



PRIDE SOCCER CLUB

MARCH 2025



WELCOME TO OUR

Monthly Newsletter

Getting ready for Spring soccer!



Hello, Pride!

Spring season (& weather!) is here!! We are so excited to watch our teams and coaches have success this Spring in all the leagues, tournaments and camps we are a part of!! Keep reading for more info! Enjoy!

In this newsletter you will find:

↓
Tryout/player placement info, Update on birth year change, New Referee Abuse Policy Info, Upcoming programming, Pride on the Move Highlights, Sponsorship Materials, Switchbacks' Pride Discount, Kukiko's Story, Staff Highlight, WPSL Sponsorship Opportunities, Referee Course Recap, US Senior Open



2025-26 TRYOUTS

Competitive & ECNL/RL



**G
I
R
L
S**

Competitive

Who: 2015-2007 birth years

Where: El Pomar Sports
Complex

Dates: May 27th, 28th, 29th

Times: Announced soon!

ECNL-RL

Who: 2013-2007

Where: TCA High School

Who: U13-U19 teams

Date: May 4th

Times: Age group times
announced soon!

» LEARN MORE

RL INFO MEETING

May 1st, 6:30 PM
Scheels

RISING U11 INFO MEETING

#1 April 15
Weidner Stadium
(Phil long Suite)
5:30-7 PM

#2 May 8
Scheels
6:30-8 PM

*No registration
needed

**B
O
Y
S**

U11-U13

Who: 2014-2012 birth years
*ECNL, ECNL-RL &
Competitive team selection*

Where: Pride Soccer
Complex

Dates: May 27, 28, 29

Times: Announced soon!

U15-U19

Who: 2011-2007 birth years
*ECNL, ECNL-RL &
Competitive team selection*

Where: Pride Complex

Dates: May 31 & June 1

Times: Announced soon!

» LEARN MORE

ECNL & RL INFO MEETING

May 19th
5:30 PM
@ Library 21c

RISING U11 INFO MEETING

#1 April 15
Weidner Stadium
(Phil long Suite)
5:30-7 PM

#2 May 8
Scheels
6:30-8 PM

*No registration
needed

PLAYER PLACEMENT

Junior Academy & Staff Info



JUNIOR ACADEMY

Girls

Who: 2018-2016 birth years

Dates: May 19 & 21

Where: Pride Complex

Times: Announced soon!

Boys

Who: 2018-2016 birth years

Dates: May 20 & 22

Where: Pride Complex

Times: Announced soon!

» LEARN MORE

JUNIOR ACADEMY INFO MEETING

April 21 & May 5
5:30 PM @ Library
21c

*No registration
needed



TRYOUT QUESTIONS



ASK OUR DIRECTORS!

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

Girls JA questions
- Direct to Andrew!



Brian Contreras

SENIOR BOYS & U9-14
DIRECTOR OF COACHING



Paul Davison

U15-14 BOYS DIRECTOR
OF COACHING



Andrew Kummer

SENIOR GIRLS, U11-14 &
ECNL-RL DIRECTOR OF
COACHING



Lizzie Hornack

U15-19 GIRLS DIRECTOR
OF COACHING



Marcus Jordan

BOYS U8-U10 JUNIOR
ACADEMY DIRECTOR



Returning to Seasonal-Year Age Group Formation in 2026

LEARN MORE

DID YOU KNOW?

Q: What does this mean for Pride Soccer Players? A: Starting in 2026 for the 2026-27 tryout cycle, team formation for ALL Pride soccer teams will be based NOT on birth year anymore, but on year in school and referenced in this context as “seasonal-year”.

Q: What is the timeline for each school year?

A: The cycle will go from September 1-August 31 for each age-group.

Q: Why are these organizations making the switch to seasonal age group formation?

A: Key decision makers have said that “Soccer, regardless of the level of competition, is meant to be fun – and it is more fun when players can play with their friends and classmates. This decision is the right move for the millions playing in each of our respective systems and we are thrilled to establish this standard and find common ground.”

