” of the sideline and how parent interaction can be either helpful, or distracting/harmful to the player.

[CLICK HERE](#) to find instructions to activate your FREE account with the Soccer Parenting Resource Center and take The Sideline Project course.

In addition, our partnership allows for all club members to access their Resource Center.

Topics cover everything from how to support your athlete on the sideline, to player nutrition, to player mental health, to injury prevention, to learning the technical side of the game, and more. New resources are being added every week and range from articles, webinars, courses, chat rooms, Zoom presentations, and more, all **FREE OF CHARGE.**

Here’s what our other parents have said:

- “Great resource!”
- “I really appreciate the club taking action on this and I’m honestly impressed by the quality of content on this program.”
- “Great program! Thanks for implementing this!”
- “This course was nicely done and a good resource.”
- “Very informative.”

Youth sports belongs to the players.

I pledge to honor the youth sports experience of the players with supportive, not distracting, behavior.

I pledge to eliminate hostile behavior targeted towards players, coaches, parents, and most notably referees.

I pledge to honor players, to respect referees, and to Make Youth Sports Better.

GENERAL PARENT CONDUCT & EXPECTATIONS

FC Richmond considers parents our partners in developing your children

- May observe training sessions during pre-season training—all training prior to Labor Day. After Labor Day, players should be dropped off at the field approximately 10-15 minutes prior to training and parents should leave the training area. This is to create a training environment with as few distractions as possible so we can get the highest level of focus from our players. Similar to a school classroom where a teacher creates a focused environment, we are attempting to create the same environment for our training sessions.
- When the team bag comes home with your child, help make sure the balls are properly inflated in the bag and wash the pinnies AND the pinnie bag prior to returning them to the next training session or game. Your child should carry the team bag to and from the field themselves.
- Please be prompt in picking up your child. If you have an emergency and cannot pick up your child, SEND A MESSAGE THROUGH PLAY METRICS TO YOUR TEAM MANAGER.
 - If you are unsuccessful in reaching them, call Kris at 823-9191 x1 for Elite Teams or Beth at 823-9191 x2 for Classic & Futures Teams. If there is no answer, leave a detailed message.
- Inflammatory language, profane remarks or gestures, derogatory remarks regarding gender, race, religion or country of origin directed to anyone will not be tolerated. The player's participation in any/all FC Richmond activities may be impacted by undesirable behavior of their parents.

GAME DAY PARENT CONDUCT & EXPECTATIONS

- Cheer good play by all players and both teams.
- Stay on the spectator side before and during the game and meet your player by the parking lot after the game.
- Please be patient and understand that players, coaches and referees (like everyone else) strive for perfection, but mistakes will and should happen. Do not criticize your child, other children, or other parents
- Never go onto the field in the event of an injury. Let the coach and medical staff do their job. The staff will either get the info to you through the manager or call you over, depending on the severity.
- Do not approach coaches before or after a game to discuss team/player/game topics (See page X)
- Do not communicate concerns/issues etc. to the entire team. (See page X)
- Please refrain from giving instructions to individual players and to the team. This is considered coaching. This confuses players as to who they should listen to. Often parents are unaware of the tactics being taught and used throughout a match and why.
- After games, allow your child some space. They will talk to you when ready. Giving them feedback when they are not ready or willing to hear it can be detrimental to their overall enjoyment of the game and have a negative impact on their overall development.
- Yelling at players, parents, coaches or referees will not be tolerated at any time!
- Abuse of these policies will be handled by the Board of Directors and may result in the suspension or involuntary release of the parent and/or player. No refund of fees paid will be offered for involuntary release.

