

SARAH LOWDON



**COACHING
PORTFOLIO**

WHY SARAH LOWDON?

OUT OF THE BOX MENTALITY

- EXTREMELY MOTIVATED AND DRIVEN TO SUCCEED IN EVERY ASPECT OF LIFE
- CREATING AND IMPLEMENTING AN ATHLETE DEVELOPMENT PLAN (ADP) WITH AN OLYMPIC/WORLD CUP/COLLEGIATE ATHLETES
- WILLINGNESS TO SACRIFICE TO ENHANCE OPPORTUNITIES FOR INSTITUTION, OTHERS AND SELF
- RESOURCEFUL AND DETERMINED TO ALWAYS FIND CREATIVE WAYS TO NETWORK, RECRUIT AND ESTABLISH PERSONAL RELATIONSHIPS WITH OTHERS

AN OBSERVANT PERSPECTIVE IN MULTIPLE LEVELS OF COACHING

- YOUTH, COLLEGIATE AND PROFESSIONAL COACHING EXPERIENCE WITHIN THE UNITED STATES AND UNITED KINGDOM
- WORKED WITH CHAMPIONSHIP CALIBER COACHES IN BECKY BURLEIGH AND RANDY WALDRUM
- ASSISTED WORLD-CLASS INTERNATIONAL ATHLETES AND PROFESSIONAL PLAYERS IN DEANNE ROSE, GABBY SEILER, CARLI LLOYD AND MORE
- VOLUNTEER ASSISTANT, ASSISTANT COACH, EQUIPMENT MANAGER, DIRECTOR OF OPERATIONS EXPERIENCE

WHY HIRE SARAH LOWDON?

PERSONAL DEVELOPMENT

- COMMITTED TO EVALUATING STRENGTHS AND WEAKNESSES EACH YEAR
- WILLINGNESS TO ENHANCE KNOWLEDGE AND ACTION BEYOND THE SCOPE OF JOB DESCRIPTION
- EXPERIENCED IN EXERCISE PHYSIOLOGY AND STRENGTH AND CONDITIONING
- UPDATED WITH THE EVOLUTION OF THE GAME OF SOCCER

PROFESSIONAL DEVELOPMENT

- UNITED STATES SOCCER FEDERATION (USSF) 'A' LICENSED COACH BY AGE OF 29
- UNITED SOCCER COACHES (USC) 'PREMIER' LICENSE
- NATIONAL STRENGTH AND CONDITIONING (NSCA) CERTIFIED STRENGTH AND CONDITIONING COACH (CSCS)
- TWO MASTERS DEGREES IN SPORT MANAGEMENT WITH A CONCENTRATION IN ATHLETE DEVELOPMENT, AS WELL AS, EXERCISE PHYSIOLOGY AND HEALTH PROMOTION (DOUBLE CONCENTRATION)
- UNITED SOCCER COACHES NATIONAL COACHING EDUCATION STAFF MEMBER

WHY HIRE SARAH LOWDON?

PERSON > PLAYER APPROACH

- DEVELOPING THE INDIVIDUAL'S CHARACTER BY ESTABLISHING A POSITIVE RELATIONSHIP
- GUIDING THE ATHLETE TO BECOMING A BETTER PERSON FIRST, THEN FOCUSING ON ATHLETIC PERFORMANCE
- ADAPTING TO GENERATIONAL DIFFERENCES AND BEST METHODS TO UNDERSTAND, COMMUNICATE AND MOTIVATE
- SPECIALIZATION IN THE NEW FIELD OF ATHLETE DEVELOPMENT FROM THE UNIVERSITY OF FLORIDA

HOUSTON DASH
2015 - 2017



ATHLETE

DEVELOPMENT PHILOSOPHY

PLAYER DEVELOPMENT LITERACIES



PERSONAL DEVELOPMENT LITERACIES



SPORTS PERFORMANCE
Achievements and success as an athlete.

LIFE DURING SPORTS
Achievements and success in life away from sports while competing as an athlete.

LIFE AFTER SPORTS
Achievements and success in life after retirement from sports.

