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OFFICIAL 2001 P... OF MAJOR LEAGUE SOCCER

JOE MORENO



D.C. UNITED

CONTENTS

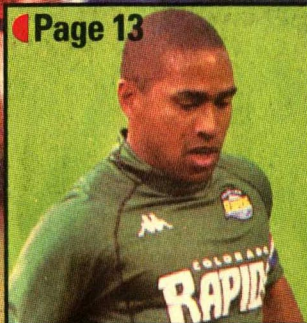
VOL. VI, NO. 3

Page 4

The Clint Mathis Road to Stardom

The MetroStars' Clint Mathis is at the top of his game; just like when he was 5 years old.

Page 13



What the Pros Eat

MLS trainers fill readers in on the soccer professional's diet.

3 MLS Team Directory

4 The Clint Mathis Road to Stardom

Read about the youth days of America's star soccer player.

8 Vaca: Star on the Rise

A true No. 10, the Dallas Burn's Joselito Vaca is making a name for himself in MLS.

13 What the Pros Eat

MLS trainers fill readers in on the soccer professional's diet.

16 2010: World Cup Dreamin'

What will the U.S. National Team look like in 2010? *FreeKick* picks the dream lineup.

21 Coach's Notes

23 Team Roster

24 Opponent's Roster

37 Fan Zone

28-48 TEAM FEATURES

55 MLS 2001 Schedule

58 The Great Debate: Formations

MLS ExtraTime analyst Dave Dir breaks down the tactics used by all 12 MLS squads.

66 All-Stars Descend on San Jose

The sixth annual summer extravaganza heads to Spartan Stadium for the first time.

72 Kids' Korner

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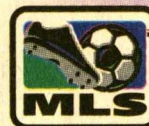
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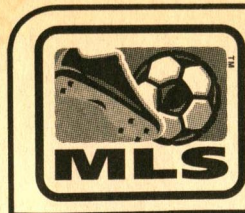
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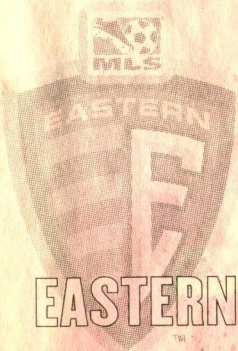
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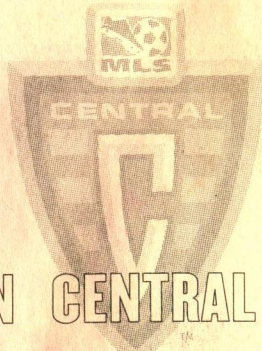
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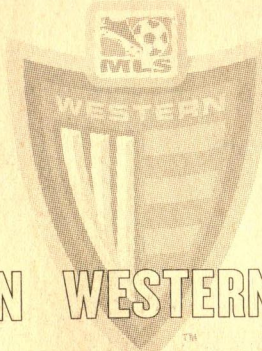
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THE CLINT MATHIS

Mathis has emerged in 2001 as a star in MLS and on the U.S. National Team.

MetroStars forward Clint Mathis is widely recognized as the best player in American soccer today. But his scoring talents, his flair, the creativity, the grace on free kicks and the intensity and passion he shows on the field are not something that just erupted overnight.

In Georgia, a state where kids choose their college football allegiance at an early age, Mathis only cared about soccer balls while growing up in Conyers, a suburb of Atlanta. A young Clint lay in his bedroom looking up at a ceiling full of soccer balls, where he hung all the different-looking spheres he could find (up to 20 of them).

With Major League Soccer still years away from its inception, and without marketing machines to coerce him, Mathis' genuine passion for the game and hunger to play urged him forward.

One day, a 10-year-old Mathis arrived home from elementary school and said to his mother, Pat Mathis, "Mom, I want to play in the World Cup. How will I know when to try out?"

His mother Pat's answer: "Clint, there's nothing in this world you can't do if you want to do it bad enough. You practice and get good grades and you'll go to college. When it's time to try out, I'll let you know where to go."

A few days later, Pat received a letter from the Georgia State Soccer Association about Olympic Development Team tryouts. The crazed 10-year-old soccer player would face and later pass his first test toward becoming a World Cup participant.

Now a fixture with the U.S. National Team and MLS' brightest star, Mathis is just a few qualifying victories away from making that dream come true. This is the story of how Clint Mathis, the soccer star, came to be.

BORN INTO SOCCER

When he was 6 months old, a baby Mathis was already hitting the soccer fields, where he was strung along to watch as his older brothers practiced and

played. That strange little round thing he saw darting about would soon become the love of his life.

"I was about 3 years old when I finally got into a league [Rockdale Youth Soccer Association]," Mathis says. "I had two older brothers [13 and 11 years old at the time] who I tried to be like. They played soccer and I was always around their practices, always kicking things. They were a big influence. It was the older-brother thing: You look up to them and you want to be like them."

"It's kind of hard for people to understand the relationship he had with his brothers," says Pat Mathis. "They were his idols. Clint went to their high school games and he was the ball boy for their team. He just wanted to be around soccer all the time."

Soon enough, that idolizing went both ways. Clint's two older brothers realized that they had a prodigy on their hands with talent to spare. As his first soccer coaches, they treated him as such. First, there was no playing football for young Clint, as they feared he could get hurt. Then, there were those pickup games in the backyard where 5-year-old Clint was only allowed to use his left foot or else sit and watch.

Something they did must have worked because the area papers began to notice the young phenom. The lead sentence on the first-ever article written about the future U.S. National Team star after he set a new local record by netting 39 goals in 10 games was: "Clint Mathis is a phenomenal soccer player."

Pat tells the story of how Clint's pee-wee team coach had him playing defender on the day he broke the record. When someone told him he only needed

one goal to break the record, Clint just took the ball and ran downfield, closing his ears to the pleas of the coach to maintain position. Once Clint had deposited the ball in the goal he shouted out, "Now I'll play defense."

LEARNING THE TRADE

Like many soccer players around the world, Mathis developed his skills in the street. His club teams trained only a couple of days a week and the soccer-hungry Clint couldn't stay away from the game. Together with his brothers and neighborhood friends, they set up a couple of goal posts in the streets and in moments, they had an instant pickup game.

"I remember when it would be pouring rain we would get excited," Mathis says. "My buddies and I would go out to the high school field and do crossing and finishing and diving headers in the rain. It was more fun because you could slide around in the mud."

Clint also took his game the soccer camp route. His mother did her best to scrape together the extra money to help her son attend the camps in the off-season. He attended his first camp at the age of 9 at Erskine College in nearby South Carolina. His counselor at the time was Brian Haynes, currently a Dallas Burn assistant coach.

Haynes played with the Atlanta Attack, the indoor soccer team that Mathis served as a ball boy for in the squad's two-year stay in Georgia (1989-1991).

"There wasn't really a lot of soccer I could watch on TV those days," recalls Mathis. "But when I was in



JANE SQUIRE/ALLOSPORT

ROAD TO STARDOM

39 Goals In 10 Games

Soccer Player Excels At Age 5



By ALAN TAYLOR
Sports Editor

Clint Mathis is a phenomenal soccer player.

Being a phenomenal soccer player in Rockdale County is not that unusual, since this is one of the nation's premiere soccer centers. However, Clint has obtained his skills at the tender age of 5.

Clint scored 39 goals in a 10 game regular season in the peewee division of the Rockdale Youth Soccer Association. On several occasions, Clint scored six goals in one game.

What makes his achievement even more impressive is that most of the

high school, I got to watch a lot of indoor with the Attack in town. The ball-boy situation helped me learn a lot. I was 14 and that was a good transitional age to learn things and understand the game a little bit more. Some other kids may not have had the chance to watch as much as I did."

DOING IT ON HIS OWN

When it came to soccer, Mathis was self-motivated enough not to rely on team or club practices to hone his skills. He made sure he played every day.

"I did a lot of stuff on my own, whether it was kicking the ball up against the house for a couple of hours or dribbling around the yard," Mathis says. "You have to do a little bit more on your own when you are younger and developing as a player. Practice time is limited and with all the kids playing these days, it's harder to find fields."

Mathis attributes the ball skills he exhibits today to those solo practices, especially the fast footwork drills that he started back in his childhood and still uses in pregame MetroStars warmups. The different dribbling moves he used to dream up in the backyard also explain the dose of creativity that is a trademark of his game in MLS.

But when Clint worked, it always involved a ball. You would not find him going out on a half-hour jog or

running to a gym to lift weights outside of club practice. Then again, he was a natural athlete and survived the grease-filled diet of the South by staying busy.

"I was always doing something to stay active," says Mathis. "I would go out at night and play tennis or basketball. If I had practice everyday with soccer I might do something different so I wouldn't do too much soccer."

The Mathis daily routine as a child was rooted in his obsession with the soccer ball. Whether it would mean kicking it around in the house with his mother (and breaking the curio-cabinet glass a few times in the process) or running up to a group of adults and begging to play in

their scrimmage, there was no end to the passion.

"His first coach with the Lightning Gold [a club team Clint joined when he was 15] said to me that he loved his son to come home with Clint," says Pat. "That's because he knew Clint was going to be playing soccer."

SWALLOWING DISAPPOINTMENT

Even though Mathis was gifted with precocious talents at an early age, it didn't mean it was smooth sailing to the top for the kid from Conyers, Ga. At the age of 9, he was dropped from one club team and was

"No matter what it is, if you have a dream, make sure you follow it because anything is possible. Anything."

— Clint Mathis

MATHIS YOUTH FILE:

Born: Nov. 25, 1976, in Conyers, Ga.

1984—Rockdale Youth Soccer Association's (RYSA) Lancers (age 7).

1986—Plays with the Atlanta Mustangs (age 9) for one season after getting cut by the Lancers... attends his first soccer camp that summer at Erskine College.

1987—Was 10 years old when he rejoins the Lancers' new Under-11 team in the Rockdale Youth Soccer Association (RYSA)...tries out and makes the Olympic Development Program squad (1975 age group) and plays ODP through college.

1990—Enrolls at Heritage High School.

1991—Joins the Lightning Gold after the Lancers change age-group setup...plays with the Lightning through college days at the University of South Carolina.

1992—Scores 20 goals in leading Heritage High School to the state championship game, where they lose to Parkview High team, captained by future Chicago Fire forward Josh Wolff.

1994—Scores 26 goals in his senior season and leads Heritage High School to its first state championship... earns Georgia Player of the Year honors ... enrolls at the University of South Carolina at the age of 17.

Mathis was already winning awards at the age of 5.



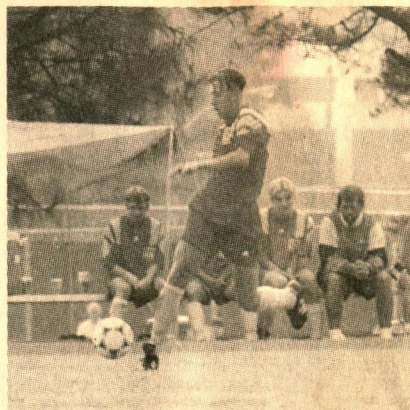
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THE CLINT MATHIS ROAD TO STARDOM

(continued from page 5)



Mathis Recognized as State's Best Prep Soccer Player
 Heritage senior Clint Mathis is awarded the Georgia Soccer Player of the Year Award by first-time coach Bob Bumble at a recent ceremony. Mathis, who hasn't even begun his senior season, is signed by the University of South Carolina, runner-up in last year's NCAA Soccer Tournament. Mathis will join Heritage Patriots in Georgia's National Soccer League.



Mathis was the 1993 Georgia State Player of the Year (above left), going on to star at the University of South Carolina. He played with the Lightning Gold (above right) through college.

THE SOCCER MOM BEHIND THE SOCCER STAR

Behind every great soccer player, there is usually an adult who supplies the necessary guidance during development. In the case of Clint Mathis, his mom Pat did whatever it took to make sure her young son could fulfill his dreams.

"When he was growing up I told him that he received a gift from God," Pat says. "And I told him that he should never get cocky because God could take it away from him just as he gave it to him."

First, there were the two-hour commutes every day of the week to drive Clint and his two brothers to soccer practice (they practiced on different days) the year Clint played with the Mustangs.

"People used to fuss at me and say, 'I can't believe you do all this,'" Pat says. "I always responded, 'These are my children and it's a privilege for me to be with them. I wouldn't trade it for anything in the world.'"

Possibly Pat's biggest sacrifices came when Clint's soccer camps put a strain on family finances.

"I didn't have a lot of money. I didn't make much," she says. "I used to sell my jewelry if ODP had a camp coming up or I used to clean some houses or have a yard sale. And his brothers, if they were working, would give him money."

One piece of advice she gives to parents deals with relationships with coaches. She has seen parents complain only for their child never to be selected again. Whenever Clint missed out on the starting lineup, she too talked to coaches but to get advice

on what her son should work on to get better.

"Your kid is not always going to do everything perfect and the coach is going to jump on them sometimes. Just like a school teacher, you have to think why it happened," she says. "Clint didn't have his dad there and I just wanted to know what he had to do. When I did that, Clint would play great."

Like every parent, Pat also dealt with politics. Clint made a national team camp before he made the regional team. He went to one regional tryout and made the cut but it turned out that other players were selected. She took it to mean that he needed to improve. Also, as a state administrator, she got to know coaches but kept her distance.

"I didn't want anyone to say that Clint gets anywhere through anyone I knew," she says. "Clint did it on his own. I told him that if he ever got a chance to be seen, people would see his talent and it would take off from there."

In the end, the key to bringing up the best American soccer player of the moment was direction and not interference. The desire all came from Clint. Pat was just there to help direct the passion.

"One coach said to me that the reason Clint loves soccer so much is that you let him make the decisions," Pat says. "Every year before I signed him up I asked him, 'Do you want to play soccer this year?' The day before registration he would tell me to sign him up because he was afraid he'd miss soccer."

1993 as the team prepared for the U-17 World Championships in Japan, he left such an impression that he was told he would be among the starting 11. In the end, however, it turned out that he didn't even make the final cut. There was no trip to Japan for Clint.

"He called me and he was devastated," Pat says.

"Inside I was crushed but I couldn't let on to him that I was crushed."

Mathis was so close to being on the U-17 squad that he was even on the team poster and the team administrator had a jersey made with Mathis' name on the back. That kit was eventually mailed to his home in Georgia, but the apparel remains untouched to this day, buried in a drawer with the tags still hanging from the clothing.

"He called me back after 15 minutes and sounded like a totally different person," Pat recalls. "He said he would work even harder and it didn't bother him after that."

"I wasn't as good as the better players on that team, but it gave me something to work for," says Mathis, who called the team in Japan from home to get constant updates.

Mathis would go on to rule Georgia soccer during the following few years. He was named the Georgia Player of the Year in 1993, captained the Patriots of Heritage High School to its first state title in 1994 and then led Lightning Gold to a pair of state titles.

He would be back in the national team picture as a member of the Under-20 team in 1995, but that squad failed to qualify for the Youth World Championships. So a berth in the 2002 Korea/Japan World Cup with the senior U.S. National Team would be the 24-year-old Mathis' first international tournament and would be the culmination of a dream he culled since he was 10.

The World Cup was what Clint strove for in those days when he went for diving headers in the backyard mud on rainy days. As a kid he watched his idol, Argentine Diego Maradona, lift the World Cup in 1986 and played with the inspiration of the national team jersey which bore the world great's name. Mathis came closer to the action in 1994 when he scrimmaged the U.S. World Cup team while at youth national team training camp in Mission Viejo, Calif.

This 2001 season with the MetroStars and U.S. National Team has served as the official consecration to American soccer greatness for Mathis. Just as he ran around attempting to duplicate Maradona's efforts, today there are kids around the country in a No. 13 MetroStars Mathis uniform trying to make a 70-yard run turn into a goal of their own, as Clint did against the Dallas Burn this year.

From someone who had a dream at an early age and worked patiently every day of his life through the cuts, the traveling and the waiting to later become the MLS star he is today, the message to young people is simple.

"No matter what it is, soccer, basketball or computers...if you have a dream, make sure you follow it because anything is possible. Anything." ■

forced to move on to another (from the Lancers to the Mustangs). And while he made the Georgia Olympic Development Program (ODP) team at 10, he would be invited to U.S. Under-17 National Team camp before he would ever make the cut on a regional team.

