



BIRMINGHAM LEGION FC

HOME



AWAY



EASTERN STANDINGS

KEYS TO THE MATCH

Birmingham Legion FC have recently signed defender AJ Paterson and midfielder Miguel "Miggy" Perez on loan from MLS side St. Louis City SC.

The Three Sparks have recently added Stefano Pinho from USL Championship club Indy Eleven and Mohamed Turay from Danish Superliga side OB.

MATCH INFO

COMPETITION: Match 1

DATE: Saturday, March 9, 2024

KICKOFF: 8:36 PM CT

LOCATION: Phoenix Rising Stadium - Phoenix, AZ

FORECAST: Partly Cloudy - H76/L52 - 2% Rain

WATCH: ESPN+, MY68

REFEREE: Elvis Osmanovis

ASSISTANTS: Darren Bandy, Stephen McGonagle

FOURTH: Adrian Gonzales

LEGION FC COMMUNICATIONS

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TEAM FORM



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MATCH PREVIEW

Birmingham Legion FC will begin the 2024 regular season this weekend against the 2023 USL Championship title winners, Phoenix Rising FC. Kick off at Phoenix Rising Stadium is set for 8:30 PM CT.

The last time these two clubs clashed was on April 4, 2023, the club fell 1-2 in Birmingham. Both teams have undergone numerous changes since then. Legion FC has recently added Miguel Perez, Mohamed Turay and AJ Paterson to its roster.

Former coach Carlos Azocar has left the club, promoting assistant coach Danny Stone to head coach. Phoenix has bolstered its roster this off-season after losing three key players. The most notable additions are MLS NEXT Pro co-Golden Boot winner Remi Cabral, 2023 College Cup winner Pape Mar Boye and Juventus FC academy product Guilio Doratotto.



2024 ROSTER - ALPHABETICAL



Name	No.	Position	Age	Pronunciation
AJ Paterson	20	Defender	28	
Alex Crognale	21	Defender	27	Crow-nya-lay
Dawson McCartney	11	Defender	25	
Diba Nwegbo	7	Forward	22	Dee- buh Nweg-Bo
Enzo Martinez	19	Midfielder		
Finn Calloway	47	Midfielder		
Jake Rufe	13	Defender		Roof
Kobe Hernandez-Foster	8			
Matt Vanoekel	1	Goalkeeper		Van-Oak-el
Matthew Corcoran	17	Midfielder		
Miguel Perez	28	Midfielder		
Mikey Lopez	5	Midfielder		
Mohamed Turay	77	Forward		
Moses Mensah	33	Defender		Men-Suh
Mujeeb Murana	4	Defender		
Phanuel Kavita	3	Defender		Phan-well Kuh-vee-tuh
Preston Tabort Etaka	23	Forward		
Prosper Kasim	10	Foward		Ku-seem
Stefano Pinho	29	Foward		
Trevor Spangenberg	18	Goalkeeper		SPANG-in-burg
Tyler Pasher	15	Forward		

Goalkeeper Coach – Matt VanOekel // Head Athletic Trainer – Ali Costello
Director of Team Operations – Justin McClary // Equipment Manager - Ari Del Orbe

2024 PLAYER BIOS



#1 - Matt VanOekel

HOMETOWN: Chesapeake, VA
POSITION: Goalkeeper

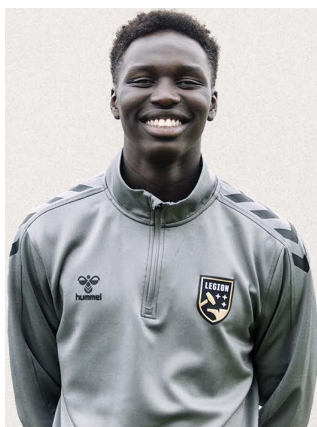
VanOekel made 22 appearances for Legion in 2023, he saved 60 of 93 shots faced, picked up four clean sheets, 15 clearances 14 catches, four punches. In his 33 appearances for Legion FC in 2022, VanOekel saved 87 of 122 shots faced, had 11 clean sheets (most in club career, 5th most in the League), 17 catches, ten punches, and 16 clearances. VanOekel made 27 appearances for the Three Sparks in 2021, and Legion's Defensive Player of the Year earned himself nine clean sheets (tied for 4th in USLC) and 84 saves (7=) with a 76.4% success rate enroute to a USLC All-League Second Team nod. In 14 appearances for Legion FC in 2020, MVO racked up four clean sheets (tied for 9th in USLC) and 36 saves (12th) for a goals against average of 1.21. He played for OKC Energy FC in 2018 and with Real Salt Lake in Major League Soccer in 2017.



