



NATIONAL WOMEN'S SOCCER LEAGUE

2024 Utah Royals Media Guide

**\2024 – UTAH ROYALS FC REG. SEASON SCHEDULE / KEY DATES **

(as of 22 January 2024)

*(all times MT; **HOME GAMES IN BOLD**; potential **PLAYOFFS IN BLUE**;
INTERNATIONAL TOURNEY / BREAK IN RED;*

ALL SUBJECT TO CHANGE;_ visit

[www.NWSLsoccer.com](<http://www.nwslsoccer.com/>)for additional info / details)_

DAY / DATE OPPONENT TIME TV NOTE:

TUE 01/23/2024 URFC PLAYERS REPORT TO HERRIMAN Medical evaluations & fitness testing prior to on-field work

THU 01/25/2024 URFC MEDIA DAYS Afternoon Photo / Video / Interviews at America First Field

MON 01/29/2024 DEPART UTAH FOR MEXICO

MON 02/05/2024 RETURN TO UTAH

SAT 03/16/2024 Chicago Red Stars 5:30 ION Royals kicks off against same inaugural opponent as 2018

FRI 03/22/2024 North Carolina Courage 7:30

SUN 03/31/2024 at Washington Spirit 11:00a

SAT 04/06/2024 URFC BYE WEEKEND

FRI 04/12/2024 Orlando Pride 7:30

SAT 04/20/2024 at Racing Louisville FC 3:00 ION

SAT 04/27/2024 Houston Dash 5:30

FRI 05/03/2024 Angel City FC 7:30

WED 05/08/2024 at San Diego Wave 8:00 CBSSN

SUN 05/12/2024 at Chicago Red Stars 3:30

FRI 05/17/2024 at North Carolina Courage 6:00 Prime Video

SAT 05/25/2024 Kansas City Current 8:00 ION

SAT 06/01/2024 URFC BYE WEEKEND

SAT 06/08/2024 Washington Spirit 5:30 ION

SUN 06/16/2024 at Bay FC 8:00 CBSSN

FRI 06/21/2024 at Orlando Pride 6:00 Prime Video

SAT 06/29/2024 Portland Thorns FC 8:00 ION

SUN 07/07/2024 at Seattle Reign 4:00

MON 07/08/2024 NWSL BREAK CBA MANDATED BREAK ENDS SUN
07/14/2024

FRI 07/19/2024 OLYMPIC BREAK

SUN 07/21/2024 PARIS OLYMPICS KICK OFF Pre-tourney camps run from
July 10; final is August 10

WED 07/31/2024

SAT 08/03/2024

WED 08/07/2024

SAT 08/10/2024 OLYMPIC GOLD-MEDAL GAME

WED 08/14/2024

SAT 08/17/2024

WED 08/21/2024

FRI 08/23/2024 Bay FC 7:30

SAT 08/31/2024 at Houston Dash 7:30 ION

SAT 09/07/2024 at Kansas City Current 5:30 ION

SAT 09/14/2024 San Diego Wave 8:00 ION

SUN 09/22/2024 at Gotham FC 11:00a ESPN2

SAT 09/28/2024 Racing Louisville 5:00

SAT 10/05/2024 at Portland Thorns FC 8:00 ION

SUN 10/13/2024 Seattle Reign 3:00 ESPN2

SUN 10/20/2024 at Angel City FC 5:30

FRI 11/01/2024 Gotham FC 7:30

2024 NWSL PLAYOFF DATES *_(subject to change)_*

SAT 11/09/2024 NWSL QUARTERFINAL WEEKEND – Single-Elimination

SAT 11/16/2024 NWSL SEMIFINAL WEEKEND – Single-Elimination

SAT 11/23/2024 NWSL CHAMPIONSHIP GAME

KEY UPCOMING NWSL DATES:

- Mon., Jan. 29 – Latest possible preseason report date
- Fri., March 15 – NWSL Challenge Cup – Gotham FC v San Diego Wave FC
- Sat., March 16 – NWSL Regular Season Kicks Off
- Mon., July 8 – Sun., July 14 – CBA-mandated League Break