UNIFORM POLICY

- Cleats: worn during training and games
 - May be ANY brand but must be at least 80% BLACK
 - We believe cleats are part of a player's uniform and should look the same and professional. Players should be recognized because of their play and not their equipment. Many of the top youth academies in the world have shared our philosophy including Manchester United, Manchester City and Everton FC.
 - Cleats should be correctly sized—usually 1/2 shoe size smaller than running shoes to allow for accurate touch on the ball.
- Navy or gray practice uniform: worn to all sessions: training shirt/shorts, navy training/game socks.
 - Training uniform should be in good condition (replace overly worn items). Players should look neat and professional at all times.
- Slides or flat soled shoes: worn to and from the car for all practice sessions and games. Players should change into their cleats at the field with their team and change out with their team afterwards.
- Cold weather gear: pack or wear FCR training jacket/pants when weather is cold (optional rain or winter jacket). Athletic gloves/hat may also be worn.
 - All outerwear must be either FC branded OR black or navy in color. We will ask you to remove outerwear that does not comply.
- Shin guards: required during practice and games
- Soccer Socks: bottoms of socks should not be cut out with an under sock underneath. Proper uniform socks ONLY!
- Presentation: layers should look neat and professional. Hair should be out of players' eyes - cut above the eyebrows OR a head band must be worn at all times. Shoes should be clean.

WHAT TO BRING IN YOUR BAG



Bags should be neatly lined up near bench/off the field at all practices and games.

Character Skill Highlight: Professionalism

- At all times:
 - Water jug: should be at least 1.5 -2 quarts in size. NO SHARING. No disposable water bottles.
 - Extra pair of socks
 - Personal items:
 - First aid kit including band aids and athletic tape
 - Hand towel
 - Hand sanitizer
 - Trash bag (to keep bag dry during rainy weather)
 - Cleats
 - Cold weather gear (when applicable)
- Game Days:
 - ALL uniform pieces (both Sky or White & Navy) should be brought to ALL games.
 - In the event of cold weather players may wear a long sleeve performance shirt under their jersey.
 - White for white/sky jerseys and navy or black for navy jerseys.
 - Black athletic leggings can be worn under shorts in extreme weather conditions.

**Please note: personal soccer balls are not needed.*

COMMUNICATING QUESTIONS & CONCERNS

FC Richmond believes in an open line of communication for players and parents to coaches and Directors of Coaching (DOC).

To ensure productive communication, we ask that parents respect a 48 HOUR WAITING PERIOD before reaching out to a coach or DOC to discuss a concern.

A pathway of communication (outlined below) has been established to allow for efficient and effective communication. FC Richmond believes PLAYERS should ALWAYS take responsibility to attempt to address a technical/playing concern with his/her coach FIRST. Parents may then continue the discussion based on the feedback the player receives from the coach.

Step 1: First level of communication

- Technical Playing Question/Concern: Contact Coach
 - *Note: Coaches often work full time at a "day" job, coach two to four nights a week, and often have families of their own. Please allow for a reasonable response time.*
- Administrative/Scheduling/Calendar/etc: Contact Team Manager
 - *Note: Team Managers are also volunteers who have work and family responsibilities outside of the duties they have taken on for their team. Please allow for a reasonable response time.*

If the concern persists or your question is not answered, proceed to Step 2.

Step 2: Second level of communication

- Technical Playing Question/Concern: Contact Gender Specific DOC
 - Boys DOC: Trip Dunville, at 804-823-9191 ext. 4
 - Girls DOC: Marty Beall, at 804-823-9191 ext. 0
- Elite/General Club Operations: Contact Kris South at 804-823-9191 ext. 1
- Classic/Futures Programs- Beth Doggett 804-823-9191 ext. 2

If the concern persists or your question is not answered, proceed to Step 3.

Step 3: Third level of communication

- Contact Executive Director, Trip Ellis, at 804-823-9191 ext. 5

TOURNAMENT TRAVEL EXPECTATIONS

When FC Richmond families travel out of town to games that require an overnight stay, our coordinators try to keep our teams together in the same hotel.

Keeping the staff, parents, and players together allows for special “Beyond the Game” moments and community building opportunities that we may not get during our normal game or practice environments.

