

THE WEEK AHEAD

Sporting events this week, May 5-11

Sunday, May 5

Boulders and speed

IFSC Climbing World Cup

USA Climbing National Training Center
The boulder and speed climbing world cups wrap up at the downtown Salt Lake City facility.

Wednesday, May 8

U.S. Open Cup match

Real Salt Lake at New Mexico United

7 p.m.
Stream: USOpenCup.com, USLSoccer.com, and MLSsoccer.com
RSL heads to the Land of Enchantment for U.S. Open Cup play.

Royals on the road

Utah Royals at San Diego Wave

8 p.m.
Watch: CBS Sports Network
Royals parted ways with assistant coach Vanessa Mann last week.

Saturday, May 11

Supercross season finale

Monster Energy AMA Supercross Championship

5:30 p.m.
Watch: Peacock
A FanFest for the event will begin at 11 a.m.

MLS West showdown

Real Salt Lake at L.A. Galaxy

8:30 p.m.
Watch: Apple TV
Serbian forward Dejan Joveljic leads the Galaxy in scoring.

THE GAME PLAN

	Wednesday at New Mexico United 7 p.m. TV: Apple	May 10 Seattle 7:30 p.m. TV: Apple	May 18 Colorado 7:30 p.m. TV: Apple	May 25 Seattle 6:30 p.m. TV: Apple
	Wednesday at San Diego Wave 8 p.m.	May 12 at San Diego Wave 8 p.m.	May 17 at San Diego Wave 8 p.m.	May 25 at San Diego Wave 8 p.m.
	Sunday at Real Salt Lake 10:30 p.m.	Tuesday at Real Salt Lake 6:30 p.m.	Wednesday at Real Salt Lake 10:30 p.m.	Thursday at Real Salt Lake 10:30 p.m.

Two-time World Cup winner O'Hara to retire at end of NWSL season

THE ATHLETIC

U.S. women's national team and Gotham FC defender Kelley O'Hara announced she plans to retire from soccer following the conclusion of the 2024 NWSL season. A stalwart for more than a decade, O'Hara played in four World Cups (winning two in 2015 and 2019) and three Olympics with the national team, as well as adding a WFS championship and two NWSL championships in her professional career.

She announced the decision in a video created for Just Women's Sports as part of her series Kelley O'Hara's Story.

O'Hara has played limited minutes for Gotham FC so far this season and has struggled with ankle and knee injuries. "To get injured and come back and get injured and come back and just keep doing it, it really takes a toll on you," she told Claire Watkins in an interview for JWS.

O'Hara's first cap for the USWNT came in March 2010, and while she was named to the 2011 World Cup roster, broke out for the USWNT during the team's gold medal run in the 2012 London Olympics, playing every minute as an outside back. She previously won the 2009 MAC Hermann Trophy as a forward at Stanford (scoring 26 goals and adding 10 assists), but it was the conversion to outside back that cemented her place on the national team for years.

Notably, the 2012 Olympics were also the source of one of the greatest pieces of old-school USWNT content featuring O'Hara — in which she reports she "got injured" after wiping out in the grass at a Scottish castle pretending

to ride brooms).

O'Hara's final match for the national team was against Sweden during the team's end from last summer's World Cup in the round of 16. Due to injury concerns, there were doubts that O'Hara would be named to the final 23-player roster for the tournament.

She played over 10,000 minutes for the national team, sitting at 360 appearances, three goals and 21 assists. One of her most famous USWNT goals was the one she scored against Germany during the 2015 World Cup semifinal. It was also her first international goal.

O'Hara's club career was also successful, starting with her rookie season in NPSL with FC Gold Pride, winning the 2010 championship. When FC Gold Pride folded, O'Hara was signed by the Boston Breakers. She intended to play for the Atlanta Beat, her hometown WFS team, but the league folded. O'Hara has been with the NWSL since the beginning, starting her NWSL career with Sky Blue FC, before a stint with the first version of Utah Royals FC, then heading to the Washington Spirit — where she finally won her first NWSL championship in 2022. In January 2023, she signed with Gotham, who won last year's final.

"It has been one of the greatest joys to represent my country and to wear the U.S. Soccer crest," O'Hara said in the USWNT press release on Thursday. "As I close this chapter of my life, I am filled with gratitude. Looking back on my career I am so thankful for all the things I was able to accomplish but most importantly the people I was able to accomplish them with."



Kelley O'Hara
Former Utah Royals player



The Los Angeles Angels' Mike Trout reacts after being hit by a pitch during the third inning of a game against the Cleveland Guardians on May 13, 2023, in Cleveland. Injuries have plagued Trout in recent seasons.

The hurts keep coming

For Los Angeles Angels star Mike Trout, injuries are now a painful, unavoidable and consistent part of his story.

By SAM BLUM The Athletic

Anaheim, Calif. — Mike Trout spoke barely above a whisper as he tried to hold back tears and mask the emotion of what this all meant.

