



NATIONAL WOMEN'S SOCCER LEAGUE

2025 Utah Royals Media Guide

2025 – UTAH ROYALS FC REG. SEASON SCHEDULE / KEY DATES (as of 22 January 2025)

(all times MT; **HOME GAMES IN BOLD**; *PRESEASON / BYE / CBA MANDATED BREAK ITALICIZED*)

ALL SUBJECT TO CHANGE; visit www.NWSLsoccer.com for additional info / details; various non-National TV games streaming at NWSL+

DAY / DATE OPPONENT TIME TV; NOTE:

TUE 01/15/2025 URFC PLAYERS REPORT TO HERRIMAN Medical evaluations & fitness testing prior to on-field work

MON 01/27/2025 - THU 01/30/2025 URFC MEDIA DAYS Afternoon Photo / Video / Interviews at America First Field

SAT 02/01/2025 URFC v University of Utah

MON 02/04/2025 DEPART UTAH FOR CHULA VISTA

THU 02/06/2025 URFC v United City FC Women

MON 02/10/2025 URFC v San Diego Wave

FRI 02/14/2025 URFC v TBD

MON 02/14/2025 RETURN TO UTAH

SAT 02/22/2025 URFC v BYU

DAY / DATE OPPONENT TIME TV; NOTE

SAT 03/15/2025 BAY FC 5:30 ION; 2024 expansion sides meet in season opener. Royals won both matches against Bay FC last year

SAT 03/22/2025 at San Diego Wave 8:00 KMYU; Several Royals players return to their former club

SAT 03/29/2025 at KC Current 5:30 ION; Visit to sole NWSL-specific stadium, Golden Boot winner Temwa Chawinga

SAT 04/03/2025 URFC BYE WEEKEND

FRI 04/11/2025 PORTLAND THORNS 8:00 PRIME; One of four clean sheets from 2024 season. Unbeaten vs Portland (2-0-1) during second iteration

FRI 04/18/2025 CHICAGO STARS 7:30 KMYU; Opened 2024 season at home against the Stars; Tatum Milazzo visits former club

FRI 04/25/2025 at Houston Dash 6:00 KMYU; 3-1 win part of second-half 2024 surge that yielded third-most points in NWSL in that time frame

SAT 05/03/2025 NC COURAGE 8:00 ION; First win of 2024 season, Mandy McGlynn saved back-to-back penalties, Ally Sentnor and Kate Del Fava scored first pro goal

FRI 05/09/2025 at Angel City FC 8:30; KMYU Lost Cloe Lacasse to a season-ending injury in final road match of 2024

SAT 05/17/2025 at Washington Spirit 5:30; ION Conceded third penalty in as many games last year at Audi

FRI 05/23/2025 ORLANDO PRIDE 7:30 KMYU; Held onto 0-0 draw until Marta entered as sub, scoring GWG

SAT 05/31/2025 URFC BYE WEEKEND

FRI 06/06/2025 at Racing Louisville 5:00; KMYU Rookie Olivia Griffiths scored first pro goal at L'ville in '24

FRI 06/13/2025 GOTHAM FC 7:30 KMYU; Early reprise of final home game of 2024 vs. 2023 Champs

SAT 06/21/2025 SEATTLE REIGN 3:00 KMYU; Cloe Lacasse scored First URFC hat trick in club history, lone hat trick of entire 2024 NWSL season

MON 06/23/2025 NWSL BREAK CBA MANDATED BREAK ENDS SUN 06/29/2025

WED 07/02/2025 UEFA WOMEN'S EURO 2025 KICK OFF

SAT 07/12/2025 COPA AMERICA FEMENINA 2025 KICK OFF

SUN 07/27/2025 UEFA WOMEN'S EURO 2025 FINAL

SAT 08/02/2025 COPA AMERICA FEMENINA 2025 FINAL

SUN 08/03/2025 at Orlando Pride 4:00 KMYU; Second-half of 2025 campaign kicks off at defending NWSL champs at Inter & Co. Stadium

FRI 08/08/2025 KC CURRENT 8:00 PRIME; URFC blanked 2024 Golden Boot winner Temwa Chawinga a year ago

FRI 08/15/2025 ANGEL CITY FC 8:00 KMYU; Foederer scored first-ever NWSL goal by Dutch player since 2016

SAT 08/23/2025 at Gotham FC 5:30 ION; Paige Monaghan honored in hometown as the 100th NWSL player to play in 100 games

FRI 08/29/2025 at Portland Thorns 8:30 KMYU; Third away victory of 2024 season, Tanaka scoring debut goal

SAT 09/06/2025 at NC Courage 5:30 ION; Royals fell 1-0 on rainy 2024 night in Cary, NC

SUN 09/14/2025 HOUSTON DASH 4:00 KMYU; GK Mandy McGlynn recorded first shutout of 2024 season v HOU

FRI 09/19/2025 RACING LOUISVILLE 8:00 KMYU; Rookie GK Cristina Roque recorded first start, first shutout of NWSL career v L'ville

SAT 09/27/2025 at Bay FC 8:00 ION; Kate Del Fava scored 89th minute GWG off corner kick taken by Ally Sentnor at Bay last year

SUN 10/05/2025 at Chicago Stars 2:00 KMYU; Royals fell 3-1 at SeatGeek Stadium in 2024

SAT 10/11/2025 SAN DIEGO WAVE 8:00 KMYU; Cloe Lacasse scored her first NWSL goal v SD a year ago

FRI 10/17/2025 at Seattle Reign 8:00 KMYU; Newcomer Aisha Solorzano scored game-winning hat trick in Seattle during the 2024 NWSL Summer Cup

SUN 11/02/2025 WASHINGTON SPIRIT TBD TBA; GK Mandy McGlynn won NWSL Save of the Week in final 2024 matchday, nominated nine times

2025 NWSL PLAYOFF DATES (subject to change)

FRI 11/07/2025 NWSL QUARTERFINAL WEEKEND – Single-Elimination

FRI 11/14/2025 NWSL SEMIFINAL WEEKEND – Single-Elimination

SAT 11/22/2025 NWSL CHAMPIONSHIP GAME

KEY UPCOMING NWSL DATES:

Wed., Feb. 5 – Latest possible preseason report date

Fri., March 7 – NWSL Challenge Cup – Orlando Pride v Washington Spirit

Fri., March 14 – NWSL Regular Season Kicks Off

Mon., June 23 – Sun., June 29 – CBA-mandated League Break

Wed., July 2 - Sun., July 27 – UEFA Women's Euro 2025

Sat., July 12 - Sat., Aug 2 – Copa América Femenina 2025

Nov. 7-9 – NWSL Playoff Quarterfinal Stage

Nov. 14-16 – NWSL Playoff Semifinals

Nov. 22 – NWSL Championship 2025

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About Us

Utah Royals FC is a professional soccer Club based in Sandy, Utah competing in the National Women's Soccer League. Reformed in 2023, the Club aims to maintain a high level of excellence on and off the pitch. The Club's home ground, America First Field, is known for its picturesque backdrop of the Wasatch Mountain Range and incredible home atmosphere created by the Club supporters. With a commitment to fielding a competitive team and developing young players, Utah Royals FC aims to become one of the gold standards in women's soccer for years to come.

Team Executives



Sporting Director Kelly Cousins

Cousins began her professional football career as a player in 2007, signing with Reading FC and playing for five seasons prior to seeing ambitions cut short due to injury. Upon her retirement, Cousins moved into the legendary Club's front office, named the Director of Women's and Girl's Football for Reading. Just a year after hanging up her boots, Cousins assumed the position as third-tier Reading's Head Coach.

In her first season at the helm, Cousins helped Reading gain its first-ever promotion into the Women's Super League 2, now known as the FA Women's Championship, competing in the second tier of English football. Two years later, Cousins would lead the Promotion achievement once again, this time leading the team to first-place finish in the 2015 WSL 2 and a spot in the top flight of English football, the Women's Super League - spearheading a remarkable story of team-building and promotion.



