



MARCH 1, 2025

# SDA MAGAZINE



## SDA BOYS COACH ERIC BONNIER

*NOTHING SHORT  
OF REMARKABLE*

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ADVISORY  
PANEL**

**UNDEFEATED  
TEAMS**



*PLAYER PROFILE*

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# ERIC BONNIER: GUIDING YOUNG SDA ATHLETES TO SUCCESS

For Eric Bonnier, coaching at SDA has been an incredibly rewarding journey. As an experienced educator and former player, he brings a wealth of knowledge, leadership, and passion to the teams he mentors. His time with SDA has been filled with memorable achievements, personal growth, and a commitment to developing young athletes both physically and mentally.

Bonnier's tenure with SDA has been nothing short of remarkable. Among his favorite moments is leading two teams to victory in the 2022 State Cup Championships, a feat made even more special by the presence of his two sons, Evan (2009 Boys) and Adam (2006 Boys). The 2009 Boys' victory at the Jefferson Cup in March 2023 was another highlight, as was coaching in the 2024 Regional Finals in West Virginia. These achievements underscore his dedication and ability to prepare teams for high-level competition.





HE'S EXCITED TO SEE HIS 2009 AND 2006/07 BOYS' TEAMS COMPETE IN NATIONAL COMPETITION AND OTHER EVENTS.

With over 30 years of experience as a teacher, Bonnier has honed the ability to manage athletes effectively. His background in education allows him to approach coaching with patience, structure, and adaptability. His development as a coach has been shaped by progressing through USSF and NSCAA coaching courses, which have refined his approach and provided him with valuable insights. Additionally, working alongside high-level coaches and reflecting on his own playing career has given him a well-rounded perspective on player development.

Bonnier is eager to continue working with the 2009 and 2006/07 Boys' Teams, looking forward to their 2025 NAL competitions, tournaments, and showcases. His focus remains on guiding his players toward growth and excellence, preparing them for the challenges ahead while fostering a positive and competitive team culture.

One of Bonnier's biggest takeaways from his own playing days is the importance of mental preparation. He emphasizes that psychological skills are just as crucial as technical and tactical abilities. Developing focus, resilience, and the ability to block out distractions—especially external pressures from parents—can give young athletes a significant edge in their development. He believes that instilling these skills early can have a lasting impact on a player's competitive career.

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**As a player, I could have benefitted greatly from the development of my personal psychological skills. Getting young players to develop these mental preparation for matches (and training) is an invaluable skill to develop throughout a player's competitive career.**

**SDA MAGAZINE INTERVIEW**



Bonnier's soccer journey began when he was seven years old, later than many of today's youth players. He played at Hoosic Valley High School in New York before continuing at SUNY Canton (then a junior college) in 1988. He later transferred to SUNY Brockport, where he finished his playing career. His experience as a player laid the foundation for his coaching philosophy, allowing him to relate to young athletes and guide them through their development.

Bonnier strongly believes in SDA's commitment to player development. The club has assembled a highly skilled coaching staff that prioritizes technical skills, physical fitness, and tactical understanding. More importantly, SDA fosters a positive team environment where players support one another and celebrate each other's successes. This culture of teamwork and growth is what makes SDA an ideal place for young athletes to thrive.

As Bonnier continues to coach and inspire players at SDA, his focus remains on developing well-rounded athletes who are prepared for both the mental and physical demands of the game. His passion, experience, and commitment to excellence make him an invaluable part of the SDA coaching staff, shaping the next generation of soccer players.





# JOIN THE SDA FAMILY

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.

# AUDRA SALVAGNI



The University of Rhode Island Women's soccer program is gaining a dedicated and talented player in Audra Salvagni, who has officially committed to joining the Rams. A standout player for SDA and Baldwinsville High School, Audra brings not only her impressive skills on the field but also a strong work ethic and passion for the game.

Audra's time with SDA has been instrumental in her development as both a player and a person. Having played with many of the same teammates for nearly a decade, she considers SDA her second family. The environment at SDA fostered her growth, allowing her to compete at a high level while forming lifelong friendships. "Being able to play with my best friends is something I will never take for granted," Audra shares.





“The coaches put so much time and effort into everything, and I am very grateful for it.”

One of the biggest lessons Audra learned at SDA was the importance of grit and resilience—qualities she believes will help her thrive at the collegiate level. “It’s not about the mistakes you make but how you respond to them,” she explains. SDA’s intense training environment has helped her develop both technical skills and the mental toughness required to compete at the next level.

“From skills to the mental side of soccer, SDA has given me the foundation to be ready for college soccer.”

Before heading to Rhode Island, Audra is determined to finish her final season with SDA strong and continue improving her game. She also plans to join a summer team to prepare for the demands of Division I soccer. At URI, she is committed to working hard and having the most successful seasons possible.

To the younger generation of soccer players, Audra emphasizes the power of self-belief and dedication. “I started playing my best soccer when I believed in my potential,” she says. She encourages young athletes to put in extra work outside of team practices, as those efforts will pay off. “Always walk off the field knowing you gave everything—whether it’s a game or a training session. You never know who is watching.” Her philosophy is simple but powerful: push yourself beyond your limits and never let self-doubt hold you back

Audra’s soccer journey began at just three years old with Baldwinsville Youth Soccer Association, where she quickly realized her love for the game. By the age of six, she had joined SDA, marking the start of her competitive career. Her passion and commitment only grew stronger, eventually leading to four seasons on Baldwinsville High School’s varsity team, where she played multiple positions and captained the squad in her senior year.