Moments like this have become all too familiar for one of the game's most recognizable superstars. Trout has always embodied the youthful exuberance of his sport. His nickname is "Kikid." Baseball has always seemed to come so easy to him.

But this — this was difficult. Barely able to lift his head to face the reality of having to explain this could all be happening once again. Another injury. Another recovery. Another day of coping with an awful reality he can't change. This time, it was a freak tear of the meniscus in his knee, suffered while walking back to the dugout. Now he's sidelined once again.

"Yeah," Trout said, pausing as he tried to gather himself. "It's just frustrating. But we'll get through it."

In Trout's prime, he competed in nearly every game. From 2013 to 2016 he played at least 157 games each season. Seeing his name on the lineup card was never in question.

But the last four seasons have changed all of that. In 2021, he missed 126 games with a season-ending calf strain suffered in mid-May. In 2022, he spent five weeks on the IL with a back ailment. Last year, Trout broke his hamate bone in early July and returned for only one game in August.

It is unclear how long he'll be out following knee surgery. The optimistic timeline is around eight to 12 weeks. That means a late summer return is in the cards, around his 32nd birthday in early August. But Trout has notably taken a while to recover from his past ailments, meaning nothing is guaranteed.

"Nobody wants to play more than Mike," said Angels general manager Perry Minasian. "He loves this. He loves everything about this. He wakes up thinking about it. He goes to bed thinking about it. He eats, sleeps and breathes baseball. I really feel for him."

Four days before this season started, Trout stood outside the visiting clubhouse at Dodger Stadium, smiling as he was asked about becoming

"the old Mike Trout" in 2024. Trout pays attention to what people say about him. Only Trout knows how much he internalizes it all. But he's aware. Meaning he knows that people believe "the old Mike Trout" is a thing of the past.

The Angels weren't projected to be good this season. Trout's status as the best player on one of the worst teams is long-running and unchanging. But this comment came on the eve of Opening Day, when even the lowest of expectations got swept up in the excitement of a clean slate.

"I think a lot of people are writing me off," Trout said that day, sounding almost excited about it. "I just use it as motivation."

"I like it," he added, a little sheepishly. "I like it."

What's most painful about this injury — about all these injuries — is not simply what it means for him and his team's season. It's that it, and they become a part of this story. For a decade, Trout established himself as one of the game's all-time greats. A modern-day Mickey Mantle, whose transcendent talent will be the only context needed to understand his legacy.

Injuries can't take away what he's already done. But there will now always be a "what if" element to his career. What if COVID and four injury-plagued seasons hadn't wiped out the back half of Trout's prime? Now, whether he likes it or not, he's the superstar who can't stay on the field.

"I play the game hard, and s--- happens," Trout said, trying to explain how this particular injury occurred. Trout seemed to genuinely be enjoying baseball more in 2024. He'd stolen six bases in the season's first month. That element had disappeared from his game since 2019. He'd stolen more than two bags in any season since.

Things hadn't been going perfectly. He was hitting just .220, far below his career average, which dipped below .300 just days ago. His 10 homers tied for the MLB lead, but he was clearly still finding himself at the plate.

At some point, he'll return to the team. And the question of his productivity and health will be even more magnified. His durability is a question now, and he's only getting

older. He is under contract through 2030. Trout's ability to perform and post had never been a concern. But it will be for the duration of his career. "I talked with him," said Angels manager Ron Washington. "It's something he had no control over. He's going to be in our heart."

Trout envisioned what it would mean to finally win in Anaheim. For all he's accomplished in his career, team success has been elusive.

When he arrived at spring training, he reaffirmed his loyalty to this franchise. Because, he said, when he wins, it would be sweet to do so for the team that he's been with since he was that baby-faced teenager; the team that gave him his first chance.

It's hard for fans across the sport to understand. The Angels are, justifiably, the butt of every joke. They've failed to build a good team around Trout. And have failed him in the process.

After Trout talked to the local media, he went back to his chair in the clubhouse, sitting there, alone, until Mickey Moniak came up to chat with him. It will be Moniak who fills in at center for Trout. And just in that conversation, where he gave Moniak encouragement, one can see why Trout values being here. And what value his presence brings, even when he can't play.

"It's really tough," Moniak said. "That's our captain. That's our guy. Our leader."

Each of Trout's injuries have felt incalculably freakish. The calf tear came running the bases, and never came back. His back injury was a rare condition. His hamate break came on a foul ball. And this seemingly came as he walked back to the dugout in the third inning on Monday night. The real pain didn't arrive until after the game.

It's not as though he has a singular chronic issue. They're all independent of each other, and seemingly haven't impacted him beyond the duration of their individual recoveries. And they add up to the same problem: an all-time legend who can now no longer stay on the field.

"But I've got to look at the positives. And get back, crush the rehab, support my teammates, and go from there."

POOR