Assistant Sporting Director Connor Oniki

Oniki has been a member of the URFC organization since its inception, beginning as a legal intern in 2022 before transitioning into a full-time legal counsel less than a year later, making up part of the foundation that laid the groundwork for the return of royalty at the start of 2024. He is a graduate of Harvard Law School and holds a Bachelor of Science degree from Brigham Young University. Oniki specializes in roster rules and regulation compliance, salary cap management, and all domestic, federation, and FIFA compliances. He manages the club's many agent relationships and also oversees its talent identification and scouting efforts, working to provide a pipeline of talent in support of the club's recruitment endeavors.

Technical Staff



Head Coach Jimmy Coenraets

Coenraets brings head coach experience to the staff as he most recently held the women's manager position at OH Leuven in Belgium. The Brusselseers assistant holds a degree in marketing and international football business from the University of Brussels along with a A coaching license.

Bringing nearly a decade of women's soccer experience to the youngest roster in the NWSL, Coenraets entered the professional realm in 2016. When Coenraets took over his previous club in 2020, they ranked last in the league. In Coenraets second season as manager he turned OH Leuven to a title contender & was named Belgium Pro League manager of the year.

Assistant Coach Mariana Cabral



Cabral, former Sporting Clube de Portugal head coach, joins Coenraets as first assistant. The former footballer turned journalist dropped the pen and picked up the whistle in 2021 starting her coaching career.

Assistant Coach Emily Simpkins



Simpkins joins URFC after one year as an assistant coach at Birmingham City Women, where she spent three years as a player between 2012 and 2015. Prior to coaching, Simpkins was a former footballer appearing for various clubs throughout England. The attacker started

Goalkeeper Coach James White



White is a UEFA A License Goalkeeping Coach with extensive experience in both English and international football. White's journey in football began during his playing days as a goalkeeper for Southampton Football Club in the Premier League, the highest

Cabral ended her time with Sporting Clube de Portugal finishing second in the league for two consecutive years, adding another Supertaca de Portugal Feminina title last August.

her senior playing career in 2007 for Nottingham Forest, but signed her first professional deal in 2015 with Doncaster Belles. Simpkins made 175 appearances in her 17-year career notching 11 goals, most notably recording 42 appearances across four years at Brighton and Hove Albion of the Women's Super League. Simpkins played her final season with Charlton Athletic in 2023 before picking up the whistle.

division of English football. White returned to Southampton in 2019 where he worked as the club's goalkeeping coach serving the Women's first-team and academy team between 2019 and 2021. In 2021 he was recruited by current URFC Sporting Director Kelly Cousins to reprise his role as a goalkeeping coach for Reading Women in the English Women's Super League, he then joined Bristol City Women. On the international scene, White joined the England Women's U18 team in the 2022/23 season, coaching the goalkeepers and leading set play strategy.

**Head of Performance
Willem Moens**



Moens arrives in Utah having spent the previous three years with RSC Anderlecht in the Belgian Pro League as a Sports Physical Therapist before evolving into a physio/performance coach and sports scientist for the club's U23 side. Moens received his Bachelor's degree as well as Master's degree in Sports Physiotherapy from KU Leuven.

**Performance Coach /
Analyst
Sam Lismont**



Lismont returns to the Royals' as a Performance Coach and Analyst. The Belgian assistant's coaching career started in 2019 after obtaining a UEFA-A diploma then taking over as the Head of Analysis and Academy Analyst at Sint-Truiden VV.

**Video Analyst
James Chandler**



Chandler remains with the Royals for his second season in the NWSL. Following Sporting Director Kelly Cousins from Redding FC Women leaving his lead analyst position after six months in his second stint with the club, previously an assistant analyst. Between Chandler's era's at Redding FC he spent time in the Premier league working VAR.

Numerical Roster + Pronunciation

1	Mandy McGlynn	GK	MAN-DEE mc-glin	Jacksonville, FL
2	Tatumn Milazzo	DF	Tay-tuhm mih-lah-tzo	Orland Park, IL
3	Olivia Griffiths	DF	Uh-liv-ee-uh grif-its	Eagle, ID
4	Paige Monaghan	FW	PAY-j MAHN-uh-han	Succasacca, NJ
5	Lauren Flynn	DF	LOOR-ehn fl-in	Arlington, VA
6	Macey Fraser	MF	may-see FRAY-zer	Rangiora, New Zealand
7	Janni Thomsen	MF	Yah-nee tom-son	Kjellerup, Denmark
8	Kate Del Fava	DF	kay-T de-L FAH-vuh	Kenosha, WI
9	Ally Sentnor	FW	a-LEE SENT-norr	Hanson, MA
10	Claudia Zornoza	MF	Cl-ah-dee-a zz-ohr-nOH-za	Madrid, Spain
11	Mina Tanaka	FW	mee-na tah-nah-kah	Ubon Ratchathani, Thailand
12	Alex Loera	DF	Al-iks LOH-air-uh	Thornton, CO
13	Brecken Mozingo	FW	BREH-kin MOH-zin-GOH	Sandy, UT
14	Nuria Rábano	DF	Noo-ree-ah RAH-bah-noh	Santiago de Compostela, Spain
	Ana Maria			
15	Guzman	DF	AH-nuh muh-REE-uh GOO-ze-mah-n	Mistrató, Colombia
16	Madison Pogarch	DF	MA-dih-SUHN POH-gahrsh	Hartland, MI
17	Ana Tejada	DF	ahn-ah tay-hah-dah	Logrono, Spain
18	Kaleigh Riehl	DF	KAY-lee REEL	Menomonee Falls, MI
19	KK Ream	FW	Kay-Kay REEM	Montgomery, AL
21	Mikayla Cluff	MF	mih-KAY-luh cluhf	Kaysville, UT
22	Dana Foederer	MF	DAH-nuh FOH-dur-ur	Veldhoven, Netherlands
23	Mia Justus	GK	Mee-ah just-us	Lakewood, OH
24	Cloe Lacasse	FW	KLOH-ee ...	Sudbury, Ontario, Canada
28	Imani Dorsey	DF	IH-mahn-EE DOOR-see	Elkridge, MD
30	Aisha Solorzano	FW	Eye-shuh Soh-lor-sah-noh	Guatemala City, Guatemala
32	Cristina Roque	GK	KRIH-stee-NUH ROH-kay	Winter Garden, FL
33	Aria Nagai	MF	Ah-ree-ah nug-eye	Herndon, VA
34	Sydney Jones	DF	Sid-nee joh-n-s	Cincinnati, OH
35	Kayla Colbert	FW	Kay-luh cohl-bert	Rancho Cucamonga, CA

Bianca			
53 St-Georges	FW	Bee-ank-a say-nt jorj	St-Félix-de-Valois, Canada
– Emily Gray	MF	em-IH-lee GRAY	Sewell, NJ

Alphabetical Roster (By Last Name)

