



NOVEMBER 1ST, 2024

# SDA MAGAZINE

**2025  
COLLEGE  
COMMITTS**

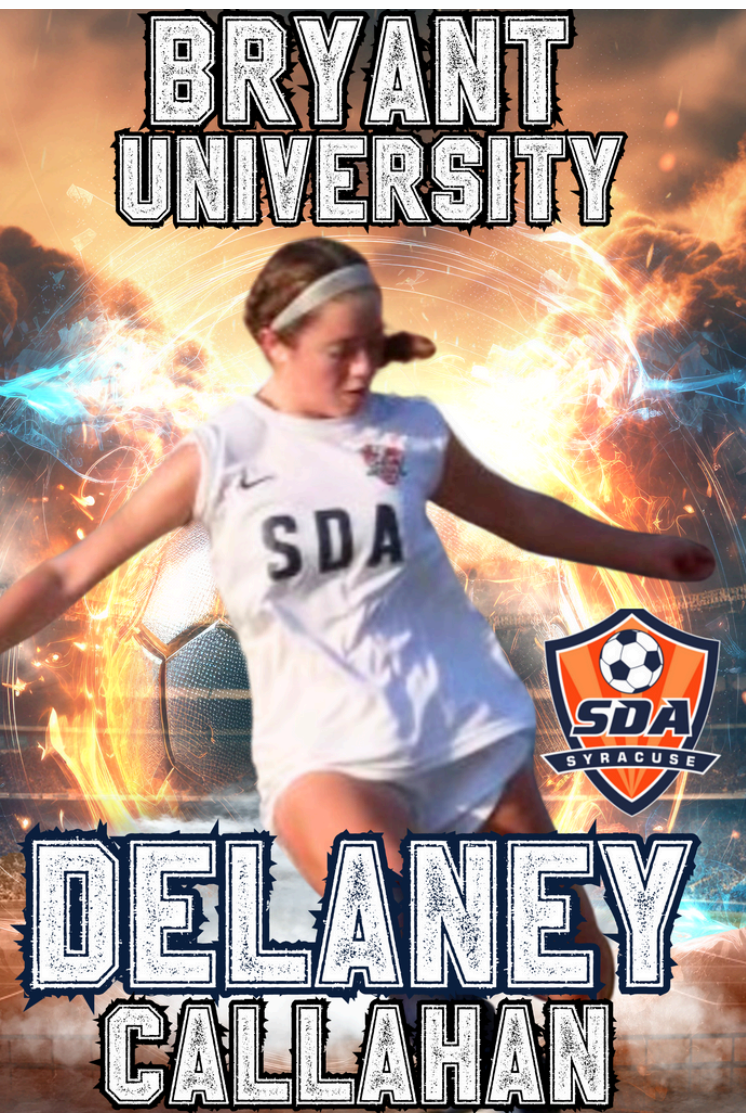
OH THE PLACES  
THEY'LL GO!

**ALUMNI  
SPOTLIGHT:  
CATHERINE  
APKER**

**SDA COACH  
JASON  
HAIGHT**

**MEDIA DAY  
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# JASON HAIGHT

NAL DIRECTOR AND  
SDA COACH

In our interview with Coach Jason Haight, we took a look back at his impactful coaching career with SDA and his passion for the sport that drives him forward. Reflecting on his time with the club, Coach Haight shared several memorable moments:

“Some of the highlights were coaching the ‘09 girls with Coach Tommy Tanner, where we won the USYS Region 1 and went on to place third at Nationals. Another big highlight was our 2021 State Cup victory with Coach Kirmse and the ‘03 girls, where we finished as finalists in the USYS Regionals.”

Additionally, he happily recalls taking the team to Nationals in Denver after winning the 2019 US Club Regionals, calling it a rewarding experience.



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When asked about what he's learned over the years, Coach Haight emphasized the value of working closely with SDA's skilled coaching staff, including names like Mike Paolini, Tommy Tanner, and Brooke Barbuto. "The dedication they have to player development has shaped my own coaching philosophy," he noted. "Having mentors who prioritize growth and commitment in their players has been invaluable to my journey."

Looking ahead, Haight is eagerly anticipating his work with the 2013 Orange team. "I'm thrilled to work with Coach Bo and Coach Dan, guiding the '13s through what's sure to be a fantastic year," he shared enthusiastically.

Coach Haight believes in a philosophy that encourages players to embrace creativity and play with confidence. "I want my players to feel free to take risks, while also being disciplined and focused," he explained. "Above all, I hope they develop a love and passion for the game that stays with them."

Reflecting on his playing days from high school through Wilkes University, Haight is grateful to still be close to the game. "The fall is my favorite season—it's packed with soccer, which keeps me connected to what I love most," he concluded, eagerly awaiting another exciting season with the 2013 Orange boys.





# CRUSH IT AT SDA

Know a passionate soccer player eager to expand their game or a family who wants to learn about the world of SDA?

Share your SDA experience with them and encourage them to reach out to us. Have them email us at [syracuseda@gmail.com](mailto:syracuseda@gmail.com) for an in-depth exploration of what SDA has to offer.

Your involvement could make a positive difference in their soccer journey.