#3 - Phaniel Kavita

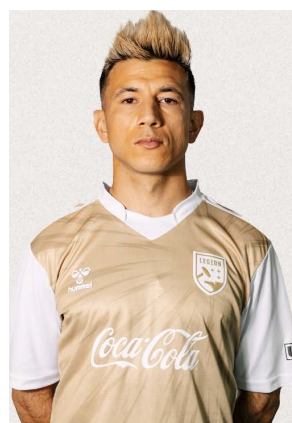
HOMETOWN: Lubumbashi, Democratic Republic of the Congo
POSITION: Defender

Kavita made 31 appearance for the Three Sparks in 2023, he earned himself two assists, and nine chances created. The defender made 1236 passes and improved his passing accuracy to 87.7 (first on the team). and had the second most clearances, 92. Kavita captained Legion in 2022, tying with forward Enzo Martinez for most appearances and starts (35). He registered 1,260 passes and maintained his dominant pass accuracy from 2021 with 86.4 (second on team). Furthermore, he had the second most clearances (99), the most blocks (35 — 1 per match), and was second in aerial duels (113). Team MVP in 2021, Phaniel Kavita thrived in his first season with Legion FC. Always making an impact, Kavita played in every game with 32 appearances and was only subbed-off once. He led the club with 25 blocks and an 87.7% passing accuracy. Additionally, he racked up 87 clearances and 33 interceptions. Kavita moved from Lubumbashi, Democratic Republic of the Congo, to join the Real Salt Lake Academy, before playing at Clemson University from 2011-2014. He started in all 81 games, won the 2014 ACC Tournament Championship, and was named to the All-ACC Tournament team.



#4 Ramiz Hamouda

Hamouda helped guide the U.S. Under-15 Men's Youth National Team to the 2023 Concacaf Boys' U-15 League A Championship Title last August where the side defeated Mexico 4-2 in the final at Estadio Olimpico Felix Sanchez Stadium in Santo Domingo of the Dominican Republic. Hamouda started in four of the six games, including the final against Mexico. One of the Generation Adidas Cup U15 Group Stage Best XI last summer with Sporting Kansas City Academy. Hamouda previously joined Sporting Kansas City Academy in 2020, making his way through the U-15 ranks in 2022. He attended his first USYNT training camp in January 2023.



#5 Mikey Lopez

HOMETOWN: Mission, TX
POSITION: Midfielder

Mikey Lopez made 19 appearances for the Legion, logging 946 minutes for the 2023 season. Lopez had a 83.9% passing accuracy and contributed k key passes.

Mikey Lopez, in his fourth year with the club during the 2022 season, made 32 appearances for the Three Sparks. He registered 1,260 passes (83.7 passing accuracy), 49 interceptions, 234 duels, and 128 duels won.

Lopez made 27 appearances for the Legion during the 2021 season with a role as both an attacker and defender. The Mexican-American scored two goals and was a tactical presence on the pitch, garnering four assists for the Legion to tie for second most on the squad. His outside-the-box goal against his former club OKC Energy secured Birmingham a draw. On the defensive side, Lopez led the team in tackles (63) and made 17 clearances, 27 interceptions and two blocks.

Lopez spent 2018 with San Antonio FC and the two seasons prior with New York City FC in MLS. Originally, Lopez was the 14th overall pick in the 2013 MLS SuperDraft to Sporting Kansas City. His time in Kansas City included loan moves to USL sides Orlando City SC and Oklahoma City Energy FC in 2014 and 2015.

2024 PLAYER BIOS



#7 - Diba Nwegbo

HOMETOWN: Acworth,
GA POSITION: Forward

Nwegbo joined the Three Sparks for the 2023 preseason as a trialist and after a stellar performance in a preseason friendly against Charlotte FC where he earned himself one goal and one assist he was signed a few days later. During Nwegbo's first season at Legion, he made 31 appearances and recorded 1403 minutes. The 22 year old was able to register three goals, three assists, 10 clearances and 21 tackles.