- Mon., July 15 – Sun., Aug. 18 – Reg. Season Hiatus Due to Paris 2024 Summer Olympics
- Fri., July 19 – Sun., July 21 – Summer Tournament Kickoff
- Nov. 9/10 – NWSL Playoff Quarterfinal Stage
- Nov. 16/17 – NWSL Playoff Semifinals
- Nov. 23 – NWSL Championship 2024

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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



President Michele Hyncik

Hyncik arrived to Utah after spending time with Major League Soccer as legal counsel. Having grown up playing soccer and as a member of Harvard University women's team, the transition seemed to be the logical next step in her career. Her move to Real Salt Lake came at a time when the sports world was at a standstill, with the pandemic halting any and all activity. Hyncik was immediately tasked with finding a path forward for a return to play, her brainchild -- the 2020 National Women's Soccer League Challenge Cup, the first official sports competition since the beginning of the Coronavirus.

Hyncik worked on a collaborative team with the league, Club and local government officials to create, plan and execute the Challenge Cup. The tournament itself saw eight of the league's nine teams come to Herriman, Utah, where they were quarantined in a bubble of practice facilities, stadium and hotels.



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.

Technical Staff



Head Coach Amy Rodriguez

As a player, Rodriguez spearheaded Utah Royals FC's first iteration, serving as the Club's captain, during which she scored 15 goals in 51 games across three seasons (2018-20). During her time as Utah Royals Club captain, Rodriguez became an integral and beloved member of the Utah community, leading the team in her engagement through meal-packing and other charitable educational opportunities and was honored as 2018 Utah Royals Humanitarian of the Year.

Throughout her entire professional career, Rodriguez scored 64 goals in 162 appearances, representing Utah Royals FC, North Carolina Courage, OL Reign, FC Kansas City and Kansas City Current. At the league level, Rodriguez racked up countless accolades, including back-to-back NWSL Championships with FC Kansas City, while earning both NWSL Best XI and NWSL Championship MVP honors.

Rodriguez's extensive international career spanned 13 years with the United States, during which she helped the USA lift 13 trophies, including the FIFA Women's World Cup and multiple Olympic Gold Medals. Rodriguez recorded 30 goals and 19 assists in 132 appearances for the United States. In 2015, Rodriguez achieved the highest international soccer honor, helping the United States capture the 2015 FIFA Women's World Cup in Vancouver with a scintillating 5-2 victory over the same Japan side that bested them in the prior World Cup finals.

Since retiring as a player from the NWSL at the end of the 2021 season, Rodriguez has served as an Assistant Coach for her alma mater, the University of Southern California. The Orange County native previously attended USC from 2005-08, leading the program to its first NCAA championship in 2007, while totaling 31 goals and adding 17 assists for the vaunted Trojans.

In her first season as an assistant coach, Rodriguez helped USC record a 12-3-3 (W-L-T) record, ranking third in the PAC-12. Additionally, Rodriguez saw several players make their national team debuts, including Simi Awuju (Canada), Zoe Burns (Canada), Nicole Payne (Nigeria) and Simone Jackson (United States U-23). She also helped forward Croix Bethune become just the second player in program history to earn First Team All-American honors in back-to-back seasons, not to mention the first player in PAC-12 history to win consecutive Midfielder of the Year awards

Assistant Coach Vanessa Mann



A native of New South Wales, Australia, Mann, began her career as a player at the University of Nevada, Reno where she would play as a midfielder from 2007-2010, earning Academic All-WAC honors in 2008.

Mann found a home at her alma mater, serving on the Wolf Pack's staff as an assistant. After a year on the staff with Nevada, Mann made the jump to the BIG 12 Conference as an assistant with Oklahoma in 2014, helping the Sooners to a 10-win season and a Big 12 Championship appearance. Making her way to the College of William and Mary in Williamsburg, VA, Mann saw her Tribe squad return to national relevance and a return to the NCAA Women's College Cup.