But when Mathis got the call to the U-17 camp in

VACA

STAR ON THE RISE

By Carlos Giron

There were reports that his club team at the time in Bolivia, Oriente Petrolero, did not want him to leave for America because they needed his midfield genius for the Copa Libertadores tournament (the South American club championship).

"He's starting to be a hero back in Bolivia," Etcheverry says. "People love him because he doesn't talk too much in the media. He works hard and he's just a good guy."

What's more, just one month before the draft, Vaca had been one of the stars of the Under-20 South American championships in Ecuador, where he was the Man of the Match in a 2-0 loss against Argentina on January 14. Expectations grew even higher.

At 18, Vaca was also a fixture on the Bolivian National Team in its World Cup Qualifying quest. He started his first match last October in a 1-0 victory over Peru and after an impressive performance wearing the green No. 10 jersey, he was hailed as the successor to Etcheverry.

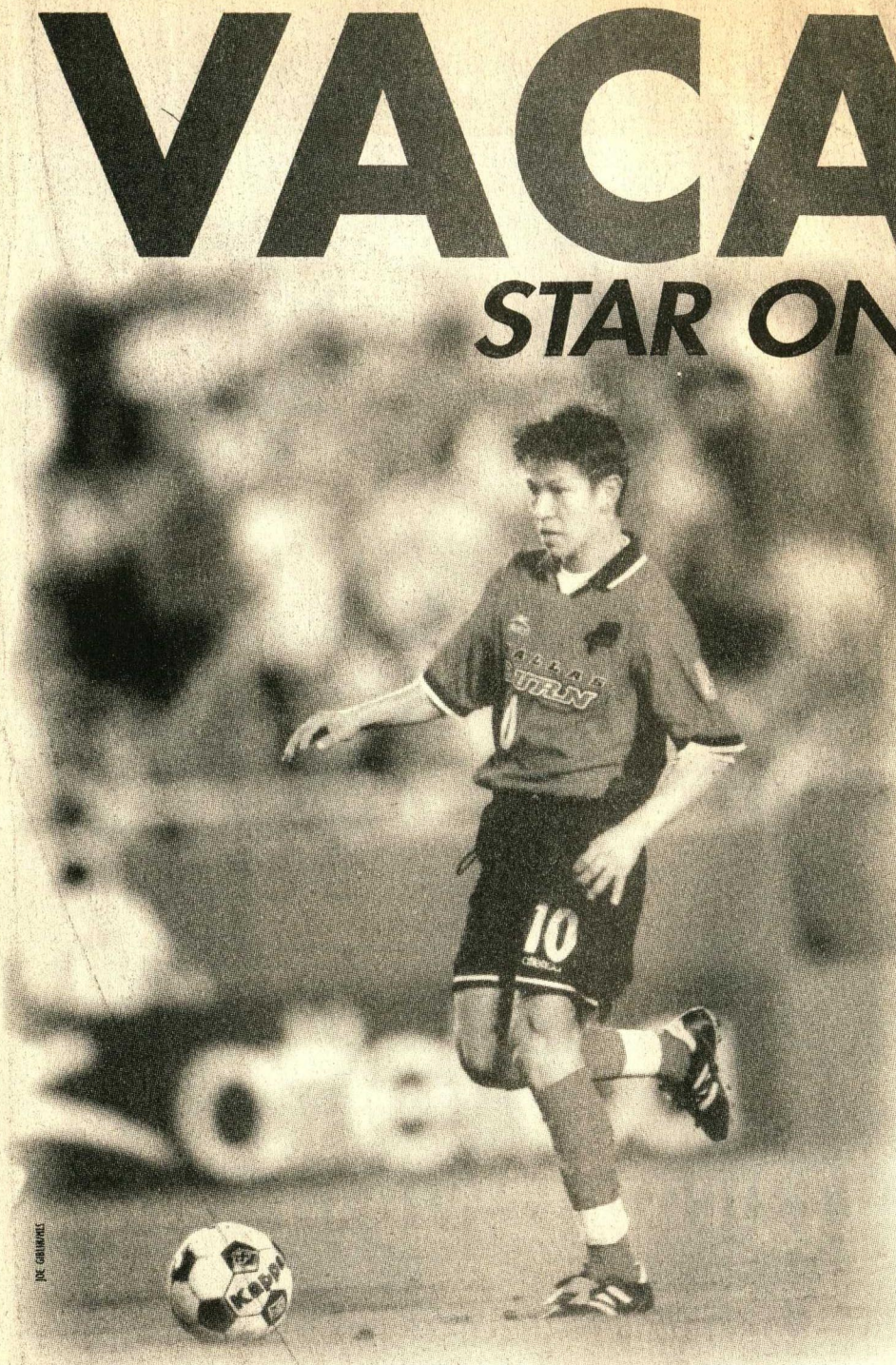
"Joselito is a great player," says Etcheverry, whose nephew played with Vaca on successful Tahuichi Academy squads. "I was never his teammate on the national team but I heard about him a lot, that he's a great player and nice guy and those are the most important things you need to be a good player."

"Being called up by the national team is a powerful motivation for me to continue to work hard," Vaca says. "It strengthens me to want to get better day by day in training. It's great to play against top world-class players."

MLS faithful had the chance to get to see Vaca in live action at the SuperDraft combine, where all draft hopefuls were hustling to win the attention of the coaches. However, Vaca did not need to do anything special to impress. From his touches alone and a few sleek moves under the Florida sun, it was clear he was a cut above other midfielders.

"He has a lot of quality," Etcheverry says. "I know it's difficult to go into a new country, new culture and new style of play. But I know it, he's going to have success here. We have to be patient. Moving here is going to be very good for him and his future."

(continued on page 10)



When the Dallas Burn take the field just before a match, at first it may be difficult to spot him. At 5-8, 130 pounds, Joselito Vaca is the smallest player among his Burn teammates. But in reality, he is filling bigger shoes in world soccer than his size lets on.

Vaca arrived in America from Bolivia in early February, just before the 2001 SuperDraft. He graduated from the famous Tahuichi Academy back in his home country, where MLS superstars Marco Etcheverry and Jaime Moreno had their starts. But, the similarities with his countrymen in MLS stop there because as opposed to them, the man stepping on U.S. soil was Bolivia's 18-year-old 'wonder kid.'

CARVING HIS NICHE IN BOLIVIAN SOCCER

Going into the SuperDraft, much hype had built up around Vaca's name and justifiably so. The Internet messageboards were full of talk about his potential and what he had achieved as a teenager in his homeland.

VACA: STAR ON THE RISE

(continued from page 8)

THE BURN'S NEW ACE

Many experts picked Vaca, a playmaker, to get selected high in the SuperDraft and the Burn were in fact ready and waiting to snatch him with the fifth overall pick. Although he was not part of the Burn's first squad to kick off the season, it is all part of an adapting process that Head Coach Mike Jeffries has used to ease him along.

"He's clearly a talented player that I anticipate will play a big role for our team as the season goes on," Jeffries says. "It's been a little bit of an adjustment. He's needed to get used to being over here with new teammates and the pace and style of MLS. But clearly, he shows everyday in training that he's capable of competing and doing well in this country."

Vaca is willing to do what it takes, go anywhere, and leave everything to achieve his dreams.

and goals he has set for himself. He usually skips parties, readying himself for the day of work that awaits him. He knows that he must abide by the advice given to him by elder Bolivian MLS star Moreno of D.C. United.

ALL ABOUT HARD WORK AND HUMILITY

When Dallas secured his services, they were in essence acquiring the best soccer player in Bolivia. That's because Vaca was voted the 2000 Bolivian League Player of the Year. But even with all the accolades, the No. 10 jersey, and the national team exposure, Vaca does not think he is a good enough player yet. He wants to keep working hard to reach even higher performance levels.

"I don't consider myself a good player," Vaca says. "Nor do I feel superior to anyone in MLS or anywhere

to be consistent and continue to keep working hard. I think he has a good chance to be successful if he keeps working hard. If he doesn't, he could be an average player."

The word "average" cannot be used with his exquisite technique and keen decision-making as he has become a midfield cog in the national team's playing system, taking upon playmaking duties in orchestrating the Bolivian attacks with his deft touch and extraordinary vision.

"He's been in a professional environment for a while already," says Jeffries, who prefers to see Vaca play an attacking midfield position behind the strikers. "He's been in big national team games. He's played in pressure environments. That shows up because he's clearly a guy who's very calm when he gets on the field and is very composed in how he



THE VACA FACT FILE:

Name: Joselito Vaca

Age: 18

Club: Dallas Burn

Height: 5-6

Weight: 130 pounds

Hometown: Santa Cruz, Bolivia

National Team: Member of 2002 World Cup Qualifying Team and 2001 Copa America squad

Former Teams: Oriente Petrolero (Bolivia), Tahuichi Academy (Bolivia)

Honors: 2000 Bolivian Player of the Year

That is exactly what he did when he joined MLS and the Dallas Burn. It was a profound, life-moving sacrifice when he left family and friends behind to try his luck with the Burn.

"I am here because I love soccer. It's tough work, but one has to sacrifice to achieve one's dreams. I had to leave behind friends and family," he says stoically. "I must get used to this," he added with a tone of determination.

The family he left behind in Bolivia includes his father, an administrator, and his mother, a housewife. Then there are his seven siblings, three sisters and four brothers, all of them older. Joselito is the only one among them with a gift for playing soccer.

"I think it's been a little bit hard on him," Jeffries says. "He's very dedicated to his family. When he's with the Bolivian National Team we give him a few extra days. But this is a different world for him and he's doing pretty well adjusting to it."

It's all part of the plan to live up to the dreams

else. There are many great players with great abilities."

Even in his words, it's clear Vaca is not one to seek the spotlight on or off the field. But his silky technique and innate playmaking abilities on the soccer field have propelled him into the spotlight he is a bit uncomfortable in.

THE WORLD IS WATCHING HIM

Vaca is mature and composed beyond his years. So in a way, it's no surprise that he started the World Cup Qualifying match against international powerhouse Argentina, where he was up against world greats Hernan Crespo, Juan Veron and Juan Pablo Aimar.

"Yes, I was just a little bit nervous before the match," Vaca says. "But once you start the game and you see the people supporting you, it's easy to forget that we are playing against Gabriel Batistuta, or Rivaldo or another superstar."

"It's hard," Etcheverry says. "My first national team game was against Argentina, Diego Maradona and Claudio Caniggia. I was almost 18. Joselito has

plays. He certainly gives the impression that he's not an 18-year-old when he's on the field."

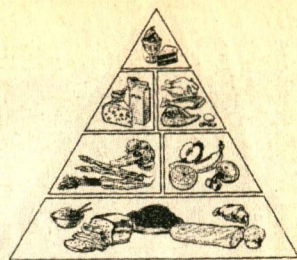
Next up on Vaca's international calendar comes Copa America 2001 in Colombia, one of the most prestigious tournaments in the world reserved for South American and a few North American senior national teams. Bolivia takes on Uruguay on July 13 and there will also be a rematch against Argentina.

With this kind of experience being added to Vaca's already impressive resume, it is not a stretch to say that MLS fans are watching one of the most promising youth players in the world develop before their eyes every weekend.

Vaca is as serious and dedicated an 18-year-old as you're going to find in the soccer world today. Level-headed, humble, and hard-working for the service of the team. There is nothing casual about the feelings he has for soccer.

"Soccer is my profession," Vaca says in a serious tone. "I try to give my best and never think myself less than anyone else." ◆

What the PROS Eat



As in every professional athlete's lifestyle, nutrition plays a large role in the fitness of soccer players in MLS. There are many variables that players are in control of during the course of their work week: when to drink before a match, how many calories to take in and which foods provide the most energy. Six MLS athletic trainers helped *FreeKick* compile information on the dietary guidelines they give to their players. *Note: Every player's physical demands are different and not everyone can follow the same diet. Therefore you should not radically change over your diet without consultation of a doctor, nutritionist or certified athletic trainer.*

THE MEAL PLAN

Except for team meals, most MLS players take care of their own diets with proper guidance from the athletic trainers on the team. Rich Monis of the Central Division Champion Chicago Fire filled us in on a typical diet he recommends to his players.

MONDAY

Breakfast: Bagel with cream cheese, yogurt, banana, orange juice
Snack: Bagel or nutrition bar, apple, water or protein shake
Lunch: Bread, chicken Caesar salad, water
Snack: Peanut butter and jelly sandwich, milk
Dinner: Chicken pasta-marsala, bread, salad, water, ice cream



MLS players like Colorado Rapids defender Robin Fraser know the importance of keeping a healthy diet.

TUESDAY

Breakfast: Bowl of cereal, yogurt, hard-boiled egg, orange juice
Snack: Granola bar, banana, sports drink
Lunch: Tuna salad on a bagel, pretzels, apple, cookies, water
Snack: Nutrition bar, water
Dinner: Chicken fajitas, rice, water

WEDNESDAY

Breakfast: Egg-white omelet, toast with jelly, orange juice
Snack: Strawberries, pineapple, cantalope bowl
Lunch: Turkey sandwich, pretzels, banana, water
Snack: Breakfast bar, popcorn, sports drink
Dinner: Chicken stir fry with vegetables, rice, water

THURSDAY

Breakfast: Bowl of fruit, bowl of cereal, cup of yogurt, orange juice
Snack: Yogurt and nutrition bar
Lunch: Grilled chicken sandwich, bowl of fruit, water
Snack: Peanut butter and jelly sandwich, sports drink
Dinner: Grilled salmon, baked potato, salad, water

FRIDAY

Breakfast: Egg omelette sandwich on a bagel, yogurt, cranberry juice
Snack: Breakfast bar, sports drink
Lunch: Turkey bagel sandwich, apple, chips
Snack: Bagel with peanut butter and jelly, cranberry juice
Dinner: Steak, baked potato, dinner rolls, dinner salad

Athletic Trainer Rick Guter of three-time MLS Cup champions D.C. United gives a few more tips about eating for soccer athletes:

- With each meal, you should have equal portions of protein and carbohydrates. A good rule of thumb is to have 1 portion of protein and 1 of carbohydrates (a portion is approximately equal to the size of the person's closed-up fist.) This goes for all 5-6 meals of the day. It's far better for athletes to eat smaller, but more frequent meals throughout the day.
- Do not be too concerned with the fat content of food. If you are eating good clean food, then the fat will be in this food in the correct proportions.
- Avoid pastas, and starch food at night. This tends to be slow digesting and is usually the culprit when someone begins to put on weight.
- Make sure you eat every 2-4 hrs of the day.
- Drink upwards of 8-10 glasses of water a day. This will help to digest your food, plus keep you properly hydrated.

- Be sure to consume 20 or so grams of protein and 20 or so grams of carbohydrates within 30 minutes of finishing a hard training. This will help to restore the muscle tissue you may have lost during training.
- Eat breakfast each and every day. It's your most important meal of the day! Even if you have to wake up 30 minutes earlier because you don't like to eat first thing in the morning.

Athletic Trainer Jaime Rojas of the Miami Fusion points out that players should take in between 2500 to 3200 calories a day and those calories should be taken consistently throughout the day by eating the three regular meals and having two to three light snacks in between.

NUTRITIONAL MYTHS

During the course of a soccer career, all of us pick up nutritional advice that is not always true. Athletic Trainer Bruce Morgan of the San Jose Earthquakes debunks some of those myths.

MYTH 1: Professional athletes are knowledgeable on the subject of nutrition and as a result, select only those foods that will enhance their athletic performance.

TRUTH 1: Professional athletes are first and foremost young people who are no less prone to making poor food choices than their non-athletic counterparts.

MYTH 2: The most successful professional athletes take nutritional supplements as a means of improving their performance.

TRUTH 2: While some athletes do take supplements, many do not. And while there are those those who would have you believe that such supplements do benefit performance, no causal relationship has been established.

MYTH 3: The demands of athletic activity require athletes to consume increased quantities of protein-rich foods.

TRUTH 3: The athlete's diet need not contain significantly more protein than the non-athlete. Carbohydrates remain the preferred fuel source for athletic activity.

MYTH 4: Withholding water during practice allows an athlete to adjust to performing while dehydrated.

TRUTH 4: The human body does not build a tolerance to performing in a water-depleted state. Dehydration, even at modest levels, can adversely impact athletic performance.

MYTH 5: If I were more disciplined in my eating habits I too could be a professional athlete.

