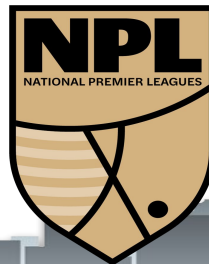




GIRLS
ACADEMY
LEAGUE



www.SACUNITED.com

CONTENTS



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Mission, Vision, & Values



Mission Statement:

We Strive To Make Sacramento United the Best Club In The Region Now and Into The Future

Vision Statement

We strive to be the top Northern California club for both girls' and boys' individual development, to produce players for college and professional soccer, and for every player to develop a lifelong passion for the game

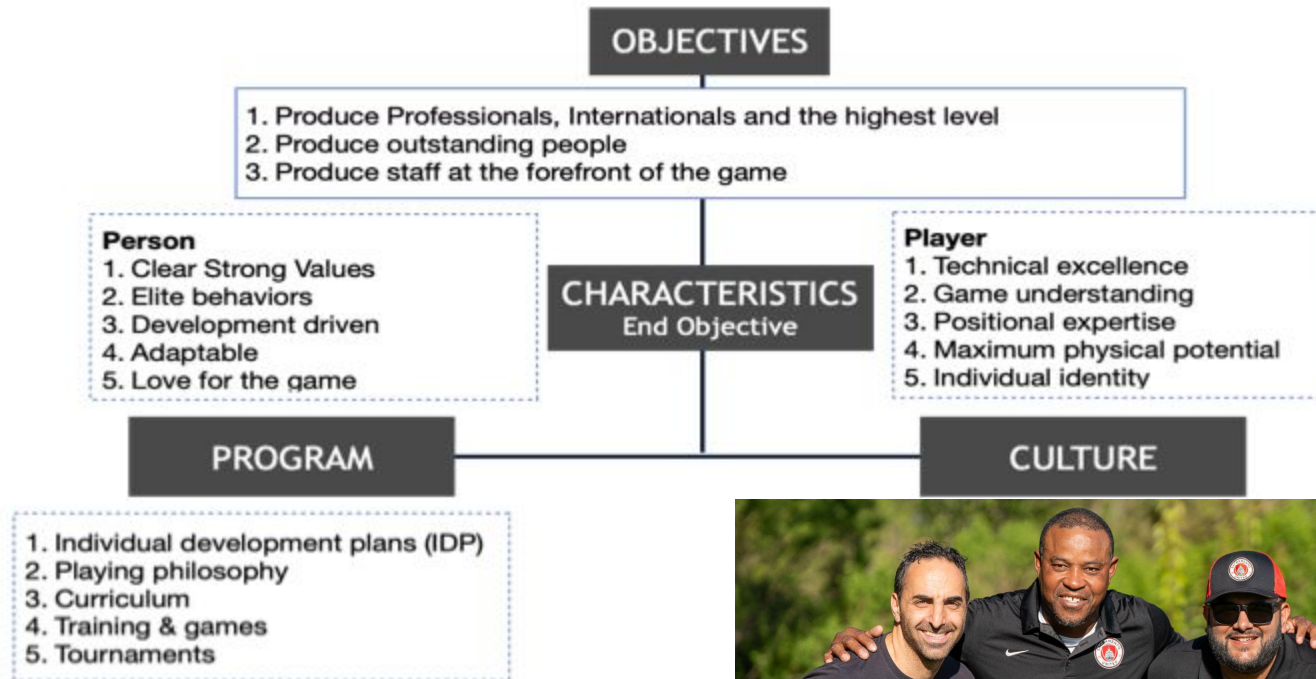
Core Values

- **Diversity**
- **Inclusivity**
- **Community**
- **Pride**
- **Development**
- **Opportunity**
- **Enjoyment**
- **Devotion**
- **Unity**
- **Respect**
- **Competitive**





PHILOSOPHY & DEVELOPMENT OVERVIEW





CLUB OVERALL VISION & PHILOSOPHY



Developing the Club Philosophy

Creating a PLAYER-CENTERED Development Philosophy

Creating a PLAYER-CENTERED Teaching Philosophy

Creating a club culture (Values, Beliefs, principles)