Q: Why September 1?

A U.S. Soccer performed an assessment of available data (e.g., 2020 U.S. Census & National Center for Education Statistics) and qualitative feedback and determined that September 1 represents most school districts’ calendars (~68%) across the country.

Q: What if my player is born before September 1 but is in the younger grade in school?

A: Youth players born before September 1 will have the opportunity to play up with older age groups in accordance with their club’s governance.

Stay Tuned for more info from Pride Soccer in the coming year!



NEW REFEREE ABUSE POLICIES

Pride Soccer Club Respects the Call

For all the information on the new **Referee Abuse Policy**, please [click here](#) or continuing reading. We, as a club, are committed to upholding the policy in **every effort to protect referees**, but also to **safeguard the integrity and sustainability of the game for generations** to come! Help us make this possible, we all have the responsibility.



PENALTY OVERVIEW

The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.

NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

KEY PENALTY FACTORS

- Single offenses are at minimum the prescribed game penalty or time penalty for non red zone offenses
- Penalties can be both game and time depending on severity / circumstances
- Second time offenders receive double punishment
- Third time offenders receive a lifetime ban
- More than one offense at the same time is at least the punishment for the most serious offense
- Offenses against minors are automatically subject to a "minor multiplier" resulting in triple punishment
- One offense warning per league to be managed by states and leagues collaboratively
- Game consequences are inclusive of 1 game penalty for any red cards given
- Optionality for 50% penalty for first offense from a minor

Please follow your current reporting structure - updated reporting procedure will be a part of Phase 3.

PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

(* Disclaimer: These are only a few examples of abuse - other actions or statements may also fall into this category.



REFEREE ABUSE POLICIES

GET THE INFO!

OVER 50%
OF COLORADO REFEREES ARE MINORS



MORE INFO >>



MORE INFO >>

~ 950

COLORADO REFEREES STOP REFERING EACH YEAR

90%

OF REFEREES REPORT THAT ABUSE HAS INCREASED IN THE LAST 5 YEARS

MORE INFO >>





NEW REFEREE ABUSE POLICIES

Key takeaways

1

ENFORCEMENT

has started & will be carried out by US Soccer, CSA & Pride Soccer Club.

2

These policies apply to

EVERY

Pride Soccer player, coach and spectator for every league & tournament we play in (CSA, Recreational, ECNL, ECNL-RL, Junior Academy, JPL etc.)

3

TRIPLE the penalty if against a minor

Ex - Non-physical, taunting to a minor referee = 6 GAME SUSPENSION (more than 1/2 CSA season)

4

CSA may have only 50% referees who are minors, but Pride's Recreational league has a overwhelming

MAJORITY

of minors as referees

Pride's rec league is one of the ONLY leagues in the state that has referees. This is a training environment for young referees.



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NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insulting or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non-Physical) Language	4	
Aggression, Blatant, Derogatory, Epithets, Dering or Threatening (Physical / Violent) Language	6	6 - 24 Months
Offensive or Disciplinary Act	10	12 - 24 Months

KEY PENALTY FACTORS

- Single offenses are at minimum the prescribed game penalty or time penalty for non-red zone offenses
 - Penalties can be both game and time depending on severity / circumstances
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 - Game consequences are inclusive of 1 game penalty for any red cards given
 - Optionality for 50% penalty for first offense from a minor
- Please follow your current reporting structure - updated reporting procedure will be a part of Phase II.

PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
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Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non-Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

*1) Disclaimer: These are only a few examples of abuse - other actions or statements may also fall into this category.