Mann stepped into the role of Head Coach for the first time in her career, staying at the collegiate level with the University of Maryland, Baltimore (UMBC). She then accepted a position as Technical Director with the Oregon Youth Soccer Association, staying for one year before returning to Nevada, this time with Reno MVLA Soccer Club as their Director of Coaching in October of 2023. Now, Mann makes her journey to the Beehive state having accumulated a wealth of experience and knowledge.

Assistant Coach Frederic Brillant



Frederic Brillant (BREE-yawnt) joins the Royals' staff as an assistant coach following a long and successful career as a player. Immediately following his retirement, Brillant plunged head-first into the world of coaching, joining Loudoun United FC as an assistant coach. Brillant was tapped by the club's senior affiliate, MLS side, D.C. United, to join as an Assistant Coach.

Born in Sedan, France, Brillant began his professional career in Belgium with Oostende in 2011. After just one season, Brillant would make a move to the first tier with Beerschot in 2022 before returning to Oostende when they were also promoted to the top tier of Belgium. Accumulating four solid seasons in the Pro League, Brillant did enough to provoke the interest of New York City FC. He established himself as a pillar of the NYCFC backline, starting 31 regular season games en route to achieving their first-ever MLS Cup Playoff appearance. He made 59 first-team appearances before being released in 2017. D.C. United scooped up the Frenchman where he made 86 appearances, highlighted by a stretch in 2019 where he was named to the Team of the Week for an astounding three consecutive cycles.

Goalkeeper Coach Maryse Bard-Martel



Maryse Bard-Martel, a native of Quebec, Canada, joins the Royals' staff as a goalkeeping coach with years of experience at the top levels of youth and collegiate soccer. Following her career on the pitch, Bard-Martel broke into the collegiate coaching ranks as Goalkeeper Coach for Missouri State University's women's soccer team.

Her next stop following MSU would see Bard-Martel temporarily exit the collegiate scene in favor of a position with IMG Academy in Florida serving as an Assistant Girls Coach for one year. She returned to the world of college soccer with the University of Oklahoma as the Goalkeeper Coach. Bard-Martel made her coaching debut on the international stage as Goalkeeper Coach and Set-Play Specialist for the Canadian Soccer Association's U-20 National Team in 2022.

From here, she made a move to the University Connecticut staff as an Assistant Coach in February of 2023. She holds a United States Soccer Federation "C" national coaching license, U.S. Soccer Grassroots 11v11 and 7v7 licenses and is a certified strength and conditioning specialist by the National Strength and Conditioning Association.

Numerical Roster + Pronunciation

1	Mandy Haught	GK	MAN-DEE HOTT	Jacksonville, FL
4	Paige Monaghan	FW	PAY-j MAHN-uh-han	Succasacca, NJ
5	Lauren Flynn	DF	LOOR-ehn fl-in	Arlington, VA
6	Agnes Nyberg Michele	MF	Ag-NESS NYE-burg	Uppsala, Sweden
7	Vasconcelos	FW	mih-SHELL vass-con-SAY-los	Sandy, UT
8	Kate Del Fava	DF	kay-T de-L FAH-vuh	Kenosha, WI
9	Ally Sentnor	FW	a-LEE SENT-norr	Hanson, MA
11	Ifeoma Onumonu	FW	ee-fee-oh-mah O-nu-MOE-nu	Rancho Cucamonga, CA
12	Zoe Burns	DF	ZOH-ee BURNS	Issaquah, WA
13	Addisyn Merrick	DF	ADD-uh-sinn MEH-rick	Lee's Summit, MO
15	Brecken Mazingo	FW	BREH-kin MOH-zin-GOH	Sandy, UT
16	Madison Pogarch	DF	MA-dih-SUHN POH-gahrsh	Hartland, MI
18	Kaleigh Riehl	DF	KAY-lee REEL	Menomonee Falls, MI
19	Frankie Tagliaferri	MF	FRANK-ee TAG-LEE-uh-FAIR-ee	Fairfax Station, VA
20	Cameron Tucker	FW	KAM-uh-RUHN tuk-ur	Highland, UT
21	Mikayla Cluff	MF	mih-KAY-luh cluhf	Kaysville, UT
22	Dana Foederer	MF	DAH-nuh FOH-dur-ur	Veldhoven, Netherlands
24	Emily Gray	MF	em-IH-lee GRAY	Sewell, NJ
27	Carly Nelson	GK	KAR-lee NEL-suhn	Lindon, UT
28	Imani Dorsey	DF	IH-mahn-EE DOOR-see	Elkridge, MD
32	Cristina Roque	GK	KRIH-stee-NUH ROH-kay	Winter Garden, FL
33	Hannah Betfort	FW	ha-ann-uh BET-fort	Charleston, SC