Developing the Player Development Plan

Developing a Style of Play

Developing a Game Model

Developing an Individual Player Development (IPD) Plan across the ages groups

Managing the Staff

Creating a Club Coach Profile

Identifying and developing staff

Managing and Supporting staff development





CLUB GOALS



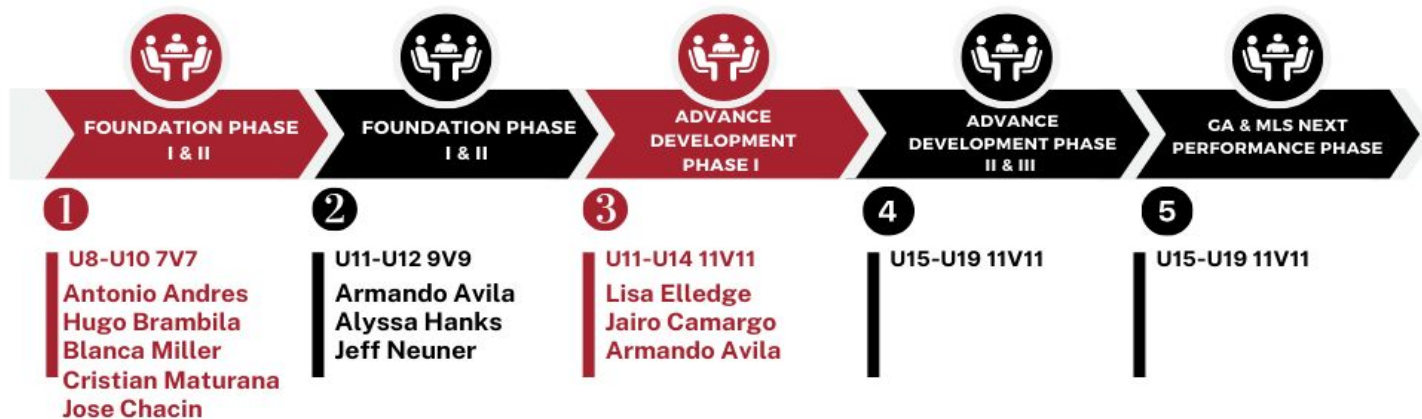
- **Developing a Winning Mentality**
- **Retaining and Attracting Players**
- **Continually Improving our Programs and Offerings**
- **Continuing Education to Continually Improve the level of each Individual Coach**
- **Strive to Support players of all levels, regardless of the financial status or position**



Club Structure

Directors & Age Group Coordinators

2024/2025




U11-U14 GIRLS MENTOR ADVISORS
Maddie Door
Courtney Freas
Lisa Elledge


TECHNICAL DIRECTOR - REYMOND HARRIS

GA & MLS NEXT PERFORMANCE PHASE DIRECTOR - PEDRO LUPERCIO

GA ASSISTANT DIRECTOR & GIRLS COLLEGE ADVISOR - ALEXIA POON

DIRECTORS OF GOALKEEPERS - JODY SILVA & KEKO GRAJEDA

U5-U8 YOUTH ACADEMY DISCOVER PHASE DIRECTOR - ALBERTO REGALADO

Background



Established in 1977, Sac United is one of the oldest and most successful competitive soccer clubs in the greater Sacramento region, and all of Northern California



A US Club Soccer PLAYERS FIRST organization, recognizing Sac United as one of the top clubs in the country for youth player development and experience



A NorCal Premier League organization, which provides the highest level of competition in Northern California, as well as access to elite player development programs such as PDP and US Club ID2



MLS NEXT provides the best player development experience in North America. Founded on a collaborative approach to governance and a commitment to innovation, MLS NEXT players have access to the highest levels of competition and to training to prepare them for their futures, both in soccer and in life



The Girls Academy is the only girls only youth development platform for the best female soccer players in the United States. The GA is the only national youth soccer platform that represents the collective vision of member clubs and actively engages the voice of the players to take real ownership of the league



A National Premier League organization, which provides elevated competition levels for its member clubs



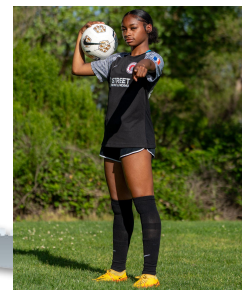
Sacramento United in Girls Academy League



The Girls Academy is the only girls only youth development platform for the best female soccer players in the United States. The GA is the only national youth soccer platform that represents the collective vision of member clubs and actively engages the voice of the players to take real ownership of the league



- Sac United was proudly accepted and joined the GA in the 2022-2023 season, and we are now entering our third season in 2024-2025
- The Girls Academy is the leading youth development platform for the best female soccer players in the United States and a [U.S. Soccer Federation Member](#)
- Girls Academy League actively supports college recruitment by connecting athletes with college coaches, organizing college showcases, and providing resources for navigating the college recruiting process
- The league games are played primarily in the NW Region of the US with the potential to qualify for the GA Champions league, which is for the top teams in the country. There will also be several GA Showcase events throughout the year. This league is a pathway for players into the highest levels of the college game as well as USYNT camps
- Qualified teams play in the NPL