Mikayla Cluff	5' 8"	Feb 25, 1999	she/her	United States
Kayla Colbert	5' 2"	Jan 11, 2003	she/her	United States
Kate Del Fava	5' 9"	Jul 23, 1998	she/her	United States
Imani Dorsey	5' 6"	Mar 21, 1996	she/her	United States
Lauren Flynn	5' 6"	May 22, 2002	she/her	United States
Dana Foederer	5' 5"	Jul 27, 2002	she/her	Netherlands
Macey Fraser	5' 5"	Jul 11, 2002	she/her	New Zealand
Emily Gray	5' 4"	Oct 5, 2000	she/her	United States
Olivia Griffiths	5' 6"	Aug 2, 2001	she/her	United States
Ana Maria Guzman	5' 4"	Jun 11, 2005	she/her	Colombia
Sydney Jones	5' 4"	Oct 24, 2002	she/her	United States
Mia Justus	5' 9"	Sep 3, 2002	she/her	United States
Cloé Lacasse	5' 7"	Jul 7, 1993	she/her	Canada
Alex Loera	5' 7"	Jun 19, 1999	she/her	United States
Mandy McGlynn	5' 9"	Nov 3, 1998	she/her	United States
Tatumn Milazzo	5' 7"	Apr 17, 1998	she/her	United States
Paige Monaghan	5' 8"	Nov 13, 1996	she/her	United States
Brecken Mozingo	5' 6"	March 8, 2001	she/her	United States
Aria Nagai	5' 3"	Dec 8, 2001	she/her	United States
Madison Pogarch	5' 6"	Nov 5, 1997	she/her	United States
Nuria Rábano	5' 4"	Jun 15, 1999	she/her	Spain
KK Ream	5' 4"	Jul 8, 2009	she/her	United States
Kaleigh Riehl	5' 8"	Oct 21, 1996	she/her	United States
Cristina Roque	5' 7"	Nov 6, 2001	she/her	Puerto Rico
Ally Sentnor	5' 4"	Feb 18, 2004	she/her	United States
Aisha Solorzano	5' 4"	Apr 13, 1998	she/her	Guatemala
Bianca St-Georges	5' 6"	Jul 28, 1997	she/her	Canada
Mina Tanaka	5' 5"	Apr 28, 1994	she/her	Japan
Ana Tejeda	5' 7"	Jun 2, 2002	she/her	Spain
Janni Thomsen	5' 7"	Feb 16, 2000	she/they	Denmark
Claudia Zornoza	5' 5"	Oct 20, 1990	she/her	Spain



Name: Mandy McGlynn
Pronunciation: MAN-DEE mc-glin
Position: Goalkeeper
Height: 5'9"
Jersey Number: 1
Date of Birth: November 3, 1998
Age: 26
Hometown: Jacksonville, FL
Citizenship: USA
College: Virginia Tech
Last Club: Gotham NJ/NY
How Acquired: Trade with Gotham for \$150,000 and expansion draft protection

McGlynn started as a goalkeeper in all four years that she attended Virginia Tech and went back-to-back as the All-ACC First Team goalkeeper. Drafted in 2020 by Sky Blue FC (Gotham FC), spent one year in New York before moving overseas to Piteå IF in the Swedish first division. McGlynn spent the 2022 season in Sweden's top league, where she was named Norbotten's Female Player of the Year after starting every game, recording seven shutouts, and becoming one of only three players in the league to play every single minute. She returned to Gotham FC in 2023, winning the NWSL Championship before moving to the Wasatch Front. In her lone season with URFC set the club record for single-season saves with 84 in 24 appearances. The strong performance led her to be named club MVP leading to her first senior team call up and debut in a 3-0 win over Argentina last October.



Name: Tatum Milazzo
Pronunciation: Tay-tuhm mil-lah-tzo
Position: Defender
Height: 5'7"
Jersey Number: 2
Date of Birth: April 17, 1998
Age: 26
Hometown: Orland Park, IL
Citizenship: USA
College: University of South Carolina
Last Club: Chicago Stars
How Acquired: Free Agency

Prior to joining the NWSL, Milazzo played four years at the University of South Carolina, winning Southeastern Conference titles in 2016, 2017, and 2019 with the Gamecocks. Milazzo joined the Chicago Stars' 2021 preseason squad, eventually moving up to the supplemental roster two months later, on April 5. Four days later, Milazzo made her professional debut in an NWSL Challenge Cup match, subbing in during the 87th minute of a 0-0 draw. Milazzo leaves Chicago Stars FC with 70 career NWSL appearances, including Challenge Cup and NWSL playoff matches, along with four career goals, 171 career tackles,

and 115 career interceptions. Now picked up in free agency, the speedy 26-year-old will look to leave her mark on the upward-trending URFC side.



Name: Olivia Griffiths
Pronunciation: Uh-liv-ee-uh grif-its
Position: Defender
Height: 5'6"
Jersey Number: 3
Date of Birth: August 2, 2001
Age: 23
Hometown: Eagle, ID
Citizenship: USA
College: Brigham Young University
Last Club: N/A
How Acquired: #20 overall in the 2024 NWSL Draft

Griffitts, born in Eagle, Idaho, was drafted 20th overall in the 2023 NWSL Draft after a successful collegiate career playing full-back for BYU. She started 79 games while playing for the Cougars, appearing in 82. Formerly a forward, Griffitts modified her game in college and turned provider, notching 19 assists across three years, but still managed to score four goals from a deeper position on the pitch. Griffitts was one of a program-record five players selected from BYU in the 2023 NWSL Draft. Expecting her first later this year, Griffitts will sit out the entirety of the 2025 season



Name: Paige Monaghan
Pronunciation: PAY-j MAHN-uh-han
Position: Forward
Height: 5'8"
Jersey Number: 4
Date of Birth: November 13, 1996
Age: 28
Hometown: Succasacca, NJ
Citizenship: USA
College: Butler University
Last Club: Racing Louisville
How Acquired: 2024 Expansion Draft

Monaghan, a New Jersey native, attended Butler University for four years, playing in 80 matches and recording 22 goals and 18 assists. She was named twice to the All-Big East First Team, Second Team All-American, All-American Scholar and also earned 2017 All-Big East Player of the Year plaudits. The forward made Butler history when she was drafted 10th overall in the 2019 NWSL Draft by Gotham FC where she played 57 games across four years. In 2023, she headed south to Racing Louisville and appeared in 22 games before making the move to Utah with nine professional goals to her name. URFC's inaugural captain appeared in 22 matches last season notching two goals and one assist in 1578 regular season minutes.



Name: Lauren Flynn
Pronunciation: LOOR-ehn fl-in
Position: Defender
Height: 5'6"
Jersey Number: 5
Date of Birth: May 22, 2002
Age: 22
Hometown: Arlington, VA
Citizenship: USA
College: Florida State University
Last Club: N/A
How Acquired: #16 overall pick in the 2024 NWSL Draft

Flynn was the 16th overall pick in the 2023 NWSL Draft landing FSU their second draftee of the night. Flynn played in 79 games while making 70 starts for the Seminoles over the course of her career. A two-time NCAA Champion, Flynn ended her career with seven goals and three assists, five of those goals which came in 2023. While at FSU, she also helped the Seminoles to four straight ACC Championships. Making her professional debut on April 20 against Louisville starting at right back, Flynn logged a full 90 and did not look back making nine consecutive starts after her debut. The bruising defender who received three yellow cards in 2024 had her rookie campaign cut short after being diagnosed with bilateral compartment syndrome in her lower legs. Flynn anticipates a full return for the 2025 season.



Name: Macey Fraser
Pronunciation: may-see FRAY-zer
Position: Midfielder
Height: 5'5"
Jersey Number: 6
Date of Birth: July 11, 2002
Age: 22
Hometown: Rangiora, New Zealand
Citizenship: NZL
College: N/A
Last Club: Wellington Phoenix
How Acquired: Trade with Wellington Phoenix

Macey Fraser, a New Zealand native is making a record breaking transfer to Utah Royals FC after having a breakout season with Wellington Phoenix FC in the A-League. She leaves Wellington with 19 appearances, 3 goals and 5 assists. Fraser, a creative midfielder has made her international debut with New Zealand having scored 2 goals in just 3 caps. She first made a name for herself globally after making viral videos on TikTok showing off her creative freestyle ability on the ball. Making her URFC debut on May 25 Fraser made four appearances with the Blue-and-Gold before an unlucky series of injuries kept Fraser out the second-half of the season. The New Zealand Olympian returns to URFC looking to break out onto the NWSL scene.