**PERSONAL DEVELOPMENT
+
PLAYER DEVELOPMENT
=
ATHLETE DEVELOPMENT**

PERSON → **PLAYER**
↓ ↓
"WHO THEY ARE" "WHAT THEY DO"



***PLEASE ASK ME
ABOUT THIS SLIDE**

RECRUITING PHILOSOPHY

1. EMOTIONS MATTER

OUR STAFF WILL CREATE A POSITIVE RELATIONSHIP WITH PROSPECTIVE STUDENT-ATHLETES AND PARENTS BY UNDERSTANDING GENERATIONAL CULTURE WHERE LESS IS MORE, FIRST CONTACT IS ADVANTAGEOUS AND ADDRESSING THEIR FEARS EARLY IN THE RECRUITING PROCESS.

PASSION WITH PERSONALITY
EARLY ENGAGEMENT
RELATIONAL RAPPORT
SUPPORT TO INDIVIDUAL
OPTIMIZE PARENT INFLUENCE
NEXT STEPS IN THE PROCESS

2. 'SMART FIT' MENTALITY

OUR STAFF WILL FOCUS ON BEING AN ACTIVE GUIDE FOR THE PROSPECTIVE STUDENT-ATHLETE AND PARENTS BY MAKING THEM FEEL VALUED, SETTING TANGIBLE TIMELINES AND BEING A CREATIVE AND CONSISTENT COMMUNICATOR.

STEADY GUIDE IN THE PROCESS
MAKING LOGICAL DECISIONS
AWARENESS OF CHARACTER
REALISTIC EXPECTATIONS
TACTICAL QUESTIONING

COACHING PHILOSOPHY

F.A.M.I.L.Y

FORGET ABOUT ME, I LOVE YOU

THE "FAMILY" IS OUR FOUNDATION:

CORE VALUES OF COURAGE, TEAM FIRST AND GROWTH ESTABLISHING UNBREAKABLE BONDS.

THE "FAMILY" IS OUR PURPOSE:

WHO WE ARE AND OUR JOURNEY TO OUR DESTINATION TOGETHER WITH THE SAME UNIFYING PURPOSE.

THE "FAMILY" IS OUR CORE:

KEEPS EVERYONE COMMUNICATING, SEEKING SUPPORT AND ACCOUNTABILITY AS WE GROW OUR BONDS WITH TRUST AND CONFIDENCE IN ONE ANOTHER.

IN THE TOUGHEST MOMENTS, WE WILL UNITE, FOCUS ON THE POSITIVE, COMMUNICATE AND ASK FOR HELP IN ORDER TO BECOME STRONGER AND RISE ABOVE ANY ADVERSITY.

MAXIMIZING OUR POTENTIAL BY SETTING PROCESS-DRIVEN GOALS, TRACKING OUR GROWTH AND CULTIVATING AN 'EXPECT TO WIN' MENTALITY.

WE WILL FOCUS ON SUPPORTING EACH OTHER AS INDIVIDUALS TO PROMOTE 'FAMILY' BONDS AS A STANDARD FOR OUR PROGRAM.

FOSTER LIFE-LONG RELATIONSHIPS WITH PLAYERS, COACHES AND STAFF WITHIN THE PROGRAM.

COMMITTED TO HOLDING EACH OTHER ACCOUNTABLE, COMMUNICATE EFFECTIVELY AND TRUST IN THE PROCESS OF GROWTH TOGETHER.

DEVELOP A CULTURE OF CARE AMONG OUR PLAYERS AS WE COMPETE DAILY.

COACHING PHILOSOPHY

MISSION STATEMENT:

I WILL PROMOTE A POSITIVE, PERSONAL GROWTH ENVIRONMENT FOR EACH INDIVIDUAL STUDENT-ATHLETE BY EMBRACING THEIR UNIQUENESS, EMPOWERING THEM TO REACH THEIR OWN GOALS AND GRADUATE AS STRONG, INDEPENDENT WOMEN.