Our GA Program

- 3-4 practices per week + video session
- Experienced & Licensed Coaches
- Sac United Girls Academy teams train at Granite Regional Park
- Each team plays approximately 15-22 league games, including games at National Showcases
- Can compete in [NPL](#) (contingent on qualification per age group)
- Athletic Trainers at every home game
- Girls Academy Playoffs if teams qualify
- Players can play in High School
- Functional Movement Speed Agility and Quickness 2x a week with [G6 Performance](#)
- GA teams train for 10 months
- GA patch on home/away jersey sleeves.
- VEO Game Recordings – All games filmed with the ability to create highlight clips
- Individual Player Development Plans (IDP)
- Exposure to college coaches
- Exposure to US Youth National Team scouts/coaches
- Female Only League – GA dedicated to the betterment of the female game



GA: Key Features



- **Elite Competition:** The Girls Academy League brings together the best female soccer talent across various age groups, ensuring challenging and competitive matches
- **Player Development:** We prioritize the holistic development of our players, focusing not only on technical and tactical skills but also on mental and physical fitness. The GA is supported by a network of highly qualified coaches who provide guidance
- **College Pathway:** We understand the aspirations of our players to play at the collegiate level. The Girls Academy League actively supports college recruitment by connecting athletes with college coaches, organizing college showcases, and providing resources for navigating the college recruiting process.
- **Sportsmanship and Character:** We believe that character development is just as important as athletic development. Through the league, we instill values of sportsmanship, respect, teamwork, and leadership in our players.
- **NorthWest Talent ID:** Every year, the GA's Northwest Conference will organize a regional Talent ID event, which will be hosted by a regional club showcasing some of the finest talent within the Northwest Conference.



NEW for 24/25 season

SAC UNITED GIRLS PLAYER PATHWAY

U8 - U19



Sac United recognizes the immense talent and potential of top-performing girls. To cultivate their abilities and ensure they reach their full potential, we've designed a development pathway that integrates challenging opportunities to accelerate their growth and prepare them for elite competition. This pathway will be periodically assessed by coaches, directors, and the technical director to ensure continuous progress.



USWNT & NWSL Angel City
Alyssa Thompson
TFA (SoCal)
2022



Sacramento United in MLS Next



- Sac United was proudly accepted and joined the MLS Next in the 2022-2023 season, and we are now entering our third season in 2024-2025.



- MLS Next is designed to identify, develop, and showcase the best youth soccer talent in North America, preparing our players for success in international competitions, professional leagues, and collegiate soccer programs.



- Compete with the best! San Jose Earthquakes, Vancouver WhiteCaps, Portland Timbers, Real Salt Lake, Seattle Sounders and other top regional clubs. Pro pathway U16/U18.





MLS Next: Key Features



- **Comprehensive Player Development:** MLS Next provides structured training programs and access to top-tier coaching, players have the opportunity to reach their full potential.
 - **High-Level Competition:** The league offers a highly competitive environment, with teams competing against each other at regional and national levels.
 - **Pathway to Professional Soccer:** MLS Next serves as a pathway to professional soccer, offering talented players the opportunity to showcase their skills to scouts and coaches from professional clubs.
 - **Preparation for Collegiate Soccer:** Many MLS Next players aspire to play collegiate soccer, and the league helps them prepare for this next step in their athletic careers.
- Commitment to Diversity and Inclusion:** MLS Next is committed to creating an inclusive and diverse environment where players from all backgrounds feel welcome and supported. The league promotes diversity through its recruitment efforts, community engagement initiatives, and cultural competency training for coaches and staff.





Our MLS Next Program



- 3-4 practices per week. Players are expected to attend all practices to be considered for competition in games.
- Each team plays approximately 30 league games, including games at Showcases.
- Entry fee for a maximum of 2 MLS Next Showcases
- Seasons: Fall & Spring
- MLS NEXT teams train for 10 months
- MLS NEXT patch on home/away jersey sleeves.
- VEO Game Recordings
- Individual Player Development Plans (IDP)
- Functional Movement Speed Agility and Quickness 2x a week with [G6 Performance](#)
- Exposure to college coaches
- Exposure to US Youth National Team



MLS Next Program: Trials



MLS Next Program: US Soccer Talent ID



**CONGRATULATIONS
ETHAN PRICE**

A photograph of Ethan Price, a young male soccer player, in a white Sacramento United jersey with "STREET" and "HOME" branding, white shorts, and white socks. He is captured in a dynamic pose, kicking a soccer ball. The background is a dark blue archway.

USA

**MLS
NEXT**

U.S. SOCCER TALENT IDENTIFICATION

NIKESOCCER

**CONGRATULATIONS
JAHKARIE WEBB**

A photograph of Jahkarie Webb, a young male soccer player, wearing a red Sacramento United jersey with "STREET" and "HOME" branding, black shorts, and black socks. He is standing and holding a soccer ball. The background is a dark blue archway.

