



Coaching Bio Request

Name: Tristan Longnecker

Current Coaching Assignment(s): '99 EPIC Freedom Patriots (Girls) & '00 EPIC Warriors (Boys)

Licenses: USSF "C", NSCAA GK Tier 2

Playing/Coaching Experience:

Shepherd University Assistant Coach (2015-present)

WV ODP Staff (2014 – Present)

MD ODP Staff (2017-Present)

EPIC Freedom Patriots U-18 Girls Coach

EPIC Warriors U-17 Boys Coach

Hagerstown Soccer Club DOC (2012-present)

North Texas ODP Coach (1983-1985)

NIKE Staff Coach (1983-1985)

Virginia ODP Coach (1987-1988)

St. Maria Goretti High School Head Coach (2008-2015)

Eleven Separate Players named "All-America" on nineteen separate occasions

Been to US Regionals 10 times with 6 different teams from three different states

Youth – Six State Championship titles and two US Regional titles (Six 2nd Place in State)

High School – Six State Championship titles (Three 2nd Place Finishes in State)

National-Three players named to USWNT

A quick note about your team and the goals /or your team goals:

Our objective is to train and ensure they are ready to play at the next level (if they choose). Our goal at sessions is to ensure we train as we play – all out. Our goal at games is to ensure we walk off the field feeling proud of the way we performed as individuals and as a group.

What is the best part of coaching?:

Developing myself as a coach and individual by listening and respecting the players. Watching that look in their eyes when they reach that goal on something they had yet to achieve.

Contact email: tristan@thelongneckergroup.com

Contact phone number: (703) 626-1641

Team Manager and their email: Connie VanDerPool connievanderpool_84@hotmail.com