Nwegbo had standout collegiate career at the College of William & Mary and one stellar season in USL League Two leading the line for Vermont Green FC. Last summer, Nwegbo was one of the top goal scorers in League Two, bagging nine goals in just 12 games for Vermont. While he is set to graduate from W&M this spring, Nwegbo completed his time on the field this past fall, scoring nine goals, showing off more creative skill with 17 assists, and earning a spot on an All-Colonial Athletic Association Second Team and Third Team from 2019-2022. In high school, growing up in Acworth, GA, just northwest of Atlanta, Nwegbo played in Birmingham for Alabama FC in 2018-19 and totaled 17 goals and 10 assists en route to earning an invite to the 2018 ECNL National Training Camp and to a Under-17 Nigerian National Team camp.



#8 Kobe Hernandez-Foster

LA Galaxy signed Hernandez-Foster when he was 14 years old in 2016. During his time with the U-14 side, the striker recorded 24 goals, earning himself a promotion to the U-16 and later to the Galaxy II. After coming up through the LA Galaxy Academy, Hernandez-Foster made his professional debut with the Galaxy II as a late substitute in the 3-1 fall to OKC Energy FC in 2018. During his time with Los Dos, he began making his transition from striker to left-back. He recorded three appearances for Galaxy II, completing 90.2 per cent of his passes, and winning 66.7 per cent of all his tackles. In 2019 he won the Academy West Conference Player of the Year. Hernandez-Foster popped up on the US national radar, debuting for the USMNT U-17s in April 2018 at age 15. He featured at the CONCACAF U17 Championship in May 2019 as vice-captain, helping the US qualify for the FIFA U-17 World Cup appearing in six of seven matches and netting the opening goal vs. Barbados. German club, VfL Wolfsburg signed Hernandez-Foster in 2020, where he has made five appearances for the club's U19s, recorded two assists. He made his debut for the first team in a pre-season friendly win over Erzgebirge Aue on 6 July 2021. Most recently the Norwegian Eliteserien club, Hamarkameratene (HamKam) where he made 42 appearances.



#10 - Prosper Kasim

HEIGHT: 5' 10"
WEIGHT: 155
DOB: 12/15/1996
HOMETOWN: Accra, Ghana
POSITION: Forward

The Legion veteran made 32 appearances for the 2023 season. Kasim recorded two goals and six assists. Kasim led the squad in chances created (49). Kasim recorded two goals in the US Open Cup competition, most notably against Charlotte FC. The forward also played a contributing role in Legion's advancement to the USL Championship quarterfinals. During the 2022 season, club legend Kasim made 31 appearances, 24 starts, and 830 passes (80.2% passing accuracy). Additionally, he had the second most shots (50) and goals (nine), and got himself five assists to combine for the second most goal contributions (14). Kasim made 25 appearances for the Black and Gold in 2021. He racked up five goals to tie for third most on the squad and had two assists (4=). He produced 33 key passes and 33 shots with a 15.2% conversion rate. He played in 15 matches in 2020 and was tied for third on the team in goals and assists with three each, was third in shots with 20, and was fourth in chances created with 12. Kasim led BHM in minutes, shots, chances created, and regular season goals in 2019 to become season MVP.



#11 Dawson McCartney

McCartney was selected by the Portland Timbers in the second-round no. 43 overall pick of the 2021 MLS Super Draft. In 2022 the New Jersey native appeared in 22 matches for the Timbers 2, logged in 1,863 minutes, and registered three goals and four assists in MLS NEXT Pro competition.

McCartney racked up several accolades during a stellar collegiate career at Dartmouth starting in 2017 when he was named Ivy League Rookie of the Year, Top Drawer Soccer Freshman Best XI First Team, and All-Ivy Honorable Mention. McCartney finished the season with 17 appearances (14 starts), recorded 2 goals, and tied for a team-high of eight assists. In 2018 McCartney started in all 14 games and recorded three goals, and two assists, and was named to the All-Ivy Second Team. In 2019 during McCartney's junior year, he made 12 appearances, logged three goals, and led Dartmouth with four assists. McCartney transferred to the University of Notre Dame, where he led the Irish to their first ACC Championship and earned himself ACC Championship MVP honors in 2021. McCartney finished the season with seven goals, five being game-winning goals, and five assists.