Name: Janni Thomsen
Pronunciation: yah-nee tom-son
Position: Midfielder
Height: 5'7"
Jersey Number: 7
Date of Birth: February 16, 2000
Age: 25
Hometown: Kjellerup, Denmark
Citizenship: DEN
College: N/A
Last Club: Vålerenga
How Acquired: Purchased from Vålerenga for an undisclosed fee

Thomsen, 25, brings Champions League experience to a young URFC roster. After five years of service at Vålerenga, logging 100 appearances (seven in Champions League), 8,103 minutes, 14 goals, and 25 assists Thomsen's chapter in the Toppserien ended with back-to-back league titles. Since making her senior team debut with Denmark in 2020 Thomsen has notched 42 caps, most recently leading Denmark to a 2025 EURO Qualification finishing second in Group 2 with 12 points behind the reigning EURO Champs Spain



Name: Kate Del Fava
Pronunciation: kay-T de-L FAH-vuh
Position: Defender
Height: 5'9"
Jersey Number: 8
Date of Birth: June 23, 1998
Age: 26
Hometown: Kenosha, WI
Citizenship: USA
College: Illinois State University
Last Club: Kansas City Current
How Acquired: Trade with Current for \$75,000 and expansion draft protection

One of two players returning to Utah from the Club's first iteration, Del Fava was born in Evanston, IL. Her college career took her south to Illinois State, where she played all four years, gathering a wealth of personal accolades including 2019 MVC Player of the Year, three All-MVC First Team awards and six MVC player of the week awards among others. She was drafted by Utah Royals FC in 2020 with the 12th overall pick and made her debut in the 2020 Challenge Cup. When the first version of URFC folded, she moved with the Club to Kansas City for two years where she scored her first professional goal. Iron Woman played every minute of URFC's inaugural season en route to earning team DPOY. Del Fava notched her first two professional-goals last season that included game winners against North Carolina Courage and expansion sibling Bay FC.



Name: Ally Sentnor
Pronunciation: a-LEE SENT-norr
Position: Forward
Height: 5'4"
Jersey Number: 9
Date of Birth: February 18, 2004
Age: 20
Hometown: Hanson, MA
Citizenship: USA
College: University of North Carolina
Last Club: N/A
How Acquired: #1 overall pick in the 2024 NWSL Draft

The number one overall pick in the 2023 draft hails from Massachusetts but played her college ball at the University of North Carolina. The former Tar Heel scored 21 goals in 48 matches while in Chapel Hill and was named 2023 ACC Midfielder of the Year, first-team All-ACC, and third-team All-American. Sentnor has represented the United States at the U17, U18, and U20 youth levels, before making her first senior cap in November 2024. Captaining the USYNT U-20 squad to a bronze medal in the 2024 U-20 Women's World Cup earning the Bronze Ball, Sentnor earned her first camp call up in the final FIFA window of the 2024 Calendar year, making her first senior cap at Wembley Stadium in a 0-0 draw against England. A 2024 Rookie of the Year finalist, Sentnor's debut professional season can be highlighted with three goals and four assists during NWSL competitions.



Name: Claudia Zornoza
Pronunciation: CL-ah-dee-a zz-OHr-nOH-za
Position: Midfielder
Height: 5'5"
Jersey Number: 10
Date of Birth: October 10, 1990
Age: 34
Hometown: Madrid, Spain
Citizenship: ESP
College: N/A
Last Club: Real Madrid
How Acquired: Free Agency

Zornoza joins Utah Royals FC after playing her final season with Real Madrid. In Zornoza's final season overseas, she logged 28 matches and 1784 minutes contributing four goals and four assists en route to a second place finish in Liga F behind juggernauts FC Barcelona Femení. Zornoza also appeared in Real Madrid's six group stage matches in the UEFA Women's Champions League. Zornoza has represented Spain in a number of international matches and tournaments. Zornoza appeared for La Roja in last year's edition of the FIFA World Cup where Spain ended up as World Champions. After 10 matches with URFC the Spanish midfielder opened up midfield notching three assists alongside providing lethal blows behind a dead ball, scoring a PK and Free Kick last season.



Name: Mina Tanaka
Pronunciation: mee-na tah-nah-kah
Position: Forward
Height: 5'5"
Jersey Number: 11
Date of Birth: April 28, 1994
Age: 30
Hometown: Ubon Ratchathani, Thailand
Citizenship: JPN
College: N/A
Last Club: INAC Kobe Leonessa
How Acquired: Free Agency

Mina Tanaka joins Utah Royals FC from Kobe Leonessa of Japan's WE League where she played 58 matches and scored 37 goals. She comes to the Beehive state after playing 13 seasons in Japan, appearing for Tokyo Verdy Beleza from 2011-2019 and INAC Kobe Leonessa from 2020-2024 with a ten match stint on loan in Germany's Frauen-Bundesliga with Bayer Leverkusen in 2020. She has appeared in 4 major international tournaments for Japan. Tanaka has an eye for goal, winning the Nadeshiko golden boot title four times (2016, 2017, 2018, 2019). She was also named to Nadeshiko League Best XI five times (2015, 2016, 2017), and won back-to-back Nadeshiko League Best Player Awards in 2018 and 2019. Representing club and country, Tanaka has found the back of the net 211 times in 308 total club appearances as well as 30 goals in 74 senior international appearances. Tanaka's presence was felt immediately upon arrival bringing an attacking poise scoring one goal in seven matches.



Name: Alex Loera
Pronunciation: AI-iks LOH-air-uh
Position: Defender
Height: 5' 7"
Jersey Number: 12
Date of Birth: June 19, 1999
Age: 25
Hometown: Thornton, CO
Citizenship: USA
College: Santa Clara University
Last Club: Bay FC
How Acquired: Trade with Bay for \$20,000 and 15% sell-on fee

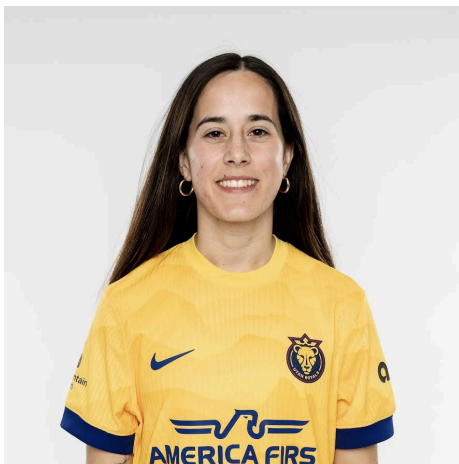
Alex Loera, a 24-year-old midfielder, joins Utah Royals FC after an impressive start to her professional career with Kansas City Current and Bay FC. Loera served as captain for Bay FC during their inaugural season, showcasing her leadership and skill on the field. Although her 2024 season was cut short by an ACL tear, Loera has already made 32 regular-season appearances in the league, gaining invaluable experience and proving herself as a key player. Before turning professional, Loera excelled at Santa Clara University, where she earned

multiple accolades, including a spot on the West Coast Conference All-Conference Team and the honor of being named team captain.



Name: Brecken Mozingo
Pronunciation: BREH-kin MOH-zin-GOH
Position: Forward
Height: 5'6"
Jersey Number: 13
Date of Birth: March 8, 2001
Age: 23
Hometown: Sandy, UT
Citizenship: USA
College: Brigham Young University
Last Club: N/A
How Acquired: #4 overall pick in the 2024 NWSL Draft

Mozingo, another Utah native, set a school record at Alta HS with 38 goals in 2016 before going to UCLA to start her college career. After a year, she returned to Utah with BYU and went on to feature in 92 games, scoring 36 goals and providing 37 assists. For her efforts at the Y, she was named a Mac Hermann finalist and a First-Team All-American. Mozingo was drafted 4th overall at the 2023 NWSL Draft where she was part of an historic night for BYU as one of a program-record five players selected. The Utah native logged nearly 1000 minutes in her rookie campaign appearing in 18 regular season matches. Mozingo made a name for herself in the professional realm during the inaugural NWSL x Liga MX Femenil Summer cup tournament with a brace against Club Tijuana, the club's first brace of the 2024 calendar year.



