



fall  
2019








spring  
2020

## Chesapeake United Competitive Program Coaching Slate







### DIRECTORS

<b>Technical Director</b>	Kristin Carden		<ul style="list-style-type: none"> <li>• USSF "C" License</li> <li>• United Soccer Coaches Diplomas: Director of Coaching, Small-Sided Games, Technical Development of the Competitive Player, Youth Club Administrator Professional Development</li> <li>• Goalkeeping Level 1 &amp; 2 Diplomas</li> <li>• Former Division 1 College Soccer Player: 4 Year Starter (Virginia Tech &amp; Virginia Commonwealth), 4 Year All-Conference Player (ACC, CAA, Atlantic 10)</li> <li>• NSCAA All-American</li> </ul>
<b>Goalkeeping Director</b>	Tony Cowell		<ul style="list-style-type: none"> <li>• Goalkeeping Level 1, 2 &amp; 3 Diplomas</li> <li>• USSF "D" License</li> <li>• La Liga Methodology Level 3 Certification</li> <li>• 8+ Years Coaching with Chesapeake United</li> <li>• Former Great Bridge High School Varsity Soccer Player</li> </ul>

### BOYS U9 - U19

BIRTH YEAR	TEAM	COACH	CREDENTIALS
2011 (U9)	'11 BOYS BLACK	Sean Holl	 <ul style="list-style-type: none"> <li>• NSCAA Advanced Regional Diploma</li> <li>• La Liga Formation Methodology Certification</li> <li>• USSF "E" License</li> <li>• Olympic Development Program Evaluator</li> <li>• 13 Years Coaching Experience</li> </ul>
2011 (U9)	'11 BOYS BLUE	George Miller	 <ul style="list-style-type: none"> <li>• USSF "B" License</li> <li>• USSF National Youth License</li> <li>• USC Advanced National Diploma</li> <li>• Goalkeeping Level 1 Diploma</li> <li>• 25+ Years Coaching Experience</li> </ul>
2010 (U10)	'10 BOYS BLACK	Sean Holl	 <ul style="list-style-type: none"> <li>• NSCAA Advanced Regional Diploma</li> <li>• La Liga Formation Methodology Certification</li> <li>• USSF "E" License</li> <li>• Olympic Development Program Evaluator</li> <li>• 13 Years Coaching Experience</li> </ul>
2010 (U10)	'10 BOYS BLUE	Jason Rollins	 <ul style="list-style-type: none"> <li>• USSF "D" License</li> <li>• La Liga Formation Methodology Certification</li> <li>• 7 Years Coaching Experience</li> </ul>
2009 (U11)	'09 BOYS BLACK	Jerry Clements	 <ul style="list-style-type: none"> <li>• USSF "D" License</li> <li>• 10 Years Coaching with Chesapeake United</li> <li>• 18 Years Coaching Experience</li> </ul>
2009 (U11)	'09 BOYS BLUE	TBA	TBA
2008 (U12)	'08 BOYS BLACK	Kristin Carden	 <ul style="list-style-type: none"> <li>• USSF "C" License</li> <li>• United Soccer Coaches Diplomas: Director of Coaching, Small-Sided Games, Technical Development of the Competitive Player, Youth Club Administrator Professional Development</li> <li>• Goalkeeping Level 1 &amp; 2 Diplomas</li> <li>• Former Division 1 College Soccer Player: 4 Year Starter (Virginia Tech &amp; Virginia Commonwealth), 4 Year All-Conference Player (ACC, CAA, Atlantic 10)</li> <li>• NSCAA All-American</li> </ul>
2010 (U10)	'08 BOYS BLUE	Jason Rollins	 <ul style="list-style-type: none"> <li>• USSF "D" License</li> <li>• La Liga Formation Methodology Certification</li> <li>• 7 Years Coaching Experience</li> </ul>
2006/2007 (U13/U14)	'06 BOYS BLACK	Tyler Ellis	 <ul style="list-style-type: none"> <li>• Former ODU Club Soccer Player</li> <li>• Former Western Branch Varsity Player</li> <li>• Former CSL Travel Player</li> <li>• 10+ Years Travel Soccer Experience</li> </ul>
2005/2004 (U15/U16)	'04 BOYS BLACK	TBD	TBD
2002/2003 (U17/U18)	'02 BOYS BLACK	Jerry Clements	 <ul style="list-style-type: none"> <li>• USSF "D" License</li> <li>• 10 Years Coaching with Chesapeake United</li> <li>• 18 Years Coaching Experience</li> </ul>
2001 (U19)	'01 BOYS BLACK	TBD	TBD

### GIRLS U9 - U19

BIRTH YEAR	TEAM	COACH	CREDENTIALS
2011 (U9)	'11 GIRLS BLACK	Steve Jelf	 <ul style="list-style-type: none"> <li>• Originally from Plymouth, England</li> <li>• USSF "D" License</li> <li>• 16 years coaching experience</li> <li>• CUSC Coach Since 2005</li> <li>• VPL, VSLI, and TASL Coach</li> </ul>
2011 (U9)	'11 GIRLS BLUE	Sam Frowen	 <ul style="list-style-type: none"> <li>• USSF "E" License</li> <li>• Current Chesapeake United Academy Staff</li> <li>• Current Grassfield High School Assistant Coach</li> <li>• Former ODU Women's Soccer Player</li> </ul>
2010 (U10)	'10 GIRLS BLACK	Steve Jelf	 <ul style="list-style-type: none"> <li>• Originally from Plymouth, England</li> <li>• USSF "D" License</li> <li>• 16 years coaching experience</li> <li>• CUSC Coach Since 2005</li> <li>• VPL, VSLI, and TASL Coach</li> </ul>
2009 (U11)	'09 GIRLS BLACK	TBD	TBD
2008 (U12)	'08 GIRLS BLACK	Kristin Carden	 <ul style="list-style-type: none"> <li>• USSF "C" License</li> <li>• United Soccer Coaches Diplomas: Director of Coaching, Small-Sided Games, Technical Development of the Competitive Player, Youth Club Administrator Professional Development</li> <li>• Goalkeeping Level 1 &amp; 2 Diplomas</li> <li>• Former Division 1 College Soccer Player: 4 Year Starter (Virginia Tech &amp; Virginia Commonwealth), 4 Year All-Conference Player (ACC, CAA, Atlantic 10)</li> <li>• NSCAA All-American</li> </ul>
2006/2007 (U13/U14)	'06 GIRLS BLACK	John Lentini	 <ul style="list-style-type: none"> <li>• USSF "D" License</li> <li>• 11+ Years Coaching Experience</li> <li>• Former Indian River High School Player</li> <li>• Former Churchland Soccer League Youth Player</li> </ul>
2005 (U15)	'05 GIRLS BLACK	Kevin Ellis	 <ul style="list-style-type: none"> <li>• USSF "D" License</li> <li>• 20+ Years Coaching Experience</li> <li>• NSCAA Goalkeeping Level 1 Diploma</li> <li>• NSCAA Special Topics Certificates - Attacking &amp; Defending</li> <li>• Grassfield High School Head Varsity Coach '08 - Present                             <ul style="list-style-type: none"> <li>• Record – 106-44-13</li> <li>• 4-time District Champion</li> <li>• 3-time District Coach of the Year</li> </ul> </li> </ul>
2004/2003 (U16/U17)	'03 GIRLS BLACK	TBD	TBD
2002/2001 (U18/19)	'01 GIRLS BLACK	TBD	TBD