COACHING STYLE

PREPARER & PLANNER
PERSON > PLAYER DEVELOPMENT
INFLUENCER/RELATABLE
EFFECTIVE COMMUNICATOR

HIRING PHILOSOPHY

**FINDER*, CONNECTOR*, TEACHER,
EXPERT, ENCOURAGER**
**HIGH-LEVEL CHARACTER AND
INTEGRITY**
STRONG WORK ETHIC
PASSIONATE, POSITIVE & PROACTIVE
CURIOUS, COMMITTED & CONFIDENT

COACHING RELATIONSHIPS

“SARAH IS SIMPLY AN AMAZING INDIVIDUAL IN ADDITION TO BECOMING A GREAT COACH! TO LEAVE ONE’S HOMELAND AND START A NEW LIFE IN ANOTHER COUNTRY IN ORDER TO FOLLOW ONE’S DREAM TAKES A TREMENDOUS AMOUNT OF PASSION, SACRIFICE, AND COMMITMENT. LET ALONE DOING THIS AT A VERY YOUNG AGE. SARAH KNOWS THE MEANING OF SACRIFICE AND STRUGGLES AS SHE HAS DONE THIS MORE SO THAN JUST ABOUT ANYONE I CAN THINK OF IN HER PURSUIT OF A COACHING CAREER. I’VE WATCHED HER GO FROM ONE COACHING COURSE TO ANOTHER, ONE JOB TO ANOTHER IN ORDER TO BETTER EDUCATE HERSELF FOR HER CAREER. I’M REALLY PROUD OF HER AND ALL THAT SHE HAS ACCOMPLISHED TO DATE. SARAH IS VERY COMMITTED TO HER PLAYERS, WILL WORK TIRELESSLY FOR THE BETTERMENT OF THE TEAM, AND WILL DO SO BOTH ON AND OFF THE FIELD. SHE IS TRULY A PLAYER’S DREAM COACH. SHE GIVES AS MUCH AS SHE ASKS OF HER PLAYERS AND IS FAST BECOMING A RISING STAR IN OUR COACHING PROFESSION. SHE HAS GREAT RAPPORT WITH THOSE AROUND HER, AND SHE HAS AN UNBELIEVABLE WORK ETHIC. SHE EMBODIES THE IDEA OF LEADING BY EXAMPLE AND IS VERY FOCUSED ON THE OVERALL DEVELOPMENT OF HER PLAYERS. SARAH SIMPLY LOVES COACHING! ANYWHERE SHE GOES SHE WILL IMPACT HER PLAYERS IN THE MOST POSITIVE OF WAYS. SHE’LL MAKE THEM BETTER PLAYERS AND MORE IMPORTANTLY - BETTER PEOPLE. I’M SO PROUD OF THE COACH SHE HAS BECOME.”