USA

**MLS
NEXT**

U.S. SOCCER TALENT IDENTIFICATION

NIKESOCCER





DEVELOPMENT SUCCESS & ALUMNI





COLLEGE PLAYER DEVELOPMENT



Sacramento United is also a national leader in college player development and placement. Since 2010, we have helped more than 200 boys and girls achieve their dream of playing collegiate soccer. Sac United has been represented at more than 80 institutions, including...

Air Force Academy
American River College
American University
Biola University
BYU Hawaii
Cal Baptist
Cal Poly San Luis
Obispo
Chapman University
Claremont McKenna
Colgate University
Concordia University
Corban University

Cosumnes River
College
CSU Bakersfield
CSU Chico
CSU East Bay
CSU Los Angeles
CSU Monterey Bay
CSU Northridge
CSU Sacramento
CSU San Francisco
CSU Stanislaus
Dominican University

Elmhurst College
Folsom Lake College
Fresno State
Harvard
Hawaii Pacific
Holy Names University
Humboldt State
Lesley University
Loyola Marymount
Manhattan College
Marymount University
Menlo College
Notre Dame De Namur

Occidental College
Point Loma Nazarene
Sacramento City
College
Santa Clara University
Seattle University
Soka University
Sonoma State
Southern Oregon
University
St. Louis University
St. Mary's College

St. Olaf College
Syracuse
Tulsa University
UC Berkeley
UC Davis
UC Merced
UC Riverside
UC Santa Barbara
University of Buffalo
University of Illinois
Springfield

University of San Diego
University of San
Francisco
University of the Pacific
University of
Washington
UNLV
Waldorf University
Westmont College
William Jessup
Yale
Yuba College



COLLEGIATE PLACEMENTS



NATIONAL & GLOBAL RECOGNITION





SAC UNITED ALUMNI AROUND THE WORLD



COMMITTED



SIERRA
BETZLER



COMMITTED



AMELIA
FUNG



COMMITTED



KENNEDY
ARNTZEN



COMMITTED



SAMANTHA
SELCH



SAC UNITED COMMITMENTS

COMMITTED



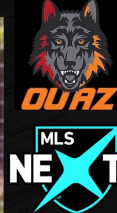
PIERCE
ODONNELL



COMMITTED



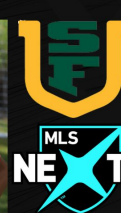
NATHANIEL
FONG



COMMITTED



DAVID
RAPHAEL



COMMITTED



NOLAN
OATES



2024/2025 SEASON COACHING ASSIGNMENTS

U8-U14 GIRLS

U8 - 2017 Girls

Alberto Regalado (Red)
Courtney Freas (White)
Kylee McDougall (Staff Coach)

U11 - 2014 Girls

Armando Avila (Red)
Jaqui Ortega (White)

U14 - 2011 Girls

Dianna Hawkins (GA)
Lisa Elledge (Red)

U9 - 2016 Girls

Antonio Andress (Red)
Scylla Alavizos (White)

U12 - 2013 Girls

Carlos Morales (Pre-GA)
Alyssa Hanks (White)

U10 - 2015 Girls

Blanca Miller (Red)
Maddie Moor (White)

U13 - 2012 Girls

Lisa Elledge (GA)
Armando Avila (White)



PRESENTED BY



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2024/2025 SEASON COACHING ASSIGNMENTS

U8-U14 BOYS

U8 - 2017 Boys

Cristian Maturana (Red)
Jason Duval (White)
Diego Duarte (Black)

U11 - 2014 Boys

Armando Gutierrez (Red)
Beto Regalado (White)
Genaro Alfaro (Black)
Jonathan Cabanas (Gray)

U14 - 2011 Boys

Jairo Camargo (MLS Next)
David Suozzo (Red)
Diego Duarte (White)

U9 - 2016 Boys

Jose Chacin (Red)
Derek Lizardo (White)
Amal Cuahutemoc (Black)
Milton Moreno (Gray)

U12 - 2013 Boys

Jeff Neuner (Pre-MLS Next)
Pedro Lupercio (White)
Amal Cuahutemoc (Black)
David Suozzo (Gray)

U10 - 2015 Boys

Jeff Neuner (Red)
Hugo Brambila (White)
Michael Trevizo (Black)
Anthony Esparza (Gray)

U13 - 2012 Boys

Daniel Yossa (MLS Next)
Antonio Andres (Red)
Johnny Cuatecontzi (White)

2024/2025 SEASON COACHING ASSIGNMENTS



Thank you supporting Sac United!



Questions





Thank you supporting Sac United!



THANK YOU

