



PRIDE SOCCER CLUB

APRIL 2024



WELCOME TO OUR

Monthly Newsletter

SPRING IN FULL SWING!



Hello, Pride!

We are in the thick of Spring here in our Pride Community and there are amazing things happening. Good luck to everyone as you finish strong on your Spring seasons!

We also are getting ready for the start of our tryout season coming in May. Please read on for all the info on our tryout dates and Summer programming!

In this newsletter you will find:



Tryout schedules info meetings, Summer camp dates/offerings, sponsorship updates, WPSL & USL, Spring successes and program highlights, monthly DOC feature, college commitments, player invites, volunteer opportunities and Switchbacks schedule.



TRYOUTS

Competitive & ECNL/RL

REGISTER HERE



GIRLS

Competitive

Who: 2014-2006 birth years

Where: El Pomar Sports Complex

Dates: May 28th, 29th, 30th

Times: TBA, [check Pride's website here](#)

ECNL - RL

May 5th - Pride Complex

2010s - 3-5 PM (Field 2)

2009s - 5:30-7:30 PM (Field 2)

2008s - 4-6 PM (Field 3)

2006/07s - 6-8 PM (Field 3)

May 11th - Pride Complex

2012s - 2-4 PM (Field 1)

2011s - 4-6 PM (Field 2)



LEARN MORE

RL INFO MEETING

May 2nd
Scheels
2012s - 6 PM
2011-2007s -
7:15 PM

RISING U11 INFO MEETING

April 25 & May 9
Scheels
6:30 PM

*No registration needed

BOYS

Competitive

Who: 2014-2011 birth years

Where: Pride Complex

Dates: May 28th, 29th, 30th

Times: TBA, [check Pride's website here](#)

ECNL & RL

Who: 2010-2006 birth years

Where: Pride Complex

Dates: June 1st & 2nd

Times: TBA, [check Pride's website here](#)



LEARN MORE

ECNL & RL INFO MEETING

May 20th
6 PM @ Scheels

RISING U11 INFO MEETING

April 25 & May 9
6:30 PM @
Scheels

*No registration needed

TRYOUTS

Junior Academy & Staff Info

REGISTER HERE



JUNIOR ACADEMY

Girls

May 20th & 22nd

Where: Pride Complex, Field 4

2016/17s - 5-6:15 PM

2015s - 6:30-7:45 PM

Boys

May 21st & 23rd

Where: Pride Complex, Field 4

2016/17s - 5-6:15 PM

2015s - 6:30-7:45 PM

» LEARN MORE

**JUNIOR
ACADEMY INFO
MEETING**

April 22nd & May
6th
6:30 PM @ Scheels



**TRYOUT
QUESTIONS**

ASK OUR
DIRECTORS!

[CLICK HERE FOR MORE
INFO & CONTACT INFO](#)



Brian Contreras

SENIOR BOYS & U9-14
DIRECTOR OF COACHING



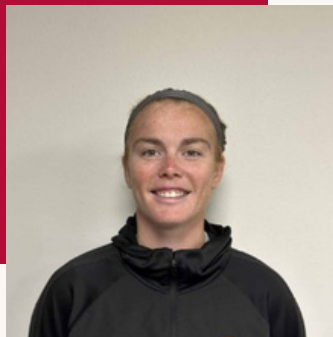
Paul Davison

U15-14 BOYS DIRECTOR
OF COACHING



AJ Adcock

SENIOR GIRLS & U11-14
DIRECTOR OF COACHING



Lizzie Hornack

U15-19 GIRLS DIRECTOR
OF COACHING



Hannah Levett

GIRLS U8-U10 JUNIOR
ACADEMY DIRECTOR



SCHEELS®

EMPLOYEE OWNED

FT. AJ ADCOCK AS
THE GUEST SPEAKER

HUGE SHOUT OUT!

THANK YOU SCHEELS OF COLORADO SPRINGS!

Pride Soccer appreciates our main jersey sponsor, Scheels, for giving us the opportunity to use their conference room to make our Pride community better.

PARENTS!! TRYOUT INFO
MEETINGS TO BE HELD IN THE
SCHEELS CONFERENCE ROOM

Address: 1226 Interquest Pkwy,
Colorado Springs, CO 80921





MARCH WAS ATHLETIC TRAINING MONTH

**Pride's
commitment:**
Giving you access
to the best care so
you can return to
play ASAP!

Our partnership
with Children's
gives you access
to world class
health care &
athletic training!