Name: Nuria Rábano
Pronunciation: Noo-ree-ah RAH-bah-noh
Position: Defender
Height: 5'5"
Jersey Number: 14
Date of Birth: June 15, 1999
Age: 25
Hometown: Santiago de Compostela, Spain
Citizenship: ESP
College: N/A
Last Club: VfL Wolfsburg
How Acquired: Purchased for an undisclosed fee

Nuria Rábano joins Utah Royals FC through the 2027 season with a mutual option for 2028. The Spaniard hails from VfL Wolfsburg where she logged 12 appearances, including six starts during both Bundesliga sanctioned matches and UEFA Champions League matches. Rábano started her career at Deportivo la Coruña and was a part of the undefeated 2018-2019 season that promoted them to the Primera División for the first time in its history. In 2020

Rábano transferred to Real Sociedad and made 57 appearances before her transfer to FC Barcelona. While at FC Barcelona Rábano was a part of the 2022-23 season win of the Primera División. Rábano has one cap with the Spain women's national team in 2022 and logged 16 minutes of play time in the 1-1 draw against Sweden.



Name: Ana Maria Guzman
Pronunciation: Ah-nuh muh-Ree-uh Goo-ze-mah-n
Position: Defender
Height: 5'4"
Jersey Number: 15
Date of Birth: June 1, 2005
Age: 19
Hometown: Mistrató, Colombia
Citizenship: COL
College: N/A
Last Club: Bayern Munich
How Acquired: Receiving Loan from Bayern Munich

At just 20 years old, Guzmán's playmaking abilities and versatility in wide areas have earned her recognition as one of the most exciting young talents in South American football. After playing for various youth clubs in her home country, she made the jump to European football by joining Bayern Munich FC on a four-year deal. She now joins Utah Royals FC on a one-year loan in the middle of her second season with the German giants. As a key player in Colombia's youth ranks, she has represented her country at various international competitions. Her performances with the Colombian U-17 and U-20 teams earned her a spot on Colombia's 2023 World Cup roster, where she made two appearances in Australia and New Zealand.



Name: Madison Pogarch
Pronunciation: MA-dih-SUHN POH-gahrsh
Position: Defender
Height: 5'6"
Jersey Number: 16
Date of Birth: November 5, 1997
Age: 27
Hometown: Hartland, MI
Citizenship: USA
College: Central Michigan University and Rutgers University
Last Club: San Diego Wave
How Acquired: Free agent

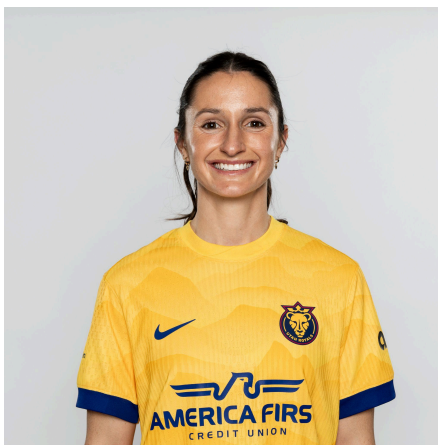
Pogarch, affectionately referred to as Po, made a name for herself early on by becoming Hartland High School's first ever female kicker. In addition to her football accomplishments,

she lettered four times in soccer before moving to Central Michigan University. Pogarch transferred to Rutgers for her senior year where she was named third team All-Big-10. She was picked up by Portland Thorns in 2019 after playing for two different semi-pro teams in Michigan. After four years in Portland, the speedy fullback made the move to San Diego Wave and had the best season of her career, helping the Wave win the 2023 NWSL Shield. A URFC backline regular, Pogarch notched 25 matches this season and 1884 minutes on the pitch, Pogarch's vocal leadership can be easily recognized.



Name: Ana Tejada
Pronunciation: ahn-ah tay-hah-dah
Position: Defender
Height: 5'7"
Jersey Number: 17
Date of Birth: June 2, 2002
Age: 22
Hometown: Logrono, Spain
Citizenship: ESP
College: N/A
Last Club: Real Sociedad
How Acquired: Free Agency

Ana Tejada, born and raised in Logroño, Spain she joins Utah Royals with a wealth of club and international experience. Tejada started her professional club career at the age of 17 with Real Sociedad in Liga F in Spain. She would become a mainstay in the team by the 2020-21 season earning 24 starts. She has also played with Spain's youth national teams winning the Euro's and the World Cup with the U-17's and also winning the World Cup with the U-20 team. The center back also has 1 cap with the senior national team. She leaves Real Sociedad having made 86 appearances and scoring 1 goal. Joining URFC as a defender Tejada quickly moved into the midfield pairing with Spaniard Zornoza. Tejada became a threat from distance along with the rest of the URFC midfield after scoring rips from deep against Houston and the game winner at home against Louisville. Good form earned Tejada her first call up to La Roja senior team since 2022.



Name: Kaleigh Riehl
Pronunciation: KAY-lee REEL
Position: Defender
Height: 5'8"
Jersey Number: 18
Date of Birth: October 21, 1996
Age: 27
Hometown: Fairfax St, VA
Citizenship: USA
College: Pennsylvania State University
Last Club: San Diego Wave
How Acquired: Trade with San Diego for \$60,000 and expansion draft protection

Riehl plied her trade at Penn State logging 8,847 minutes, an All-Time NCAA record. She was then drafted 11th overall by Sky Blue FC in 2020 and was sent on loan to Paris FC where she recorded 8 appearances. Upon arriving back in the states, she moved to Racing Louisville FC by way of the Expansion Draft in 2021. Riehl would move the next year to San Diego Wave FC, and then finally to Utah Royals FC in 2023. Riehl helped headline one of the league's best defenses which gave up the second least amount of goals during the 2023 NWSL Regular Season (22) and the least amount of expected goals against (23.6). In her premier season with URFC Riehl made 14 appearances on the back line. Completing 90% of her passes and recording one assist, Riehl provided the Royals with an underrated offensive presence building out of the back.



Name: KK Ream
Pronunciation: Kay-Kay REEM
Position: Forward
Height: 5'4"
Jersey Number: 19
Date of Birth: July 8, 2009
Age: 15
Hometown: Herriman, UT
Citizenship: USA
College: N/A
Last Club: Utah Avalanche
How Acquired: Free Agent

KK Ream joins Utah Royals FC through the 2027 season, making her the youngest-ever Royals signing at 15 years and 157 days old. A Utah native, Ream has a long history with the organization. From 2019 to 2022, she played with the URFC AZ Academy while also competing for RSL Academy AZ from 2020 to 2022. She has been a regular with the U.S. Youth National Teams, most recently helping the U-15 Girls' team win the 2024 U-15 CONCACAF Championship.



Name: Mikayla Cluff
Pronunciation: mih-KAY-luh cluhf
Position: Midfielder
Height: 5'8"
Jersey Number: 21
Date of Birth: February 24, 1999
Age: 25
Hometown: Kaysville, UT
Citizenship: USA
College: Brigham Young University
Last Club: Orlando Pride
How Acquired: Trade with Orlando for \$90,000 and expansion draft protection

Cluff, a Utah native, starred for Davis High School, winning three straight state championships. After a successful high school career, she carried on her form to BYU where she was named the third-greatest female athlete in the school's history. The midfielder was named All-WCC first team each of her four years while at BYU, named the WCC Offensive Player of the Year for three seasons. Orlando Pride selected Cluff 14th overall in the 2021 NWSL Draft, and she played two seasons in Florida, reinventing herself into a ball-winning midfielder. Her signing marked the start of the Utah Royals FC roster construction for 2024. Making her URFC debut in a 2-1 win over NC Courage Cluff would appear in 11 matches as a lingering injury kept Cluff off the pitch more than she may have liked.



