

Rashawn Lamar
U10 - U12 Boys Director

"Shawn brings a deep passion for developing an understanding for the game of soccer," says Buck Lally (Hammer FC General Manager). For the past several years, Shawn has been in the Tampa, FL area training with various clubs and operating his own speed and agility training business, FRL Speed. Shawn left the Tampa area from 2006-2007 to work with the TSC-Texans of Houston, Texas. While there, he trained, coached and managed several teams, ages U11-U14.

Until very recently, Shawn was a very busy and prolific player. He played collegiately at Coker College (Hartsville, SC) from 1997-2001, where he was a 1st Team All-Conference player for two years (Carolinas-Virginia Athletic Conference), and the conference's leading scorer with 15 goals (16 games) in 1999. Upon leaving Coker, Shawn moved to Florida where he played several years in the USL for both the Cocoa Expos and the Tampa Bay Nighthawks. In 2006, he played in the Faroe Islands for KI Klaksvik.

In addition to his soccer background, Shawn has worked for several years with the Nike Sparq training program in camps and the evaluation of collegiate and professional athletes. He has also worked for Velocity Sports Performance as a speed and agility coach/trainer. Shawn has a B.A. in Exercise Science and Fitness Programming and is a certified Speed and Agility trainer. He also holds a USSF 'C' License.

Shawn will begin his career with Hammer FC on August 9th. Please welcome Shawn when you see him during preseason training.