Jacob Dean
(Jake) is Pride's
AT and works
out of the
RED SHED
at the Pride
Complex.

What is an Athletic Trainer?

A certified athletic trainer (AT) is a healthcare provider trained in injury and illness prevention, clinical evaluation and diagnosis, and immediate and emergency care. They also specialize in the treatment and rehabilitation of sports-related injuries in athletes. Athletic trainers are helpful in a variety of roles and settings, including physician practices and community outreach through high school and youth sports organizations.

What does having a certified AT mean for you as a student athlete?

- Free injury assessments and recommendations for follow-up care
- Injury management and prevention
- Functional rehabilitation
- Access to sports medicine education and resources



Jacob Dean, LAT, ATC

jacob.dean@childrenscolorado.org

[Click here to view our list of locations →](#)

**SPORTS MEDICINE
CENTER**
 Children's Hospital Colorado

GET TO KNOW OUR AT!!

JAKE WAS AN ATHLETE & CONTINUES HIS CAREER IN THE SPORTS WORLD!

Q: WHAT IS YOUR FAVORITE PART OF BEING AN ATHLETIC TRAINER?

A: I LOVE THAT I'M THE MIDDLE MAN OF TWO FANTASTIC ORGANIZATIONS IN PRIDE AND CHILDREN'S HOSPITAL. IT ALLOWS ME TO HELP ALL OF OUR PRIDE ATHLETES AND FAMILIES IN SO MANY WAYS AND I THINK IT MAKES A HUGE IMPACT.

Q: WHAT DO YOU LIKE TO DO WHEN YOU ARE OFF THE FIELD?

A: I SPEND MOST OF MY TIME WITH MY TWO KIDS. WE LIKE TO GO TO PARKS AROUND TOWN, TRY NEW SPORTS, OR PLAY VIDEO GAMES AT HOME.

Q: WHAT TEAMS DO YOU ROOT FOR?

A: I WAS BORN AND RAISED IN PA, SO THE STEELERS & PENN STATE (ALUMNI)



PLAYED 3 SPORTS GROWING UP & RAN CROSS COUNTRY IN COLLEGE

AVA



AUSTIN

HEATHER

Q: WHAT IS ONE PIECE OF ADVICE WOULD YOU GIVE A YOUNG ATHLETE?

A: ADVOCATE FOR YOURSELF. IN THE WORLD OF ATHLETIC TRAINING, IT WOULD MEAN TO SPEAK UP TO YOUR PARENTS OR COACHES WHEN SOMETHING'S NOT FEELING RIGHT OR YOU THINK AN INJURY IS GETTING WORSE AND YOU NEED HELP. BUT IT ALSO APPLIES TO LIFE, AS A LOT OF OUR ATHLETES TRANSITION INTO BEING YOUNG ADULTS AND FIND THEIR OWN VOICE.



Mental Health Town Hall

Tuesday, April 23rd | 6:00-7:00 pm | Virtual Meeting
Free and open to the public

Hosted by Children's Hospital Colorado

Presented by: Collette Fischer, PhD, Marissa Nunes Moreno, PhD,
and Ashley Hayduke, Psy.D

Moderated by: Jessica Hawks, PhD, Child and Adolescent
Psychologist



[REGISTER HERE](#)



MENTAL HEALTH & WELLNESS RESOURCES

Things can be hard. Here are some resources if you feel like you or your child need some help.

[PEDIATRIC MENTAL HEALTH CARE INSTITUTE - CHILDREN'S HOSPITAL OF COLORADO](#)

[PIKES PEAK PUBLIC LIBRARY RESOURCES ON MENTAL HEALTH & TOUGH TOPICS](#)

[HELPING HANDS COMMUNITY RESOURCES](#)

[PIKES PEAK SUICIDE PREVENTION RESOURCES](#)

May is **Mental Health Awareness** Month - Let's get prepared!



MENTAL HEALTH AWARENESS MONTH

LOOKING FOR THERAPY FOR YOUR CHILD?
DON'T KNOW WHERE TO START?
DON'T THINK YOU CAN AFFORD IT?