2024 PLAYER BIOS



#13 - Jake Rufe

HEIGHT: 6' 2"
WEIGHT: 165
DOB: 01/22/1996
HOMETOWN: Huntsville, AL
POSITION: Defender

2023 served as the defender's third year with the club. Rufe finished the season with 23 appearances and garnered one assist, 12 chances created, 42 clearances, and 16 interceptions. The Alabama native earned Team of the Week honors in 2023, for his defensive efforts in a shutout win over Loudoun United FC at Protective Stadium in Week 16.

Rufe made 22 appearances in 2022, including ten starts. Rufe accumulated 26 clearances, 21 interceptions, and made 437 passes. During the 2020 and 2021 seasons, Rufe made 20 appearances and racked up 18 tackles, 14 interceptions, and five blocks. In 2021, Rufe scored an exhilarating goal from inside Legion's own half in the last minute of BHM's 3-1 win over Indy Eleven, winning him the Fan-Voted Legion FC Goal of the Year.



#15 Tyler Pasher

HEIGHT: 5' 9"
WEIGHT: 160
DOB: 04/27/1994
HOMETOWN: Elmira, Ontario, CA
POSITION: Forward

In 2023, Pasher made 19 appearances for Legion. The Canadian registered four goals and two assists. Pasher earned himself Team of the Week honors in week 2 and week 18. Birmingham Legion FC announced the signing of former USL Championship standout and Canadian Men's National Team forward Tyler Pasher on December 12, 2022. Pasher most recently made 36 appearances in Major League Soccer with the Houston Dynamo across the 2021 and 2022 seasons, scoring six goals and adding three assists. The 28-year-old popped up on the Dynamo radar after he parlayed a stellar 2020 campaign in which he scored 10 goals and added two assists in 15 matches with USLC side Indy Eleven into a spot on the All-League Second Team. The Canadian was a part of the national team set up at the youth level, and then was called up to the senior team ahead of the 2021 Gold Cup, a tournament in which he earned his first two international caps as Canada reached the semifinals.



#17 Matthew Corcoran

HEIGHT: 5' 11" WEIGHT: 154
DOB: 02/17/2006
HOMETOWN: Dallas, TX
POSITION: Midfielder

Corcoran had a standout 2023 season. The 17 year old made 29 appearances for the club and recorded one goal against the Pittsburgh Riverhounds and three assists. Corcoran was able to maintain a passing accuracy of 82.1%.

Birmingham Legion FC announced the signing of then 15-year-old midfielder Matthew Corcoran to his first professional contract on January 14, 2022. One of the top young prospects in America according to TopDrawerSoccer, Corcoran made 11 appearances, 106 passes, and maintained a passing accuracy of 86.8 % during the 2022 season.

He played with the Dallas Texans before signing for the FC Dallas Academy, where he helped the under-15's win the FC Bayern Adidas Campus Cup in Munich, Germany in 2019 and the Dallas Cup in 2021. The Texan then made his professional debut in April 2021 with USL League One side North Texas SC.



#18 - Trevor Spangenberg

HEIGHT: 6' 2"
WEIGHT: 190
DOB: 04/21/1991
HOMETOWN: Valparaiso, IN
POSITION: Goalkeeper

Spangenberg made 12 appearances for the 2023 season. Spangenberg saved 35 of the 54 shots he faced. He was able to record two clean sheets, seven clearances, 4 catches, three punches and had a pass accuracy of 78.2%. His most notable performances were in US Open Cup with his penalty shootout in the third round and his clean sheet in the round of 16 against Charlotte FC. During the 2022 season, Spangenberg made three appearances for Birmingham, saving five of the nine shots he faced. In Legion's first-ever home playoff match, Spangenberg subbed on when the game went to penalties and kept Legion's hopes alive with two back-to-back must saves.