Alphabetical Roster (By Last Name)

Hannah Betfort	5' 10"	Jan 4, 1999	she/her	United States
Zoe Burns	5' 2"	Jan 5, 2002	she/her	Canada
Mikayla Cluff	5' 8"	Feb 24, 1999	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' 6"	Jul 27, 2002	she/her	Netherlands
Emily Gray	5' 4"	Oct 5, 2000	she/her	United States
Mandy Haught	5' 9"	Nov 3, 1998	she/her	United States
Addisyn Merrick	5' 5"	March 4, 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
Carly Nelson	5' 9"	Feb 11, 1998	she/her	United States
Agnes Nyberg	5' 4"	April 19, 2000	she/they	Sweden
Ifeoma Onumonu	5' 10"	Feb 25, 1994	she/her	Nigeria
Madison Pogarch	5' 6"	Nov 5, 1997	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
Frankie Tagliaferri	5' 6"	Jan 18, 1999	she/her	United States
Cam Tucker	5' 9"	Jul 15, 1999	she/her	United States
Michele Vasconcelos	5' 6"	May 11, 1995	she/her	United States



Name: Mandy Haught
Pronunciation: MAN-DEE HOTT
Position: Goalkeeper
Height: 5'9"
Jersey Number: 1
Date of Birth: November 3, 1998
Age: 25
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

Haught 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. Haught 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 alongside another former Gotham FC player, Ifeoma Onumonu.



Name: Paige Monaghan
Pronunciation: PAY-j MAHN-uh-han
Position: Forward
Height: 5'8"
Jersey Number: 4
Date of Birth: November 13, 1996
Age: 27
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.



Name: Lauren Flynn
Pronunciation: LOOR-ehn fl-in
Position: Defender
Height: 5'6"
Jersey Number: 5
Date of Birth: May 22, 2002
Age: 21
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.



Name: Agnes Nyberg
Pronunciation: ag-NESS NYE-burg
Position: Midfielder
Height: 5'4"
Jersey Number: 6
Date of Birth: April 19, 2000
Age: 23
Hometown: Uppsala, SWE
Citizenship: SWE
College: N/A
Last Club: IK Uppsala
How Acquired: FA Signing

Nyberg joins Utah Royals FC from Swedish side IK Uppsala. She earned her debut in 2016 at the tender age of 15. In 2016 the club stopped operation and was taken over by IK Uppsala. Nyberg continued to play at her home club, and in 2019 earned the captain's armband at age 18. The midfielder has extensive professional experience since making her debut at 15 and has seen her minutes increase every year, culminating in her most recent season in the Damallsvenskan where she started in 25 matches. She has represented Sweden at the U15, U17, U19 and U23 levels logging 39 matches so far.



Name: Michele Vasconcelos
Pronunciation: mih-SHELL vass-con-SAY-los
Position: Midfielder
Height: 5'6"
Jersey Number: 7
Date of Birth: May 11, 1995
Age: 28
Hometown: Sandy, UT
Citizenship: USA
College: Brigham Young University
Last Club: Portland Thorns
How Acquired: FA signing

One of two players who was part of the first iteration of the Utah Royals, Vasconcelos won three state championships at Alta High School before moving on to play for Brigham Young University in 2012. She began her professional career when she was drafted into the NWSL by Chicago Red Stars with the 11th overall pick in 2017. After the Red Stars, Vasconcelos also spent time with Kansas City and Portland, as well as overseas for Spain's Sevilla FC where she made 22 appearances in the Spanish Primera División Femenina.