[I MATTER CAN HELP](#)



6 free sessions / child

YEAR 3



TAYLYNN LEVI
SOPHOMORE, UCCS
PRIDE PREDATORS 05G

YEAR 3



CALI FUHR
SENIOR, SCHOOL OF MINES
PRIDE PREDATORS 04G

COLORADO PRIDE - WPSL

COME CELEBRATE OUR WOMEN'S PROGRAM TEAM THIS SUMMER!

Colorado Pride is the premier program in Colorado Springs for youth girls and women to compete during the summer in the WPSL league. The team has been built on a tradition of success that is grounded in the principles of community, access and development!

[CHECK OUT OUR WEBSITE FOR MORE INFO](#)

HOME GAMES:
 EXHIBITION MAY 18TH @ 11AM
 MAY 25TH @ 6PM
 JUNE 2ND @ 6PM
 JUNE 5TH @ 7PM
 JUNE 13TH @ 7PM
 VENUE - UCCS STADIUM



Single Match
 Adult \$5
 Child \$3

Packages (all games)
 Family pack \$35
 Single pack \$15



MAKING MEMORIES!!

SPRING HIGHLIGHTS FOR
RECREATIONAL, PRE-ACADEMY
& COMPETITIVE SOCCER



U9 BOYS COACHED BY COPA 06B RL
PLAYERS: **LINCOLN VALENTINE,
RYAN VSETECKA, EVAN JONES &
ASHER MULLINS!** GOOD LUCK THIS
SEASON, BOYS!



**GIRLS
PRE-ACADEMY**



**DRESS UP DAY AT SPRING
BREAK REC. CAMP**



**UNITED 10B TAKE 2ND PLACE
AT PHX CUP! CONGRATS!**



BOYS PRE-ACADEMY

Recreational & ECNL games



08B PREDATORS VS
FC TUSCON



09B PREDATORS





PRIDE Summer Camp Lineup

COMPETITIVE GIRLS & BOYS CAMPS

Girls Summer College ID Camp
June 7th [Full coaches list & to register](#)

Girls Competitive Camps
June 10-14th & July 8-12th
[Full details & to register](#)

Striker/Keeper Camp - July 15-18th
[Full details & to register](#)

Boys Elite & Premier Training Camps
July 8-12th
[Full details & to register](#)

Goalkeeper Camps
June 4-7th & June 17-20th
[Full details & to register](#)

JUNIOR ACADEMY & RECREATIONAL CAMPS

June Rec. Skills Camp
June 10-14th
[Full details & to register](#)

U8-U10 Preseason Skills Camp
July 8-12th
[Full details & to register](#)

July Rec. Skills Camp
July 15-19th
[Full details & to register](#)

July Rec. Skills Camp South
July 22-25th
[Full details & to register](#)

Goalkeeper Camps
June 4-7th & June 17-20th
[Full details & to register](#)



CONTINUE TO CHECK OUR [WEBSITE](#) FOR UPDATED CAMP INFO!!



COERVER COLORADO

PRIDE PLAYERS -
10% OFF SUMMER CAMPS
CODE: PSC24

DETAILS

Colorado Springs 1
Cottonwood Creek
June 17-21

Colorado Springs 2
Cossage Park
July 15-19

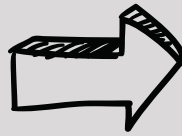
ACTIVITIES

- Ball Mastery and Moves
- Enhance 1v1 Creativity
- Improve Passing Precision -
- Weak Foot Focus
- Boost 2v2/3v3 Decision Making
- Strengthen Shot Technique
- ...AND MUCH MORE!

**Register Now -
10% Coupon
Expires May 15th**

VISIT THE WEBSITE FOR MORE DETAILS & TO REGISTER

APRIL STAFF HIGHLIGHT



AJ ADCOCK

MEET AJ ADCOCK, OUR SENIOR GIRLS DIRECTOR, U11-14 DIRECTOR & ECNL DIRECTOR (AKA. HE DOES IT ALL)

Q: WHY DO YOU DO WHAT YOU DO?

A: I LOVE THE GAME OF SOCCER AND WANT TO MAKE SURE PLAYERS ARE CHALLENGED TO REACH THEIR POTENTIAL AND AT THE SAME TIME, GROW TO LOVE IT AS I HAVE.

Q: WHAT IS YOUR FAVORITE SOCCER MEMORY?

A: ATTENDING THE 1998 WORLD CUP WITH MY BROTHER AND PARENTS TO WATCH THE US PLAY GERMANY (JURGEN KLINSMANN SCORED IN THAT GAME)

Q: IF YOU COULD SPEND A DAY WITH ONE FAMOUS PERSON WHO WOULD IT BE?