2024 PLAYER BIOS



#19 - Enzo Martinez

HEIGHT: 5' 7" WEIGHT:
150 DOB: 09/29/1990
HOMETOWN:
Montevideo, Uruguay
POSITION: Midfielder

Enzo Martinez named to the All-League Second Team. He appeared in 33 of 34 games, dominating in the midfield which was key to the Three Sparks offensive attack. Martinez was a five-time member of the USL Team of the Week, including Player of the Week in Week 8. The Uruguayan midfielder earned his second consecutive selection with 10 goals and seven assists to drive the Black & Gold's attack. Three of his 10 goals were game-winning strikes, while two of his assists set up the game-winning goal. Martinez also won 40 tackles at a 66.7 percent and recorded 37 chances created.

Martinez was the MVP for the Three Sparks in 2022. He led in team stats with the most goals (15), shots (68), shots on target (37), assists (eight), tackles (63), tackles won (40) and chances created (70). Martinez joined Legion FC in January 2022 after six seasons with the USLC's Charlotte Independence. He is just outside of the top 50 in career appearances in the USLC (153), is 48th in minutes played (12,004), and is tied for 21st in regular season goals (44) and tied for 11th in regular season assists (30). He is one of just three players in USLC history to have bagged 40+ goals and 30+ assists in the regular season.



#20 AJ Paterson

HEIGHT: 6'2 WEIGHT:
DOB: 01/31/1996
HOMETOWN: Key
Largo, FL POSITION:
Defender

Paterson most recently played for USL Championship Eastern Conference title holders, Charleston Battery. During the 2023 season, Paterson made 25 appearances, registering 62 clearances, 19 interceptions, and two goals for the Battery.

Internationally, Paterson was called up to the Grenada National team for the first time in October 2018 before the Grenada's CONCACAF Nations League qualifier against Cuba. Since then, Paterson has been capped 20 times and recorded four goals. During the 2019-20 edition of the Concacaf Nations League, Paterson helped Grenada claim first place in Group A of League 'B' and was named captain for its final group game against Belize. Grenada claimed victory in League 'B' and earned the country both a place in the 2021 Concacaf Gold Cup and promotion to League 'A' in the 2022-23 edition of the Concacaf Nations League. The Florida native most recently captained for Grenada during the 2022-23 Nations League against the USMNT and El Salvador.



#21 - Alex Crognale

HEIGHT: 6' 5"
WEIGHT: 205
DOB: 08/27/1994
HOMETOWN: Columbus, OH
POSITION: Defender

Alex Crognale made 34 appearances starting in 33 matches for the 2023 season, logging in a total of 3,015 minutes. Crognale recorded seven key passes, three goals and 147 clearances.

Alex Crognale was crucial for Legion's impressive defense in 2022. He registered 33 appearances and 33 starts, 136 clearances (1st on team), 18 blocks (3rd), 53 interceptions (1st), and had the second most passes (1,527) on the club.

Crognale made 27 appearances in 2021 and led the team in clearances (113) while finishing with the third highest number of interceptions (41). He also had six shots on target and scored two goals. In 2020 he was BHM's 'Defender of the Year.' Crognale signed a homegrown contract with the Columbus Crew in 2016 and made 38 appearances from 2017 to 2019 in MLS and the U.S. Open Cup. He also played with USLC clubs Orange County and Indy on loans in 2018 and 2019. He grew up playing in the Crew academy before heading to the U. Maryland where he played in 73 games and scored 11 goals from 2013 to 2016.



#23 - Preston Tabort Etaka

HEIGHT: 5' 7" WEIGHT: 160
DOB: 06/10/1998
HOMETOWN: Bamenda,
Cameroon
POSITION: Forward

Etaka led the Championship with 76 completed dribbles in the 2023 regular season at a 54.7 percent success rate. He played a key role in the side's Eastern Conference Quarterfinal against the Tampa Bay Rowdies, scoring one goal and assisting one goal.

Birmingham Legion FC announced on August 22, the signing of former Las Vegas Lights FC player, Preston Tabort Etaka. Etaka joins Legion FC having previously competed in the Championship for Las Vegas Lights, New Mexico United, San Antonio FC and Hartford Athletic. This is his fifth season playing in the USL Championship. Etaka made 21 appearance for the Las Vegas side and contributed five goals and one assist. Internationally, Etaka has represented Cameroon in the U-20 level where he made three appearance at the African U-20 Cup of Nations in 2017.

