



fall
2019















spring
2020

Chesapeake United Competitive Program Coaching Slate










DIRECTORS

Technical Director	Kristin Carden		<ul style="list-style-type: none"> • USSF "C" License • United Soccer Coaches Diplomas: Director of Coaching, Small-Sided Games, Technical Development of the Competitive Player, Youth Club Administrator Professional Development • Goalkeeping Level 1 & 2 Diplomas • Former Division 1 College Soccer Player: 4 Year Starter (Virginia Tech & Virginia Commonwealth), 4 Year All-Conference Player (ACC, CAA, Atlantic 10) • NSCAA All-American
Goalkeeping Director	Tony Cowell		<ul style="list-style-type: none"> • Goalkeeping Level 1, 2 & 3 Diplomas • USSF "D" License • La Liga Methodology Level 3 Certification • 8+ Years Coaching with Chesapeake United • Former Great Bridge High School Varsity Soccer Player

BOYS U9 - U19

BIRTH YEAR	TEAM	COACH	CREDENTIALS
2011 (U9)	'11 BOYS BLACK	Sean Holl	 <ul style="list-style-type: none"> • NSCAA Advanced Regional Diploma • La Liga Formation Methodology Certification • USSF "E" License • Olympic Development Program Evaluator • 13 Years Coaching Experience
2011 (U9)	'11 BOYS BLUE	Frank Luster	 <ul style="list-style-type: none"> • USSF Grassroots 7v7 Certificate • Former Grassfield High School Player • Former James Madison University Club Soccer Player
2010 (U10)	'10 BOYS BLACK	Sean Holl	 <ul style="list-style-type: none"> • NSCAA Advanced Regional Diploma • La Liga Formation Methodology Certification • USSF "E" License • Olympic Development Program Evaluator • 13 Years Coaching Experience
2011 (U9)	'11 GIRLS BLUE	Sam Frowen	 <ul style="list-style-type: none"> • USSF "E" License • Current Chesapeake United Academy Staff • Current Grassfield High School Assistant Coach • Former ODU Women's Soccer Player
2009 (U11)	'09 BOYS BLACK	Jerry Clements	 <ul style="list-style-type: none"> • USSF "D" License • 10 Years Coaching with Chesapeake United • 18 Years Coaching Experience
2009 (U11)	'09 BOYS BLUE	TBA	 <p>TBA</p>
2008 (U12)	'08 BOYS BLACK	Kristin Carden	 <ul style="list-style-type: none"> • USSF "C" License • United Soccer Coaches Diplomas: Director of Coaching, Small-Sided Games, Technical Development of the Competitive Player, Youth Club Administrator Professional Development • Goalkeeping Level 1 & 2 Diplomas • Former Division 1 College Soccer Player: 4 Year Starter (Virginia Tech & Virginia Commonwealth), 4 Year All-Conference Player (ACC, CAA, Atlantic 10) • NSCAA All-American
2008 (U12)	'08 BOYS BLUE	Jason Rollins	 <ul style="list-style-type: none"> • USSF "D" License • La Liga Formation Methodology Certification • 7 Years Coaching Experience
2006/2007 (U13/U14)	'06 BOYS BLACK	Tyler Ellis	 <ul style="list-style-type: none"> • Former ODU Club Soccer Player • Former Western Branch Varsity Player • Former CSL Travel Player • 10+ Years Travel Soccer Experience
2005/2004 (U15/U16)	'04 BOYS BLACK	TBD	 <p>TBD</p>
2002/2003 (U17/U18)	'02 BOYS BLACK	Jerry Clements	 <ul style="list-style-type: none"> • USSF "D" License • 10 Years Coaching with Chesapeake United • 18 Years Coaching Experience
2001 (U19)	'01 BOYS BLACK	TBD	 <p>TBD</p>

GIRLS U9 - U19

BIRTH YEAR	TEAM	COACH	CREDENTIALS
2011 (U9)	'11 GIRLS BLACK	Steve Jelf	 <ul style="list-style-type: none"> • Originally from Plymouth, England • USSF "D" License • 16 years coaching experience • CUSC Coach Since 2005 • VPL, VSLI, and TASL Coach
2011 (U9)	'11 GIRLS BLUE	Sam Frowen	 <ul style="list-style-type: none"> • USSF "E" License • Current Chesapeake United Academy Staff • Current Grassfield High School Assistant Coach • Former ODU Women's Soccer Player
2010 (U10)	'10 GIRLS BLACK	Steve Jelf	 <ul style="list-style-type: none"> • Originally from Plymouth, England • USSF "D" License • 16 years coaching experience • CUSC Coach Since 2005 • VPL, VSLI, and TASL Coach
2009 (U11)	'09 GIRLS BLACK	TBD	 <p>TBD</p>
2008 (U12)	'08 GIRLS BLACK	Kristin Carden	 <ul style="list-style-type: none"> • USSF "C" License • United Soccer Coaches Diplomas: Director of Coaching, Small-Sided Games, Technical Development of the Competitive Player, Youth Club Administrator Professional Development • Goalkeeping Level 1 & 2 Diplomas • Former Division 1 College Soccer Player: 4 Year Starter (Virginia Tech & Virginia Commonwealth), 4 Year All-Conference Player (ACC, CAA, Atlantic 10) • NSCAA All-American
2006/2007 (U13/U14)	'06 GIRLS BLACK	John Lentini	 <ul style="list-style-type: none"> • USSF "D" License • 11+ Years Coaching Experience • Former Indian River High School Player • Former Churchland Soccer League Youth Player
2005 (U15)	'05 GIRLS BLACK	Kevin Ellis	 <ul style="list-style-type: none"> • USSF "D" License • 20+ Years Coaching Experience • NSCAA Goalkeeping Level 1 Diploma • NSCAA Special Topics Certificates - Attacking & Defending • Grassfield High School Head Varsity Coach '08 - Present <ul style="list-style-type: none"> • Record – 106-44-13 • 4-time District Champion • 3-time District Coach of the Year
2004/2003 (U16/U17)	'03 GIRLS BLACK	TBD	 <p>TBD</p>
2002/2001 (U18/19)	'01 GIRLS BLACK	TBD	 <p>TBD</p>