RANDY WALDRUM



**HEAD WOMEN’S SOCCER
COACH - UNIVERSITY OF
PITTSBURGH**

**2-TIME NCAA NATIONAL
CHAMPIONSHIP COACH -
FORMER HOUSTON DASH
COACH - NWSL**

**FORMER U-23 USWNT COACH -
FORMER TRINIDAD AND
TOBAGO WOMEN’S NATIONAL
TEAM COACH**

**PAST PRESIDENT OF THE
NSCAA (NOW UNITED SOCCER
COACHES)**

COACHING RELATIONSHIPS

BECKY BURLIEGH



**HEAD WOMEN'S SOCCER
COACH UNIVERSITY OF
FLORIDA**

**NCAA NATIONAL
CHAMPIONSHIP COACH**

**2-TIME NAIA NATIONAL
CHAMPIONSHIP COACH**

OVER 500 CAREER WINS

**WHAT DRIVES WINNING
CO-FOUNDER**

“HAVING KNOWN SARAH OVER SIX YEARS NOW, IT IS APPARENT THAT SHE OFFERS A RARE COMBINATION OF SKILLS IN THE COACHING WORLD. SARAH HAS WORKED AT A VARIETY OF LEVELS FROM NAIA TO MID-MAJOR D1 TO POWER FIVE D1 TO THE NWSL. SHE HAS AN ACUTE UNDERSTANDING OF THE WORK THAT IS NECESSARY TO BE SUCCESSFUL. HER ABILITY TO RELATE TO TODAY'S PLAYERS, INCLUDING INTERNATIONALS, MAKES HER VALUABLE TO TEAM DYNAMICS. IN A WORLD WHERE MOST COACHES JUST LOOK TO GET AHEAD, SARAH'S LOYALTY AND DEDICATION TO A PROGRAM STANDS OUT. VERY FEW YOUNG COACHES AND PARTICULARLY, YOUNG FEMALE COACHES WOULD LEAVE A FULL-TIME ASSISTANT COACHING POSITION WITH BENEFITS, MOVE 11 HOURS AWAY FROM HER SPOUSE, IN ORDER TO TAKE ON A POSITION OF EQUIPMENT MANAGER AT ANOTHER INSTITUTION. TO ME, THIS DEMONSTRATES SARAH'S COMMITMENT TO HER CRAFT. SHE WAS WILLING TO FORGO A SALARY TO PUT HERSELF IN AN ENVIRONMENT

TO GET A DIFFERENT PERSPECTIVE AND WORK WITH COACHES SHE RESPECTED. SARAH WAS PROMOTED TO OUR DIRECTOR OF OPERATIONS WHICH HAS ALLOWED HER TO EXPAND HER KNOWLEDGE OF THE SPORT AND GAIN EXPERIENCE IN A WELL-ESTABLISHED PROGRAM. I APPLAUD HER COURAGE AND CONFIDENCE WHICH WILL BE POSITIVE ATTRIBUTES AS SHE PURSUES COACHING OPPORTUNITIES. OVERALL, SARAH IS WILLING TO PUT IN THE HARD WORK, WILL ALWAYS HAVE YOUR BACK, AND IS CONTINUOUSLY INVESTING IN HER GROWTH AS A COACH WHICH WILL MAKE HER A MAJOR ASSET TO ANY PROGRAM.”

PLAYER RELATIONSHIPS

JODIAN MORRIS-MCGAW

WAYLAND BAPTIST UNIVERSITY 2014-2015
REPRESENTED JAMAICA, YOUTH NATIONAL
TEAM

“COACH SARAH IS AN EXTRAORDINARY PERSON, SHE’S DETERMINED AND EXTREMELY HARD WORKING. I LOVE HOW COMPASSIONATE SHE WAS ABOUT US AS A TEAM. EVERYTHING WE DID WAS AS A UNIT AND THAT’S WHAT MAKES HER SO UNIQUE TO ME. I’M INSPIRED BY HER TACTICS AS WELL AS HER KNOWLEDGE TO ALWAYS TRY NEW THINGS WHICH KEPT OUR BOND STRONGER ON AND OFF THE FIELD. I CAN HONESTLY SAY THAT SHE MOTIVATED ME, NOT ONLY TO BE A GREAT PLAYER BUT ALSO A BETTER PERSON. HER ENCOURAGEMENT HAD SUCH AN IMPACT AND I KNEW I WAS DESTINED FOR GREATNESS. SHE’S TRULY SENSATIONAL AND HE WORKS TIRELESSLY TO ENSURE THAT WE STAYED FOCUSED ON OUR GOALS AS A TEAM AS WELL AS INDIVIDUALS. SARAH IS TRULY A PHENOMENAL LEADER, A MOTIVATOR, AND A GREAT VISIONARY.

PLAYING FOR HER WAS AN AMAZING EXPERIENCE AND THAT WILL STAY WITH ME FOR A LIFETIME

SHE IS WITHOUT A DOUBT AN ICON, TRULY AMAZING COACH. BUT MORE SO, JUST A VERY SWEET AND HUMBLE INDIVIDUAL. THANK YOU COACH IT’S BEEN TRULY AN HONOR.”