2024 PLAYER BIOS



#24 Mujeeb Murana

HEIGHT: 5' 11"
WEIGHT: 154
DOB: 04/28/2005
HOMETOWN: St. Louis, MO
POSITION: Midfielder

Murana most recently spent time with Houston Dynamo where he signed a Homegrown contract becoming the 15th Dynamo Academy product to sign a contract with the senior team. He made his professional debut with the Dynamo in a 1-0 U.S. Open Cup win over Sporting Kansas City on May 10, 2023.

Murana joined the Dynamo after a season with the Houston Dynamo 2 in February 2022 as one of the four Academy products to join the inaugural roster. He made 23 appearances and recorded an assist in Dynamo's semifinal match against Tacoma Defiance. Murana joined the Dynamo Academy in 2012 and made his way through the ranks, becoming the captain of the U-19 team.



#28 - Miguel Perez

HEIGHT: 5' 11"
WEIGHT: 154
DOB: 04/28/2005 HOMETOWN:
St. Louis, MO POSITION: Midfielder

Birmingham Legion FC have acquired midfielder Miguel Perez on a season-long loan from Major League Soccer's St. Louis City SC. Perez became the second homegrown player in STL City's history after signing an MLS contract in 2023. Perez made 18 appearances, started in seven, and notched one goal for City. Perez signed his first professional contract on February 21 and four days later Perez played in City SC's 3-1 win against Austin FC — making him the first-ever academy graduate to play for the club in MLS regular season. Perez had first career MLS start at the Portland Timbers two matches later. Perez recorded CITY SC's first goal by a Homegrown in an MLS regular-season game on May 28. Perez also scored in CITY SC's fourth-round Open Cup match against Chicago on May 10.



#29 - Stefano Pinho

HEIGHT: 6'0
WEIGHT:
DOB: 01/12/1991 HOMETOWN:
São João Nepomuceno, Brazil
POSITION: Forward

Stéfano Souza Pinho is a Brazilian professional footballer who most recently played as a forward for Indy Eleven in the USL Championship. The Brazilian striker made his debut for the Legion on January 27 in a preseason friendly against MLS club Atlanta United.

Pinho appeared in 19 USL Championship matches in 2023 for Indy Eleven, making seven starts, recording one assist, and logging 631 minutes. During the 2022 season for Indy Eleven, Pinho had 32 appearances with 22 starts and recorded 2,000 minutes. He also led Indy Eleven in goals with 13 goals and had three assists. Before joining Indy Eleven, Pinho spent one season with Austin Bold FC in 2021 where he registered a goal and an assist in 25 matches. Pinho spent his youth through the ranks of Brazilian club, Fluminense FC and started his professional career on loan with Brazilian club Guaratingueta Futebol in 2012, Madureira Esporte Clube in 2013, and Finnish club MyPa in 2014. Pinho had a three-year stint in Asia, where played for the China League One side Xianjiang Tianshan Leopard in 2019 and for Saudi Arabia's Al-Washm in 20/21.



#33 - Moses Mensah

Position: Left back
Height: 6' 2" Weight:
160 lbs. Birthdate:
August 15, 1998
Age: 24 Hometown:
Cape Coast, Ghana

Moses Mensah is a returning player for the Legion, he had 30 appearances and 20 starts. He logged a total of 1,709 minutes with a 77.7% passing accuracy and 10 key passes. Mensah was able to record 30 clearances and 32 interceptions.

After featuring for the Ghanaian Under-18 National Team, Mensah racked up a number of accolades during a stellar collegiate career at Campbell University in Buies Creek, North Carolina, starting in 2019 when he was named Big South Freshman Player of the Year. He went on to start 72 of the 73 matches he played in while earning a spot on the All-Conference First Team four years in a row. The left back was also the first Campbell player in the University's 60-year history to be named to the All-South Region teams four times.

For his efforts in helping lead the Camels to two NCAA College Cup berths and rack up five Big South trophies, Mensah was named to the 2022 Mac Hermann Trophy Watch List and then earned an invite to the 2023 MLS Combine, before being drafted in the third round of this year's MLS SuperDraft by Real Salt Lake.

