

THE RAGE RUNDOWN



OCTOBER 2025



MARK YOUR CALENDAR

OCTOBER 3
FIRST TIME REFEREE COURSE

OCTOBER 7
RAGE KICKS CANCER

OCTOBER 17
RAGE COLLEGE GAME DAY

OCTOBER 21
ANNUAL GENERAL MEETING

OCTOBER 25-26
RAGE/BUSC RECREATIONAL
TOURNAMENT

NOVEMBER 1
ORANGE & GOLD GALA

PLEASANTONRAGE.ORG

RAGE KICKS CANCER



The event will be held in lieu of practice on October 7th from 4-6pm at Ken Mercer Sports Park, Field 9

Run times and check-in

If possible, please arrive to check-in at field 9 approximately 15 minutes prior to your scheduled run/walk time. The 5K run/walk will take place on the path that surrounds the Ken Mercer Sports Park.

Activities/ACL Injury Risk Screening

In addition to the 5K run/walk, we will have a variety of activities in and around field 9. Featured this year will be the introduction of a novel digital screening tool to help with ACL injury risk identification and prevention, as well as some fun performance testing. We look forward to identifying players at higher risk for ACL tears, providing an individualized improvement plan, and assisting in the prevention on this specific injury.

Get in the Spirit

Players and Coaches are encouraged to wear pink in honor of Breast Cancer Awareness Month. The more pink the better! Prizes will be given to the teams that have the best collective display of pink and fun flair.

All proceeds from the event will go to Culinary Angels, a volunteer, donation-based organization that provides nutrient-rich meals to people going through a cancer challenge in the Pleasanton, Dublin and Livermore.

[**Register Here**](#)

Team Birth Year	Run Time
2017 & 2018	4:00 PM
2015 & 2016	4:15 PM
2013 & 2014	4:30 PM
2011 & 2012	4:45 PM
2009 & 2010	5:00 PM
2007 & 2008	5:15 PM

2026 BOARD & COMMITTEE CANDIDACY



Our Annual General Meeting will take place on October 21, 2025 at 6:30pm at the BUSC Office: 275 Rose Ave, #209, Pleasanton). Our Nominating Committee is actively seeking Board of Director candidates to begin a two (2) year term beginning in January 2026. The candidates for Board positions will be voted on following the AGM and announced in November.

We are also continuing to recruit Committee members to assist with Fundraising, Corporate Sponsorships, Events, Merchandise Sales, Facilities, and more.

Our Club is a non-profit organization that is successful because of our many volunteers, Board Members, and professional staff. Please consider volunteering for a position where you can utilize your expertise.

Please [click here](#) to view the AGM Agenda and proposed constitutional amendments, which will be voted on at the AGM.

If you would like get involved and be considered as a candidate, please send an email to our Nominating Committee Chair, Katie Moe, at [**katiemoe@pleasantonrage.org**](mailto:katiemoe@pleasantonrage.org)



ORANGE & GOLD GALA - NOV 1st



 **JOIN US!**

This is more than a night of dinner, dancing and camaraderie - it is a vital investment in the future of youth soccer.

All proceeds directly benefit:

- **Scholarships & Financial Aid** – Supporting equitable access to the game
- **Get On the Bus** – Breaking down financial barriers so kids can play Recreational soccer
- **TOPSoccer (The Outreach Program for Soccer)** – A Recreational program for children with intellectual, emotional, or physical disabilities



DONATE

We are looking for sponsors & donors of all kinds! Please consider supporting through a donation of cash, gift cards, auction items and/or becoming a sponsor for our event.

For donations, please contact Lytia@PleasantonRage.org

For sponsorships, please visit our event page [here](#).

 Get your tickets [here](#).

REFEREE PROGRAM



Interested in becoming a new referee, looking for continued referee education, mentoring, or need to renew your referee licensing? We need you!

The benefits of becoming a referee are vast for adults and youth alike. We are very much in need of **ADULT** referees. For youth players (eligible at 13 years+) looking to get into refereeing, benefits include: an opportunity to earn money, grow your knowledge of the game, learn responsibility in the workplace, grow your time management skills, and much more.

We are invested in the growth of our referee pool and are providing the following financial incentives for new referees. We are offering a \$125 reimbursement for anybody who becomes newly certified or recertifies between now and December, 2025. New referees will be reimbursed by RAGE after working 5 RAGE home games between now and December 2025, upon the completion of these games. We have an additional bonus structure available for referees the more games they ref with us this Fall, that can be found at the link below.

