



# PRIDE SOCCER CLUB

APRIL 2025



WELCOME TO OUR

## Monthly Newsletter

Spring soccer (& snow) is fully underway!



Hello, Pride!

Come join us as we look into the happenings of Pride this Spring. We have so much to celebrate as we head towards the end of April and start thinking about Tryouts coming up in May!!

### In this newsletter you will find:



Tryout/player placement info, Introducing: The Pride Way, ECNL-RL Girls Regionals, Summer Camps, King Soopers, Pride Jersey Day, WPSL Home Schedule, The Pride Heart Cup, New Referee Abuse Policy Info, Sponsorship Materials, Switchbacks' Pride Discount, Staff Highlight, US Senior Open





# 2025-26 TRYOUTS

Competitive & ECNL/RL



## GIRLS

### Competitive

**Who:** 2015-2007 birth years

**Where:** El Pomar Sports  
Complex

**Dates:** May 27th, 28th, 29th

**Times:** Announced soon!

### ECNL-RL

**Where:** TCA High School

**Date:** May 4th

**Age group times:**

2010 - 8-9:30 AM

07/08 - 11 AM-12:30 PM

2011 - 12:30-2:00 PM

2009 - 2-3:30 PM

2012 - 3:30-5:00 PM

2013 - 5-6:30 PM



#### RL INFO MEETING

May 1st, 6:30 PM  
Scheels

#### RISING U11 INFO MEETING

May 8  
Scheels  
6:30-8 PM

\*No registration  
needed

## BOYS

*\*ECNL, ECNL-RL & COMPETITIVE TEAM SELECTION\**

### U11 - U14

**Where:** Pride Complex

**Dates:** May 27, 28, 29

**Times:**

2015 - 4:30-6 PM

2014 - 6:30-8 PM

2013 - 6:30-8 PM

2012 - 4:30-6 PM

### U15 - U19

**Where:** Pride Complex

**Dates:** May 31 & June 1

**Times:**

2011 - 8-9:30 AM

2010 - 10-11:30 AM

2009 - 12-1:30 PM

2008 - 2-3:30 PM

2007 - 2-3:30 PM



#### ECNL & RL INFO MEETING

May 19th  
5:30 PM  
@ Library 21c

#### RISING U11 INFO MEETING

May 8  
Scheels  
6:30-8 PM

\*No registration  
needed

# PLAYER PLACEMENT

Junior Academy & Staff Info



## JUNIOR ACADEMY

### Girls

**Dates:** May 19 & 21

**Where:** Pride Complex Field 4

**2017/18:** 5-6:15 PM

**2016:** 6:30-7:45 PM

### Boys

**Dates:** May 20 & 22

**Where:** Pride Complex Field 4

**2017/18:** 5-6:15 PM

**2016:** 6:30-7:45 PM

[» LEARN MORE](#)

### JUNIOR ACADEMY INFO MEETING

May 5  
5:30 PM @ Library  
21c

\*No registration  
needed

## ? TRYOUT QUESTIONS ?

### BOYS



**Brian Contreras**  
SENIOR BOYS & U9-14  
DIRECTOR OF COACHING



**Paul Davison**  
U15-14 BOYS & ECNL/RL  
DIRECTOR OF COACHING



**Marcus Jordan**  
BOYS U8-U10 JUNIOR  
ACADEMY DIRECTOR

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

### GIRLS



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



**Lizzie Hornack**  
U15-19 GIRLS DIRECTOR  
OF COACHING



**Paul Hogan**  
GIRLS U8-10 JUNIOR  
ACADEMY DIRECTOR



# THE PRIDE WAY



Over the past few months, Pride's technical staff has been hard at work redefining how we coach, play, and grow together as a club.



**Coaches Ed - April 8<sup>th</sup> - Phil Long Room @ Weidner Stadium**

The result is **The Pride Way**—our shared identity and coaching philosophy designed to strengthen community, deepen belonging, and better support our coaches and players.

The Pride Way aligns our training, values, and behaviors across every team—from U9 to our Women's First Team—**creating a consistent, positive, and developmental experience for all.**

We're focusing on clear team behaviors like:

🎯 Playing with intention

💪 Outworking, outfighting, and outlasting opponents

We've also introduced a shared coaching framework that guides how we break down and teach the game—from **objectives, principles to player actions.**



**NEXT COACH ED - MAY 7<sup>TH</sup> - PRIDE SOCCER  
TRAINING BLACK OUT NIGHT**







# THE PRIDE WAY

HOW CAN YOU BEST  
SUPPORT YOUR CHILD?



1

## SUPPORT, DON'T DIRECT

*Research Insight:* Children thrive with autonomy. According to Self-Determination Theory, ownership over their experience fuels motivation and enjoyment.

**What You Can Do:** Cheer for effort. Avoid coaching from the sidelines.

2

## MODEL RESPECT & SPORTSMANSHIP

*Research Insight:* Kids mirror adult behavior, especially under pressure. Positive modeling builds social and emotional skills.

