

LEGACY 2023-24 COACHING SLATE



2015 WILLIAMSBURG WIZARDS

GAVIN ARSENAULT

2015 PENINSULA WIZARDS

AVERY SAADA

2014 WILLIAMSBURG WIZARDS GREEN

JEFF DOMINGUEZ

2014 WILLIAMSBURG WIZARDS BLACK

GAVIN ARSENAULT

2014 PENINSULA WIZARDS GREEN

STEVE SHAW

2014 PENINSULA WIZARDS BLACK

JAY FOX

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LEGACY 2023-24 COACHING SLATE

2013 ELITE GREEN

ALEX SPIRN

2013 ELITE BLACK

AVERY SAADA

2013 WILLIAMSBURG WIZARDS

DOUG DAHNKE

2013 PENINSULA WIZARDS

DOM STUMPO

2012 ELITE GREEN

STEVE SHAW

2012 ELITE BLACK

ALEX SPIRN

2012 WILLIAMSBURG WIZARDS

TBD

2012 PENINSULA WIZARDS

ETHAN LARSON



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LEGACY 2023-24 COACHING SLATE

2011 ELITE

KENDAL PRESSEY

2011 WIZARDS

TRAVIS BROWN

2010 ELITE

KENDAL PRESSEY

2010/09 WIZARDS

DALLAS ROARK

2009 ELITE

TRAVIS BROWN

2008 ELITE

JOHNNY YU

2008 WIZARDS

MATT MORALES



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LEGACY 2023-24 COACHING SLATE



2007 ELITE

PHIL GEYER

2007 WIZARDS

CHRIS DANDRIDGE

2006/05 ELITE

PHIL GEYER

2006/05 WIZARDS

BRYCE FAIL

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The Virginia Legacy Soccer Club is pleased to announce the 2023-2024 Coaching Slate and assignments. Below you will find the current bio page for all confirmed VLSC coaches. We are excited to boast one of the top coaching staffs on the Peninsula. The Legacy coaching staff is composed of USSF/USC Licensed coaches who have experience playing and coaching at the High School, College, and Professional levels. The United States Soccer Federation (USSF) and the United Soccer Coaches (USC) have extensive coaching education programs that we support with our staff as we all are continuously striving to improve. The Legacy has 8 Coaches and Staff who have received National Licenses from either the USSF or United Soccer Coaches (A, B, C or Premier and National Youth license) as well as 5 Coaches and Staff with collegiate coaching experience! 13 of our coaches are former college/pro players and 5 currently coach in a local high school program. Each coach has a unique background but all with the same goal in mind - to make you the best soccer player you can be and make your soccer experience the best around.

Virginia Legacy Boys Coaching Slate 2023-2024:

Technical Director: Bobby O'Brien (Obrien@valegacysoccer.com)

Boys Director (U6-U12): Alex Sprin (aspirn@valegacysoccer.com)

Asst. Director (U13-U14): Kendal Pressey (kendal@valegacysoccer.com)

Asst. Director (U15-U19): Phil Geyer (geyer@valegacysoccer.com)

Birth Year	Team	Coach	Coach's Bio
2015	Williamsburg Wizards	Gavin Arsenault	USSF D License, Former Legacy Youth and College player at Penn State Harrisburg, Current Asst. Coach/JV Head Coach Lafayette HS
2015	Peninsula Wizards	Avery Saada	USSF C License, Former Club Director, Multiple years of coaching experience with Legacy
2014	Williamsburg Wizards Green	Jeff Dominguez	Jeff is a former College Player at William and Mary. A former German Professional Player with BV Cloppenburg. Former club director.
2014	Williamsburg Wizards Black	Gavin Arsenault	USSF D License, Former Legacy Youth and College player at Penn State Harrisburg, Current Asst. Coach/JV Head Coach Lafayette HS
2014	Peninsula Wizards Green	Steve Shaw Asst. Ryan Hagerty	Steve has been Inducted into CNU Hall of Fame. One of the top 20 winningest D3 coaches of all time. 8 time Conference Coach of the year and reached 4 NCAA Elite 8's. 8 Conference Championships in his 23 years. Took CNU to the #1 Ranked team in the country in 2009. Ryan has his USSF D License, USC Premier Diploma, National Youth License, Former College Player (CNU), Current Asst. Coach for CNU Men's Soccer