TRUTH 5: The difference between the professional

(continued on page 14)

What the PROS Eat

(continued from page 13)

athlete and those who aspire to be has less to do with discipline at the dinner table than with discipline on the field. Success in athletics comes, in no small measure, from the single-minded determination to succeed.

THE PREGAME MEAL

Eating the wrong things at the wrong time before a match can debilitate even the most skilful players. The MLS athletic trainers we spoke to gave us some insight into pregame preferences.

Monis (Chicago Fire) recommends drinking 17-20 oz. of water or sports drink two to three hours before the game. Then after the game, he says players should drink 20 oz. of water or sports drink per pound of weight loss within two hours to help rehydration. Monis tells us that the Fire's pregame meal is served up as a buffet with players taking their choice from the following foods: Salad, dressing, rolls or bagels, grilled chicken with teriyaki sauce, pasta with sauce, grilled or steamed vegetables, rice, fruit (apples, oranges, banana), cookies with a beverage (tea, water, cranberry juice, orange juice).

Rojas (Miami Fusion) says his team's pregame meals usually consist of beef (two pieces) and rice (one scoop) or chicken (two pieces) and pasta (one scoop) along with steamed vegetables (two scoops), fresh fruit (all they want) and a dessert (one item). It is important, he adds, that athletes eat three to four hours before a game in order to allow time for the food to be digested.

A meal that is high in carbohydrates is digested very easily by the body, while protein takes more time, giving the athlete the feeling that he/she still has food in the stomach even though the food has traveled further in the digestive chain. This should hold off hunger before a game when the meal was eaten three to four hours prior. An athlete should take in between 500 and 600 calories (primarily carbohydrates) through the pregame meal. Spicy foods should be avoided before a game as they may cause indigestion while high fiber

foods delay digestion. Also, "added" fats (salad dressings, butter, margarine and fried foods) should be kept to a minimum.

Examples of carbohydrates which can be used in pregame meals: breakfast cereals, bread (toast, rolls, English muffins, bagels), pancakes (or waffles or french toast), vegetables, fruit and juices, pasta, rice, potatoes, low-fat milk, yogurt, granola bars (or other sports bars) and sports drinks.

Examples of low-fat protein sources that should be used moderately: turkey, chicken, fish, cottage cheese, low-fat milk or yogurt, poached or scrambled eggs.

Athletic Trainer Holly Garlick (Tampa Bay Mutiny) notes how her team always eats four hours before game time. With a 7:30 p.m. kickoff, the Mutiny players are usually eating breakfast at 10 a.m. (when Tampa is on the road, the players are on their own with this meal). At 3:30 p.m. comes the pregame meal consisting of a player's choice from: salad, bread, grilled chicken, vegetables, rice, pasta and fruit. At 5:00 p.m. the players can opt for some sports nutrition bars. After a road game, players usually eat dinner between 9:30 p.m. and 10:00 p.m. and while the main course can vary, it always consists of fruit, salad and vegetables.

Morgan (San Jose Earthquakes) agrees with the three- to four-hour time gap between the pregame meal and the opening kickoff of the match. He says the objective of the pregame meal should be to deliver potential energy in the form of calories to the athlete. Most of those calories should come from carbohydrate-rich foods (pasta, fresh fruits, vegetables, bread, etc.). Lean meat (including chicken and turkey) may also be featured.

Morgan recommends that food high in fat should be avoided at the pregame meal. Those foods can linger in the stomach and can produce stomach distress in the athlete. Also, he brings attention to the fact that water and sports drinks should be emphasized for hydration over soda and other sugar-filled beverages.

Athletic Trainer Theron Enns (Colorado Rapids) fills us in on the typical gameday meals

(game time assumed at 7:30 p.m.) for four-time MLS Best 11 defender Robin Fraser.

Breakfast: (9:00 a.m.): Egg whites, pancakes, toast
Snack: 1 or 2 bananas plus dietary supplement to prevent muscle cramps

Lunch: (12:00 p.m.): Grilled chicken (or chicken sandwich), rice, broccoli

Pregame Meal: (3:30 p.m.): Chicken, rice, vegetables
Between 3:30 and 5:30 p.m.: 64-96 oz. of sports drink (pre-hydration)

Game Time: (7:30 p.m.): No food, small amounts of water and sports drink

Postgame meal: He usually eats his choice of food within one hour of the end of the game.

During the week, Fraser follows a similar pattern in terms of multiple small meals instead of three big ones.

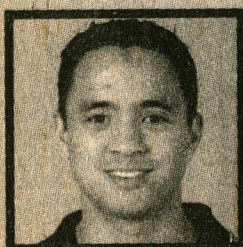
HYDRATION AND HALFTIME SNACKS

Monis (Chicago Fire) points out that 'carb' gels can be helpful at pregame, halftime and postgame.

Rojas (Miami Fusion) says his team starts drinking water as soon as they hit the locker room two hours before the game. But the Fusion players also drink water before that at home (or at the hotel on the road). At halftime Rojas makes sure each player drinks two cups of sports drink and one bottle of water as a minimum. He does not suggest eating energy bars at halftime since these need a lot of water to digest and that water is taken away from the muscles. Fruit, he recommends, is probably the best choice for food, since most contain water. After the game his players have at least one bottle of a sports drink and water, then eat within an hour to an hour and a half after the game to replenish carbohydrate stores.

Garlick (Tampa Bay Mutiny) notes how in the Mutiny's case, water breaks are unlimited and that at halftime there is always fruit, granola bars or nutrition bars in the locker room. ♦

Special thanks to Rich Monis (Chicago Fire), Rick Guter (D.C. United), Holly Garlick (Tampa Bay Mutiny), Jaime A. Rojas (Miami Fusion), Theron Enns (Colorado Rapids) and 2000 ACE Athletic Trainer of the Year Bruce Morgan (San Jose Earthquakes).



Rich Monis



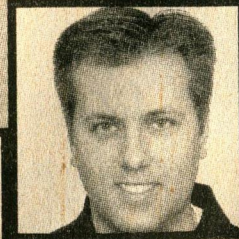
Rick Guter



Holly Garlick



Jaime A. Rojas



Theron Enns

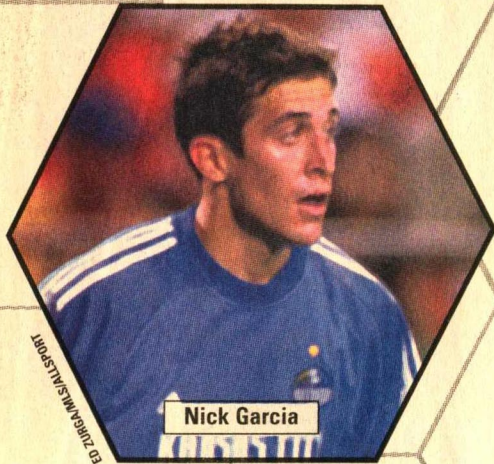


Bruce Morgan



2010: World Cup Dreamin'

By Anthony Guido



Nick Garcia

What will the U.S. National Team look like 10 years down the line when the United States is playing for the 2010 World Cup? *FreeKick* put together one dream formation that will have fans' mouths watering. When you look at this you'll realize why winning the World Cup in a few years is a very realistic dream. In fact, the U.S. may be one of the favorites by the time the 2010 World Cup rolls around.

The U.S. National Team is breezing through World Cup qualifying in 2001 and looks destined to join the world powers at the 2002 tournament in Korea and Japan. Without question, this current crop of American talent, led by the MetroStars' Clint Mathis and Chicago's Josh Wolff, have the ability to make an impact in the World Cup in 2002 and 2006.

But there is a predominant feeling in soccer circles that a younger group, led by DaMarcus Beasley, Bobby Convey and Landon Donovan, may be the core of the first American World Cup-winning side.

With that in mind, *FreeKick* put together a probable 2010 World Cup lineup (based on a 3-5-2 formation) of players who are a shoo-in to become national team standouts in the future:

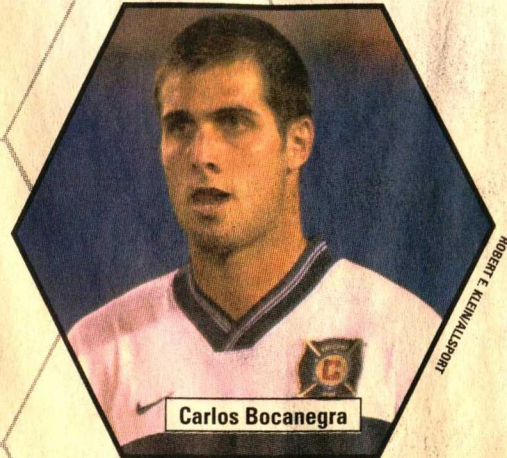
GK: Adin Brown; **DEF:** Nick Garcia, Danny Califf, Carlos Bocanegra; **MID:** DaMarcus Beasley, Bobby Convey, Peter Vagenas, Santino Quaranta, Clint Mathis; **FWD:** Landon Donovan, Eddie Johnson.

GOALKEEPER:

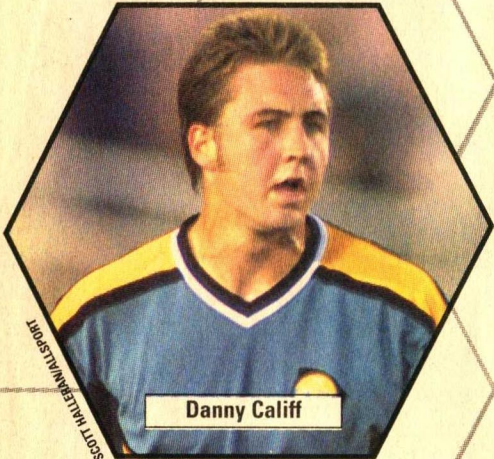
(Adin Brown—Colorado Rapids)

A standout goalkeeper is the backbone for most international powers. At 6-5, Adin Brown will be entering his prime years in 2010, his early 30s, for an international 'keeper. Fast becoming one of the best in MLS, Brown feels the rapidly improving league will give this young group of Americans the seasoning they need to become a World Cup threat.

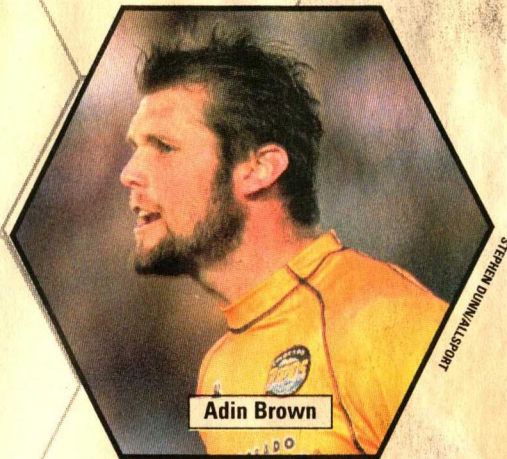
"It is hard to beat the current team, as well as they are playing. But having MLS around to help develop us younger players should allow us to continue to grow and maybe reach greater heights," Brown says. "We have all the right tools to play at that level and I think it is just a matter of maturing with experience."



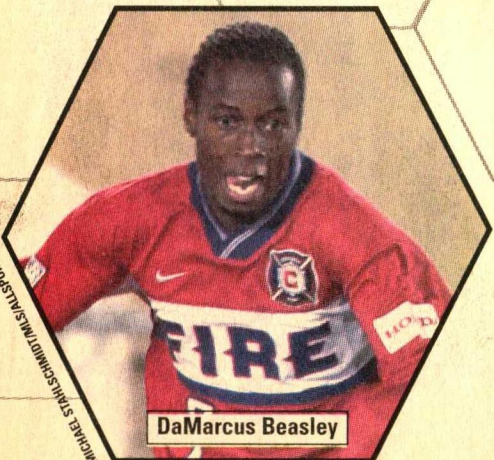
Carlos Bocanegra



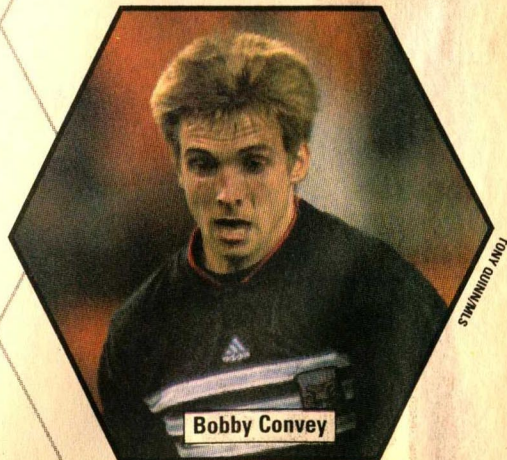
Danny Califf



Adin Brown



DaMarcus Beasley

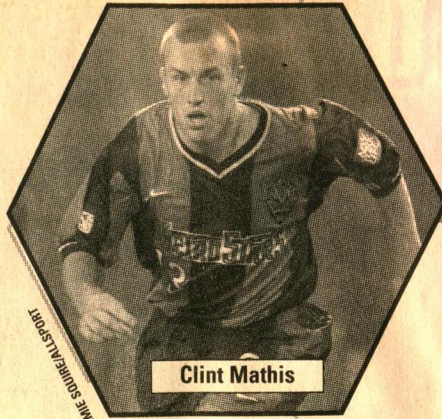


Bobby Convey

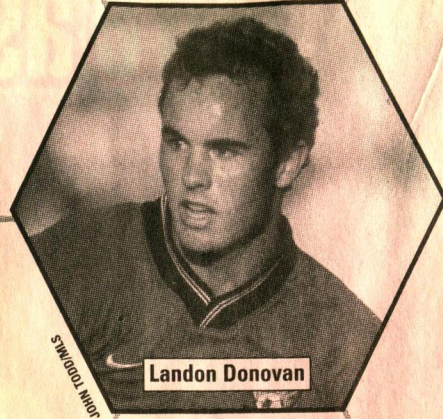
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Santino Quaranta



Clint Mathis



Landon Donovan

DEFENDERS:

(Nick Garcia, *Kansas City Wizards*; Danny Califf, *Los Angeles Galaxy*; Carlos Bocanegra, *Chicago Fire*)

Protecting Brown in 2010 will be three veteran defenders, already established as first-team regulars on top MLS defenses today. All three have the ability to man-mark and should be among the next wave of defenders after the current crop that features Miami's Carlos Llamasa and San Jose's Jeff Agoos. Danny Califf and Carlos Bocanegra have also shown the ability to get forward and score the timely goal, as Califf did for the U.S. in the 2000 Olympic Games. Garcia already has one MLS Cup title to his name and has been a winner at every level he has played the game.

"All three of us played together for a year on the Under-20s," Bocanegra says. "That is a pretty good lineup to me on paper and it would be a lot of fun."

MIDFIELD:

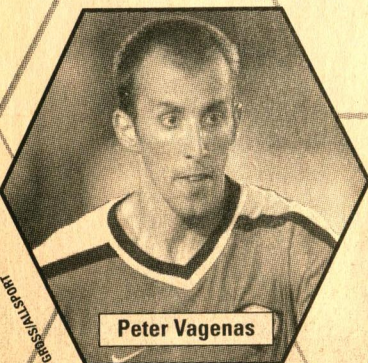
(DaMarcus Beasley, *Chicago Fire*; Bobby Convey, *D.C. United*; Clint Mathis, *MetroStars*; Peter Vagenas, *Los Angeles Galaxy*; Santino Quaranta, *D.C. United*)

The U.S. appears to have an embarrassment of riches in its midfield, but two players stand out on the flanks as major threats. The left wing is held down by Chicago's DaMarcus Beasley, a player who the U.S. will bank on throughout the coming decade.

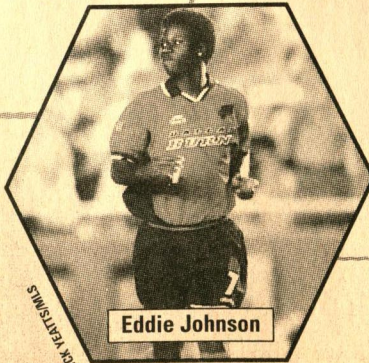
"We haven't really been a soccer nation and we're coming along a little faster than everyone is expecting," Beasley says. "Just take a look at the success of the youth teams—the Olympics, the Under-17s, the Under-20s. The young kids are doing well and hopefully we can translate that in the men's team."

