Black and Gold Player Spotlight:

Football’s Fred Williams a leader on defense

By Nick Phillips

Bio of the week

Freddy Williams

Year - Redshirt-Junior

Sport - Football

Position - Linebacker

Hometown - Fayetteville, N.C.

Major - Information Technology

Outside the Lines:

Forsman finds similarities on the pitch

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Fanny Forsman follows through on a kick last season. Forsman is one of four Swedish players on the Lady Braves roster.

Forsman sends a ball upfield last season. Forsman is one of four Swedish players on the Lady Braves roster.

UNCP women’s soccer player Fanny Forsman is an ocean away from family and friends, but the junior defender has found herself in Pembroke.

Forsman finds similarities on the pitch

But Forsman is quick to point out the differences in the United States game and the Swedish style.

“Soccer in Sweden and here are not the same,” Forsman said.

“The soccer played in Sweden is more technical, while the soccer here (in America) is more physical,” she added.

Forsman is one of four Swedish players on the UNCP roster, which also has two additional players from overseas as well.

Forsman acknowledged that having several other players from Sweden has helped her to mix the two different styles of soccer as she adjusted to the college and American game.

Despite the different style of game, the structure remains the same. Off the pitch, things are different.

Forsman said there are not that many similarities between the United States and Sweden, as everything from the food, to the weather, to the people are different.

But soccer, like any other sport, has the ability to transcend cultures and barriers.

In the classroom, Forsman is a two-time Peach Belt Conference Honor Roll selection for her academic efforts, and she is currently deciding on whether or not to go to graduate school.

“I'm thinking about going to graduate school, but I am not sure, yet. First of all, I need to decide if I want to stay in the U.S. or not,” Forsman said.

“If I stay, I would like to try out for a team here since I don't want to quit playing soccer. If I move to Sweden, I'm sure I'm going to play soccer and probably try to get a job,” she added.

Between soccer practices or games and being a part of UNCP’s School of Business, Forsman said she has little time for anything else. Off campus, she likes the beaches of the Carolinas and said that she loves New York City, widely known as the center of the world.

“I like that everyone in the U.S. is so friendly. In Sweden people are more reserved so that is new to me,” Forsman said of American culture.

And while most students on campus have the option of going home to see family and friends or having them come visit campus, Forsman obviously doesn’t have those options.

Despite that, the distance isn’t a problem for her.

“We talk on Skype almost every week so it’s not a problem for me,” Forsman said.

She added that she returns home over Christmas break as well as during each summer.

Who/what are your biggest inspirations, in football and life?

My family inspires me the most to play the game of football. At every game seeing how happy they are with their faces glowing, smiling from ear to ear because they see their little brother, their son do something he loves to do. No one on this earth knows what I have been through but my family, and I thank them for everything they have done for me.

What is your most exciting football moment?

My most exciting football moment will always be back when I was a junior in high school - having a goal line stand against Pine Forest to help Terry Sanford win the two Rivers Conference which hadn't been done in 20 years prior to that. Here at UNCP it would be something that just happened on Sept. 3 - beating FSU three years in a row to keep the Two Rivers Classic trophy here in Pembroke.

What do you do personally before a game?

Before a game, I get tape and I have a tradition of always going out on the field no matter where we are so I can get a feel for it. After about 10 minutes, I'll come back inside, turn my music on, close my eyes for about 15-20 minutes and just visualize everything that can and will happen during the game and picture myself in the right spot.

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This past summer, Forsman had the opportunity to return home over Christmas break.

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