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: 25
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.



Name: Ally Sentnor
Pronunciation: a-LEE SENT-norr
Position: Forward
Height: 5'4"
Jersey Number: 9
Date of Birth: Feb 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 levels, most recently competing at the 2023 CONCACAF Women's U-20 Championship, scoring four goals to help the team qualify for the 2024 FIFA U-20 Women's World Cup.



Name: Ifeoma Onumonu
Pronunciation: ee-fee-oh-mah O-nu-MOE-nu
Position: Forward
Height: 5'10"
Jersey Number: 11
Date of Birth: February 25, 1994
Age: 25
Hometown: Rancho Cucamonga, CA
Citizenship: NIG
College: University of California, Berkeley
Last Club: Gotham NJ/NY
How Acquired: FA Signing

Onumonu was born in Rancho Cucamonga, California and played for four years collegiately at the University of California-Berkeley. Onumonu has since enjoyed six seasons in the NWSL most recently with NY/NJ Gotham FC where she won her first NWSL Championship. After appearing for the U.S. Women's National Team at the U-23 level, Onumonu was called up to the Nigerian National Team for the first time in 2021. The forward has now earned 18 caps for Nigeria, including appearing in every match during the Super Eagles 2023 Women's World Cup campaign, starting in three of their four matches.



Name: Zoe Burns
Pronunciation: ZOH-ee BURNS
Position: Defender
Height: 5'2"
Jersey Number: 12
Date of Birth: January 5, 2002
Age: 22
Hometown: Issaquah, WA
Citizenship: CAN
College: University of Southern California
Last Club: N/A
How Acquired: #29 overall pick in the 2024 NWSL Draft

Originally from Washington, Burns headed south to USC for college where she met current URFC Head Coach Amy Rodriguez during her time as an assistant at SC. Featuring in 68 games across four years, the full-back recorded six goals and ten assists while in Los Angeles. She was named twice to the All-Pac-12 first team and once to the All-Pacific Region first team. Burns began as a US Youth International featuring three times for the U16 squad before switching to the Canadian National Team. With Canada, she played in the 2022 FIFA U-20 Women's World Cup and was named to the tournament's best XI. Since then she has made her full Canadian National Team debut, coming on as a second half substitute against Nigeria in a pair of friendlies and going on to win a silver medal with Canada at the CONCACAF Women's Championship in 2022.



Name: Addisyn Merrick
Pronunciation: ADD-uh-sinn MEH-rick
Position: Defender
Height: 5'5"
Jersey Number: 13
Date of Birth: March 4, 1998
Age: 26
Hometown: Lee's Summit, MO
Citizenship: USA
College: University of Kansas
Last Club: Kansas City Current
How Acquired: FA Signing

Merrick enjoyed four years at the University of Kansas and was named the Big 12 Defender of the Year in addition to All-Tournament and conference teams. She set program records for most minutes in a single season and most career minutes. The defender was drafted by North Carolina Courage in 2020, and following the 2020 season was selected by Racing Louisville in the Expansion Draft and made three appearances before going down with an injury. She returned to play in the 2022 NWSL Challenge Cup starting the first five matches. Merrick was then traded to Kansas City where she made 27 appearances prior to arriving in Utah.



Name: Brecken Mozingo
Pronunciation: BREH-kin MOH-zin-GOH
Position: Forward
Height: 5'6"
Jersey Number: 1
Date of Birth: March 8, 2001
Age: 23
Hometown: Sandy, UT
Citizenship: USA
College: Brigham Young University
Last Club: NA
How Acquired: Drafted #4 overall in the 2024 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.



Name: Madison Pogarch
Pronunciation: MA-dih-SUHN POH-gahrsh
Position: Defender
Height: 5'6"
Jersey Number: 16
Date of Birth: November 5, 1997
Age: 26
Hometown: Hartland, MI
Citizenship: USA
College: Central Michigan and Rutgers
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.



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: Penn St
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).