On the other wing will be D.C. United rookie Santino Quaranta, one of the top Under-17 players in the world. His blend of speed and creativity should mesh well with the U.S. No. 10: club teammate and future national team schemer Bobby Convey.

Convey, who will be a ripe 26 years of age in 2010, has already made his mark on the national team at age 17, playing against the likes of Brazil. He has the advantage of playing for D.C. United and learning from maestro Marco Etcheverry week in and week out. It won't be long before Convey runs the engine for United, and the for U.S.



Peter Vagenas



Eddie Johnson

"Our [the new generation's] confidence is high and that is a good thing, whether we are playing against MLS players or a guy from the Brazilian National Team," Convey says. "I don't think we have to look up to other countries and think we can't compete with them."

Every good midfield has someone to do the dirty work—the defensive midfielder or ball-winner. The current U.S. squad has a good one in Chicago's Chris Armas. Los Angeles Galaxy midfielder Pete Vagenas has all the makings of becoming a dependable cog for the U.S.

Vagenas was a key central midfielder on the Olympic side that finished fourth at the 2000 Games in Australia. His steady play and perfect record from the penalty spot in Sydney make for key attributes on the U.S. squad as a 32-year-old in 2010.

The captain is Mathis, a veteran 33-year-old who would have been through a pair of World Cups when 2010 rolls around. He has displayed a versatility to handle several different spots on the field, and at this point has assumed a role in midfield as a dead-ball specialist with bite in his game.

FORWARDS:

(Landon Donovan, *San Jose Earthquakes*; Eddie Johnson, *Dallas Burn*)

Up front, the "golden boy" of U.S. Soccer, Landon Donovan, figures to be the primary striker. His combination of speed and skill, rarely seen among American players, should propel him into a starting role with Bruce Arena's team long before 2010.

"Without a doubt, winning a World Cup is the top goal of my career," Donovan says. "I would think everyone's dream in soccer is to score the winning goal and to be part of that would be incredible. There is not a doubt in my mind that we can do that."

Under-17 scoring dynamo Eddie Johnson will partner with Donovan up top. Johnson serves as the team's physical forward, a role he has performed well while leading the U-17s to new heights.

RESERVES:

(Tim Howard, *MetroStars*; Josh Wolff, *Chicago Fire*; Sasha Victorine, *Los Angeles Galaxy*; Jose Burciaga, Jr., *Kansas City Wizards*)

With the above talent lining up in a 'dream' starting 11, the future should be bright for the Red, White and Blue. But there was plenty of top talent left off this starting 11: MetroStars goalkeeper Tim Howard may easily be the American number one, but he's the backup on this squad. World Cup history also has a place for veteran goal scorers coming off the bench to provide unforgettable moments, and Chicago striker Josh Wolff serves in that capacity here. Los Angeles Galaxy utility man Sasha Victorine and Kansas City rookie Jose Burciaga, Jr., are two more options off the bench.

"Every soccer player's dream is to play in a World Cup and win it," Beasley says. "But just because we're from the United States doesn't mean we can't say it."

By 2010, the U.S. National Team might be able to do a lot more than just say they can win the World Cup. ◆

COACH'S NOTES

THE ART OF TRANSITION

At the beginning of Major League Soccer's inaugural season, the Galaxy and D.C. United were the two dominant teams to emerge. Throughout the first three years of the league it was really United, the Galaxy and the Columbus Crew that were consistently the best teams, and beginning in 1998, Chicago entered the fray. What has begun to happen over time is a change in the nucleus or core of players as they get older and roster changes come about. As a coach you try and bring new blood into the team. However, there is a transition that takes place. The difficulty in the art of transition is to make your team younger, and adapt to changing players as they leave or end their careers.

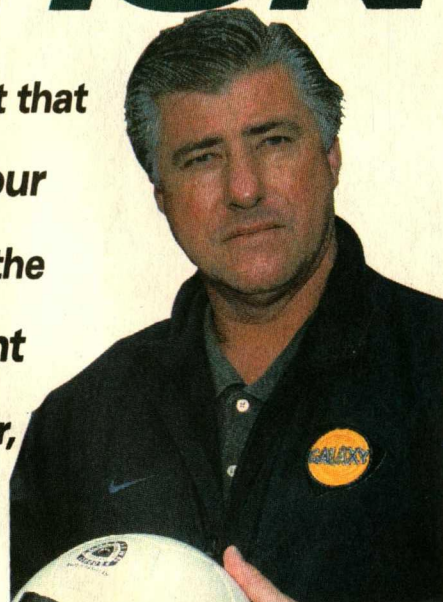
At the same time, you must introduce youth without dramatically reducing or lowering the quality of the team. That is something that is very difficult. Take D.C. United last season, for example: They crashed and missed the playoffs after going to four straight MLS Cups. Then they did a massive overhaul in the offseason and are now struggling again with young players to regain their place.

Chicago is in a situation where their key players are older, like Peter Nowak and Hristo Stoichkov. They have done a very good job of integrating new talent such as Josh Wolff and Carlos Bocanegra, but there will be a transition after this season. Looking at the Galaxy over the years, many successful players have moved on, whether it is an Eduardo Hurtado or Dan Calichman. This year, it was having to move a Robin Fraser. We have already introduced young players into the team, whether it is a Simon Elliott or a Kevin Hartman, or Danny Califf, Peter Vagenas and so forth; we have still been able to maintain our position as one of the better teams in the league. I hope the fans understand that we are also in a transitional phase, as is D.C. and Columbus. It is a challenge to maintain quality while making these transitions.

In 2001, we have seen the first of the Galaxy's veterans to announce retirement. Paul Caligiuri, who is another valuable member of our team, has decided to leave at the end of the season.

We have added players like Brian Mullan and Brian Ching, who have already started matches for us as rookies, as well as Isaías Bardales, who was a star at San Jose State. That allows us again to bring in youth as we lose elder statesmen and seek to maintain our quality. It is a difficult art, but it is one that I think we are doing a decent job within the Galaxy.

"I am confident that we will play our best soccer at the most important time of the year, which is in the playoffs."



**HEAD COACH
SIGI SCHMID**

Do not despair. I am confident that we will play our best soccer at the most important time of the year, which is in the playoffs. Our rookies will no longer be rookies, our young players will be another year older and our veterans will be another year wiser.

See you at the Rose Bowl,

Sigi Schmid



**ASSISTANT COACH
RALPH PEREZ**



**GOALKEEPER COACH
ZAK ABDEL**



**HEAD ATHLETIC TRAINER
IVAN PIERRA**



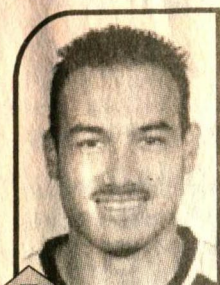
**FITNESS TRAINER
JIM LISTON**



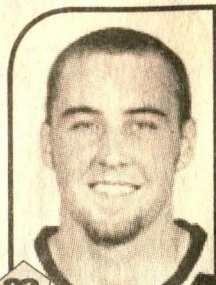
**ASST. FITNESS TRAINER
KEVIN WENTZ**

LOS ANGELES

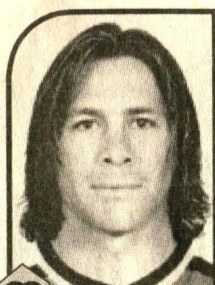
MEET THE GALAXY™



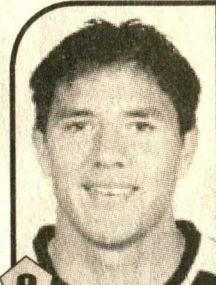
7 ISAIAS BARDELES JR.
FORWARD HT: 5-10
WT: 170 DOB: 8-18-79



23 DANNY CALIFF
DEFENDER HT: 6-0
WT: 180 DOB: 3-17-80



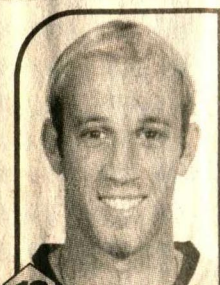
20 PAUL CALIGIURI
DEFENDER HT: 5-10
WT: 175 DOB: 3-9-64



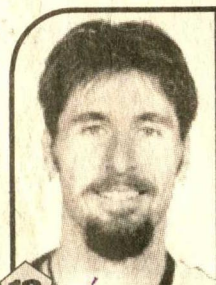
9 BRIAN CHING
FORWARD HT: 6-0
WT: 185 DOB: 5-24-78



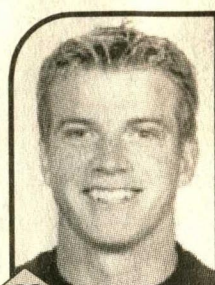
10 MAURICIO CIENFUEGOS
MIDFIELDER HT: 5-6
WT: 143 DOB: 2-12-68



12 SIMON ELLIOTT
MIDFIELDER HT: 5-11
WT: 175 DOB: 6-10-74



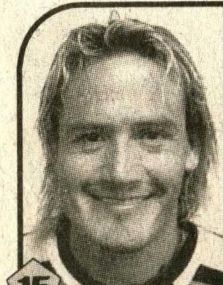
18 ADAM FRYE
DEFENDER HT: 5-8
WT: 159 DOB: 2-15-74



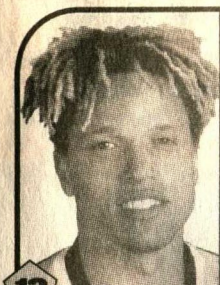
22 KEVIN HARTMAN
GOALKEEPER HT: 6-1
WT: 185 DOB: 5-25-74



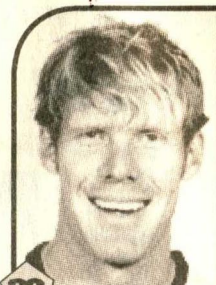
17 EZRA HENDRICKSON
DEFENDER HT: 6-3
WT: 185 DOB: 1-16-72



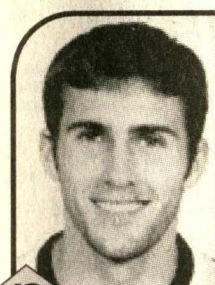
15 LUIS HERNANDEZ
FORWARD HT: 5-7
WT: 160 DOB: 12-22-68



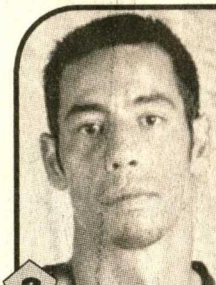
13 COBI JONES
MIDFIELDER HT: 5-7
WT: 145 DOB: 6-16-70



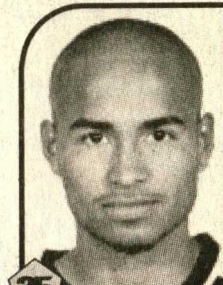
30 ALEXI LALAS
DEFENDER HT: 6-3
WT: 210 DOB: 6-1-70



19 BRIAN MULLAN
FORWARD HT: 5-8
WT: 150 DOB: 4-23-78



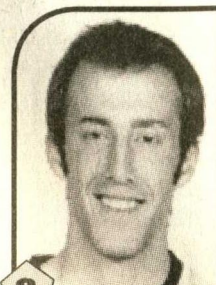
2 DANNY PEÑA
MIDFIELDER HT: 6-0
WT: 165 DOB: 6-17-68



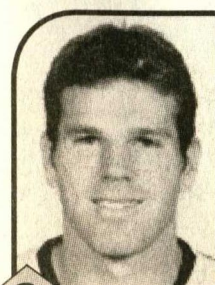
25 MARVIN QUIJANO
MIDFIELDER HT: 6-0
WT: 165 DOB: 6-17-68



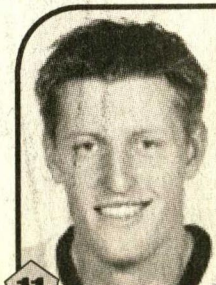
1 MATT REIS
GOALKEEPER HT: 6-1
WT: 196 DOB: 3-28-75



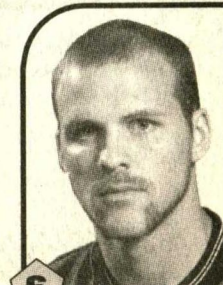
8 PETER VAGENAS
MIDFIELDER HT: 5-8
WT: 160 DOB: 2-6-78



3 GREG VANNEY
DEFENDER HT: 5-11
WT: 169 DOB: 6-11-74



11 SASHA VICTORINE
MIDFIELDER HT: 6-2
WT: 170 DOB: 2-3-78



6 CRAIG WABEL
DEFENDER HT: 6-1
WT: 195 DOB: 8-21-75

TEAMS IN TOWN

SATURDAY • JUNE 23 • 1:00 PM • ESPN

The MetroStars began the 2001 season winning seven of their first nine games. U.S. National Team striker Clint Mathis powered the offense, scoring seven goals and four assists, while goalkeeper Tim Howard totaled 42



for over a year.

Adolfo Valencia, Alex Comas and Mathis score the goals, while veterans Tab Ramos, Mark Chung and Petter Villegas help create the scoring that led Major League Soccer early with 17 goals.

saves in his

first full season as starting goalkeeper.

Head Coach Octavio Zambrano, who owns the highest winning percentage in league history, can rely on an offense and defense that have been together

Steve Jolley, Mike Petke, Orlando Perez, Richie Williams and Pedro Alvarez have handled the defensive duties superbly, while Daniel Hernandez overcomes a fractured right kneecap suffered early in the season at Colorado.

The MetroStars have the talent and bench depth to compete for MLS Cup, but they must overcome playing a heavy road schedule during the summer.

PLAYER TO WATCH



METROSTARS ROSTER

No.	Name	Pos.	Ht.	Wt.	D.O.B.	No.	Name	Pos.	Ht.	Wt.	D.O.B.
2	Orlando Perez	D	6-2	165	7-12-77	13	Clint Mathis	F	5-10	170	11-25-76
3	Mark Semioli	D	6-0	175	3-20-68	14	Adolfo Valencia	F	6-0	170	2-6-68
5	Steve Jolley	D	6-1	190	10-15-75	15	Martin Klinger	F	5-11	140	7-9-80
6	Steve Shak	D/M	6-1	170	2-8-78	16	Richie Williams	M	5-5	145	6-3-70
7	Mark Chung	M	5-7	150	6-18-70	17	Pedro Alvarez	M	5-10	163	5-5-70
8	Billy Walsh	M	6-2	185	10-7-75	18	Tim Howard	GK	6-3	210	3-6-79
9	Alex Comas	F	6-1	170	11-14-71	21	Daniel Hernandez	M	6-0	180	7-23-76
10	Tab Ramos	M	5-7	150	9-21-66	22	Rodrigo Faria	F	6-1	150	2-24-77
11	Petter Villegas	M	5-7	140	11-15-75	30	Paul Grafer	GK	6-3	200	8-7-74
12	Mike Petke	D	6-2	187	1-30-76						

WEDNESDAY • JULY 4 • 7:00 PM • FSN

The Columbus Crew opened the 2001 season having supplemented a solid returning nucleus with a sprinkling of talented, young newcomers and the comeback of stalwart veteran midfielder Brian Maisonneuve, who has recovered from ankle injuries that sidelined him last season. Add to that the early-season acquisitions of veterans John Harkes and Ian Woan and The Crew have taken on an exciting new look.

John Wilmar Perez is back to orchestrate the team from his position in central midfield, while the club boasts enviable goalkeeping depth and a solid back line led by iron man Mike Clark, Ugandan international Tenywa Bonseu, Mike Lapper and Trinidad & Tobago international Ansil Elcock. U.S. National Team striker Brian

COLUMBUS CREW™

McBride, leading-scorer Dante Washington, lightning-quick Brian West and the always-dan-

gerous Jeff Cunningham all return to the Columbus attack.

Twenty-three-year-old New Zealander Duncan Oughton and U.S. Under-20 National Team forward Edson Buddle, The Crew's top two picks in the 2001 MLS SuperDraft, have been revelations and are pushing veterans for playing time.