Here is the list of our upcoming first time referee courses:

- Friday, October 3rd, 5-8 PM ([Link to register](#))
- Friday, November 7th, 5-8 PM ([Link to register](#))

Stanford Medicine Sports Complex, 7001 Pleasanton Ave, Pleasanton



[Read more about the Referee Program on our RAGE website](#)

RAGE COLLEGE GAME DAY



We are excited to invite you to this year's **RAGE College Game Day!** On Friday, October 17 at 7:00 PM, we will gather to watch Cal State East Bay Women's Soccer host Cal State LA at Las Positas College in Livermore.

This annual tradition is a wonderful opportunity to support local college programs, and support of our very own RAGE alumni competing on the field.

We hope you'll join us for a fun night of soccer and community!

Event Details:

- Match: Cal State East Bay vs. Cal State LA
- Date/Time: Friday, October 17, Kickoff at 7:00pm
- Location: Las Positas College Soccer Field, 3000 Campus Hill Dr, Livermore
- Admission: **FREE** for all attendees
- Parking: Daily parking passes are \$3, parking is enforced 24/7. To get a parking permit, text LPC to 25023.

Join us for a fun-filled Friday night of soccer and cheer on some of our very own RAGE Alumni, including Jaeden Nelson, Morgan Pearson and Jenna McDonnell of Cal State East Bay.



RECREATIONAL TOURNAMENT



Dates: Oct 25-26, 2025

Location: Ken Mercer Sports Park

Teams: All U9, U10 and U12 RAGE Rec teams

In collaboration with Ballistic United Soccer Club, Pleasanton RAGE is excited to provide our Recreational youth soccer players an opportunity to experience a high-quality end-of-season local tournament in a fun, family-like atmosphere. Players in our U9 – U12 Rec age groups will participate in the tournament that takes place at Ken Mercer Sports Park on October 25th and 26th!

NOTE: Official schedules will be released 3-4 days prior to the tournament



[Additional details can be found here](#)

PLAYER'S CORNER



SUPPORTING YOUTH FEMALE ATHLETES: MENTAL PERFORMANCE AFTER INJURY

Returning to sport after a major injury can be scary—especially for young female athletes, who may face unique psychological challenges alongside their physical recovery. Megan Walinski, our Mental Performance Coach, has created a tailored plan addressing key areas necessary for a confident, resilient, and healthy return:

- **Assessment & Individualization:** Injured athletes will receive an individual evaluation exploring mood, confidence, and fear of reinjury, allowing Megan to adapt strategies to each player's unique needs.
- **Education & Communication:** Megan will provide specific injury education and open dialogue, empowering each athlete to express her concerns and understand her recovery journey.
- **Goal Setting:** Collaborative SMART goal setting will break recovery into manageable milestones—with an emphasis on celebrating mental as well as physical progress.
- **Psychological Skills:** Cognitive strategies, positive self-talk, mindfulness, and guided imagery will be addressed with athletes as they face anxieties, boost focus, and mentally rehearse success.
- **Confidence & Support:** Sharing success stories from others and building a strong support network will ensure every athlete feels connected and included throughout recovery.
- **Ongoing Monitoring:** Regular check-ins, allowing the recovery plan to be altered as needed, keeping athletes motivated and ready for a successful return to play.

[Read more here](#)



