



PRIDE SOCCER CLUB

OCTOBER 2025



WELCOME TO OUR

Monthly Newsletter

Winter is coming!



As the fall season comes to a close, Pride Soccer is so happy to see the amazing accomplishments from all our teams and all the memories made this season! Scroll down to get a snapshot into what's happening here!

In this newsletter you will find:

High school boys' tryouts, 3v3 Turkey Shootout announcement, Winter Camp Lineup, Referee and team highlights and sponsorship materials!



PRIDE BOYS

Supplemental Tryouts

Pride is excited to announce our high school boys supplemental tryouts will be November 15th and 16th at the Pride Complex. The goal of the November tryout is to finalize all high school boys team rosters for the 2025-2026 season. We will also look to ensure all players are in the best environment for their development.



Pre-tryout Kickarounds

1

November 2nd

Where: The Grace Center

2

November 9th

Where: Pride Complex



2011 & 2010s
2:30-3:45 PM

2009s & 2008/07s
3:45-5 PM

[MORE INFO](#)



High School Tryouts

November 15th & 16th



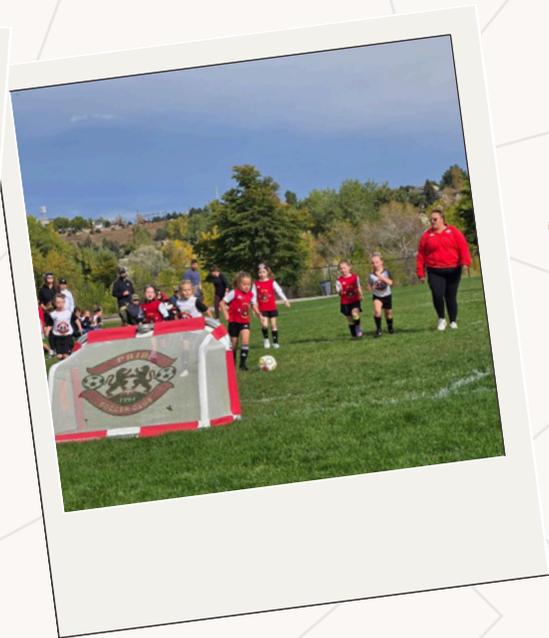
[MORE INFO](#)



U15 (2011) - 9-10:30 AM
U16 (2010) - 10:30-12 PM
U17 (2009) - 12-1:30 PM
U19 (2007/2008) - 1:30-3 PM

Pride Complex Fields
#1 & #2





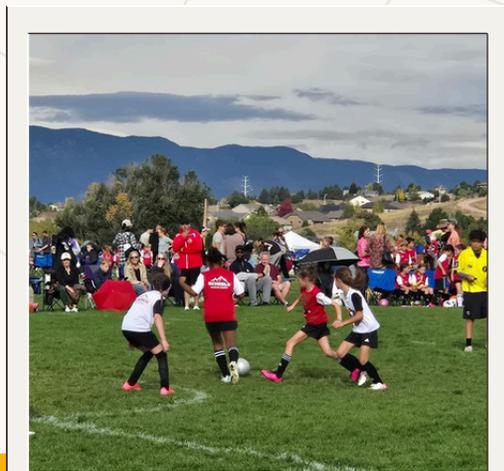
PRIDE Recreational Soccer



FALL RECREATIONAL SEASON WRAP-UP

What an amazing and fun fall season it's been for our Pride Recreational Soccer program! From the first whistle to the final goal, our fields were filled with smiles, teamwork, and great sportsmanship. A huge thank you to all the parents, volunteer coaches, players, and referees who made this season possible — your time, energy, and enthusiasm continue to make Pride Soccer such a special community. We can't wait to see everyone back on the field next season!

Here are just a few pictures from the first half of the season.





U4 - U5 CUBS UPDATES



EXCITING UPDATES TO OUR U4-U5 PROGRAM

Thank you to all our amazing families for making the Fall 2025 season such a success! We heard your feedback and are thrilled to announce a few exciting updates for next season to make the experience even better for our youngest players.

New game format:



Spring 2026
Registration
Opens Nov. 5th!

Feature	Previous Fall 2025	New Season Format
Day & Time	Friday Nights	Saturday Mornings
Location	Indoors	Outdoors (on grass fields)
Goal Setup	Two goals per team (for more scoring opportunities)	Two goals per team (REMAINS)
More Games	Alternating game week	6 game weeks consecutive; season will end with a festival style double header.
More locations	Centrally located at SoccerHaus	Two locations; El Pomar and Cottonwood Creek



WHY?

This decision was made in response to the valuable parent and coach feedback we received, focusing on creating the best possible weekly experience for both players and families.



PRIDE SOCCER CLUB & SWITCHBACKS FC

PRESENT

TURKEY SHOOTOUT 2025



WHO?

U7-U19 BOYS & GIRLS

** Maximum 6 players/team

WHEN?

Tournament: November 22nd , 2025

Registration Deadline - November 17th

WHY?

Celebrate the end of the fall season, with the 3v3 Turkey Shootout at Switchbacks Stadium—where Pride Soccer and the Switchbacks team up for a day of family fun, friendly competition, and festive soccer excitement!

WHERE?

Locations:

 Weidner Stadium

REGISTER NOW!!