In the same spirit, we encourage families to carpool when possible. Long car rides provide a unique opportunity to connect on a deeper level for parents and players alike.

Most tournaments we travel to have a “stay and play” policy, meaning it is required to stay in the team hotel unless staying with friends or family. Teams can be disqualified if families stay in a hotel outside of the tournament’s booking agency.

Remember, you are ambassadors of FC Richmond. As such, we ask you to represent us with pride and **avoid the following behaviors** out of respect for the hotel staff and other guests:

- Running in the halls or the lobby
- Balls of any kind in rooms, hallways, or the lobby
- Skateboards at any time
- Yelling in rooms, hallways, or the lobby

For optimal performance we also ask:

- Pool time be limited to 30 minutes and must be after the last game of the day
- No hot tub is allowed at any time
- Players must be in their rooms by 10:00pm
 - Curfew violations could result in loss of playing time

Please keep in mind that improper behavior reflects poorly on FC Richmond and could impact playing time.

PLAYER ABSENCES

Parents/players should mark their attendance in PlayMetrics. Coaches will also verify attendance in PlayMetrics.

As you know, character is one of our pillars of success. One of the ways we develop personal responsibility is requiring **PLAYERS**, not the parents, to **CALL** their DOC if they are unable to attend an FC Richmond event (training sessions, game, etc.). If the Director does not answer, the player should leave the following information on the voicemail:

- Player Name
- Team
- Date of Absence
- Reason for Absence

All Boys Teams: Boys DOC, Trip Dunville at 804-823-9191 ext. 4

All Girls Teams: Girls DOC, Marty Beall at 804-823-9191 ext. 0

**Note for U9-U10 players: at these ages, we understand if parents make the call. Please have player present if possible.*

****Absences that are not communicated in this manner will be considered unexcused.**

At times, and depending on the situation, we may need to find a guest player/s if a player is missing a game. **Absences for games must be communicated to your team manager no later than the Thursday prior.**

Reasons for missing FC Richmond events will be deemed as excused or unexcused absences by the Directors of Coaching. Unexcused absences will result in loss of playing time and will be communicated by your coach or by one of the Directors.

FC RICHMOND ASSAULT & ABUSE POLICY

FC Richmond does not support, promote, encourage or condone verbal abuse and/or physical assault of anyone - referees, spectators, players, etc. The responsibility for appropriate behavior on and off the field rests with the individual player, coach or spectator.

- Many leagues and governing bodies have severe penalties for abuse/assault of or by a player, coach or spectator ranging from \$500 to several thousand dollars.
- The player, coach or spectator affiliated with FC Richmond **will be responsible** for any/all fines and/or expenses incurred as a result of their behavior toward the referee.
- If FC Richmond is required to pay fines/expenses incurred because of the abuse/assault by a player, coach or parent, that individual must reimburse FC Richmond in full for these fines or expenses.
- FC Richmond reserves the right to suspend/release a player/parent for abuse.

These policies have been approved by the FC Richmond Board of Directors

CLUB PARTNERSHIPS



FC Richmond has a partnership with Dr. Rich Linkonis of and Central Virginia Physical Therapy (CVPT). Dr. Linkonis is a physical therapist and he and his practice are “open access” meaning a doctor’s prescription is not needed.

Dr. Linkonis is equipped to provide an initial assessment of most sports injuries including possible concussions. He will recommend treatment in his clinic or can refer to a sports medicine orthopedic doctor if appropriate.

Dr. Linkonis has committed to getting our athletes in to be seen in his clinic within 24 hours if the injury occurs during the week, or on Monday if the injury occurs over the weekend.

Parents can email or call Dr. Linkonis directly at:
richlinkonis@gmail.com or 804-523-4634

Travel Jersey Sponsor:



Recreation Jersey Sponsor:



Soccer Equipment:



**THANK YOU
LOOKING FORWARD TO A GREAT YEAR!**

“BEYOND THE GAME”