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U.S. Soccer

Policy 531-R / Youth & Amateur

Effective March 2025



CSA RECOMMENDATIONS



Players

BEFORE THE GAME

- Get a good night's sleep
- Hydration starts the night before
- Eat 2-hours before your game
- Make sure you bring both uniforms
- The right color socks & shorts
- Soccer boots
- Shin guards
- Water
- Sunscreen
- Extra clothing for colder days
- If you have any allergies or medical conditions, have your Epi-pen or proper medicine with you

PRE GAME

- Arrive at the time designated by the coach/team
- Be dressed and ready for the start of the pregame warm-up
- Look and act professional
- Show confidence
- Be aware of any unsafe or poor field conditions
- Do not hang on the goals
- No shooting on goal if there are players in front of the goal
- Make sure you are ready for check-in by having the proper gear on (shin guards under socks & no jewelry)

DURING THE GAME

- Be respectful of the referee(s)
- Be respectful of the opponents
- Know the Laws of the Game for your age group and playing format
- Show confidence in your play
- Play your role within your team's game approach
- Be present with coach, teammates, and referees
- Do not touch any injured player
- Promote fair play by leading by example
- If you address the referee(s), do it in a respectful manner

AFTER THE GAME

- Thank the referees
- Thank the opponents
- Thank your coach and parents
- Pick up your touchline trash
- Shoes to change out of your boots
- Self-reflect on your performance
- Did you give your best effort?
- Refuel with healthy food

BEFORE/DURING THE SEASON

- Meet with your players and families regarding their behavior and the culture that you demand on your team. Reinforce during the season as needed. Expectations should be in keeping with club's code of conduct.
- Provide feedback and promote and reward positive behavior examples
- Be aware and address of warning signs or bad behavior
- Provide and promote positive moments of behavior, while showing how bad behavior impacts players, referees, and coaches any other way than positive comments

Action: Focus on showing the positive behavior we want to see from players, coaches, and parents

PRE GAME

- Meet with the referee(s) and opposing coach(es)
- Take the time to build relationships
 - Ensure a professional and organized sideline
 - Players respectful, proper appearance, etc...
 - Ensure warm-up music and language is appropriate at all times
- Remind players of how their actions and behavior impacts the parent sideline and referees
- Be aware of your comments about the referee, opposition, or other parties that might
- impact player's behaviors and bias, any other way than positive comments

Action: Write down and remind yourself the example you want to set for your players, team, referees, and opposition

DURING THE GAME

- Be respectful of the referee(s)
- Be respectful of the opponents
- Know the Rules of Competition, Laws of the Game and playing format for your child's age group
- Promote fair play by leading by example with action, words, and choices
- Display supportive sideline behavior for both players and teams
- Ask for a conversation where needed rather than a confrontation
- Restrain from speaking to opposing players, coaches, parents, and the referees, in any other way than positive comments

Action: Awareness of your behavior and mannerisms, as well as your words.

AFTER THE GAME

- Lead by example and take ownership
- Thank the referees
- Thank the opponents
- Pick up your trash.
- Clear the bench and leave the sideline in appropriate condition

Action: Highlight and promote one positive interaction from the game that displayed promoted behavior



Coaches



Parents

BEFORE THE GAME

- To Do:**
- Remind your child to:
 - Get a good night's sleep
 - Hydrate the night before
 - Eat 2-hours before the game
 - Help your child pack both uniforms, water, and sunscreen
 - Take time to educate yourself about the game

DURING THE GAME

- To Do:**
- Be respectful of the referee(s)
 - Be respectful of the opponents
 - Know the Laws of the Game and playing format for your child's age group
 - Let the coach do his job and coach the game
 - Let the referees do their job and ref the game
 - Promote fair play by leading by example
 - Display supportive and positive sideline behavior
 - Cheer for the Players' and team's effort
 - Show encouragement and praise
 - Show attentive silence

AFTER THE GAME

- To Do:**
- Thank the referees
 - Thank the opponents
 - Thank your coaches
 - Pick up your trash
 - Talk about the positives of the game in general
 - Make car ride home pleasant and free from any type of criticism toward your player, other players, the coach, or the referees
 - Use encouraging words and tell your player just a few simple things:
 - "I loved watching you play today"
 - "Did you have fun?"
 - "What do you want to eat?"