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# DELANEY CALLAHAN

## BRYANT UNIVERSITY

Delaney Callahan's journey with SDA has been a formative and rewarding experience, sharpening both her skills and her mindset on and off the field. Playing with SDA, Delaney has enjoyed a high level of competition that continually pushes her to improve, and she's built lifelong friendships along the way. "I enjoy playing with SDA for the intense level of competition and constant improvement in my game, along with the lifelong friendships that I have developed through the years," she says. Through her time with SDA, Delaney has learned valuable lessons in discipline, work ethic, physicality, and

mindset skills—all crucial attributes as she prepares to transition into collegiate soccer. These lessons, she believes, will make her a strong competitor as she takes her skills to Bryant University, where she'll major in psychology and hopes to eventually pursue a career in psychiatry.

Delaney's long-term goals extend beyond just her soccer career. She is driven to excel academically, aiming to combine her love for sports with a rewarding career in mental health. We're excited to see her grow as an individual player and as part of a college team.



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# NADIA GUZMAN

## LA SALLE UNIVERSITY

Nadia Guzman's soccer journey with SDA has been rich with experiences and invaluable lessons. Throughout her time at SDA, Nadia has had the opportunity to travel to diverse locations across the country, with some of her favorite destinations being California, Colorado, and Florida. Visiting places like Los Angeles, Red Rocks and West Palm Beach with her teammates felt like going on vacation with her best friends, creating memories that will last a lifetime.

Playing at SDA has also prepared Nadia for the next stage of her soccer career in college.

Through coaching from individuals who have experienced all levels of soccer, Nadia has honed her training habits and competitive edge. The club's involvement in the Girls Academy League has provided a higher level of competition, fostering individual growth and team cohesion that Nadia feels will be beneficial in her transition to collegiate play.

Looking ahead, Nadia aspires to make a significant impact on the field by helping La Salle University win an A10 Championship.



# DRONE CAM LOVED SDA MEDIA DAY







# FALL ACTION!







# CATHERINE APKER

## Journey from SDA to Lafayette

Catherine Apker, a standout alumna of SDA, has proven to be a dynamic athlete both on and off the field. She reflects fondly on her time with the SDA '05 team, a tightly-knit group of players who traveled nationwide, bonded by their shared commitment to the sport. Guided by coaches Janine Bennett,

ALUMNI SPOTLIGHT

Bill Stanbro, Jeff Crolick, Brian McGrane, and Brooke Barbuto, Apker's experience at SDA taught her invaluable lessons in teamwork, resilience, and focus.

During high school, Apker balanced playing three sports with her rigorous training schedule at SDA. This experience helped her develop crucial time management skills, which have been essential for her academic success at Lafayette College, where she majors in Economics and Math. Looking ahead, Apker is eager to explore career opportunities in these fields while also considering a future in coaching, an area she has gained experience in through summer coaching roles.



# CATHERINE APKER

## Lafayette College Star

Now in her college years, Apker is competing with the Lafayette College women's soccer team, currently positioned fourth in a competitive Patriot League field. Her dedication has paid off, with Lafayette posting six shutouts in the season's first 11 games, a testament to the strong team defense. **Apker has earned Patriot League Goalkeeper of the Week honors three times**, but she credits this success to the "Power of WE," acknowledging the teamwork and cohesion that fuel their achievements.

As she continues her college journey, Apker is committed to working hard on and off the field, with aspirations to play beyond college. Her journey from a young SDA recruit to a collegiate athlete exemplifies the power of dedication, teamwork, and community, values instilled in her by SDA coaches and teammates who continue to inspire her career.





# SDA JUNIORS COME JOIN THE FUTURE

» @ SDA Center 7250 State Fair Blvd.



## Session 1:

November 6, 13, 20  
December 4, 11, 18

## Session 2:

January 8, 15, 22, 29  
February 5, 12

## Time Slots:

5:00-5:40pm 2021-2020  
5:40-6:20pm 2018-2019

## Sessions 3:

February 26  
March 5, 12, 19, 26  
April 2

**SPEED - AGILITY - FOOT SKILLS - DRIBBLING - FINISHING - MOVES**

**\$95 per 6 week session**

**Register: <https://bit.ly/sda-skills>**



# GALLERY





## DOING GOOD!

**SDA played in honor of breast cancer awareness. The coaches wore breast cancer sweatshirts and the kids all wore pink hair ribbons. We invited Oakwood and NEFC to take part in the awareness and all teams this weekend wore pink hair ties that we made for them for the games.**

# HAPPY THANKSGIVING!



**from the SDA family  
to your family**



# UPCOMING EVENTS

**EAST REGIONAL EVENT FOR THE GIRLS ACADEMY**

**[HTTPS://GIRLSACADEMYLEAGUE.COM /REGIONAL-EAST-2024/](https://girlsacademyleague.com/REGIONAL-EAST-2024/)**



**BETHESDA GIRLS AND BOYS WEEKEND SHOWCASE**

**[HTTPS://PREMIERCUP.BETHESDASOCCERTOURNAMENTS.COM/](https://premiercup.bethesdasoccer.com/)**



**PAC SHOWCASE**

**[HTTPS://SHORTURL.AT/BADIZ](https://shorturl.at/badiz)**



**FC DELCO FALL SHOWCASE**

**[HTTPS://SHORTURL.AT/XTFHV](https://shorturl.at/xtfhv)**