Now, as she takes the next step in her soccer career at the University of Rhode Island, Audra is ready to embrace the challenge. Her dedication, leadership, and competitive spirit will make her an asset to the URI Rams both on and off the field.

Congratulations, Audra, on your commitment to the University of Rhode Island! The Rams are getting a talented and hardworking player, and we can’t wait to see all that you accomplish.



# MIA WRIGHT



Daemen University is gaining a multi-talented athlete in Mia Wright, who has officially committed to join both the women's soccer team and track team in the fall. Known for her speed, skill, and determination, Mia's journey from youth soccer in Liverpool to competing at the collegiate level is a testament to her hard work and dedication.

Mia's time with SDA has been a defining part of her soccer career. The combination of high-level coaching, talented teammates, and competitive matches across the country helped shape her into the player she is today. "The coaches, excellent training, great teammates, and traveling across the country playing really good competition and seeing new places have been some of the highlights," Mia reflects. This experience has prepared her both mentally and physically for the next step in her soccer career.



Having played with SDA from a young age, Mia has developed a solid foundation in all aspects of the game—technical, tactical, psychological, and physical. These lessons will help her transition seamlessly to the college level. She credits coaches Mike Paolini and Lauren Weis for their guidance and support throughout her journey. “They both taught me so much and pushed me to be my best and grow as a player,” she says. Their influence has instilled in Mia the confidence and skills needed to compete at the next level.

This fall, Mia will attend Daemen University, where she will pursue a degree in Physical Therapy through the university’s direct-entry doctorate program. Balancing academics and athletics is nothing new

for Mia, who is eager to contribute to both of Daemen's programs. On the soccer field, she looks forward to joining Coach Dan Dolan and the women's soccer team, hoping to help continue their success next season. In addition to soccer, Mia will also compete for Daemen's track team, working with Head Coach Pete Gratien and sprinting Coach Jason Cukierski. Her speed and athleticism will be valuable assets in both sports.

Mia's advice to younger players is to maintain a positive mindset, even when faced with challenges or setbacks. "You have to keep a positive mindset, even when things aren't going well or if you face a setback," she advises. Her resilience and determination have been key to her success, and she encourages others to stay focused on their goals, no matter the obstacles.

Mia began at the age of five in the Little Kickers program in Liverpool. She quickly fell in love with the game and joined Liverpool Youth Soccer League (LYSL) at age six, playing for her dad, who coached the team. That same year, she began playing with SDA. In middle school, Mia joined her school's soccer team, eventually earning a spot on the Liverpool Varsity team in eighth grade. Her high school career was marked by numerous achievements, including being named to the All-State Team, All-Section Team, All-CNY All-Star 1st Team, and All-League 1st Team. She also earned her team's MVP Award and served as a team captain during her senior year.

Now, as she prepares to take the next step in both soccer and track at Daemen University, Mia is ready to embrace the challenges ahead. Big Congrats Mia, on your commitment to Daemen University! We look forward to watching you excel!



# SDA PLAYED IN SUPPORT OF MEAH SANDOVAL -CAPITAL FC PLAYER WHO PASSED AWAY UNEXPECTEDLY



SDA 2013 "we play in honor of Meah"



# SDA SUPPORTS GA PLAYERS LIKE MEAH ACROSS THE COUNTRY



# UNDEFEATED



**BROOKE BARBUTO'S 2009 GIRLS  
WON THE 2008 GIRLS HOLIDAY  
TOURNAMENT AT HOPKINS ROAD  
AND WENT UNDEFEATED!**



# UNDEFEATED



**THE 2013 PRE GA WENT UNDEFEATED IN THE HOLIDAY TOURNAMENT AT SISC.**

**WE WERE UNDEFEATED AND SCORED 15 GOALS AND GAVE UP 0! WE ARE SO PROUD OF OUR GIRLS!**

# GA ADVISORY PANEL ROUNDTABLE



**THE ADVISORY PANEL INVITED SDA ALUMNI TO COME TO A ROUNDTABLE CHAT ABOUT COLLEGE EXPERIENCES, RECRUITING EXPERIENCES AND REAL FEEDBACK FROM REAL PLAYERS. THIS HELPS PLAYERS UNDERSTAND WHAT IT'S GOING TO BE GOING TO COLLEGE, AND WHAT TO EXPECT AS PLAYERS AND STUDENTS.**

**THANK YOU SDA ALUMNI: KENNEDY YEARBY CORNELL, CALLIE BECKWITH CAMPBELL, CARHERINE APKER LAFAYETTE, EVA POISSANT UNIVERSITY OF BUFFALO, LAUREN CLARKE BINGHAMTON, AND JAILYN PAROTTE ST JOSEPH'S.**



# GALLERY



# UPCOMING EVENTS

**MARCH:  
KICKOFF FOR GA AND NAL LEAGUE  
MATCHES.**

**MANY TEAMS ATTENDING JEFFERSON  
CUP GIRLS AND BOYS COLLEGE  
SHOWCASE**

**FOLLOW ALONG:  
[HTTPS://JEFFERSONCUP.STRIKERSTOUR  
NAMENTS.COM/](https://jeffersoncup.strikerstour.com/namements.com/)**



**jeffersoncup USA**