PLEASE AVOID

- Telling your child how to play and what they should do in a game
- Coaching your child or other players from the sideline
- Getting angry at other team, coaches, or referees
- Addressing the referee(s) at all
- Yelling at players, referees, coaches, or other parents from the sidelines
- Complaining about the game
- Telling your child what they did wrong
- Continuing to talk about your child's mistakes
- Talking about what teammates and coaches did wrong
- Analyzing the game with your child



SCHOOL OF EXCELLENCE

Pride Soccer's School of Excellence is open to all boys and girls born in 2015-2018. This includes current Junior Academy, Intermediate, and Recreational players, as well as players currently not enrolled with Pride.

- 5 sessions w/ small group sizes
- Coached by Pride Competitive & Junior Academy Coaches
- Focused on individual technical and functional development
- Main focus areas: ball handling, dribbling and moves to beat an opponent, ball striking, passing and receiving, defending, and small-sided games

Dates - April 6th, 14th, 18th, 25th, 27th
REGISTRATION CLOSES: March 28th



Upcoming Programming

SPRING TOPSOCCER

TOPS Panthers is a **FREE** program created by the Pride Soccer Club to teach athletes with disabilities about the most popular sport in the world, SOCCER! Each practice is specifically designed for the enjoyment, safety, education, and success of Athletes with disabilities in Colorado Springs. Each session will introduce TOPS Panthers Soccer Players and UCCS Players from our community. By bringing these teams together, TOPS Panther Soccer will provide individual training and attention to each Panther Player. To learn more & to sign up [click here](#).



TOPSOCCER
COLORADO SOCCER
ASSOCIATION



SPRING TOPSOCCER DATES

ALL HOSTED AT THE UCCS STADIUM

SATURDAY, APRIL 5TH 3:00P-4:00P

SATURDAY, APRIL 12TH 1:00P-2:00P

SATURDAY, APRIL 19TH 1:00P-2:00P

SUNDAY, APRIL 27TH 1:00P-2:00P

SATURDAY, MAY 10TH 1:00P-2:00P

SATURDAY, MAY 17TH 1:00P-2:00P



??
Sunbelt Classic Finalist



Pred 10G
ECNL-RL Girls Showcase



Pride SC Copa 60G
Mayor's Cup Showcase



??
Sunbelt Classic Finalist



??
Sunbelt Classic Finalist



Predator 09G
FL ECNL Showcase



Copa 10G
JPL Showcase



Pred 12B
ECNL League



United 09B
NM Rapids Cup Champs!



Copa 06/07B
Scott Dymond Showcase



Copa 07G
JPL Showcase



Predator 11B
ECNL League

Pride on the Move

MARCH STAFF HIGHLIGHT



TARAH PATTERSON



MEET TARAH PATTERSON, OUR U9-16 RECREATIONAL DIRECTOR & TOURNAMENT DIRECTOR!

Q: WHY DO YOU DO WHAT YOU DO?

A: PRIDE SOCCER CLUB HAS PROVIDED A VALUABLE EXPERIENCE FOR ME AS A YOUTH PLAYER. THE PEOPLE INVOLVED ARE WONDERFUL TO WORK WITH AND I WANT TO HELP DEVELOP THE NEXT GENERATION OF PLAYERS AND PROVIDE THEM WITH A MEANINGFUL EXPERIENCE.

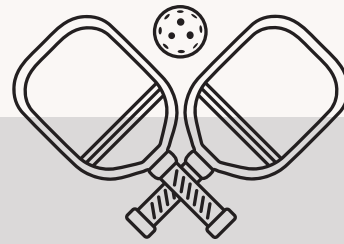


FUN FACT: TARAH WAS A '99 PRIDE PREDATOR AND WENT ON TO BE ONE OF THE MOST DECORATED FEMALE PRIDE PLAYERS AT THE COLLEGE AND PROFESSIONAL LEVEL.



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

A: MARTA!!!



family

Q: WHAT DO YOU LIKE TO DO WHEN YOU ARE OFF THE FIELD/OUT OF OFFICE?