2014	Peninsula Wizards Black	Jay Fox	USSF Grassroots License, Former College Player at Virginia Wesleyan, Pro NASSC Sand Soccer Player, Former State Cup Champion and Legacy Youth
2013	Elite Green	Alex Spirn	USSF DOC License Candidate, USSF C License, National Youth License, Legacy Boys Director, Current VYSA State & Central District ODP Coach, Former Men's Asst. at Longwood University, Former Legacy Youth
2013	Elite Black	Avery Saada	USSF C License, Former Club Director, Multiple years of coaching experience with Legacy
2013	Williamsburg Wizards	Doug Dahnke	Former college player at the College of Wooster, holds USC licenses and has spent multiple years coaching for Legacy
2013	Peninsula Wizards	Dom Stumpo	USSF Grassroots License, College Player at CNU, Former Legacy Youth
2012	Elite Green	Steve Shaw	Steve has been Inducted into CNU Hall of Fame. One of the top 20 winningest D3 coaches of all time. 8 time Conference Coach of the year and reached 4 NCAA Elite 8's. 8 Conference Championships in his 23 years. Took CNU to the #1 Ranked team in the country in 2009
2012	Elite Black	Alex Spirn	USSF DOC License Candidate, USSF C License, National Youth License, Legacy Boys Director, Current VYSA State & Central District ODP Coach, Former Men's Asst. at Longwood University, Former Legacy Youth
2012	Williamsburg Wizards	TBD	
2012	Peninsula Wizards	Ethan Larson	USSF Grassroots License, 4 Year College Player for CNU (Multiple Positions), Former Legacy Youth
2011	Elite	Kendal Pressey	Asst. Youth Director at Virginia Legacy, USSF D License, National Youth License, Former College Player at Chowan. Former Legacy Youth
2011	Wizards	Travis Brown	USSF D license, Current Goalkeeping Director for Legacy. Asst. Coach working with Goalkeepers at CNU, Former player for Lionsbridge FC in the USL.

2010	Elite	Kendal Pressey	Asst. Youth Director at Virginia Legacy, USSF D License, National Youth License, Former College Player at Chowan. Former Virginia Legacy Youth
2010/09	Wizards	Dallas Roark	USSF Grassroots License, Former club youth player, all district at Notttaway
2009	Elite	Travis Brown	USSF D license, Current Goalkeeping Director for Legacy. Asst. Coach working with Goalkeepers at CNU, Former player for Lionsbridge FC in the USL.
2008	Elite	Johnny Yu	USSF A License, National Youth License, Current HS Coach (Grafton), Former College Assistant Coach (ODU), 20+ years coaching youth soccer
2008	Wizards	Matt Morales	USSF Grassroots License, Current Asst Coach for Tabb HS varsity, Former Legacy Youth
2007	Elite	Phil Geyer	USSF D License, National Youth License, Former State Champion (Jamestown HS), Current HS Coach (Jamestown), Former Collegiate Player (Roanoke College), Former Legacy Youth
2007	Wizards	Chris Dandridge	USSF Grassroots License, Former College player at Bluefield University, Former State ODP Player
2006/05	Elite	Phil Geyer	USSF D License, National Youth License, Former State Champion (Jamestown HS), Current HS Coach (Jamestown), Former Collegiate Player (Roanoke College), Former Legacy Youth

2006/05	Wizards	Bryce Fail	USSF D License, Former Legacy Youth
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Virginia Legacy ADP Directors/Head Staff 2023-2024:

Technical Director: Bobby O'Brien (Obrien@valegacysoccer.com)

ADP Director: Jonny Kamara (jk@valegacysoccer.com)

ADP Asst. Director Kendal Pressey (kendal@valegacysoccer.com)

ADP Asst. Director: Denis Balanta

Coach	Coach's Bio
Jonny Kamara	Legacy ADP Director, National Youth License, Former Pro Player with Richmond Kickers and College Player - William and Mary. Former Asst. College Coach at William and Mary
Denis Balanta	ADP Assistant Director, USSF D License, Former High School Coach, Multiple Years of Coaching Experience, Played Collegiately in Colombia.
Kendal Pressey	Youth Director at Virginia Legacy, USSF National Youth License, Former College Player at Chowan, Former Virginia Legacy Youth