COLUMBUS ROSTER

No.	Player	Pos.	Ht.	Wt.	D.O.B.	No.	Player	Pos.	Ht.	Wt.	D.O.B.
1	Mark Dougherty	GK	6-2	190	11-7-67	15	Mike Duhaney	D	5-11	165	4-5-74
2	Mike Lapper	D	6-0	172	8-28-70	16	Ian Woan	M	5-10	163	12-14-67
3	Mike Clark	D	6-0	180	12-16-72	17	Brian West	M/F	5-9	155	6-10-78
6	Todd Yeagley	D/M	6-0	180	9-20-72	19	Robert Warzycha	M	5-8	160	8-20-63
7	John Harkes	M	5-11	165	3-8-67	20	Brian McBride	F	6-0	175	6-19-72
9	Dante Washington	F	5-11	190	11-21-70	21	Mario Longo	M	5-11	168	12-3-80
10	Brian Maisonneuve	M	5-11	170	6-28-73	22	Tom Presthus	GK	6-4	205	4-5-75
11	Jeff Cunningham	F	5-8	155	8-21-76	23	Duncan Oughton	D/M	5-9	160	6-14-77
12	Edson Buddle	F	6-1	170	5-21-81	25	Scott Powers	M	5-11	165	2-6-79
13	Ansil Elcock	M/D	5-11	160	3-17-69	29	Kevin Adams	D	5-9	170	5-20-80
14	John Wilmar Perez	M	5-7	150	2-2-70	30	Tenywa Bonseu	D	6-1	168	9-28-76

PLAYER TO WATCH



TEAMS IN TOWN

SATURDAY • JULY 14 • 7:00 PM • ESPN2

Coming off a 2000 campaign that saw the Fusion set club records in points and goals while reaching the U.S. Open Cup final, second-year head coach Ray

FUSION™ MIAMI F.C.

acquisitions of World Cup veteran Preki, former Kansas City Wizards' All-Star Chris Henderson and English Premiership veteran Ian Bishop. Jay

PLAYER TO WATCH



Hudson has put his imprint on the team, blending a young core of talent with experienced newcomers.

Diego Serna, coming off a 42-point season (16 g, 10 a), returns to lead the offensive attack. He will be aided by a new-look midfield featuring the offseason

Heaps, the 1999 MLS Rookie of the Year and an All-Star in 2000, looks to join the attack, while 2000 Honda MVP Jim Rooney returns at his defensive midfield spot.

The defense has been bolstered by the acquisition of U.S. National Team regular Carlos Llamasa. He anchors a back line that features the Fusion's two-time BIC Tough Defensive Player of the Year, Pablo Mastroeni, and the experienced Ivan McKinley. Leo Cullen looks to bounce back from a knee injury that ended his 2000 campaign. The Fusion nets are minded by veteran goalkeeper Jeff Cassar and acrobatic Nick Rimando.

MIAMI ROSTER

No.	Player	Pos.	Ht.	Wt.	D.O.B.	No.	Player	Pos.	Ht.	Wt.	D.O.B.
1	Jeff Cassar	GK	6-2	190	2-2-74	12	Pete Marino	F	5-8	145	4-24-73
2	Leo Cullen	D	5-8	160	2-28-76	14	Jim Rooney	M	6-0	165	9-9-68
3	Carlos Llamasa	D	5-11	166	6-30-69	15	Tyrone Marshall	D/M	6-2	190	11-12-74
4	Tim Sahaydak	D	6-1	168	6-1-77	16	Greg Simmonds	F	6-3	190	12-16-75
5	Kyle Beckerman	M	5-10	155	4-3-82	17	Diego Serna	F	5-10	175	10-2-73
6	Ian Bishop	M	5-9	165	5-29-65	18	Nick Rimando	GK	5-11	181	6-17-79
7	Jay Heaps	D/M	5-9	150	8-2-76	19	Chris Henderson	M	5-10	150	12-11-70
8	Ivan McKinley	D/M	6-2	185	6-15-69	20	Ali Ngon	F	5-10	185	9-4-81
9	Lazo Alavanja	M	5-11	165	1-18-77	22	Antonio Otero	M	5-11	170	5-20-77
10	Alex Pineda Chacon	M	5-8	150	12-19-69	23	Jeff Bilyk	M	5-7	145	5-7-77
11	Preki	M	5-9	165	6-24-63	25	Pablo Mastroeni	D/M	5-10	170	8-29-76

SATURDAY • AUGUST 18 • 8:00 PM • ESPN2

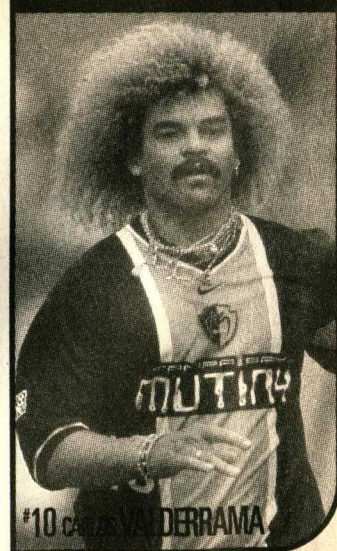
Carlos Valderrama and Mamadou Diallo lead the Tampa Bay Mutiny's most solid side since the 1996 inaugural MLS season. "El Pibe," the ageless midfield magician, shattered the MLS single-season record for assists last year (26). "Big Mama," the 2000 All-Star Game MVP, collected 26 goals in 28 games. Both provide head coach Alfonso Mondelo with prime offensive weaponry to compliment the likes of 2000 Pepsi Best 11 member Steve Ralston, young up-and-comer Eric Quill and Ali Curtis, the No. 2 overall 2001 SuperDraft pick.

TAMPA BAY MUTINY™

ing the net. Defender Chad McCarty returns from his successful stint as the 2000 U.S. Olympic Team captain. He, Joe Addo, Ritchie Kotschau and Steve Trittschuh will be aided by No. 6

overall SuperDraft pick Craig Demmin to bolster the back line. Steady Josh Keller will patrol the defensive midfield, with Trittschuh and John Maessner supplying veteran support if needed.

PLAYER TO WATCH



Defensively, the Mutiny is set with All-Star goalkeeper Scott Garlick protect-

TAMPA BAY ROSTER

No.	Name	Pos	Ht.	Wt.	D.O.B.	No.	Name	Pos	Ht.	Wt.	D.O.B.
1	Scott Garlick	GK	6-2	195	5/29/72	13	Kevin Anderson	M	5-6	160	9/17/71
2	John Maessner	M	5-9	170	6/2/69	14	Steve Ralston	M	5-9	160	6/14/74
3	Josh Keller	M	5-10	160	2/16/75	15	Eric Quill	M	5-10	170	2/28/78
4	Steve Trittschuh	D	6-0	175	4/24/65	16	Kalin Bankov	D	6-1	180	5/12/65
5	Chad McCarty	D	5-11	190	10/5/77	18	Joe Addo	D	6-0	180	9/12/71
7	Scott Cannon	D	5-7	155	7/22/68	19	Devin Barclay	F	5-9	165	4/9/83
9	Mamadou Diallo	F	6-3	210	8/28/71	21	Albert Munoz	M	5-8	150	11/28/81
10	Carlos Valderrama	M	5-9	160	9/2/61	25	Craig Demmin	D	6-2	185	5/21/71
11	Ali Curtis	F	5-9	165	12/18/78	26	Jair	M	5-8	155	12/17/74
12	Gus Karts	M	6-0	165	10/19/81	30	Matt Nyman	GK	6-3	210	9/16/76
						33	Ritchie Kotschau	D	5-10	175	11/22/75



Alexis Lalas (center), who also is known for his musical talents, leads the Galaxy in a friendly sing-along on the team bus.

By Patrick Donnelly

Tripping out

There is some fun (and business) to go along with the games.

The "Road Trip," an integral part of professional sports no matter what league or city your team plays for. In baseball, basketball, football and hockey, some teams travel on private planes with nothing but the best, visiting more than one city at a time on weeklong road trips.

In soccer, MLS teams and players are just like regular folks, flying coach with everyone else across this great big country. No private jets, leather coaches, TVs, DVD players or video games (unless you B.Y.O.V.G). So, don't be surprised if Cobi Jones, Alexi Lalas or Mauricio Cienfuegos were to sit down next to you on a flight.

Here's a brief look at life on the road during the recent swing the Galaxy took through the Midwest to play Chicago and Columbus:

Monday, May 28th:

After a short day of rest on Sunday after beating New England the day

before, the staff and players report to the Rose Bowl bright and early for a training session before catching their flight. Following practice, the players grab a quick bite to eat from a team meal that includes: BBQ chicken, mashed potatoes, rice, green beans, black beans and tortillas.

The rookies help Raul Vargas, the Galaxy equipment manager, load up all of the gear that will be needed, ranging from extra shoelaces to weather gear and uniforms.

A late scratch from the road trip, Isaias Bardales, Jr. suffered a contusion on his calf and must be replaced on the trip by fellow rookie Brian Ching. Team administrator Eddie Hidalgo springs into action, making the appropriate calls to switch the name on the ticket.

After arriving at the airport, the team learns the flight will be delayed two and a half hours to 2:30 p.m. The players go off in search of coffee and try to kill a little time on the computer or reading *Maxim*, *FHM* and *ESPN The Magazine*.

Finally, the flight takes off and the guys sit back and take a nap, read or watch the in-flight movie, *13 Days*.

(continued from page 28)

GREG SPOTTS



Midfielder Peter Vagenas relaxes incognito on the long flight while listening to some of his favorite tunes.

In Chicago, the players have the night to themselves and head out to various restaurants for a nice meal. Cobi Jones, Greg Vanney and Luis Hernández lead a group heading to Lawry's, the same prime-rib joint that has a location in Los Angeles.

Tuesday, May 29th:

True to form, Chicago lived up to its name as the "Windy City," with strong gusts making a nice sunny day just a little bit chilly.

At training, Sigi (Schmid) divides the players into two teams: the Over-27s and the Under-27s. The young bucks, including rookies Brian Mullan and Ching, steal a 7-3 victory over the veterans, thanks in large part to the stellar performance of Kevin Hartman in goal.

Always a popular figure, Hernández draws out the local Telemundo affiliate for a live shot of the Galaxy's training session and an interview for the 10 o'clock news.

After dinner, the team meets to talk about tomorrow's game against Chicago. Assistant coach Ralph Perez breaks down the opposing team and the Fire's last match.

Sigi takes the floor to add his own analysis, but moves on to talk about the importance of the match. "It is the type of game between two of the best in the league, and should put a little extra tingle in your gut. We want to win this game." In his final words, Sigi tells the boys it's time to "MAKE A STATEMENT!"

Seven players, including Paul Caligiuri, Ching, Jones, Ezra Hendrickson, Mullan and Vanney, stay after the meeting to watch film of Chicago's last game and talk strategy.

Wednesday, May 30th: Game Day

In a game-day ritual, the players meet for a team walk in the lobby. Today's walk takes the players just a few blocks away to the U.S. Soccer Federation House—"The Fed," as it is often referred to by its staff members. None other than Men's National Team General Manager Pam Perkins gives the Galaxy a guided tour through the main offices. The offices are actually two old houses that sit next to each other. If you want to know what the inside of one of the houses looks like, rent the movie *Primal Fear* starring Richard Gere and Edward Norton. It was the murdered Cardinal's home. The highlight of the visit was the U.S. Soccer trophy room, which included a number of photos of Jones, Caligiuri and Lallas from their times with the national team.

Following the team walk, the Galaxy has its pregame meal that includes lots of carbs: a selection of chicken, pasta, vegetables, rice soup, bread, peanut butter and jelly.

At 5 p.m., the team meets again for a light snack before departing for Soldier Field.

Big win for the Galaxy and high fives all around as the boys overcome a 0-2 deficit to win 4-3. Luis Hernández is the star with two goals.

Following the match, Cobi Jones stands in the cool air for a TV interview

(continued from page 30)

Road veterans Greg Vanney (below left) and Cobi Jones handled the delay in style, playing cards before they finally got settled in their seats for the return flight home, after earning four points on the trip.



and then signs autographs before heading into the locker room.

The team returns to the hotel for a postgame meal and to wind down from the match. One Galaxy tradition is ice-cream sundaes.

Thursday, May 31st:

After sleeping in, the players leave for the airport to catch a noon flight to Columbus. Once there, the team heads directly for training at the Crew's training facility. On the way to training, the guys watch a video of Martin Lawrence's standup act.

A light training session with plenty of small-sided games and 5-v-2 follows, but the highlight of the training session is a battle royal between the U.S. and Mexico. Caligiuri and Hernández square off in a heated juggling match, where the players call out the number of touches his opponent can use without letting the ball hit the ground. Hernández steals the early lead, Caligiuri rallies to take back a game, but in the end Mexico defeats the U.S.

For the second time, the players head off for dinner on their own. In an unusual turn of events, the coaching staff hits a local steak house only to find one group of players already seated to watch the NHL Playoffs. In no time, Ezra and his teammates challenge the coaches to a trivia game for patrons to test their knowledge. However, in the end it's the age and experience of the Galaxy coaching staff of Sigi Schmid, Ralph Perez, head trainer Ivan Pierra and team administrator Eddie Hidalgo that win out.

Friday, June 1st:

Once again, the players grab breakfast on their own. Each guy has his own preferences and some even have their own rituals. Danny Peña likes to be up early and start his day with a cup of coffee and the newspaper. Most players tend to sleep in a little and then get a light breakfast including coffee, bagel and fruit.

Due to Wednesday's overtime victory over the Fire, the Galaxy train lightly at the Crew training facility. The focus of the practice is two-touch possession and a finishing drill for the forwards.

Saturday, June 2nd: The Longest Game Day

A morning walk is followed by the team meal at 10:30 a.m. and snack before getting on the bus. The team departs for Crew Stadium at 2:15 p.m. and the players listen to a music mix to get into the mood for the match.

4:00 p.m.: Galaxy tie The Crew 1-1

7:25 p.m.: The Galaxy leave the stadium for the airport, but upon arriving, find out the flight has been delayed three hours.

One of the favorite ways to pass time is playing cards and Hearts is at the top of the list. Cobi, Vanney, Califf and Matt Reis sit down for a serious game, but in the end it's Vanney coming away on top.

Finally, the Galaxy get on the plane and they fly to Las Vegas. After waiting another hour, their last flight of the trip arrives back in Los Angeles shortly before 3 a.m. ◆

FAN ZONE



**COMMUNITY
DEVELOPMENT**

GALAXY FOUNDATION

The Los Angeles Galaxy and the Galaxy Foundation are committed to giving back to the community. The Galaxy Foundation was established as a vehicle to continue the Galaxy's philanthropic endeavors. Through various events and fundraisers, additional funds will be raised for the Foundation to expand its commitment to children and the community.

The Los Angeles Galaxy and Galaxy Foundation seek to make a positive impact in the lives of children in Southern California through the support and creation of educational and recreational programs. As an organization, the Galaxy believes what we do off the field is just as important as what we do on the field. Through the involvement of our players, coaching and front office staffs, the Galaxy and Galaxy Foundation will continue to be a visible and active community partner.

PLEDGE PROGRAMS

Goals and Assists for Kids Scholarships presented by



This season, Rosarita® Refried Beans has pledged to donate \$200 per Galaxy regular season goal (up to a maximum of \$6000) to the Galaxy Foundation. Half of

the proceeds will be utilized for six (6) Goals and Assists for Kids \$500 scholarships that will be set-up at local recreation centers.

Suda La Camiseta - Futbolazo sponsored by



Anheuser-Busch, Inc.

Anheuser-Busch Companies, Inc., has pledged to donate \$100 per goal to the Galaxy Foundation. The Galaxy Foundation and Anheuser-Busch will donate half of the proceeds from each regular season goal to the Hispanic Scholarship Fund and the proceeds from each playoff goal will be donated to SALEF, the Salvadoran American Leadership and Educational Fund.

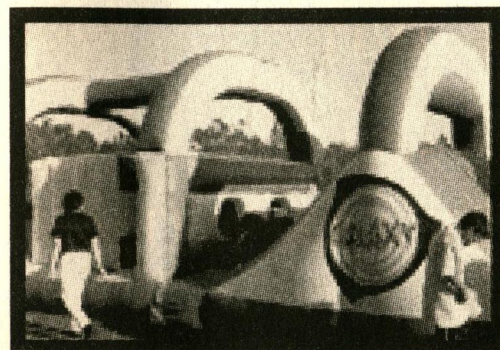
Visit the Community section of the Galaxy website to track all pledge-program donations.

SOCCER CITY SHUTTLE

Look out! The Los Angeles Galaxy Soccer City Shuttle may be coming to a soccer field near you! The Soccer City Shuttle appears at all Galaxy home games as well as all over Southern California with our mobile "Soccer Experience."