A: MAX HOMA, SUPER COOL PRO GOLFER



ONE OF AJ'S FAVORITE WORKOUTS - MANITOU INCLINE

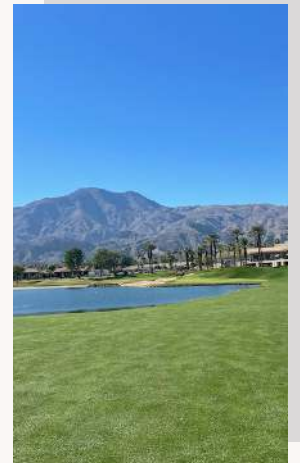


FACTS ABOUT AJ :
 HOMETOWN - WOODSTOCK, GA
 PLAYED 4 SPORTS GROWING UP, INCLUDING SOCCER
 FAVORITE GAMES NOW: GOLF & CHESS

Brother - Brad



STREAMSONG GOLF COURSE
 BOWLING GREEN, FL



PGA WEST
 PALM SPRINGS, CA

THINGS AJ LIKES TO DO OFF THE FIELD

- PLAY GOLF
- WORKOUT
- WATCH THE SBS
- WATCH HIS GIRLFRIEND COMEPETE IN HORSESHOWS
- TRAVEL
- PLAY CHESS



Hi, I'm Susan



SPORTS TEAMS/PLAYERS AJ SUPPORTS



SWITCHBACKS!!!!

COME REP PRIDE THIS YEAR AT WEIDNER FIELD

Use Pride's exclusive code PRIDE24 to get discounted individual & team packages for games this year. Scan the QR code to get started!!





Player invites



CONGRATS!!



SKYLAR ANGELIDIS
PREDATOR 10G



CALEB JACKSON
PREDATOR 12B



**US YOUTH
SOCCER**

Olympic Development Program (ODP) -
West Region Invitees - Summer Regional
ID Camp
Salt Lake City, UT

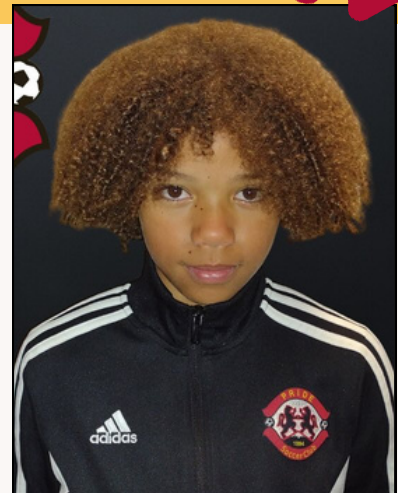


BRAEDAN CONTRERAS
PREDATOR 11B



U-14 US National Training Center
Invitee - March
Atlanta, GA

CAETANO SENDE
PREDATORS 10B





Sabrina DeHart
HASTINGS COLLEGE (NAIA)



Talon Wagner
GEORGE FOX UNIVERSITY (D3)

College Commitments 2024

HUGE CONGRATS TO ALL OUR SENIORS
HEADED OFF TO PLAY IN COLLEGE!



Sean Bratkowsky
SANTA CLARA UNIVERSITY (D1)



Dillon Clarke
UCCS (D2)



Ryan Ellsworth
BIOLA UNIVERSITY (D2)



Volunteer opportunities

WORK THESE EVENTS TO HELP
PAY PRIDE FEES

WORLD ARENA APRIL 26 MONSTER JAM 5PM
WORLD ARENA APRIL 27 MONSTER JAM 11AM
WORLD ARENA APRIL 28 MONSTER JAM 11AM
WEIDNER JULY 4 SWITCHBACKS 4PM

WEIDNER JULY 19 SWITCHBACKS JASON ALDEAN CONCERT TIME
TBD - WAITLIST BUT TAKING ADDITIONAL FOR WAITLIST

SWITCHBACKS GAMES ARE WAITLIST ONLY BUT PLEASE RESPOND
WITH GAME DATES IF YOU'D LIKE TO BE ADDED TO THE WAITLIST.

ADDITIONAL EVENTS IN JULY/AUGUST/SEPTEMBER COMING
SOON!

EMAIL KRISTIN MEZEY IF INTERESTED
volunteer@pridesoccer.com