GABRIELLE SEILER

FLORIDA GATORS, 2017-2018
REPRESENTED UNITED STATES, YOUTH
NATIONAL TEAM
PROFESSIONAL SOCCER PLAYER, UNITED
STATES

“SARAH IS THE DEFINITION OF HARD WORK AND DETERMINATION. SHE WORKS HARDER THAN ANYONE I KNOW. NOT ONLY IS SHE ONE OF THE MOST HARDWORKING AND KNOWLEDGEABLE COACHES, BUT SHE HAS THE WILLINGNESS TO CONTINUE TO LEARN EVERYDAY. SHE IS HUNGRY FOR MORE AND WANTS TO BECOME A BETTER COACH IN ANY ENVIRONMENT. HER POSITIVE ENERGY IS CONTAGIOUS. SHE IS NEVER SATISFIED WITH MEDIOCRITY. YOU WANT TO BE AROUND SARAH BECAUSE SHE IS THE BEST LISTENER AND TRULY CARES AND WANTS TO HELP YOU SUCCEED IN LIFE. SHE WILL PUSH YOU TO BECOME BETTER ON AND OFF THE FIELD. ONE OF MY FAVORITE CHARACTERISTICS ABOUT SARAH IS HER SELFLESSNESS. SARAH MADE ME A BETTER PERSON ON AND OFF THE FIELD. I WILL FOREVER APPRECIATE HER FOR CONTINUING TO BELIEVE IN ME EVEN WHEN I DIDN’T BELIEVE IN MYSELF.”




PLAYER RELATIONSHIPS

DEANNE ROSE

FLORIDA GATORS, 2017-2020
CANADIAN NATIONAL TEAM MEMBER


"SARAH IS THE PERFECT EXAMPLE OF A SELFLESS COACH. SHE WILL DO WHATEVER YOU NEED WHEN IT IS NEEDED FOR THE PLAYERS AND STAFF, WHENEVER IT IS NECESSARY. SARAH HAS THE SKILL THAT OTHERS LACK IN THAT SHE KNOWS HOW TO SIT BACK, WATCH AND LISTEN CAREFULLY SO SHE CAN DELIBERATELY HELP YOU IMPROVE YOURSELF ON THINGS YOU MAY HAVE BEEN UNAWARE. SHE IS SOMEONE WHO GETS FULLY INVESTED IN EVERY TASK AND PUTS THE PLAYERS' NEEDS ABOVE ALL. THROUGHOUT MY TIME AT UF, SARAH HAS BEEN MORE THAN A COACH; SHE HAS SHOWED COMPASSION AND IS UNDERSTANDING. SHE WORKS VERY HARD BUT MOST IMPORTANTLY, SHE CONTINUES TO SHOW HER LOVE AND PASSION FOR THE GAME. I CAN ONLY IMAGINE THE IMPACT SARAH WILL CONTINUE TO HAVE ON PLAYERS IN HER FUTURE."



ERIN 'AJ' JOHNSON-PERRY

SAM HOUSTON STATE UNIVERSITY,
2015-2017

"COACH SARAH WAS ONE OF THE REASONS I ENJOYED COLLEGE SOCCER AS MUCH AS I DID. I COULD SEE AND FEEL HER PASSION FOR SOCCER THROUGH HOW SHE COACHED US DURING PRACTICE AND GAMES. SHE TOOK TIME OUT OF HER DAY TO MEET WITH US INDIVIDUALLY FOR SHOOTING PRACTICE, TO WATCH FILM, OR EVEN JUST TO HAVE A REAL-LIFE CONVERSATION THAT DID NOT INVOLVE SOCCER. SHE ENCOURAGED US IN OUR LIVES OUTSIDE OF SPORTS AND GAVE A LOT OF GREAT ADVICE FOR ALL OF THE STRUGGLES OF A STUDENT-ATHLETE. SHE BENT OVER BACKWARDS FOR EACH AND EVERY PLAYER TO MAKE SURE THAT WE WERE SUCCESSFUL WHICH IS WHY I BELIEVE OUR PROGRAM WAS AS SUCCESSFUL AS IT WAS. FOR 18 YEARS, SOCCER WAS PRETTY MUCH THE MOST IMPORTANT PART OF MY LIFE. SARAH WAS EASILY THE MOST CARING AND PASSIONATE COACH I HAVE HAD. ATHLETES NEED MORE COACHES LIKE HER BECAUSE SHE HELPED US BECOME NOT JUST BETTER ATHLETES, BUT ALSO AS BETTER PEOPLE."



