



# Chicago Empire FC Club Newsletter



## 2024 Summer Residential Camp



We are looking forward to the 2nd Annual Summer Residential Camp at University of Wisconsin-Whitewater in July! We hope to have all boys and girls teams 2015-2009 represented at camp. This is a pre-season team bonding experience you don't want to miss!

Saturday, July 20th - Tuesday, July 23rd  
Boys & Girls, 2015 - 2009 Birth Years  
University of Wisconsin-Whitewater  
Register [HERE](#) today!

### IN THIS ISSUE:

#### SUMMER RESIDENTIAL CAMP

Register [HERE!](#)

#### LOCAL SUMMER CAMPS

Register [HERE!](#)

#### 2024-2025 TRYOUTS

Register [HERE!](#)

#### PUMA GENERATIONS CUP

May 17th-19th

#### NEW SPONSOR!

Lou Malnati's Pizzeria

#### VITAMINIS

Free Recipe Book

#### HIGH SCHOOL GIRLS

Good Luck this Spring!

#### EMPIRE NATION SPOTLIGHT

#### GOLF OUTING

April 29th

#### COACH'S CORNER

TOVO: In & On

## Empire FC's Local Summer Camps

### Summer Academy Day Camp

Boys & Girls, 2017 - 2011  
June 17 - June 21  
10:00 AM - 3:00 PM  
Oak Brook Polo Fields

### Summer Goalkeeper & Attacking/Finishing Camp

Boys & Girls, 2014 - 2009  
June 24 - June 27  
10:00 AM - 2:00 PM  
Oak Brook Polo Fields



# Tryouts for the 2024-2025 Playing Season

## CHICAGO EMPIRE FC 2024/25 SEASON TRYOUTS

Birth Year	Age Group	Date	Time	Location	Birth Year	Age Group	Date	Time	Location
2018-17	U-8 Boys	Tuesday April 30th	4:15-5:30pm	Oak Brook Polo	2018-17	U-8 Girls	Monday May 6th	4:15-5:30pm	Oak Brook Polo
2016	U-9 Boys	Tuesday April 30th	5:30-6:45pm	Oak Brook Polo	2016	U-9 Girls	Monday May 6th	4:15-5:30pm	Oak Brook Polo
2015	U-10 Boys	Wednesday May 1st	4:30-6:00pm	Oak Brook Polo	2015	U-10 Girls	Tuesday May 7th	4:30-6:00pm	Oak Brook Polo
2014	U-11 Boys	Wednesday May 1st	4:30-6:00pm	Oak Brook Polo	2014	U-11 Girls	Tuesday May 7th	4:30-6:00pm	Oak Brook Polo
2013	U-12 Boys	Wednesday May 1st	4:30-6:00pm	Oak Brook Polo	2013	U-12 Girls	Tuesday May 7th	4:30-6:00pm	Oak Brook Polo
2012	U-13 Boys	Wednesday May 1st	6:30-8:00pm	Oak Brook Polo	2012	U-13 Girls	Tuesday May 7th	6:30-8:00pm	Oak Brook Polo
2011	U-14 Boys	Wednesday May 1st	6:30-8:00pm	Oak Brook Polo	2011	U-14 Girls	Tuesday May 7th	6:30-8:00pm	Oak Brook Polo
2018-17	U-8 Boys	Thursday May 2nd	4:15-5:30pm	Oak Brook Polo	2018-17	U-8 Girls	Thursday May 9th	4:15-5:30pm	Oak Brook Polo
2016	U-9 Boys	Thursday May 2nd	4:15-5:30pm	Oak Brook Polo	2016	U-9 Girls	Thursday May 9th	4:15-5:30pm	Oak Brook Polo
2015	U-10 Boys	Thursday May 2nd	5:30-6:45pm	Oak Brook Polo	2015	U-10 Girls	Thursday May 9th	5:30-6:45pm	Oak Brook Polo
2014	U-11 Boys	Thursday May 2nd	5:30-6:45pm	Oak Brook Polo	2014	U-11 Girls	Thursday May 9th	5:30-6:45pm	Oak Brook Polo
2013	U-12 Boys	Thursday May 2nd	6:45-8:00pm	Oak Brook Polo	2013	U-12 Girls	Thursday May 9th	5:30-6:45pm	Oak Brook Polo
2012	U-13 Boys	Thursday May 2nd	6:45-8:00pm	Oak Brook Polo	2012	U-13 Girls	Thursday May 9th	6:45-8:00pm	Oak Brook Polo
2011	U-14 Boys	Thursday May 2nd	6:45-8:00pm	Oak Brook Polo	2011	U-14 Girls	Thursday May 9th	6:45-8:00pm	Oak Brook Polo
Supplemental	ALL-Boys	Contact DOC to Schedule	Open	Oak Brook Polo	Supplemental	ALL-Girls	Contact DOC to Schedule	Open	Oak Brook Polo
2010-2006	HS Boys	Sunday May 5th	6:15-8:00pm	Oak Brook Polo					
2010-2006	HS Boys	Sunday June 2nd	6:15-8:00pm	Oak Brook Polo					
2010-2009	HS Girls	Sunday April 28th	5:00-6:15pm	Oak Brook Polo					
2008-2006	HS Girls	Sunday April 28th	6:15-7:30pm	Oak Brook Polo					



## Puma Generations Cup

The 2024 Puma Generations Cup is set for the weekend of May 17th-19th. With over 300 teams already registered, we are expecting this to be the biggest year yet with up to 400 teams! The tournament will take place at two locations this year — Stuart Sports Complex in Aurora will be the main site, with the addition of Oak Brook Polo Fields for U15-U19 Boys. Keep an eye out for our PGC Volunteer Sign-Up email. As always, Empire Nation will need to come together to make the tournament a success!