The Soccer City Shuttle's mission is to increase awareness of the Los Angeles Galaxy through visits at various events, such as soccer tournaments, community festivals and our local schools. Kids can speed through a tunnel, climb a wall and weave through inflatable objects in the Official Obstacle Course! Teams can score against each other in the larger-than-life Human Foosball. Shooters can test their aim and speed of their kick with the Accuracy Shot and Velocity Kick. The Soccer City Shuttle provides a fun and interactive environment for Galaxy fans of all ages!

If you want more information or are interested in scheduling the Galaxy Soccer City Shuttle for a community event, please e-mail James Shilkret at jshilkret@lagalaxy.com or call (626) 535-8326.



KICKS 4KIDS

The Kicks 4 Kids program gives businesses, corporations and individuals the opportunity to provide Los Angeles Galaxy tickets to non-profit organizations and groups that benefit children in the Southern California area. Due to the contributions of our generous sponsors, the 2000 Galaxy and Galaxy Foundation's Kicks 4 Kids and Kicks 4 Education programs brought more than 6,000 underprivileged and at-risk youth to Galaxy home games last season.

For the 2001 Major League Soccer season, the Los Angeles Galaxy, Galaxy Foundation and our many supporters will continue to provide children's charities with the special opportunity to see a Galaxy game at the historic Rose Bowl. This season, through Eddie's Kids Corner, Galaxy supporter Eddie Wedelstedt has generously committed to bring 400 children to each Galaxy home game.

The Los Angeles Galaxy and Galaxy Foundation would like to acknowledge the following for their support of the 2001 Kicks 4 Kids program:

- * AAA Flag & Banner
- * Charter Media
- * Five Star Parking
- * Ford, Walker, Haggerty & Behars
- * Goalie Charitable Foundation—Eddie Wedelstedt
- * Guerrero Mexican Food Products, Inc.
- * Thomas Hacking
- * Hispanic Broadcasting Company
- * IOTEC

- * Kick 10 Promotions
- * KROQ 106.7 FM
- * KSSE 97.5/103.1 FM
- * LAWGIBB Group
- * Mega 92.3 FM
- * Esmeralda Ogilvie
- * PCL Construction Services
- * Picerne Development Corp.
- * Simon Elliott & the Hibernian
- * U-12 Boys Soccer Club
- * Transportation Displays Incorporated

WWW.LAGALAXY.COM

AHORRA DINERO Y RECIBE PREMIOS

Para ciertos partidos, el Galaxy regala premios en las entradas hasta agotar existencias. Al comprar boletos en las siguientes tiendas, estas garantizado estos premios al entrar por las puertas especiales de "Season Ticket Holders" localizadas a la izquierda de las entradas A y G.

Liborio Markets
864 S Vermont Ave.
Los Angeles, CA 90005
(213) 386-1458

Liborio Markets
6061 Atlantic Blvd.
Maywood, CA 90270
(323) 560-8000

Liborio Markets
2021 W Pico Blvd.
Los Angeles, CA 90006
(213) 389-4444

La Tapachulteca
6569 Van Nuys Blvd.
Van Nuys, CA 91401
(818) 787-9969

La Tapachulteca
1500 S Vermont Ave.
Los Angeles, CA 90006
(213) 637-0969

Latino Market
51 E Orange Grove Blvd.
Pasadena, CA 91103
(626) 792-8841

Hugo's Auto Supplies
11653 Sherman Way
North Hollywood, CA 91605
(818) 764-8091

Nayarit Meat Market
6353 Milles Ave.
Huntington Park, CA 90255
(323) 589-1482

United Nations Soccer League
10835 Van Owen Ave.
North Hollywood, CA 91605
(818) 761-7482

Sport Tribute & 2000 Project
64441/4 Bellingham Ave.
North Hollywood, CA 91606
(818) 753-2087

Mexsal Sports
13710 E Amar Rd.
La Puente, CA 91746
(626) 917-8713

2001 GALAXY SCHEDULE

DATE OPPONENT TIME/RESULT TV/RECORD

April

Sat. 7	San Jose	7:00 p.m.	FSN2
Sat. 14	at Kansas City	5:30 p.m.	KCAL
Sat. 21	Colorado	7:00 p.m.	FSN
Sat. 28	at Colorado	1:00 p.m.	TEL

May

Sat. 5	Kansas City	7:00 p.m.	FSN2
Wed. 9	at Tampa Bay	4:00 p.m.	FSN (7 p.m. TD)
Sat. 12	at MetroStars	4:30 p.m.	ESPN2
Sat. 19	Dallas	7:00 p.m.	FSN
Sat. 26	New England	7:00 p.m.	
Wed. 30	at Chicago	5:30 p.m.	FSN (7 p.m. TD)

June

Sat. 2	at Columbus	1:00 p.m.	TEL
Sat. 9	at San Jose	7:30 p.m.	ESPN2
Wed. 13	Kansas City	7:00 p.m.	
Sat. 16	at Miami	5:00 p.m.	ESPN2
Sat. 23	MetroStars	1:00 p.m.	ESPN
Sat. 30	at Dallas	1:00 p.m.	ESPN

July

Wed. 4	Columbus	7:00 p.m.	FSN
Sat. 7	at D.C. United	5:00 p.m.	FSN2
Sat. 14	Miami	7:00 p.m.	ESPN2
Tue. 17	at New England	4:30 p.m.	KCAL

August

Sat. 11	D.C. United	7:00 p.m.	FSN2
Wed. 15	at Kansas City	5:30 p.m.	FSN (7 p.m. TD)
Sat. 18	Tampa Bay	8:00 p.m.	ESPN2
Sat. 25	Chicago	1:00 p.m.	TEL

September

Sat. 1	Colorado	7:00 p.m.	
Sat. 8	at Colorado	6:00 p.m.	KCAL
Wed. 12	San Jose	7:00 p.m.	
Sun. 16	at San Jose	1:00 p.m.	ESPN2

Dates and times are subject to change.

FSN=Fox Sports Network; FSN2=Fox Sports Network2; KCAL=Ch. 9; TEL=Telemundo

TD=Tape-delayed telecast

GREETINGS FROM SOCCER CITY

JULY 4TH—Celebrate 75 years of fireworks at the Rose Bowl after the Galaxy battle Brian McBride and the Columbus Crew at 7:00 p.m. The postgame fireworks—Southern California's largest Independence Day show—promises to delight kids of all ages. Fireworks are brought to you by Mega 92.3FM and KCAL Channel 9. For Information and to purchase advance tickets, call toll free: **1-877-3GALAXY**.

JULY 14TH—*Family Night & Cap Night*: Major League Soccer fun and excitement continue as your Los Angeles Galaxy take on the Miami Fusion at 7:00 p.m. This game is the fourth of seven Family Games*, where you get four reserved tickets, four hot dogs, four sodas and two limited-edition Alexi Lalas posters for only \$59! Family games are brought to you courtesy of Mega 92.3 FM, the *Los Angeles Times* and KLVE 107.5 FM. Galaxy Bucket Hats will also be given away at the gate courtesy of McDonald's and Power 106 FM.

AUGUST 18TH—Teenage heartthrob and Galaxy defender Greg Vanney is featured in the fifth Family Game of this season when the Galaxy host the Tampa Bay Mutiny, Saturday at 8:00 p.m. at the Rose Bowl. Customary to family packs*, you get four reserved tickets, four hot dogs, four sodas and two limited-edition player posters (Greg Vanney for this game) for only \$59!

*For Information and to purchase advance tickets, call toll free: **1-877-3GALAXY**.*

*Family Packs: Additional tickets with food are available. This offer is only available in advance.

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#7

Isaias Bardales, Jr.

What is your favorite food?

My mom's enchiladas.

What was the best movie that you saw last year?

Gone in 60 Seconds because of the cars and Angelina Jolie, which is why I plan to go see *Tomb Raider*.

Do you remember the name of your first soccer team?

The Tigers; it was an AYSO team.

What was the last book that you read?

The first *Harry Potter* book.

What is your favorite vacation spot when you have time off?

The Bahamas, because of the sun and beaches.

What is your favorite color?

Navy blue.

If we went to your car right now, what CD is in?

Nothing is in there right now, but if there was something, it would be Dr. Dre or Xzibit. My scene is hip-hop, rap and R&B.

What has it meant for you to be a professional soccer player?

It has always been a dream for my family and me, and I feel like I have now accomplished it. It has been a great road so far learning from Mauricio Cienfuegos and Luis Hernández. Now I have to set goals and will hopefully reach them one of these days.

Has there been one thing that has surprised you about the professional level?

Not really, just that the speed of game and physical aspect changed from the collegiate level. The speed has changed the most in that it is sprinting almost 100 percent of the time, and that is what I have spent the most time working on to keep up with the rest of the field.

Did you watch a lot of soccer while growing up? Did you have a favorite team or player?

Yes, I watched a lot. My favorite team was Chivas from Guadalajara. Ramon Ramirez from Chivas was my favorite player. My dad and I used to watch the games every Sunday, and then I would watch the repeats during the week. After watching soccer constantly, I can now incorporate it on the field.

What do you like most about living in Los Angeles with the movies and music going on compared to Northern California?

It was overwhelming when I first came down here compared to living in San Jose. Los Angeles is a lot bigger city, but coming down to L.A. with Hollywood, the stars and the beaches has been exciting. I have found out that L.A. is a really cool place to live. There is always something to do in L.A., and I am just taking advantage of it and soaking it all in.

Who was the first star that you have seen in Los Angeles?

I saw Master P, and I was like, "Wow, that guy is worth like \$80 million." Then my girlfriend and I were on Rodeo Drive and saw some Detroit Pistons players. We saw Jerry Stackhouse and others walking around in their suits and with their limousine.

Where does your nickname, "Chi," come from?

I was named after my father, and that was a nickname given to him in Mexico. Since I was named after my father, the name came over to me. It kind of just caught on, and people call me "Chi" Junior and my dad "Chi" Senior.



Isaias Bardales, Jr. #7

Cien the Future

Galaxy midfielder Mauricio Cienfuegos is focused on leading the Galaxy to the MLS championship

By Rigoberto Cervantez

For Mauricio Cienfuegos, obtaining the MLS championship trophy and bringing it home to Los Angeles has become his prime mission. His dedication and hard work has made him a team leader, both on and off the field.

Now playing in his sixth season with the Galaxy, "Cien" is one of three original players remaining—along with Greg Vanney and Cobi Jones—from the Galaxy's inaugural 1996 team.

Many players have worn the Galaxy jersey, including some with superstar status such as: Jorge Campos, Robin Fraser, Eduardo "El Tanque" Hurtado, Carlos Hermosillo, Martin Machon, Roy Myers, Welton, Wellington Sanchez and Clint Mathis. All these players can say they played for the Galaxy, and some can even say they played great individually, but none can say that they helped the Galaxy win the MLS title.

Meanwhile, Cienfuegos, who played his 150th game in a Galaxy uniform on June 9, remained faithful to the organization that originally called his number. He is a true warrior of the sport, exemplifying how to practice hard and pour your heart and soul out on the field in search of the ultimate conquest, the MLS Cup Championship.

Cienfuegos has already tasted a sweet victory, as the Galaxy defeated Olimpia of Honduras last January in the L.A Memorial Coliseum to win the CONCACAF Champions' Cup.

It was a conquest that even Cienfuegos classifies as more valuable, in terms of world-wide credibility, than the actual MLS title. Despite the magnitude and value of the Champions' Cup, it does not alleviate the desire for Cienfuegos and the Galaxy to write their name in the record books amongst the league's elite as MLS champions.

The Galaxy have twice come close to the title. Once in 1996, on a rainy day in Massachusetts against D.C United, in which Galaxy held a 2-0 lead before losing 3-2 in a overtime. The second time came three years later, also in Foxboro, where the same D.C United team ended the Galaxy's hope of becoming champions, 2-0.

The burden of coming up short for an MLS title is something that Cien and the organization know they must rid themselves of. Not even three selections to the league's "Best 11" team (1996, '87, '99) can alle-

Cienfuegos is among the league's all-time leaders in assists, games and points.

viate his craving to win it all.

"We have always been categorized as a team incapable of winning the big game," says the Galaxy midfielder and fan favorite with his native El Salvadorian people. "But I feel that winning the CONCACAF championship proved that we can beat the best teams in the region. It was important to get the monkey off our backs because now we can focus on bigger and better things."

"We have been very close to bringing home the satisfaction of being MLS champs, but on both occasions we have failed. I feel that this year we are ready to make a run at the title and bring it home to our fans in Los Angeles."

(continued on page 46)

is a five-time MLS All-Star and three-time "Best 11" selection.

No. 10 on Galaxy Charts

(As of June 11)

Seasons: 6, Tied for First*

Games: 150, Second*

Games Started: 148, First*

Points: 129, Second*

Goals: 31, Second

Assists: 67, First*

Minutes: 13,355, First

Game Winning Goals:

11, Tied for First

Game-Winning Assists: 23, First*

PK Goals: 10, First

* — In MLS' Top 10 All-Time

Cienfuegos is one of the three inaugural-season players still with the Galaxy.

(continued from page 44)

With this type of mentality there is no question that Cienfuegos is one of the hardest workers and spends hours and hours working overtime. He comes in on his days off and prepares himself the best possible way he can in order to be ready for game time.

The 33-year-old is very realistic when it comes to the amount of time he has left to play. It is for these same reasons that he has set a limit on his professional career.

"I plan on playing a minimum of two more seasons or a maximum of four," says the father of three.

Mauricio has a plan to start coaching when he is ready to hang up the cleats. He doesn't feel ready to leave the sport just yet, especially without giving home the MLS title to all his Galaxy fans. ♦



CIENFUEGOS SOLO PIENSA EN EL TITULO

Por: Rigoberto Cervante

El mediocampista salvadoreño está decidido a llevar al Galaxy a la conquista de la MLS

Mauricio Cienfuegos es uno de los tres jugadores originales del Galaxy de la temporada inaugural en 1996.

Para Mauricio Cienfuegos, la obtención de un trofeo de campeón de la Major League Soccer para llevarlo a las vitrinas del Galaxy, se ha convertido en la motivación principal, en el combustible que genera su deseo de seguir siendo el líder en el terreno de juego, así como en cada entrenamiento, dentro de las filas del equipo angelino.

Cumpliendo su sexta campaña con la divisa galáctica, 'Cien' como cariñosamente lo llaman sus compañeros, Mauricio es uno de los tres jugadores originales de aquel equipo que se empezó a formar en 1995 al convertirse en una de las franquicias de la MLS para la temporada inaugural de 1996. Los otros dos son Greg Vanney y Cobi Jones.

(continúa en la página 52)

Desde entonces, por la grama del Rose Bowl han pasado muchos jugadores, algunos con etiqueta de estrellas, integrantes de seleccionados nacionales, como Jorge Campos, Robin Fraser, Eduardo 'Tanque' Hurtado, Carlos Hermosillo, Martín Alejandro Machón, Roy Myers, Welton, Wellington Sánchez o Clint Mathis.

Todos pasaron por el Galaxy, brillaron individualmente y aportaron su talento a la causa galáctica, pero ninguno puede decir que llevó al equipo al podio de los vencedores absolutos.

Mientras tanto, Mauricio Cienfuegos sigue ahí, como uno de los pilares de la institución, marcando la pauta en cuanto a disposición al trabajo, fiel a la institución, poniendo el ejemplo en cada entrenamiento, sudando la camiseta en cada juego, en busca del ansiado título de monarca en la MLS.

Cienfuegos ya saboreó las mieles de un campeonato y sintió sobre sus sienes el dulce ceñir de una corona, al ganar con el Galaxy la Copa de Campeones de la Concacaf, el pasado mes de enero, cuando el elenco que dirige Sigi Schmid venció al Olimpia de Honduras en el Coliseo Memorial.

Es una conquista que en su momento, el propio Mauricio la calificó como "más valiosa que la propia Copa MLS," pero que a pesar de su magnitud y de su trascendencia, no alivia totalmente el deseo de toda la organización galáctica por incluir su nombre en el de los campeones de la Major League Soccer.

Porque el Galaxy ya estuvo dos veces muy cerca de alcanzar el título y en ambas oportunidades salió con las manos vacías. Primero, en 1996, en la temporada inaugural, el DC United se levantó de una desventaja de 2-0 en el marcador para terminar con la ilusión galáctica al ganar 3-2, con 'gol de oro,' en una tarde lluviosa de Massachussets.