Name: Dana Foederer
Pronunciation: DAH-nuh FOH-dur-ur
Position: Midfielder
Height: 5'6"
Jersey Number: 22
Date of Birth: July 27, 2002
Age: 22
Hometown: Veldhoven, ND
Citizenship: Netherlands
College: N/A
Last Club: Fortuna Sittard
How Acquired: Free agent

Born in Veldhoven, Netherlands, Foederer has already completed four and a half seasons at the highest level in Dutch football, playing for PSV, Heerenveen, and Fortuna Sittard. The young but experienced midfielder featured in 10 matches for Fortuna prior to making the move to Utah. She has also represented her home country at the youth levels from U17 to U20, captaining the Dutch National Team at the U20 Women's World Cup where they fell to Brazil in the third place match. Foederer, who contributed heavily to the Royals midfield early in the 2024 season made 24 apps logging 1 goal and two assists, the physical midfielder drew the attention of Olivier Amelink's attention earning a call-up and two appearances for Netherlands U-23 squad.



Name: Mia Justus
Pronunciation: Mee-ah just-us
Position: Goalkeeper
Height: 5'9"
Jersey Number: 23
Date of Birth: September 3, 2002
Age: 22
Hometown: Lakewood, OH
Citizenship: USA
College: Florida State University and University of Texas
Last Club: N/A
How Acquired: Free agent

22-year-old Justus joins Utah Royals FC through the 2027 season after completing her college career with the Texas Longhorns. Justus has appeared for multiple USYNT squads, starting at age 13 in 2015. She began her college career at Florida State University alongside now-Utah Royals teammates Cristina Roque and Lauren Flynn. She served as Roque's understudy, making 14 appearances across her two seasons with the Seminoles. After the 2022 season, she transferred to the Texas Longhorns, where she started both her junior and senior years. During her senior year, she led Texas to an SEC Championship and was named MVP. She followed this by signing her first professional contract and attending Futures Camp, hosted by USWNT coach Emma Hayes.



Name: Cloe Lacasse
Pronunciation: ha-ann-uh BET-fort
Position: Forward
Height: 5'7"
Jersey Number: 24
Date of Birth: July 7, 1993
Age: 31
Hometown: Ontario, Canada
Citizenship: CAN
College: University of Iowa
Last Club: Arsenal
How Acquired: Purchased from Arsenal

Lacasse joins Utah Royals after playing one season with Arsenal FC in the WSL. She appeared in 19 matches for the Gunners notching three goals and two assists. She comes off her participation in the 2024 Paris Olympics after being selected to represent Team Canada. Her selection to the Olympic team marks her second major tournament after playing in the 2023 Women's World Cup in Australia, New Zealand. In her 37 international appearances she has scored 6 times, most recently in the opening match of the Olympics helping Canada secure a 2-1 win over New Zealand. Lacasse burst onto the NWSL scene scoring the lone NWSL hat-trick of the 2024 season and the first hat-trick in club history with three goals in the first half against Seattle Reign. The URFC golden boot winner's (4 goals) season ended a week early after a collision with _ rupturing her ACL. Lacasse's 2025 season will start rehabbing with the hopes of finding the pitch later in the season.



Name: Imani Dorsey
Pronunciation: IH-mahn-EE DOOR-see
Position: Defender
Height: 5'7"
Jersey Number: 28
Date of Birth: March 21, 1996
Age: 27
Hometown: Elkridge, MD
Citizenship: USA
College: Duke University
Last Club: Gotham NJ/NY
How Acquired: Free agent

Born in Maryland, Dorsey represented the Duke Blue Devils during her college career where she would go on to have one of the greatest collegiate careers in Duke history. The talented forward went on to win many accolades including 2017 ACC Offensive Player of the Year, 2017 United Coaches National Athlete Scholar of the Year, 2017 All-American, 2017 Mac Hermann Semi-finalist and more. Drafted 5th overall by Sky Blue FC (Gotham FC), she became the first Blue Devil to win Rookie of the Year. Dorsey recorded 72 regular season appearances across four seasons with Sky Blue/Gotham. In 2023, Dorsey decided to step away from soccer to focus on her mental health but has since returned to action and is an ambassador for Athlete Ally as well as being a founding board member of the Black Women's Players Collective (BWPC). Starting in URFC's inaugural match Dorsey's season was cut short after rupturing her Achilles just before halftime of the 2-1 win a week later. Part of URFC's 2024 leadership council, the outside back eyes a return this season.



Name: Aisha Solorzano
Pronunciation: Eye-shuh Soh-lor-sah-noh
Position: Forward
Height: 5'4"
Jersey Number: 30
Date of Birth: April 13th, 1998
Age: 22
Hometown: Guatemala City, Guatemala
Citizenship: GUA
College: N/A
Last Club: Club Tijuana
How Acquired: Purchased from Club Tijuana

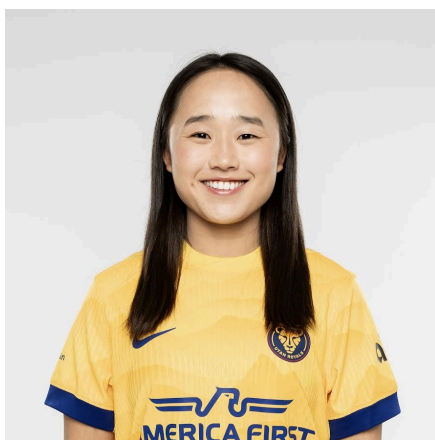
Aisha Solórzano, a lethal goalscorer since her college days, scored 40 goals in 78 appearances for the Southeastern Fire. After starting her career with Guatemalan side Unifut Rosal, she made a move to Liga MX Femenil side Puebla in 2023. She went on to score 14 goals in 29 appearances for the club before completing a transfer to Club Tijuana for the 2024

season. Solórzano went on to score 16 goals in 16 appearances for the Xolos. She now joins Utah Royals FC through the 2027 season.



Name: Cristina Roque
Pronunciation: KRIH-stee-NUH ROH-kay
Position: Goalkeeper
Height: 5'7"
Jersey Number: 32
Date of Birth: November 6, 2001
Age: 22
Hometown: Winter Garden, FL
Citizenship: Puerto Rico
College: Florida State University
Last Club: N/A
How Acquired: #33 overall in the 2024 NWSL Draft

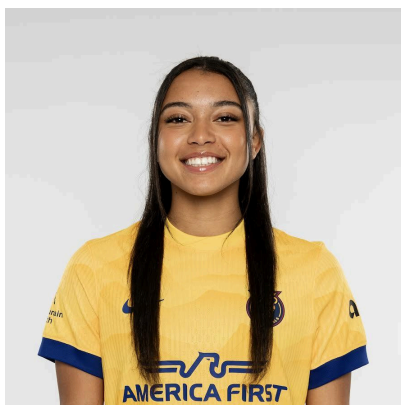
Roque was the second goalkeeper to be taken off the board as she was picked in the third round with the 33rd overall pick. In 67 games as a Seminole, Roque allowed just 0.67 goals per game. Roque ended her career with a terrific record in goal with 59 wins, six draws and just two losses, two NCAA Championship titles and four straight ACC Championships. Roque ended her career as the FSU all-time record holder in both wins and shutouts in the NCAA Tournament. Backing-up USWNT goalkeeper McGlynn for majority of the season Roque spent her Rookie campaign learning and observing from one of the best. An injury during warmups sidelined McGlynn minutes before kickoff thrusting Roque into the starting XI, the rookie recorded a 1-0 clean sheet win over Racing Louisville at America First Field.



Name: Aria Nagai
Pronunciation: Ah-ree-ah nug-eye
Position: Midfielder
Height: 5'3"
Jersey Number: 33
Date of Birth: February 16, 2000
Age: 25
Hometown: Herndon, VA
Citizenship: USA
College: Princeton University and University of North Carolina
Last Club: N/A
How Acquired: Free Agent

Aria Nagai joins Utah Royals FC on a Salary Cap Exempt contract. She played three seasons at Princeton from 2021 to 2023, making 53 appearances, 42 of them starts. She left Princeton with two goals, four assists, and a spot on the 2023 First-Team All-Ivy. She then transferred to Utah Royals midfielder Ally Sentnor's alma mater, the University of North Carolina. In her graduate

season with UNC, she started all 27 games, recording three goals and three assists as the Tar Heels won the 2024 NCAA National Championship.