Name: Francesca "Frankie" Tagliaferri
Pronunciation: FRANK-ee TAG-LEE-uh-FAIR-ee
Position: Midfielder
Height: 5'6"
Jersey Number: 19
Date of Birth: January 18, 1999
Age: 25
Hometown: Red Bank, NJ
Citizenship: USA
College: Penn St and Rutgers
Last Club: North Carolina Courage
How Acquired: Trade with North Carolina for \$30,000 and expansion protection

Tagliaferri was named the number 5 overall high school prospect by Top Drawer Soccer in the 2017 before joining the Penn State Nittany Lions. While at Penn State, Tagliaferri established herself as one of PSU's best, being named an All-American once and All-Big 10 four times. She then went on to Rutgers University with her COVID year where she was named the Big 10 midfielder of the year, a MAC Hermann semi-finalist. Since joining the professional ranks with North Carolina Courage, Tagliaferri has appeared in 13 matches, playing a major role for the Courage in their 2023 Challenge Cup campaign.



Name: Cameron "Cam" Tucker
Pronunciation: KAM-uh-RUHN tuk-ur
Position: Forward
Height: 5'9"
Jersey Number: 20
Date of Birth: July 15, 1999
Age: 24
Hometown: Highland, UT
Citizenship: USA
College: Brigham Young University
Last Club: Houston Dash
How Acquired: Trade with Houston for \$50,000 an expansion draft protection

Another Utah native, Tucker was instrumental for BYU enroute to their first College Cup appearance in 2021 recording 16 goals and eight assists. After a fruitful collegiate career, Tucker signed with Gotham FC as an undrafted free agent and went on to appear for the Club 13 times in 2022. She then moved to Houston Dash and featured in 12 games before making the move back to Utah.



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: Virginia Tech
Last Club: Gotham NJ/NY
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.



Name: Dana Foederer
Pronunciation: DAH-nuh FOH-dur-ur
Position: Midfielder
Height: 5'6"
Jersey Number: 22
Date of Birth: July 27, 2002
Age: 21
Hometown: Veldhoven, ND
Citizenship: Netherlands
College: NA
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.



Name: Emily Gray
Pronunciation: em-IH-lee GRAY
Position: Midfielder
Height: 5'4"
Jersey Number: 24
Date of Birth: October 5, 2000
Age: 23
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

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.



Name: Carly Nelson
Pronunciation: KAR-lee NEL-suhn
Position: Goalkeeper
Height: 5'9"
Jersey Number: 27
Date of Birth: February 11, 1998
Age: 26
Hometown: Lindon, UT
Citizenship: USA
College: University of Utah
Last Club: Orlando Pride
How Acquired: Trade with Orlando for \$65,000

Nelson, who was born in Lindon, attended the University of Utah where she made 63 appearances and played nine matches for the Utah Royals Reserves in 2019 conceding only four goals. The goalkeeper went undrafted in 2020 but was invited to preseason with Utah Royals FC before signing a short term deal with OL Reign. She officially made her first team debut for KC Current in 2021 and subsequently was loaned to FC Nordsjælland where she made 18 appearances. She returned to the States in 2023, joining Orlando Pride prior to returning to her hometown club.



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
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).



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: NA
How Acquired: 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.



Name: Hannah Betfort
Pronunciation: ha-ann-uh BET-fort
Position: Forward
Height: 5'10"
Jersey Number: 33
Date of Birth: January 4, 1999
Age: 25
Hometown: Charleston, SC
Citizenship: USA
College: Wake Forest
Last Club: Portland Thorns
How Acquired: Trade with Portland Thorns \$10,000, 33rd overall pick in the 2024 NWSL Draft and expansion draft protection

Betfort, born in South Carolina, attended Wake Forest University where she walked-on to the Demon Deacons soccer team. Her freshman year saw her play in 17 of 20 matches and score five goals. The forward captained the team for her final two years, which also saw her move around the pitch to full-back and center-back, displaying her wide versatility. Betfort was selected by Portland Thorns in the 2021 NWSL Draft, and she made her full professional debut in the 2021 Women's International Champions Cup. She appeared 18 times and scored five goals during her time in the Pacific Northwest.

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>