Tres años más tarde, en el mismo estadio de Foxboro, el Galaxy tuvo la oportu-

nidad de tomar desquite, pero nuevamente el 'Diablo' Etchevery y compañía se salieron con la suya, llevándose la victoria por marcador de 2-0, para volver a pasearse con la Copa MLS entre sus manos.

Teñer la victoria final al alcance de la mano y no poder lograrla, es un estigma, con el que los integrantes del Galaxy y, muy especialmente Mauricio Cienfuegos, quieren terminar:

"Siempre se nos ha catalogado como un equipo incapaz de ganar los juegos importantes, los decisivos y pienso que luego de coronarnos como campeones de la CONCACAF, demostramos que podemos ganarle a los mejores, que el fantasma que nos venía persiguiendo, lo hemos dejado atrás y que estamos para grandes cosas," señaló Cienfuegos, quien considera, por otra parte, que el Galaxy está en deuda con su afición:

"Hemos estado dos veces muy cerca de darles la satisfacción de ganar un título de liga y les hemos fallado. Pero considero que en ésta oportunidad, el equipo está preparado para llegar a la final y no dejar escapar la Copa," apuntó el mediocampista, ídolo de la afición salvadoreña.

Con esa mentalidad, Mauricio trabaja más que nadie, pasando horas y horas, entrenando con ahínco, aún en los días asignados al descanso, para estar en la mejor forma posible en cada juego.

Por esa deuda que el experimentado jugador siente que tiene con los fieles seguidores del equipo, es que marca los límites para su carrera profesional:

"Pienso jugar un mínimo de dos años más y un máximo de cuatro, dependiendo de cómo me encuentre físicamente," confiesa.

Y es que Mauricio, quien tiene planeado abrazar el oficio de director técnico cuando cuelgue los botines, no piensa retirarse del fútbol activo, sin antes haberle dado al Galaxy un título de campeón de la MLS. ■



Cienfuegos ha sido parte de la selección de El Salvador desde 1987 hasta 2000.



ESSY GHANAMEDDINI/WALS/ALLSPORT

#13 COBI JONES



2001 MLS SCHEDULE

abc SPORTS

ESPN ESPN 2



NOTE: ALL TIMES EASTERN

JUNE

Saturday, June 16

D.C. United	at	Kansas City	4:00
San Jose	at	MetroStars	7:00
Tampa Bay	at	Columbus	7:30
Los Angeles	at	Miami	8:00
Dallas	at	Colorado	9:00

Wednesday, June 20

Colorado	at	New England	9:30
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Saturday, June 23

MetroStars	at	Los Angeles	4:00
D.C. United	at	Tampa Bay	7:00
New England	at	Chicago	8:00
Columbus	at	Dallas	8:00
Kansas City	at	San Jose	10:00

Saturday, June 30

Los Angeles	at	Dallas	4:00
San Jose	at	New England	7:30
Colorado	at	D.C. United	7:30
Columbus	at	Miami	7:30
MetroStars	at	Chicago	8:00
Tampa Bay	at	Kansas City	8:30

JULY

Wednesday, July 4

MetroStars	at	Tampa Bay	7:00
New England	at	Dallas	8:30
Chicago	at	Kansas City	8:30
D.C. United	at	Colorado	9:00
Columbus	at	Los Angeles	10:00
Miami	at	San Jose	10:00

Saturday, July 7

Dallas	at	Columbus	4:00
Chicago	at	Tampa Bay	7:00
Kansas City	at	New England	7:30
MetroStars	at	Miami	7:30
Los Angeles	at	D.C. United	8:00
San Jose	at	Colorado	9:00

Saturday, July 14

Tampa Bay	at	San Jose	4:00
D.C. United	at	New England	7:30
Colorado	at	Chicago	8:00
Dallas	at	Kansas City	8:30
Miami	at	Los Angeles	10:00

Tuesday, July 17

Los Angeles	at	New England	7:30
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Wednesday, July 18

Chicago	at	Miami	7:30
MetroStars	at	Columbus	7:30
Tampa Bay	at	Dallas	8:30
Kansas City	at	Colorado	9:00
D.C. United	at	San Jose	10:00

Saturday, July 21

D.C. United	at	MetroStars	4:00
Colorado	at	Tampa Bay	7:00
New England	at	Miami	7:30
San Jose	at	Columbus	7:30
Dallas	at	Chicago	8:00

Saturday, July 28

MLS 2001 ALL-STAR GAME	San Jose	3:30
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AUGUST

Wednesday, August 1

Chicago	at	Columbus	7:30
Miami	at	D.C. United	8:00
New England	at	Kansas City	8:30

Saturday, August 4

San Jose	at	Tampa Bay	7:00
Dallas	at	New England	7:30
Miami	at	MetroStars	8:00
Columbus	at	Kansas City	8:30
Chicago	at	Colorado	10:00

Wednesday, August 8

MetroStars	at	D.C. United	8:00
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Saturday, August 11

Kansas City	at	Colorado	4:00
Miami	at	New England	7:30
Tampa Bay	at	Chicago	8:00
MetroStars	at	Dallas	8:30
Columbus	at	San Jose	10:00
D.C. United	at	Los Angeles	10:00

Wednesday, August 15

Dallas	at	Columbus	7:30
Miami	at	Chicago	8:30
Los Angeles	at	Kansas City	8:30

Saturday, August 18

D.C. United	at	New England	4:00
Dallas	at	Miami	7:30
Chicago	at	San Jose	10:00
Tampa Bay	at	Los Angeles	11:00

Sunday, August 19

Columbus	at	MetroStars	3:30
Colorado	at	Kansas City	8:30

Saturday, August 25

Columbus	at	D.C. United	2:00
Chicago	at	Los Angeles	4:00
MetroStars	at	Miami	7:30
Kansas City	at	Dallas	8:30
Colorado	at	San Jose	10:00

Sunday, August 26

New England	at	Tampa Bay	6:00
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Wednesday, August 29

Dallas	at	Tampa Bay	7:00
Columbus	at	Chicago	8:30

SEPTEMBER

Saturday, September 1

Tampa Bay	at	D.C. United	12:30
Chicago	at	MetroStars	4:00
New England	at	Columbus	7:30
Colorado	at	Los Angeles	10:00
Kansas City	at	San Jose	10:00

Friday, September 7

New England	at	MetroStars	8:00
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Saturday, September 8

D.C. United	at	Miami	4:00
Dallas	at	Chicago	8:00
San Jose	at	Kansas City	8:30
Los Angeles	at	Colorado	9:00

Sunday, September 9

Columbus	at	Tampa Bay	5:00
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Wednesday, September 12

Dallas	at	D.C. United	7:30
Miami	at	MetroStars	8:00
Columbus	at	Colorado	9:00
San Jose	at	Los Angeles	10:00

Saturday, September 15

MetroStars	at	New England	7:30
Miami	at	D.C. United	7:30
Tampa Bay	at	Columbus	7:30
Chicago	at	Dallas	8:30

Sunday, September 16

Colorado	at	Kansas City	3:30
Los Angeles	at	San Jose	4:00

2001 MLS Playoffs to follow.

Dates, Sites and Times TBA.

Sunday, October 21

MLS Cup 2001 in Columbus, Ohio	1:30
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THE GREAT DEBATE: FORMATIONS

By Dave Dir



(Dave Dir coached the Dallas Burn to five consecutive MLS Cup Playoff appearances and a 1997 U.S. Open Cup triumph. Now he'll join Rob Stone and bring his soccer expertise to MLS ExtraTime, the weekly MLS highlight show that airs Mondays at 11 p.m. on espn2. You can also catch Dir's commentary every Wednesday on MLSnet.com.)



Tactics come up in every discussion about soccer on any level. One of the biggest misconceptions in my view is that many think there is one right answer. You've heard it from the Internet fans and the radio experts: 'If they played a 4-4-2 they would win every game'... 'this team cannot win the big game unless it changes to a 3-5-2.'

Even the coaches, in an effort to explain inadequacies, are known to have used their system of play as an excuse. 'My players can't handle the communication of a back four'... 'we think the system switch will really make a difference.' But the tactics change often only fixes the mentality of the player. In those cases, getting the players to rally behind a new direction can make a difference but it is usually a short-term fix.

The theory that a certain system of play produces a greater style and an unbeatable product is probably the most misguided view in the history of sport. I have a U.S. Soccer Federation 'A' license and an Advanced National Diploma, as well as hundreds of hours studying and learning from coaches from Europe to South America, and there is one thing I have learned from all of them: There is no one right way. The books can give you a written answer, but soccer is an art.

In a soccer game, there is constant change. One type of system can never incorporate all the variations in a match. It's true that one system can create a positive matchup against another in certain areas of the field, but what if everybody played the same way? It always comes down to how best to utilize your talent. The head coach uses systems as a way to enlighten the player to react to what he sees in given situations.

When you talk to a coach at the pro level, they'll likely tell you that the reason they use particular tactics is that it is best shaped for their talent. Coaches

are often willing to wrinkle their system to fit personnel so that tactics do not prevent them from acquiring a skilled player. Good players can generally adapt to the system changes within the game.

Currently there are four systems of play being used in MLS. The **3-5-2**, the **4-4-2**, the **4-3-3** and the **4-5-1** are all practiced with some variations. The 3-5-2 has gained popularity as a way to combat the 4-4-2 and, as in the case of most systems, the success of a World Cup team can give the system its notoriety.

The 3-5-2 really came to greater attention in the 1974 World Cup because of Holland. They used a system that incorporated precision passing with athleticism and interchange of positions, which greatly affected my views on the game. The Dutch were one of the few teams that affected the game without actually winning a World Cup. All of a sudden everybody was trying to play the 3-5-2.

COMPARING THE 3-5-2 TO THE 4-4-2

Today we see variations on the 3-5-2 theme. Some squads play a three-defender flat zone (often depending on how athletic your three defenders are). In the zone, you run into the need for increased communication and coordination similar to playing a flat back four. You also need a goalkeeper who comes off his goal line. He needs to be willing to provide cover behind the defense. It is equally important that he is adequate with his feet for that very reason.

Some teams use a triangle of central midfielders, with either two attacking midfielders (see Chicago) or two defensive midfielders (see Kansas City). Some teams who don't have a typical playmaker use a third forward withdrawn in midfield for a more direct approach.

The constant in the 3-5-2 is the emphasis on the midfield, particularly the wide midfield positions

where you need flank players who have a good engine so they can cover a great deal of space in order to create numerical advantages.

In the central midfield it's important to have players who understand balance, especially if you want to get everyone involved in the attack. These midfielders must also be adept at keeping possession. Otherwise you can get caught with your flank players forward with no chance to recover, leaving spaces opened up for the counterattack.

In attack, the forwards need to be diagonally active in the 3-5-2. They must also be willing to put immediate pressure on the loss of possession because of the vulnerability of the early ball into wide spaces.

Definitions:

Tactics/systems: The way a coach asks his players to set up on the field.

3-5-2 or 4-4-2: This specifies the system of play. A 3-5-2 would mean there are three defenders, five midfielders and two forwards.

Flat back four: Four defenders who play in line for most of the game.

Fullbacks: The defenders who play on the flanks.

Wingers: Players who attack from the flanks.

Zone Defending: Defenders are asked to cover specific zones on the field.

Man Marking: Defenders are asked to follow and 'mark' opposing forwards.

Sweeper: The last man on defense who is often asked to 'clean up' the attacks which get past the rest of his teammates in front of him.

THE GREAT DEBATE: FORMATIONS

(continued from page 58)

With the different ways to play this system you can protect certain players' weaknesses by balancing other areas of the field. In general, the flank players and marking defenders in the 3-5-2 need to combine speed and a decent level of skill for the wide spaces they have to cover and the increased amount of time they will see the ball.

In the 4-4-2, you can be a little more defensive than the 3-5-2 because you have four defenders. I don't necessarily agree. This can be true of any system depending on the mentality and the ability of your players. Coaches tell me they feel the 4-4-2 gives their midfielders more freedom to get forward without the responsibility to defend. However, in today's game if you aren't finding a way to incorporate all players in the attack, you're probably not scoring goals.

The 4-4-2 and its variations can also allow the outside fullbacks to get more involved in the attack, especially with outside midfielders who are comfortable pinching inside. Other variations include a flat four-defender system or a sweeper and three markers. With the sweeper system, you need great coordination between the wide backs and their defensive teammates, especially when they're on the attack. The variations are endless and that's the fun in talking tactics.

When all is said and done, each coach has a unique philosophy about the game and his team is meant to reflect the system he feels is best-suited to harness the strengths of the team. I always enjoy a philosophical discussion with another professional coach more than anything else in my life. I imagine that it's true of most MLS coaches. The thoughts and the nuances in the game are endless. That's why broad statements about systems will never give the whole story.

WHAT THE PROS USE

Here's a breakdown of the formation each MLS team favors on the pitch.

Chicago Fire (3-5-2)



Chicago (3-5-2): The Fire play a version of the 3-5-2 because they have really never had a natural right midfielder. The improvement of DaMarcus Beasley and Demy Kovalenko has allowed the Fire to play more of a 3-3-2-2. Kovalenko joins Peter Nowak as the extra attacking midfielder. The depth at midfield and forward gives them ways to tinker with the existing system.

"We usually play three in the back most games, but sometimes four," Head Coach Bob Bradley says. "You can always find times where one of the wide midfielders drops back into the backline and for a moment it will look like four and then it will go back to three. That's the kind of flexibility you see in some of the best teams in the world."

Columbus (4-3-3): The Crew switched from a 3-5-2 this year in an effort to get all their speed on the field at the same time. At times they have employed the 4-4-2 where striker Edson Buddle or Dante Washington take Jeff Cunningham's spot and plays closer to Brian McBride.

Columbus Crew (4-3-3)



Colorado (4-4-2): The Rapids have worked to find the right system. This tactical setup gets Marcelo Balboa in the midfield with cover. The coaching staff feels he can add a new dimension to the team at that slot. The 4-4-2 also covers for the lack of pace in the wide midfield spots.

"We've actually been playing some games with three and others with four," Head Coach Tim Hankinson says. "When you're a building team you have to be ready to make adjustments along the way until you become a strong side."

Dallas (3-5-2): After early defensive problems, the Burn have moved to Chicago's version with Kubik free in the back, and a more defensive player (Richard Farrer) covering the right flank. The Burn offense has worked best with Jason Kreis and Oscar Pareja in the attacking midfield, which allows Bobby Rhine to get on the field. At right midfield, Farrer gives extra cover for the two attacking midfielders.

(continued on page 62)

Colorado Rapids (4-4-2)



Dallas Burn (3-5-2)



D.C. United (4-4-2)**Kansas City Wizards (3-5-2)****Los Angeles Galaxy (4-3-3)****MetroStars (3-5-2)****THE GREAT DEBATE: FORMATIONS***(continued from page 60)*

D.C. United (4-4-2): They like to use their speed on the flanks with Bobby Convey and Mark Lisi (or Ben Olsen) acting as third and fourth forwards. This also allows the right and left backs to get more into the attack. The key was finding Ryan Nelsen to cover the central area behind Marco Etcheverry. As Nelsen matures, so will the team. United has also worked in the 3-5-2 system where Ziadie moves up to the right flank and Lisi moves to the center.

Kansas City (3-5-2): The Wizards had been playing a 4-4-2 without Peter Vermes. This led to offensive problems where they couldn't get attacking midfielder Francisco Gomez playing time in a four-man midfield. The team should look better if they can move back to the three-man back.

"An old adage in soccer is, 'The team that has an extra guy around the ball more often during a game is going to win,'" Head Coach Bob Gansler says. "That's the idea behind putting five at midfield as opposed to four."

Los Angeles (4-3-3): The Galaxy use Danny Califf and Greg Vanney in the middle to give Ezra Hendrickson more freedom to attack on the right wing. The strong central defense allows the two central midfielders to play wider, eliminating some of Cobi Jones' defensive responsibilities. Jones and Brian Mullan are wingers with one high central striker in Sasha Victorine or Luis Hernández.

MetroStars (3-5-2): The addition of two strong defensive midfielders (Richie Williams and Pedro Alvarez) has really allowed the team to pick it up a notch from the system last year. It has given more help to the back three and more quality possession, which allows the wide midfielders more freedom to take the risks they like to take in their counter-attack style. In one wrinkle, forward Adolfo Valencia can often be seen playing high while Clint Mathis

moves to the attacking midfield for an altered look.

