



Lexington FC (LFC)
404 Sporting Court
Lexington, KY 40503
www.lexingtonfc.org

Contact:
Marty Tucker, Club Director, martinbtucker@gmail.com

LEXINGTON FC ADDS NIGHT OF TECHNICAL TRAINING FOR WHITE AND RED TEAMS

Lexington, KY – May 7, 2019

Lexington FC (LFC) is excited to announce the addition of an additional night of training for its teams starting with the 2019-2020 season. Players on Lexington FC's White and Red teams will now participate in an additional sixteen (16) training sessions over the course of the year (8 sessions in the Fall; 8 sessions in the Spring) which will be in addition to the teams regular team training sessions. Players on Lexington FC (LFC)'s other select teams will be offered similar training opportunities. These 1-hour training sessions will be conducted by Lexington FC (LFC) coaches under the direction of Lexington FC's Director of Coaching. This technical training will be with each team but will not involve team tactical training; instead, this technical training will be specifically designed to further develop an individual player's technique and skills and to improve ball control and mastery.

"Lexington FC (LFC) has observed over the years that many of its top and developing players are participating in private technical training sessions in addition to their regular team training sessions and in many instances at significant costs to the families. And, unfortunately, the cost of these private technical training sessions can be significant and act as a barrier to many who would otherwise want to participate," said Parviz Zartoshty, Lexington FC Director of Coaching. To address the needs and wants of all its players, Lexington FC (LFC) has worked hard and is excited to be able to provide this additional training at a fraction of the cost of comparable private training.

"Lexington FC has heard the cries from its players and families for not just more technical training but more affordable technical training opportunities and Lexington FC (LFC) is happy to

be able to offer this unique opportunity to its players,” said Parviz Zartoshty, Lexington FC Director of Coaching. This progressive approach to player development and continuing commitment to player development continues to set Lexington FC apart from other clubs and will continue to reaffirm Lexington FC’s reputation as the principal source of the region’s top youth soccer players.

Tryouts for the 2019-2020 season begin on May 28, 2019 and more information can be found at www.lexingtonfc.org.

About Lexington FC

Lexington FC (LFC) is a non-profit premier soccer club that has grown to be one of the top soccer clubs in the region. With over 950 players on almost 60 teams, our players play and compete at the highest levels and are instructed by a coaching staff that is the best in the Commonwealth. Lexington FC (LFC), along with its two predecessors KY Kickers and LYSA Select, have produced nearly 400 collegiate players, several professional players, and 2 US National Team participants.

Lexington FC’s historical success in Kentucky is impressive, with 68 State Club Championships, 61 State Club Finalists and 4 Regional Club Finalists. Recently, Lexington FC (LFC)’s success is unmatched. In 2018, Lexington FC (LFC) had the most State Club Championships (6) of all Kentucky clubs in addition to having 3 State Cup Finalists, 5 Soccer Village Cup Champions and 5 President’s Cup Champions. And, in 2018 Lexington FC (LFC) was the only Central Kentucky club with Top Division State Club Champions or Finalists.