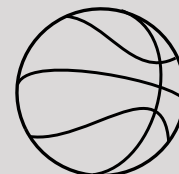
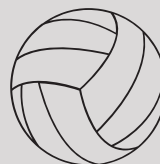
A: PICKLEBALL, SPEND TIME WITH MY FAMILY AND TRAVELING!

FUN FACT: TARAH GREW UP PLAYING A LOT OF SPORTS, BUT PARTICULARLY LOVED SOCCER, BASKETBALL AND VOLLEYBALL!



Q: WHAT IS YOUR FAVORITE SOCCER MEMORY?

A: REGIONALS IN HAWAII



“1 - 2 - 3 Pride 4 - 5 - 6 Family”



Coach Kento

Yukiko

Meaningful words at the beginning and end of every game for Pride’s Red B12 team. March first and second; however, the players came together uttering those words and **demonstrating support for Coach Kento Rose’s mother**, by wearing pink ribbon sleeves displaying **FAMILY** on one arm and **YUKIKO** on the other.

YUKIKO’S STORY

PRIDE RED 12B

A diagnosis of breast cancer shakes a family to its core. Red B12 players, parents and family members **came together both in publicly demonstrating support** for their coach with players wearing the sleeves and in **collecting donations** to provide the family with gifts and meal gift cards for Coach Kento’s mother, Yukiko, in this challenging time. **Please join with us in sending the Rose family healing energy, prayers and support!**





REFEREE COURSE RECAP



30 new referees completed their certification and are ready to take the field working games this spring! It was so awesome to see all the referees in training working with a **fantastic groups of staff & mentors** from the **Colorado Soccer Referee Program**.



THANK YOU PRIDE

BLACK 14B

BLACK 13G

UNITED 14G

FOR PARTICIPATING IN THE TRAINING!





WPSL SPONSORSHIP OPPORTUNITIES

JOIN US THIS SUMMER AS A SPONSOR OR DONOR!

The **Colorado Pride** is blazing trails in the Colorado Springs community in the pursuit of **creating an unbeatable platform and mentorship pathway** for our female players. We are guided by our vision: to **develop generations of women leaders from Pride, through early and continued access to soccer.**



Colorado Pride's Core Mission



MULTI-GENERATIONAL MENTORSHIP

ACCESSIBILITY



COMMUNITY RELATIONSHIP BUILDING



IF YOU, OR YOUR BUSINESS, IS CURIOUS ABOUT SPONSHIPSHIP OPPORUNITIES PLEASE REACH OUT!!

Email General Manager,
Andi Waterhouse
awaterhouse@pridesoccer.com



COLORADO SPRINGS

SWITCHBACKS!

GET YOUR TICKETS
TODAY

Mar. 15th

VS



Apr. 5th

VS



Apr. 19th

VS



20% OF EACH
TICKET GOES TO

**THE PRIDE
SCHOLARSHIP FUND**



USE CODE: PRIDE25



FOR QUESTIONS CONTACT CADEN FOY AT CFOY@SWITCHBACKSFC.COM OR (719)653-3135

Former Pride Players, Asher and Tessa Bode, came to visit **Coach Jay Raynor & Pride Predator 09 girls** at the FL ECNL Showcase



Joe Schulman

Asher Bode

Tessa Bode



FLORIDA STATE HS CHAMP



FORMER PRIDE SOCCER PLAYER &
COACH WINS FL STATE
CHAMPIONSHIP

Asher Bode wins the **FL State Championship** and scored the **game winning goal** off of a PK! Congrats Asher!





MARCH IS 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.

Meet your 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

SPORTS MEDICINE CENTER

Children's Hospital Colorado



**NEED SOME NEW
RECOVERY AND
STRENGTHING
ACTIVITIES?**

Join the Children's Hospital Colorado Athletic Trainer's in their New Youtube Series, "Exercise with an Athletic Trainer"

[Click here to get started](#)



SPORTS MEDICINE CENTER



Children's Hospital Colorado



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