2024 PLAYER BIOS



#47 - Finn Calloway

HEIGHT: 5' 10"
WEIGHT: 160
DOB: 9/1/2006
HOMETOWN:
Birmingham, AL
POSITION:
Midfielder

The Birmingham native is the fourth local player to sign a USL Academy contract with the Legion. Calloway, 17, played for Mountain Brook High School his freshman and sophomore year, won state championship in 2022 and selected First Team All-Metro. Calloway also played for Alabama FC ECNL for 4 years and has been selected First Team All-Southeast Conference (2022) and ECNL National selection game at an ECNL showcase (2022).



#77 - Mohamed Buya Turay

HEIGHT: 5' 10"
WEIGHT: 160
DOB: 01/10/1995
HOMETOWN:
Freetown, Sierra Leone
POSITION:
Forward

Mohamed Buya Turay is a Sierra Leonean professional footballer who played as a forward for Danish Superliga side Odense Boldklub, where he recorded three goals and made 16 appearances. Prior to being with Odense Boldklub, Turay transferred to Sweden's Allsvenskan club Malmo FF from Chinese Super League Henan Songshan Longmen.

Internationally, Turay was called up to the Sierra Leone National Team for the first time in June 2017. In August 2019, Turay played in both legs of the World Cup Qualifying round against Liberia. In 2020 Turay played in both matches against Nigeria in the African Cup of Nations qualifications, the match ended in a 2-2 draw. Turay made his debut for the Legion on January 27 in a preseason friendly against MLS club Atlanta United.

TECHNICAL STAFF

TOM SOEHN - HEAD COACH/TECHNICAL DIRECTOR



Coach Soehn joined Legion FC as the club's first-ever head coach in 2019 and led the team to the playoffs in both of its first two seasons. As a prior MLS Coach of the Year nominee, Soehn is a well-known and respected name in American professional soccer circles. Most recently, he served as a scout for the Columbus Crew, after spending four years as an assistant coach and interim head coach with the New England Revolution.

Soehn was named the Vancouver Whitecaps first Director of Soccer Operations in 2010, where he developed and managed the club's inaugural roster, player scouting, and identification and recruitment system as the club prepared to enter the MLS in 2011.

Soehn's most successful years coaching came in his time with D.C. United from 2004-2009. He won an MLS Cup and Supporter's Shield as an assistant coach before claiming a second Shield and a U.S. Open Cup championship as head coach.

DAN BARLOW - DIR. SPORTS SCIENCE & PERFORMANCE



Barlow also joined Legion FC in 2019 following a year as Strength and Conditioning Coach with the United States Men's National Team. In 2018, he was also the Strength and Conditioning Coach for a fellow USL Championship team, the Charlotte Independence.

He too brings prior MLS experience, having joined Legion FC President/GM Jay Heaps and Head Coach/Technical Director Tom Soehn in New England in 2017 as the Strength and Conditioning Coach for the Revolution. He also helped Real Salt Lake win an MLS Cup Championship, two Conference Championships, and appearances in the U.S. Open Cup and CONCACAF Champions Cup finals as Strength and Conditioning Coach and then Director of Sports Science and Performance from 2007 to 2016.

Barlow's career began with his alma mater, the University of Maryland, as S&C Coach. He later founded Barlow Consulting and spent time with the Heiden Institute for Sports Science and Human Performance.

ASSISTANT COACHES



ERIC AVILA
FIRST TEAM ASSISTANT COACH



BRAEDEN CLOUTIER
**ASSISTANT COACH &
ACADEMY DIRECTOR**



LEGION FC 2024 USLC STATISTICS



NEWS & NOTES



TEAM OF THE WEEK HONORS

US OPEN CUP RUN

Second Round - 4-1 W - Apr. 5 at Chattanooga Red Wolves
- Goals from Juan Agudelo (x2), Diba Nwegbo, Collin Smith
- XI: Spangenberg; Rufe, Reveno, Kavita (C), Mensah; Corcoran, Smith, Kasim; Dupont, Agudelo, Nwegbo