**What You Can Do:** Applaud both teams. Thank referees and coaches. Stay composed—even in tense moments.

3

## CREATE A GROWTH-ORIENTED ENVIRONMENT

*Research Insight:* A focus on improvement rather than results builds resilience and long-term engagement (Carol Dweck, Growth Mindset).

**What You Can Do:** Celebrate effort and learning. De-emphasize winning. Recognize progress.

4

## FOSTER TEAM CULTURE & COMMUNITY

*Research Insight:* A strong sense of belonging increases enjoyment and retention in youth sports.

**What You Can Do:** Get to know other families. Show up for team events. Help build a welcoming and inclusive culture



# Girls ECNL-RL Regional Qualifications



**PRIDE  
PREDATOR  
2012G**



*Congrats!*



**JUNE 6- 10  
ST.CHARLES, MO**



**PRIDE  
PREDATOR  
2010G**



*Congrats!*





# Summer



## PRIDE Summer Camp Lineup



### COMPETITIVE GIRLS & BOYS CAMPS

#### Competitive Girls Summer Camp

2010-2015 Comp. Girls

June 15-18<sup>th</sup> | Pride Complex

6-8 PM

[Full details & to register](#)

#### Elite Boys Summer Training Program

U11-15 Predator & Copa Boys

June 4-July 17<sup>th</sup> | Pride Complex

Wednesdays & Thursdays

**\*\* No training July 2 & 3 \*\***

[Full details & to register](#)

#### 1v1 Boys Summer Camp

U11-U15 Comp. Boys

July 21-24<sup>th</sup> | Pride Complex

8:30-10 AM

[Full details & to register](#)



### JUNIOR ACADEMY & RECREATIONAL CAMPS

#### June Recreational Summer Skills Camp

Rec Girls & Boys | U4-16

June 9-13<sup>th</sup> | Pride Complex

[Full details & to register](#)



#### July Recreational Summer Skills Camp

Rec Girls & Boys | U4-U16

July 14-18<sup>th</sup> | Pride Complex

[Full details & to register](#)

### GOALKEEPER CAMP SERIES



#### Camp #1

2007-2015

Recreational &  
Competitive GKs

June 17-19<sup>th</sup>

6:30-8 PM

[Full details & to register](#)

#### Camp #2

2007-2015

Recreational &  
Competitive GKs

June 15-16<sup>th</sup>

6:30-8 PM

[Full details & to register](#)



[MORE CAMP INFORMATION TO COME - CHECK BACK TO OUR WEBSITE!](#)



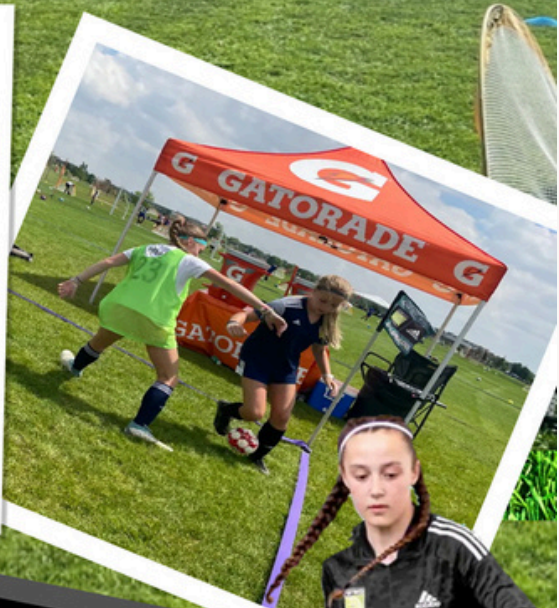


**10% OFF**

Expires April 30th, 2025

# COERVER COLORADO SUMMER CAMPS

Coupon Code - **PRIDE2025**



## LOCATIONS

📍 **Colorado Springs 1**  
Cottonwood Creek Park  
📅 **June 16-20th**

📍 **Colorado Springs 2**  
Gossage Park  
📅 **July 14-18th**

## 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!

**WWW.COERVERCOLORADO.COM**





# KING SOOPERS COMMUNITY REWARDS

EVERYONE NEEDS GROCERIES



WHY NOT LET A PERCENTAGE OF THE MONEY YOU ARE ALREADY SPENDING ON GROCERIES GO TOWARDS SUPPORTING PRIDE SOCCER'S PROGRAMS AND HELPING OFFSET YOUR FEES?

KING SOOPERS HAS UPDATED THEIR COMMUNITY REWARDS PROGRAM TO MAKE IT EVEN EASIER FOR YOU TO SUPPORT YOUR CLUB AND **EARN MONEY TOWARDS REGISTRATION AND TEAM FEES**. ALL YOU NEED TO DO IS REGISTER YOUR KING SOOPERS LOYALTY CARD USING THE INSTRUCTIONS ON OUR WEBSITE, AND EVERY TIME YOU SWIPE YOUR KING SOOPERS LOYALTY CARD OR PUT IN YOUR ALTERNATE ID (PHONE NUMBER) WHEN YOU CHECK OUT, **YOU WILL RAISE MONEY TOWARDS YOUR PLAYER'S FEES AND PRIDE'S SCHOLARSHIP FUND**.