WINTER

JUNIOR ACADEMY & RECREATIONAL CAMPS

Junior Academy Winter Clinics

JA Girls & Boys | 5:30-6:30 PM

Jan 8, 15, 22, 29, Feb 5, 2026

[Full details & to register](#)

Pre-Junior Academy Winter Clinic

U8 & U9 Rec. Boys & Girls | 4:30-5:30 PM

Jan 8, 15, 22, 29, Feb 5, 2026

[Full details & to register](#)

Tuesday Recreational Camps

U4-14 Girls & Boys

Jan 6, 13, 20, 27, Feb 3, 2026

[Full details & to register](#)

Friday Recreational Camps

U4-14 Girls & Boys

Jan 9, 16, 23, 30, Feb 6, 2026

[Full details & to register](#)

PRIDE Winter Camp Lineup

COMPETITIVE GIRLS & BOYS CAMPS

Winter Finishing & 1v1 Attacking Camp

U11-14 competitive girls & boys

Jan 5, 12, 19, 26, Feb 2

[Full details & to register](#)

GOALKEEPER CLINICS

Tuesday 4-5 pm | SoccerHaus

2010-2013s

Competitive & recreational girls & boys

Nov 11, 18, 25, Dec 2, 9, 16

Registration opens soon!

Tuesday 5-6 pm | Soccerhaus

2014-2016s

Competitive & recreational girls & boys

Nov 11, 18, 25, Dec 2, 9, 16

Registration opens soon!



Don't forget about Winter Futsal League!

When: All Saturdays in Jan-Feb

Where: SoccerHaus

Who: U7-U15

[MORE DETAILS CLICK HERE!](#)



INTERNATIONAL REFEREE DAY

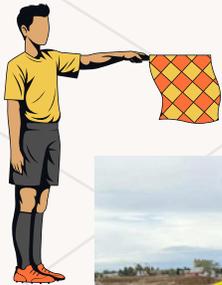


Pride Soccer is proud to **support our referees**, who take on one of the most challenging and important roles in the game.

We are deeply grateful for their commitment to creating a positive, fair, and safe playing environment for all participants.

In alignment with the new **U.S. Soccer Referee Abuse Policy**,

Pride remains dedicated to protecting and **supporting our referees while fostering a respectful and developmental environment** across all levels of youth soccer.



Thank you, to Heather Ward, Pride's very own Referee Coordinator!



Event Highlights

PRIDE GIRLS & BOYS



PRED 14G

📍 St. Louis Scott Gallagher Fall Festival!



**PRED 12B
&
PRED 13B**

📍 ECNL Utah Fixtures



Congratulations!



**UNITED 12B
&
RED 13G**

📍 Pioneer Cup Champions!!



**PRED
07/08G**



**PRED
09G**



📍 ECNL-RL Pictures



PRED 12G



PRED 11G



PRED 10G

PRED 13G

**SPORTS MEDICINE
CENTER**

 Children's Hospital Colorado

Staying Hydrated



PREPARE // PERFORM // RECOVER // REPEAT

Good hydration is key to maximizing your strengths in any game. Your body needs water to maintain peak performance, especially in conditions like heat, humidity, cold, and high altitude.

How to hydrate

- Good rule of thumb: Drink water consistently all day. If you feel thirsty, or if you notice your urine is dark in color like apple juice, drink more. Carrying a reusable water bottle with you is a helpful way to always have some on hand. But when it comes to high-intensity play, hydrating like a champ calls for planning ahead.
- Bump up your fluid intake about four hours before practice or competition.
- Rehydrate about every 15 to 30 minutes during play. If you know you won't get a chance, pre-game hydration is especially important.
- For early morning games, start increasing hydration the day before.
- Use a sports drink after the game to replace not just fluids, but electrolytes, protein, and carbohydrates. Low-fat chocolate milk is a great option.

ENERGY DRINK VS. SPORTS DRINK

What's the difference?



Energy drinks contain:

- Sugar
- Caffeine
- Plant extracts, such as guarana
- Herbs, such as ginseng
- Amino acids
- Vitamins
- Antioxidants, sometimes in mega-dose quantities

They are:

- Considered "dietary supplements"
- Not FDA approved*



Sports drinks contain:

- Sugar
- Electrolytes

They are:

- Categorized as "food" by the FDA, meaning strict laws apply to their labeling

*The U.S. Food and Drug Administration (FDA) does not regulate the amount of caffeine and other stimulants in energy drinks.

What to drink

For practice or competition lasting less than one hour, water is king. For intense activity, or activity that lasts more than an hour, a sports drink can fuel working muscles and replace electrolytes lost through sweat. Look for sports drinks with four main ingredients: water, carbohydrates (such as sucrose and dextrose), sodium, and potassium.

What not to drink

Steer clear of “enhanced” waters, coconut water, and pediatric rehydration products like Pedialyte. Sports drinks like Gatorade are calibrated to replenish a balance of fluids, carbohydrates, and electrolytes. These drinks aren’t.

DEFINITELY AVOID ENERGY DRINKS.

What's so bad about energy drinks?

Energy drinks can contain up to 400mg of caffeine per serving — that’s equivalent to about four cups of coffee or 11 sodas. A barrage of caffeine plus other “energy boosting” ingredients equals bad news for the growing body, especially athletes: sleep disturbance, increased blood pressure and heart rate, anxiety, irritability, and vomiting just to start. Even worse, energy drinks have been linked to seizures, cardiac events, and even death.

A QUICK BOOST OF ENERGY IS NOT WORTH PUTTING YOUR HEALTH ON THE LINE!



Sample hydration plan for an average-sized 15-year-old soccer player:

	1–2 hours Before game	1–3 hours During game	After game
4 hours Before game	10–16 oz of water	20 oz of water or sports drink in four 5 oz servings	8 oz of water or low-fat chocolate milk
10 oz of water			



Congratulations!



HUGE CONGRATS to our friends at Shirt Stop for 50 amazing years in business! Thank you for your continued partnership and friendship over the years.



**SOCCER
.COM**

**Christmas deals
coming soon..**



Check back next month for an exclusive deal from Soccer.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!