"I don't rule out us playing with four in the back in the future," Head Coach Octavio Zambrano says. "I would like to play with three forwards at some point."

Miami (4-5-1): The improved play of Jim Rooney combining with Ian Bishop allows the Fusion to have Preki, Chris Henderson, Alex Pineda Chacon and Diego Serna on the field with some freedom to rotate. The ability of Jay Heaps and Henderson to roam the flanks and run the length of the field also gives them width.

New England (3-5-2): The cover offered by Leonel Alvarez and Joe Franchino allows for Mauricio Wright's forays into the attack. Ted Chronopoulos finally gives the Revs a wide midfielder who can join the attack. Without a glut of proven forwards they will rely on the midfielders' freedom to produce offense.

San Jose (4-4-2): The move of Jeff Agoos to the middle of the defense with Troy Dayak has allowed the Earthquakes more freedom in the attack. That leaves Ian Russell and Manny Lagos to concentrate on attacking. Also, without a true defensive midfielder, Agoos and Dayak were needed to cover Richard Mulrooney and Ronnie Ekelund to create chances.

"I've played in both the 3-5-2 and 4-4-2," Head Coach Frank Yallop says. "And I think there are a lot of gray areas in the 3-5-2 defensively. In the 4-4-2 it's easier to work out your role and I think more players are familiar with the system."

Tampa (3-5-2): Desperate for a system that gives support to forward Mamadou Diallo, the strong play of Josh Keller and Joe Addo in the midfield has given Tampa the feeling that they can cover for Steve Ralston and Eric Quill, who are end-to-end flank players. ♠

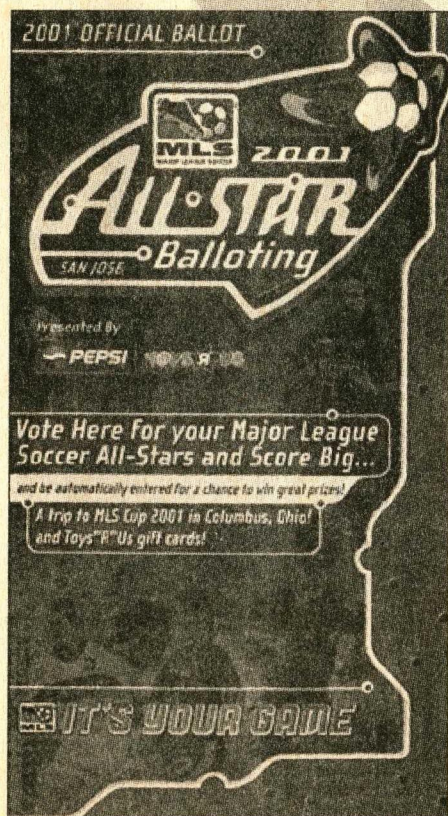
Miami Fusion (4-5-1)**New England Revolution (3-5-2)****San Jose Earthquakes (4-4-2)****Tampa Bay Mutiny (3-5-2)**

ALL-STARS Descend on San Jose



JULY 25-29, 2001

There is no soccer spectacle quite like it in the United States. On Saturday, July 28 the city of San Jose will host its first Major League Soccer All-Star Game where the best of the best professional soccer players in the country get together to put on the ultimate show for the fans.



As happens every year, MLS supporters across America will be determining which players are bestowed with All-Star honors and the opportunity to be part of the starting lineups by participating in the 2001 MLS All-Star Fan Balloting presented by Pepsi and Toys "R" Us. The 2001 All-Star ballots can be found at MLS stadiums and Toys "R" Us stores nationwide through July 4. Yahoo!® is the exclusive online host of MLS All-Star fan balloting and fans may choose to vote in English or Spanish online at mlsallstars.yahoo.com. Ballots can also be obtained at more than 400 soccer specialty stores nationwide. There will be something in it for the fans, too, with the chance to win a grand prize trip for two to MLS Cup 2001 in Columbus, Ohio, through the 2001 MLS All-Star Balloting Sweepstakes and Toys "R" Us prizes.

The sixth annual summer soccer showcase will feature an East (Columbus, D.C., MetroStars, Miami, New England and Tampa Bay) vs. West (Chicago, Colorado, Dallas, Kansas City, Los Angeles and San Jose) format. Starting lineups will be announced on Thursday, July 12.

Fans unable to make the trip to the West Coast can catch all the action live on ABC Sports (3:30 p.m. ET) and be among the supporters in more than 130 countries around the globe who will be watching on ESPN International.

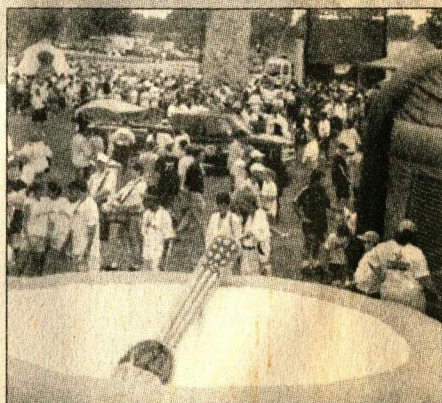
If last year is any indication, the audience will be in for an afternoon full of action and goals. Mamadou Diallo of the Tampa Bay Mutiny stole the show last year in Columbus, Ohio, with a pair of tallies that fueled the East's 9-4 victory over the West and earned him Most Valuable Player honors. The 13 goals in that game set an All-Star record and, with the emergence of scoring talent such as the MetroStars' Clint Mathis, the Fire's Josh Wolff and others, that 13-goal mark may just have a temporary stay in the MLS record books.

The 2001 All-Star Game caps five days of soccer excitement in the Silicon Valley, including the Pepsi



All-Star Skills Challenge and many youth soccer activities.

PEPSI ALL-STAR SKILLS CHALLENGE: This event, which will be presented by Pepsi on July 26, will see select players from MLS' three divisions putting their skills to the test to bring home the Skills Challenge Trophy. The most refined talents will be on display with events including the Bull's Eye, Air Soccer and the popular Goalie Wars. Entertainment is guaranteed.



SOCCER CELEBRATION: This is the free, interactive soccer experience for fans of all ages. On July 26 and July 28, Spartan Stadium will be home to Soccer Celebration, a fun-filled entertainment area with attractions such as Human Foosball, Goalkeeper Challenge, the Long Distance Kick and more.





TV: Saturday, July 28, 2001, at 3:30 p.m. (EST), live on ABC Sports.

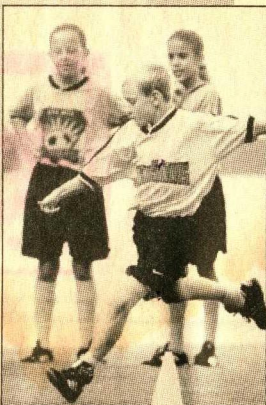
TICKETS: Individual tickets may be purchased (1) at Earthquakes home games, (2) by calling Tickets.com at (408) 998-2277, (3) in person at Tickets.com outlets at local Raley's and Knob Hill Food locations, or (4) online at www.sjearthquakes.com. Substantial discounts are also available for groups of 20 or more by calling the San Jose Earthquakes Box Office at (408) 985-STAR.

AUTOGRAPH SESSIONS: While at Soccer Celebration, fans can stumble upon their favorite Earthquakes and MLS All-Stars at the autograph sessions held prior to the start of the Skills Competition and the All-Star Game. And it's free, too!

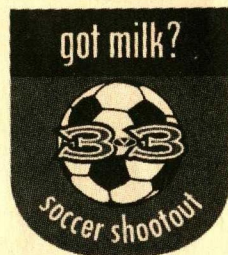
KELLOGG'S ALL-STAR BOWL: The best Under-14 Division II boys and girls teams in each MLS market will go at it over three days until a new Under-14 national champion is crowned. Admission to watch this tournament is free.

NEW YORK LIFE DRIBBLE, PASS & SHOOT™:

While MLS All-Stars look to pass the test of the Pepsi All-Star Skills Challenge, the youth fans of MLS will get the chance to prove their dribbling, passing and shooting abilities. The national finals of this popular competition will be held in Columbus, Ohio, in conjunction with MLS Cup 2001.



GOT MILK? 3V3 SOCCER SHOOTOUT: The official 3-v-3 tournament of Major League Soccer is hitting San Jose for two days as the competition makes its way through 70 U.S. cities. Short-sided fields, no goalkeep-



2001 MLS ALL-STAR SCHEDULE OF EVENTS

Dates & Times subject to change. All times Pacific.

TIME	EVENT	LOCATION
Wednesday, July 25 9:00 a.m.-5:00 p.m.	Kellogg's Bowl	Morgan Hill Complex
Thursday, July 26 9:00 a.m.-5:00 p.m. 5:00 p.m.-7:00 p.m. 5:00 p.m.-7:00 p.m. 7:30 p.m.-9:00 p.m.	Kellogg's Bowl MLS New York Life Dribble, Pass & Shoot™ Soccer Celebration Pepsi All-Star Pro Skills Challenge	Morgan Hill Complex Spartan Stadium Spartan Stadium Spartan Stadium
Friday, July 27 9:00 a.m.-5:00 p.m.	Kellogg's Bowl Finals	Morgan Hill Complex
Saturday, July 28 8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m. 10:00 a.m.-12:00 p.m. 12:30 p.m.-3:00 p.m.	got milk? 3v3 Soccer Shootout Soccer Celebration MLS New York Life Dribble, Pass & Shoot™ 2001 MLS All-Star Game	Morgan Hill Complex Spartan Stadium Spartan Stadium Spartan Stadium
Sunday, July 29 8:00 a.m.-6:00 p.m.	got milk? 3v3 Soccer Shootout	Morgan Hill Complex





2001 National Broadcast Schedule

APRIL

Sat. Apr. 7

CHI @ CLB 7:30 ES2

Sat. Apr. 14

DC @ CHI 9:00 ES2

Sat. Apr. 21

TB @ MET 3:00 ES2

CHI @ DAL 4:00 TEL

Sat. Apr. 28

LA @ MIA 4:00 TEL

CHI @ TB 4:00 ESP

MAY

Sat. May 5

MIA @ CLB 4:00 TEL

NE @ SJ 9:00 ES2

Sat. May 12

TB @ COL 4:00 TEL

LA @ MET 7:30 ES2

Sat. May 19

MET @ SJ 4:00 TEL

KC @ CHI 9:00 ES2

Sat. May 26

SJ @ CHI 4:00 TEL

JUNE

Sat. Jun. 2

CHI @ DC 2:00 ESP

LA @ CLB 4:00 TEL

KC @ TB 7:00 ES2

Sat. Jun. 9

DC @ DAL 1:00 ESP

KC @ MIA 4:00 TEL

LA @ SJ 10:30 ES2

Sat. Jun. 16

CHI @ KC 4:00 ESP

LA @ MIA 8:00 ES2

Sat. Jun. 23

MET @ LA 4:00 ESP

CLB @ DAL 8:00 ES2

Sat. Jun. 30

LA @ DAL 4:00 ESP

MET @ CHI 8:00 ES2

JULY

Sat. Jul. 7

DAL @ CLB 4:00 ESP

KC @ NE 8:00 ES2

Sat. Jul. 14

TB @ SJ 4:00 ESP

MIA @ LA 10:00 ES2

Sat. Jul. 21

DC @ MET 4:00 ESP

Sat. Jul. 28

All-Star Game 3:30 ABC

AUGUST

Sat. Aug. 4

MIA @ MET 8:00 ES2

Sat. Aug. 11

KC @ COL 4:00 TEL

Sat. Aug. 18

DC @ NE 4:00 TEL

TB @ LA 11:00 ES2

Sat. Aug. 25

CLB @ DC 2:00 ES2

CHI @ LA 4:00 TEL

SEPTEMBER

Sat. Sep. 1

CHI @ MET 4:00 TEL

Sat. Sep. 8

DC @ MIA 4:00 TEL

Sun. Sep. 9

CLB @ TB 5:00 ES2

Sat. Sep. 15

COL @ KC 4:00 TEL

Sun. Sep. 16

LA @ SJ 4:00 ES2

OCTOBER

Sun. Oct. 21

MLS CUP 1:30 ABC

TEAM KEY

CHI Chicago Fire

CLB Columbus Crew

COL Colorado Rapids

DAL Dallas Burn

DC DC United

KC Kansas City Wizards

LA Los Angeles Galaxy

MET MetroStars

MIA Miami Fusion

NE New England Revolution

SJ San Jose Earthquakes

TB Tampa Bay Mutiny

BROADCAST KEY

ABC ABC Sports

ESP ESPN

TEL Telemundo

ES2 ESPN 2

Schedule subject to change.
All times are Eastern Standard Time



CAN'T MAKE IT TO THE STADIUM?

Watch MLS action on Soccer Saturday.

Where did it happen?

Figure out the stadium where the following MLS events occurred:



A—Foxboro Stadium



B—Lockhart Stadium



C—Rose Bowl

1. This stadium, the first soccer-specific stadium in MLS history, opened on May 15, 1999, and will host MLS Cup 2001. ____

2. This was site of the Miami Fusion's first-ever game in MLS (March 15, 1998). It is currently the annual host of MLS Spring Training tournament. ____

3. This stadium saw D.C. United defeat the Los Angeles Galaxy twice in an MLS Cup final (1996, 1999). ____

4. The highest-scoring regular season game in MLS history happened here, a 7-4 victory for a current Western Division squad on May 6, 1998. ____

5. A crowd of 31,683 saw Eric Wynalda score the deciding goal in the first-ever Major League Soccer game in this stadium in 1996. ____

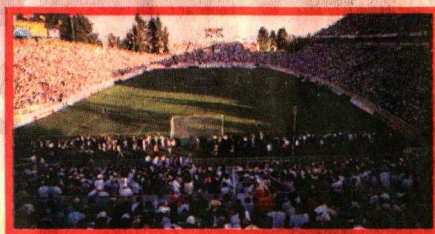
6. The largest crowd in MLS Cup history showed up in this venue on October 26, 1997, to watch D.C. United battle the Colorado Rapids. ____



D—Crew Stadium



E—RFK Memorial Stadium

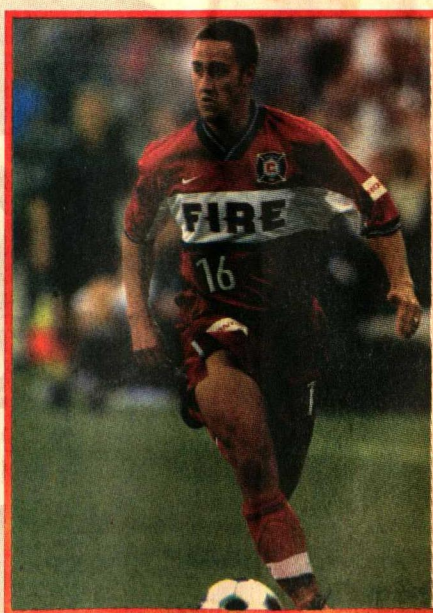
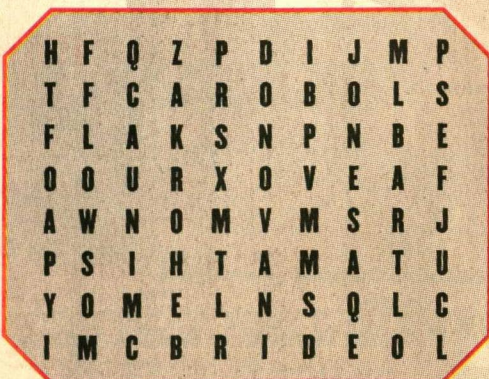


F—Spartan Stadium

MLS WORD SEARCH

Find the last names of these eight MLS players who are U.S. National Team members in the puzzle below:

Chris Armas (Chicago Fire), Clint Mathis (MetroStars), Josh Wolff (Chicago Fire), Eddie Pope (D.C. United), Landon Donovan (San Jose Earthquakes), Brian McBride (Columbus Crew), Cobi Jones (Los Angeles Galaxy), Carlos Llamasa (Miami Fusion)



Josh Wolff, Chicago Fire

DAVID J. PHILLIPS/SPORTS ILLUSTRATED

Answers to WHERE DID IT HAPPEN: 1. D, 2. B, 3. A, 4. C, 5. F, 6. E

**GREAT
TASTE**
with a
KICK