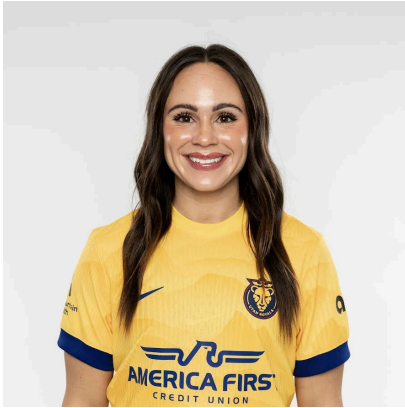
Name: Sydney Jones
Pronunciation: Sid-nee joh-n-s
Position: Defender
Height: 5'4"
Jersey Number: 34
Date of Birth: October 24, 2002
Age: 22
Hometown: Cincinnati, OH
Citizenship: USA
College: Ohio State University
Last Club: N/A
How Acquired: Free Agent

Sydney Jones hails from Ohio State, where the defender made 82 appearances, all of them starts, over the course of four seasons. She scored four goals and provided six assists from 2021 to 2024 for the Buckeyes. Her strong defensive performances in her senior year earned her a spot on the 2024 Big Ten All-Tournament Team.



Name: Kayla Colbert
Pronunciation: Kay-luh cohl-bert
Position: Forward
Height: 5'2"
Jersey Number: 35
Date of Birth: January 11, 2003
Age: 22
Hometown: Rancho Cucamonga, CA
Citizenship: USA
College: University of Southern California
Last Club: N/A
How Acquired: Free Agent

Kayla Colbert played her college soccer at the University of Southern California. She made 59 appearances over four seasons, recording 15 goals and 16 assists from 2021 to 2024. In her senior year, she played in all 23 games for the Trojans, starting 22 of them, which led to her being named to the All-Big Ten Third Team.



Name: Bianca St-Georges
Pronunciation: Bee-ank-a say-nt jorj
Position: Forward
Height: 5'6"
Jersey Number: 53
Date of Birth: July 28, 1997
Age: 27
Hometown: St-Félix-de-Valois, Canada
Citizenship: CAN
College: West Virginia University
Last Club: North Carolina Courage
How Acquired: Free Agent

Bianca St-Georges joins Utah Royals FC through the 2025 season. The Canadian hails from West Virginia University where she racked up 9 goals and 13 assists in 81 appearances. Throughout her college career she reigned in Big 12 Conference Freshman of the Year in 2015 and Big 12 Conference Defensive Player of the Year in 2018. St-Georges was selected in the third round (20th overall) in the 2019 NWSL College Draft by the Chicago Red Stars but due to injury did not debut with the team until the 2020-21 season. She comes to Utah from the North Carolina Courage where she scored two goals in her debut on the opening matchday. Her season ended with 22 appearances, 8 as a starter and 3 goals with 1 assist. Internationally, she made her debut for the Canadian senior team in 2021, in a friendly against the Czech Republic.



Name: Emily Gray
Pronunciation: em-IH-lee GRAY
Position: Midfielder
Height: 5'4"
Jersey Number: - -
Date of Birth: October 5, 2000
Age: 24
Hometown: Sewell, NJ
Citizenship: USA
College: Virginia Tech
Last Club: North Carolina Courage
How Acquired: Trade with North Carolina for \$30,000 and expansion protection ON LOAN AT PITEÅ IF

Gray played her college ball at Virginia Tech where she made Hokie history by becoming the highest drafted player in program history. While at Tech, Gray helped the Hokies earn three NCAA Tournament berths, was named All-ACC twice and is Tech's second all-time leader in points. Drafted by North Carolina Courage in 2022, Gray played three matches and recorded two assists in her first professional season. Her 2023 season was cut short due to an ACL injury. Notching two appearances as a late game substitute during her time with URFC Gray was sent on loan to Odense Boldklub Q during the summer transfer window.

Broadcast and Streaming

How do I watch live games from the 2024 NWSL Regular Season?

- Friday night matches airing on Prime Video are available to US fans [here](#).
- Saturday night double-headers airing at 7:30 and 10 p.m. ET on Scripps-owned ION network are available to US fans [here](#).
- For games airing on CBS, US fans can [watch here](#). US Fans can also stream on Paramount+ [here](#).
- For games airing on ESPN, US fans can [watch here](#). Matches on ESPN and ESPN2 will also stream on [ESPN+](#).
- For games airing on NWSL+, US fans can [watch here](#).
- Fans outside of the US can watch on [NWSL+](#).

Introducing NWSL+

- [NWSL+](#) is free to all fans tuning in to matches across the U.S. and will be available to download on all iOS/Android devices, as well as streaming TV distributors Apple TV, Fire TV and Roku.
- In addition to match coverage, highlights, select replays and additional league and club content will also be available for free on the app.
- Sign up for NWSL+ [here](#).

NWSL Media Policy

Media Guidelines

Media credentials and access will be granted only to individuals with a legitimate working function at a game, training session or event. The bearer must be on a specific assignment. Credentials are non-transferable. Any unauthorized use of a credential subjects the bearer to ejection from the stadium. Resale or attempted resale is grounds for seizure and cancellation.

The following actions may result in seizure of credential and/or ejection of its wearer from the stadium or training facility:

- Requesting autographs at any time
- Taking photographs with players/coaches
- Using credential for family or friends of a working media member
- Conduction of unauthorized interviews
- Unprofessional behavior (cheering in the press box, consumption of alcoholic beverages, failure to abide by posted rules, etc.)

Treatment of Credentialed Media

Media Access at Practice: Clubs are required to make all practices open to media for a minimum of 15 minutes. Additionally, Clubs must make every effort to accommodate media requests for both coaches and players following the conclusion of practices. Clubs are strongly encouraged to ensure that ballwork is at least part of the 15-minute access period.

Clubs violating the media access policies on practice days will be subject to fines or other discipline at the discretion of NWSL.

Matchday-1 and Matchday-2 Media Access: Teams are required to make both the head coach and 1-2 players available to media at a pre-match press conference on MD-1 or MD-2 via Zoom, in-person or hybrid. Any additional interview requests and availability will be accommodated to the best of the PR staff's ability following each presser.

Postgame Media Access: Players from both teams will be available to media post-game in a press conference, mixed zone or hybrid format located outside the team locker rooms or in a location near the field of play. Media access will begin approximately 10-20 minutes after the conclusion of the match. Locker rooms will not be open to media at any point.

Team PR directors should be present to indicate the beginning and end of media access to players, and ensure media have access to the head coach and players after the match. All players are highly encouraged to be available to media post-game.

All regulations about post-game media access should be clearly communicated to team staff and security to ensure a secure environment.

No individuals other than League or Club representatives shall be allowed in Club locker rooms following a game.

Under no circumstances shall any club and/or its players discriminate in any fashion against an accredited member of the media based upon race, creed, sex or national origin.

Team PR directors will highlight players from the match and consider requested names from attending media, or media in the 'NWSLMedia' Slack channel, when deciding on available players. Selected players should be confirmed prior to the end of the match and clearly communicated to attending media as soon as possible. Team PR staff must be present to indicate the beginning and end of media access to players and coaches. All regulations about post-game media access should be clearly communicated to team staff and security to ensure a secure environment.

Seating Access: Accredited media members will have access to the stadium, professional workrooms and stadium seating, if available. During the match, accredited media will have access to the press box which will be restricted to only those accredited media members.

In addition, each stadium should have a Press Box capable of seating no less than TEN (10) people, with separate areas for working press and electronic broadcasters, and sufficient power outlets for all needs. If possible, all accredited media members should be given a seat in the press box.

All credentialed media shall be seated in media seating areas, consistent with treatment afforded comparable media. In addition, all members of the media are to be afforded equal treatment and access to facilities and personnel, regardless of sex.