CLICK ABOVE TO GET STARTED!



REC. SPRING BREAK  
CAMP JERSEY DAY!

Pride Jersey Day!!!



COMPETITIVE  
TEAMS!





# 6V6 TOURNAMENT



**THE PRIDE  
HEART CUP**

in support of

**Children's Hospital Colorado  
Heart Institute**



**When: Saturday, May 24th**

**Where: UCCS - Mountain Lion Stadium**

**Divisions: Boys, Girls (U12-U19), Adult (Coed)**

**[Click Here For Full Details & to Register](#)**







# schedule

## HOME GAMES

MAY 24	<b>FC DENVER</b> CHILDREN'S HOSPITAL COLORADO FUNDRAISER
MAY 30	<b>NoCo RAIN FC</b> MILITARY & FIRST RESPONDER NIGHT
JUNE 8	<b>PSD ACADEMY</b> PRIDE "NIGHT OUT"
JUNE 11	<b>COLORADO BLIZZARD</b> HEALTH & WELLNESS NIGHT
JUNE 19	<b>INDIOS DENVER FC</b> COMUMUNITY NIGHT

ABBY  
STASSI

TAY LEVI



VISIT OUR WEBSITE  
FOLLOW US ON SOCIAL MEDIA @PRIDESOPRO



# APRIL STAFF HIGHLIGHT

## JOSE NAVRAEZ

MEET JOSE NAVREZ, OUR BOYS ASSISTANT DIRECTOR OF COACHING!

### Q: WHY DO YOU DO WHAT YOU DO?

A: PRIDE'S CULTURE AND SUPPORT SYSTEM IS ONE OF THE BIGGEST REASONS WHY I WORK AT PRIDE SOCCER CLUB. THEIR BELIEFS ALIGN WITH MY "WHY". I WANT TO HELP ATHLETES WHERE THEY ARE AND WHERE THEY WANT TO GO. I LOVE WORKING WITH KIDS AND SPORTS HELP TEACH MANY LIFE LESSONS THAT DON'T JUST APPLY TO SPORTS.



### Q: WHAT DO YOU DO OUTSIDE OF WORK?

A: WHEN I'M AWAY FROM THE OFFICE OR FIELDS I LOVE GOING ON HIKES AND TRAVELING THE WORLD!



JOSE GREW UP IN SANTA ANA, CALIFORNIA.



GREW UP PLAYING, BREATHING, LIVING SOCCER! EVERY PARK IS PACKED WITH SOCCER, SUN RISE TO SUNSET ON WEEKENDS THERE. WE WOULD GO TO CHURCH IN THE MORNINGS AND I WOULD CHANGE IN THE CAR ON THE WAY TO THE FIELDS. SOMETIMES I WOULD EVEN WEAR MY SOCCER SOCKS UNDER MY "CHURCH PANTS" TO BE MORE "EFFICIENT".



### Q: FAV MEMORY AT PRIDE?

FAVORITE MEMORY AT PRIDE IS GETTING TO EXPERIENCE THE GROWTH AMONG PLAYERS. I'VE COACHED SOME OF THESE JUNIORS/SENIORS AT 7V7 AND WATCHING THEM COME CLOSE TO GRADUATION HAS BEEN SPECIAL AND REWARDING!



### Q: FAV VACATION SPOT?

ONE OF MY FAVORITE VACATION SPOTS IS SEATTLE! SOUNDERS GAMES ARE CRAZY, THE ATMOSPHERE IS ONE OF THE BEST IS THE US!





# 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, Spiting, 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.



# 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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3 | U.S. Soccer

Policy 531-9 / Youth & Amateur

Effective March 2025

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- 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 5.



# 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](mailto:CFOY@SWITCHBACKSFC.COM) OR (719)653-3135**



# SPORTS MEDICINE CENTER

 Children's Hospital Colorado



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their New Youtube Series,  
"Exercise with an Athletic  
Trainer"

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# SPORTS MEDICINE CENTER



Children's Hospital Colorado



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Pride Soccer  
Exclusive Ticket Offer



17 & under get  
in free with  
ticketed adult



[Click here to  
buy ticket](#)

**INSERT PROMO  
CODE: PRIDE**  
at checkout

## 45th US SENIOR OPEN

**JUNE 25-29TH | THE BROADMOOR**

The world is coming to Colorado Springs. The U.S. Senior Open golf championship returns to The Broadmoor this summer. This will be the ninth major championship hosted at the famous Colorado resort featuring the best senior players in the world and legends of the game.

Over 130,000 fans are expected to attend throughout the week and fans from 31 states have already purchased their tickets to experience a major championship at a five-star, five diamond resort.