## Welcome to Empire Nation, Lou Malnati's!

Thank you to all of our families that participated in our Pizza Night Fundraiser on February 6th in support of the Chicago Empire Foundation. We are excited to announce that Lou Malnati's will be joining Empire Nation as a sponsor, and we look forward to having their support as Chicago Empire FC continues to grow. Welcome to Empire Nation, Lou Malnati's!



## Vitaminis Recipe Book



Vitaminis has released a recipe book that is full of nutrient dense cocktails, smoothies, and recipes to keep your new years resolutions going into the spring. You can download the Vitaminis Recipe Book for free [HERE!](#)

Order [Vitaminis](#) online today! Use **EMPIRESHIP** for free shipping on your subscription.



## High School Girls Soccer

Congratulations to all of our girls who made the Varsity team at their high school for the spring season! Good Luck Girls!



Sonia Alanis - West Aurora  
 Audrey Anderson - Downers Grove North  
 Chloe Anderson - Hinsdale Central  
 Ella Bennett - Glenbard West  
 Cate Carter - York  
 Kylie Clifford - Glenbard West  
 Lillianna Costa - IC Catholic Prep  
 Sofia D'Antonio - Lyons Township  
 Emily DiTomasso - Hinsdale Central  
 Caitlin Doherty - Hinsdale Central  
 Estelle Giustini - Lyons Township  
 Samantha Grace Johnston - Hinsdale South  
 Lucy Jucovics - Nazareth Academy  
 Casey Kenny - Wheaton North  
 Grace Lube - Downers Grove South  
 Daniela Martinez - Harvest Christian Academy  
 Lily Martinez - Nazareth Academy

Audrey McLaughlin - Hinsdale Central  
 Olivia O'Neill - Nazareth Academy  
 Merrick Parker - Benet Academy  
 Kimberly Pazos - West Leyden  
 McKenzie Peach - West Aurora  
 Megan Pogorelec - Downers Grove South  
 Audrey Raymond - Riverside Brookfield  
 Jacklyn Roper - Lisle  
 Claire Russell - Glenbard West  
 Grace Sakalosky - Hinsdale Central  
 Meghan Sarros - Benet Academy  
 Mia Sherry - Marist  
 Maura Sikorski - St. Charles North  
 Andriana Soupos - York  
 Tegan Steines - Hinsdale Central  
 Lorraine Surrina - St. Francis  
 Annie Trayser - Nazareth Academy

# Empire Nation Spotlight



2013 Gold Girls - 1st Place  
CISL U11 Girls



2012 Gold Boys - 1st Place  
CISL U12 Boys Gold



2011 Gold Girls - Weston Cup Champions  
1st Place - CISL U13 Girls Gold



2010 Blue Girls - 1st Place  
CISL U13/U14 Girls



2009 Blue Girls - 1st Place  
CISL U15 Girls Silver



2008/09 Blue Girls - 1st Place  
CISL U14/U15 Girls Silver

## Empire Nation Spotlight



2006 Gold Boys - 2nd Place  
CISL U18/U19 Boys



Thank You Seniors,  
We'll Miss You Girls!

## Golf Outing

You're invited to join us for Empire FC's Inaugural Golf Outing! We will have a fun-filled day of golf with dinner and a raffle to follow. All proceeds go towards the Chicago Empire Foundation, supporting scholarship opportunities and philanthropic efforts in the community. We look forward to an amazing event with Empire Nation!

**When: Monday, April 29th**

**Where: Oak Brook Golf Club**

**Time: 12:00 PM Shotgun Start**

**Cost: \$720/Foursome — \$185/Golfer**

**Please visit our [golf outing page](#) for more details!**





## IN AND ON

### TOVO Academy

So many distractions.

“When you break this circle, you are IN and ON. If you cannot do that, step out now. No judgement. No worries. But we need you to be here to be better,” I remark as our priming circle dissolves into the activation exercises.

Focus is a fabulous thing.

Effort is essential to learning.

Energy ignites the endeavor.

Dedication is contagious.

We FEED off those essentials.

Focus.

Effort.

Energy.

Dedication.

Bringing one's best self to the training ground unleashes all that is crazy good in sport. We can compete. We can dig in and build resilience. We can have some serious fun.

And the beauty is that when a child chooses to do so, it is done. None of these are bound by gender, size, strength or stature.

I am on my way to Madrid to speak about excellence and its application to the corporate world. I have never worked in the corporate world to be honest. I have no idea what a day in the life of an insurance company leader looks like. By the time you read this I will be back on the train to Barcelona and back to the training grounds. This could be a complete keynote disaster.

But what I do know is that those that contribute their best selves in a positive culture must be of value to any organization. Those that show up and choose to be on and in have the best chance for success.

So, as I ask my athletes to be on and in, I am going to prime myself before eighty corporate executives. When I break my circle of preparation, I am going for it. I am going to ask of myself that which I ask of my players.

So many distractions, but not one seductive enough to break my commitment.

I will be IN and ON.