When the press box is fully occupied by working media, referee assessors or in-stadium observers shall be provided seating with a desk or table shielded from the weather and a vantage point to view replays (if available) from any telecast. The specific location may be determined by the Home Team but must provide these minimum accommodations.

In order to maintain the integrity of the working press box, seating is specifically reserved for media members. All other individuals (including player agents, VIP's and administrators) should be seated in overflow booths or assigned stadium seats.

Traveling Media: Members of the working media who travel with a visiting team are not to be treated in a discriminatory manner with regard to seating or any other privilege or facility accorded to the home media. Comparable seating and equipment should apply to home and road media (print and electronic).

Guidelines for Photographers and Camera Operators: All photographers and television camera operators must stay behind the field boards at all times, unless released by the on-site photo marshal. The only exception to the field board rule will be when a staff photographer, a national rights-holder or NWSL has a crew at a game. These entities will be allowed to shoot from the area between the field boards and the touch lines in the area bounded by the top of the 18-yard box and the end line.

Each photographer will be permitted to use one monopod — but no tripods. No seats other than "lawn-type" photographer seats will be permitted.

Stand-alone remote units will not be permitted at any time on or around the goal posts. Units mounted on the top of field boards behind the end line will be permitted at the stadium's discretion,

provided the equipment does not interfere with the clear display of the field board and does not impede the operation of broadcast equipment.

Live television crews located on the baseline or sideline will be limited to two (2) people — a camera operator and a cable-puller — and ENG crews will be limited to one (1) person. In either case, the crew must maintain actual possession of the camera and any other equipment during all game action. Cameramen and cable-pullers from all television crews must remain off the playing field at all times.

Photographer Access to field: Photographers and camera operators shall be permitted behind the field boards in the area bounded by the top of the 18-yard box and the end line (a C-shape that extends from the top of the 18, back behind the goal, and to the top of the 18 on the opposite side of the field).

Once situated, no movement between the two halves of the field shall be permitted until halftime. Changes in this policy will be allowed in cases where stadium facilities dictate alterations. No photographers shall be allowed to move from end to end on the bench side of the field.

Photographer Identification: In addition to their regular credential, it is strongly recommended that photographers and camera crews be issued with colored bibs or armbands. This will necessitate a special area in or near the stadium where they can pick up their bibs, on presentation of their accreditation, either the day before the match or on game day, at the time media gates are opened. If they are not to be allowed to keep the bib, then it should be exchanged for a press card to be picked up following the game, or else signed out.

Photography Work Area: A work area should be provided for photographers, near the field where appropriate, with high-speed internet access. The size of the room may vary, but it should be sizeable enough for at least 5 – 10 people to work on desktops/tables. Like the press section of the stands, the photographers' work room should have sufficient electrical sockets and compatible with the equipment being used for transmission.

Accreditation: Care should be taken when processing credential requests for photographers shooting for commercial agencies. NWSL does not permit the accreditation of photographers shooting specifically for commercial agencies. However, since many agencies offer editorial and commercial sales options (Getty Images, AP, Reuters, etc.) this must be handled on a case-by-case basis.

Non-Rights Holder Video Guidelines

Video Footage: All rights to match footage including all applicable copyrights belong to NWSL. For the 2023 season, CBS is the sole US rights holder for broadcasting matches. If an organization is interested in recording video footage at an NWSL match for non-news gathering purposes they must contact NWSL Communications.

Television Broadcasters

Game Action: Television broadcasters can use footage of NWSL events obtained either via 1) their own recording or 2) action dubbed from a NWSL rights holder broadcast (CBS) with credit only in connection with its regularly scheduled news programming within a week of the game. This footage should not exceed two (2) minutes. Highlights aired as part of a continuous news program should not be longer than one (1) minute per 30-minute segment. Credits: NWSL, LLC.

Filming – Game Action: For televised events, non-rights holders / ENG cameras may record the first 15 minutes of each half (from 00:00 to 15:00 and 45:00 to 60:00 on the game clock). For non-televised events, non-rights holders / ENG cameras may record the entire game but are still subject to the aforementioned limits. This includes events that are streamed live online.

Filming – Interviews and Scene Sets: There is no limit to the gathering of footage pre-game, at halftime and post-game. All footage gathered is subject to the usage guidelines indicated in this document.

Filming – In Seating Area: Video cameras looking to shoot in the concourse or seating area must contact home team and NWSL in advance of the event for approval.

Previews or Advances: In advance of a NWSL event, television broadcasters can use two (2) minutes of archival game action to preview an upcoming event. In the local/regional markets, broadcasters should mention the time and location of the game along with their report. Outside of the local markets, broadcasters should mention the time and broadcast information.

Television Broadcasters' Web Sites: Video produced for air as part of regular programming that is simulcast or archived online must be accompanied by a link to NWSLsoccer.com. Content produced exclusively for the Internet is subject to the guidelines for Online Video.

Online Video

Game Action: Online organizations (including print publications that post video online) are not permitted to film or use game action video without prior written approval by NWSL. Game action includes any footage of the field, teams, etc., following the beginning of the television broadcast window. Only video of off-field activities (i.e. interviews, training sessions) may be recorded.

Non-Game Video: Any video posted online that is recorded as part of media access is limited to the use of eight (8) minutes per day/activity date. Online video may not incorporate integrated advertising and must be accompanied by links to NWSLsoccer.com.

Professional Presentation: Online video is expected to be recorded, edited and presented in a professional manner. Video must be presented/hosted on an organization's website, and not solely on a site provided by a third-party (i.e., YouTube, Vimeo, Facebook, etc.).

Online Video Sites: Organizations who regularly post video to online video sites (i.e., YouTube, Vimeo, etc.) may not include advertising with video gathered as a result of media access. Allowing users to embed these videos is not permitted, and the description of any video must include a link to NWSLsoccer.com.

Zions Bank Training Center

Settled at the base of the Oquirrh Mountains in beautiful Herriman, Utah, Zions Bank Training Center offers a world-class sporting environment both inside and out. Inside the largest, pre-engineered, free-standing steel structure in North America, ZBTC boasts 210,000 square feet of artificial playing surface, providing ample space for games and practices with the facility being powered by 56,000 square feet of solar paneling located on top of the facility. Outside, five pristine natural-grass fields sit along the north side of the facility where the Utah Royals, Real Salt Lake, Real Monarchs, and the RSL Academy practice.

America First Field

Located in Sandy, Utah, America First Field is the home of the Utah Royals and Major League Soccer's Real Salt Lake. The stadium has a maximum capacity of 20,213 for Soccer and other sporting events. It is located just 15 miles from downtown Salt Lake City, Three minutes to Interstate 15 (1.2 miles) or 20 minutes to Salt Lake City International Airport (19.85 miles). It has 3 fully equipped professional locker rooms for players and team staff. As well as Fourth-level press entrance to six broadcast booths and 32-seat press box.

Ticketing

Tickets are provided through SeatGeek. Single Game Tickets can be purchased for \$25-\$100 from the team website. Season Tickets are still available for purchase. For more information, call 844-REAL-TIX (844-732-5849) or visit our website down below. Our stadium offers luxury suites, ledge boxes, and two premium clubs that each provide a unique experience.

<https://www.rsl.com/utahroyals/tickets/> .

About The NWSL

The National Women's Soccer League is the premier women's professional soccer league in the world featuring national team players from around the globe. The clubs are Angel City FC, Bay FC, Boston, Chicago Red Stars, Houston Dash, Kansas City Current, NJ/NY Gotham FC, North Carolina Courage, Orlando Pride, Portland Thorns FC, Racing Louisville FC, San Diego Wave FC, Seattle Reign FC, Utah Royals FC, and Washington Spirit.

The National Women's Soccer League competition can be found at:

<https://www.nwslsoccer.com/rules-regulations>

The National Women's Soccer League media contacts for 2024 can be found at:

<https://www.nwslsoccer.com/media-contacts>