PLAYER SPOTLIGHT

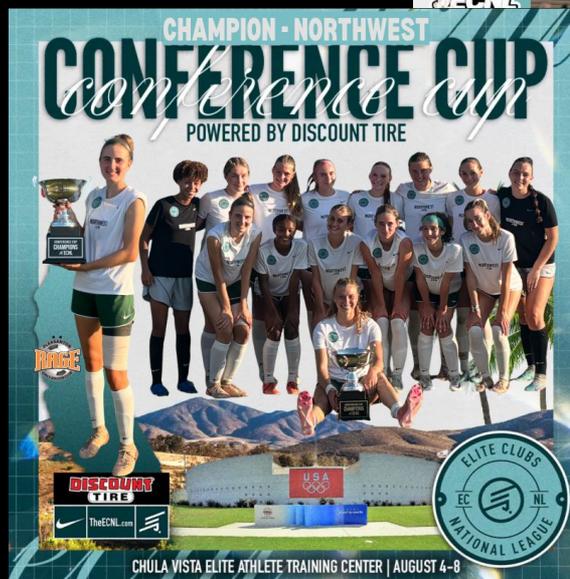


2008 RAGE ECNL - CAELYN DYER

ECNL National Selection Game - Top players from around the ECNL were invited to compete in the National Selection Game at the ECNL North Carolina Event on May 30th, 2025. Not only was RAGE 2008 ECNL team member Caelyn Dyer selected to play in the game, she was also named Player of the Match! Caelyn is the first player to receive this prestigious award for RAGE. "It's a privilege to be named the ECNL Continental Tire Player of the Match," Dyer said. "I'm just so excited."

The ECNL Conference Cup is an exciting opportunity for top players within the ECNL Selection Program. 120 of the top rising U16-U18/19 girls players from across the country competed in a Conference based tournament within a Camp setting at the US Olympic Training Center in Chula Vista in June. Caelyn was also selected to participate in this event and proudly represented our Conference and Region in winning the event for the 2nd year in a row! Further, Caelyn scored a goal in the Championship game!

Congrats Caelyn, RAGE is proud of you!





RAGE ALUM - PLAYER & COACH

RAGE ALUMNA ELIZABETH TODD PLAYING PRO IN ROMANIA!



We are proud to announce that **Elizabeth Todd**, a longtime member of the RAGE family, has officially signed to play **professional soccer in Romania!**

Elizabeth's playing journey with **RAGE** began as a youth player and continued with our **USL W League team**, where she stood out as a talented and driven Goalkeeper. She also gave back to the club as an **Assistant Coach** for both our **USL W League** team and a Head Coach of multiple RAGE youth teams — helping shape the next generation of players with her leadership and experience.

A graduate of Bishop O'Dowd High School and the University of Montana, Elizabeth has also coached at Bishop O'Dowd and Academy of Art University.

Now, she takes her game to the next level — joining the ranks of professional players overseas. Her journey is a testament to hard work, persistence, and passion for the game.

About the team....

Fotbal Club U Olimpia Cluj-Napoca, commonly known as FCU Olimpia Cluj, is a women's football team from Cluj-Napoca in Romania. It is Romania's top women's football club, having won all league titles since its inception, and thus has represented Romania year after year in the UEFA Women's Champions League. The club is also made up of a majority of the Romania Women's National Football team players.



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RAGE SUMMER TOURNAMENT RECAP



RAGE COLLEGE SHOWCASE & SUMMER CUP

We want to extend a heartfelt **THANK YOU** to everyone who helped make the 2025 **RAGE Girls Summer Cup** and **RAGE College Showcase** such incredible events.

This year, we welcomed teams from across Northern CA, Southern CA, Oregon and Idaho to compete in our events, grow, and enjoy the beautiful game. From the youngest U8s to our talented U19s, every match was filled with skill, sportsmanship, joy and passion.

🙏 A Special Thank You to Our Volunteers

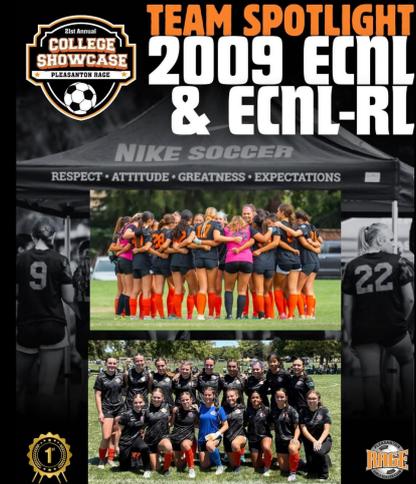
These tournaments could not happen without the hard work and assistance of our amazing volunteers. Thank you very much for your amazing contributions!

👏 Thanks to Our Families, Coaches, and Community

Your energy, support, and commitment helped us create the positive environment that defines RAGE. Whether cheering from the sidelines or helping out with logistics, your presence made these events unforgettable.

🌟 Looking Ahead

We're proud of what we accomplished this year, and we're already looking forward to 2026!



RAGE SPIRIT WEAR



<https://myuniform.soccerpost.com/store/club/dub-pleasanton-rage>



**MORE OPTIONS
AVAILABLE ON
OUR WEBSITE**