Third Round - 1(4) - 1(3) W - Apr. 26 vs Chattanooga FC
- Goal from Prosper Kasim, Won 4-3 on penalties
- XI: Spangenberg; Smith, Crognale, Reveno, Mensah; Asiedu, Corcoran, Martinez; Kasim, Agudelo, Nwegbo

Fourth Round - 3-0 W - May 10 vs Memphis 901 FC
- Goals from Juan Agudelo, Enzo Martinez, Tyler Pasher
- XI: Spangenberg; Smith, Crognale, Kavita, Alves; Lopez, Asiedu, Martinez; Kasim, Agudelo, Pasher

Fifth Round - 1-0 W - May 24 vs Charlotte FC
- Goal from Prosper Kasim - First win over MLS opponent in club history - XI: Spangenberg; Alves, Crognale, Kavita (c), Smith; Asiedu, Kasim, Lopez; Pasher, Agudelo, Martinez

UNAVAILABLE FOR SELECTION

ROSTER PRONUNCIATION GUIDE

Alex Crognale		Crow-nya-lay
Diba Nwegbo	Dee-buh	Nweg-Bo
Jake Rufe		Roof
Matt VanOekel		Van-Oak-el
Moses Mensah		Men-Suh
Phanuel Kavita	Phan-well	Kuh-vee-tuh
Prosper Kasim		Kuh-seem
Tommy Soehn		Sewn
Trevor Spangenberg		SPANG-in-burg



2024 LEGION FC STARTING LINEUPS





2024 LEGION FC USLC SCHEDULE



Sat, Mar 9	9:30pm CT	Phoenix Rising FC	Legion FC	
Sat, Mar 23	:00pm CT	Hartford Athletic	Legion FC	
Sat, Mar 30	4:00pm CT	Louisville City FC	Legion FC	
Sun, Apr 7	4:00pm CT	Legion FC	Loudoun United FC	
Sun, Apr 14	5:00pm CT	North Carolina FC	Legion FC	
Sat, Apr 20	8:00pm CT	Miami FC	Legion FC	
Sat, Apr 27	6:30pm CT	Memphis 901 FC	Legion FC	
Sat, May 4	6:30pm CT	Legion FC	FC Tulsa	
Sat, May 11	7:30pm CT	Tampa Bay Rowdies	Legion FC	
Wed, May 15	6:00pm CT	Charleston Battery	Legion FC	
Sat, May 25	9:00pm CT	Sacramento Republic	Legion FC	
Sat, June 1	9:00pm CT	El Paso Locomotive	Legion FC	
Sat, June 9	6:00pm CT	Legion FC	Indy Eleven	
Wed, June 19	7:00pm CT	Legion FC	San Antonio	
Wed, June 26	7:00pm CT	Detroit City FC	Legion FC	
Sat, June 29	6:30pm CT	Legion FC	Louisville City FC	
Fri, July 5	6:30pm CT	Charleston Battery	Legion FC	
Sat, July 13	6:30pm CT	Legion FC	Colorado Springs	
Wed, July 17	7:00pm CT	Legion FC	Rhode Island FC	
Sat, July 20	9:00pm CT	New Mexico	Legion FC	
Sat, July 27	8:30pm CT	Orange County	Legion FC	
Sat, Aug 3	6:30pm CT	Legion FC	Hartford	
Sat, Aug 10	9:00pm CT	Monterey	Legion FC	
Fri, Aug 16	7:00pm CT	Legion FC	Detroit City FC	
Sat, Aug 24	6:30pm CT	Legion FC	Pittsburgh	
Sat, Aug 31	8:00pm CT	Rhode Island	Legion FC	
Wed, Sept 11	7:00pm CT	Legion FC	Tampa Bay Rowdies	
Sat, Sept 14	7:00pm CT	Loudoun	Legion FC	
Sun, Sept 22	4:00pm CT	Legion FC	Miami FC	
Sun, Sept 28	7:00pm CT	Pittsburgh	Legion FC	
Sun, Oct 6	4:00pm CT	Legion FC	North Carolina	
Sun, Oct 13	4:00pm CT	Legion FC	Las Vegas	
Sat, Oct 19	7:00pm CT	Indy Eleven	Legion FC	
Sat, Oct 26	9:00pm CT	Oakland	Legion FC	