PLAYER RELATIONSHIPS

PARKER ROBERTS

FLORIDA GATORS, 2017-2020

REPRESENTED UNITED STATES, YOUTH NATIONAL TEAM

"SARAH IS A RARE FIND AS A PERSON AND AS A COACH. HER WILLINGNESS TO ASSIST EVERY SINGLE PLAYER WHILE GROWING HER KNOWLEDGE OF THE GAME IS ADMIRABLE AND I FEEL SO LUCKY I GET TO LEARN UNDER HER. SHE MAKES ME WANT TO STEP ONTO THE FIELD BECAUSE I KNOW SHE BELIEVES IN MY ABILITIES. SARAH ENCOURAGES US TO LEARN FROM ONE ANOTHER, SO I CAN BE BETTER AS A PLAYER WHILE SHE EXCELS AS A COACH. HER PASSION FOR THE GAME IS CONTAGIOUS AND HER PERSPECTIVE IS ENLIGHTENING. HER ABILITY TO CREATE RELATIONSHIPS SO EFFORTLESSLY OFF THE FIELD IS SOMETHING I NOTICED FROM DAY ONE, AND IT ABSOLUTELY TRANSFERS OVER TO THE FIELD. SARAH GENUINELY CARES ABOUT EACH PLAYER, NOT ONLY WHAT THEY DO ON THE FIELD, BUT HOW SHE CAN BETTER LIFE FOR THEM OFF THE FIELD. SHE IS ALWAYS THERE FOR ME, WHETHER IT'S AN INDIVIDUAL TRAINING SESSION OR TO MEET FOR A COFFEE TO JUST TALK, EXEMPLIFIES INDIVIDUAL TRAINING SESSION OR TO MEET FOR A COFFEE TO JUST TALK, NOT EVEN ABOUT SOCCER. THESE THINGS ARE CRUCIAL TO ATHLETES AND SARAH EXEMPLIFIES EVERY SINGLE THING I WANT AND NEED IN A COACH. WHO SHE IS AND WHAT SHE DOES MAKES ME WANT TO PLAY FOR HER AND MAKE HER PROUD."

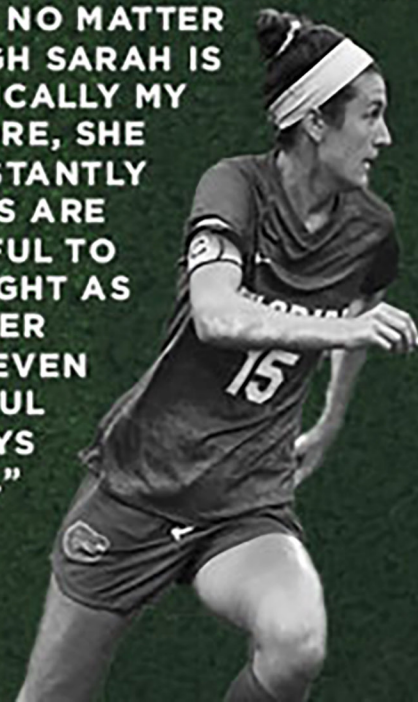


SARAH TROCCOLI

FLORIDA GATORS, 2017-2019

PROFESSIONAL SOCCER PLAYER, SPAIN

"I WAS LUCKY ENOUGH TO BE COACHED BY SARAH FOR MY LAST TWO YEARS AT FLORIDA, AND IT IS ONE OF MY FAVORITE RELATIONSHIPS THAT CONTINUES TO GROW. WHEN I HAD SARAH AS A COACH, I FELT LIKE I COULD GO TO HER WITH ANY QUESTIONS OR PROBLEMS THAT I HAD AS A PLAYER OR A PERSON. IT CAN BE HARD AS A PLAYER, TO BE EXCITED TO GO INTO MEETINGS WITH A COACH. SARAH ALWAYS MADE ME FEEL VALUED AND HEARD, SHE ALWAYS OFFERED TO HELP IN ANY WAY POSSIBLE WITH WHAT I WANTED TO WORK ON OR DISCUSS. IF I ASKED HER GO TO TO DO EXTRA WORK BEFORE PRACTICE, SHE WOULD ALWAYS SHOW UP EARLY; IF I ASKED HER TO STAY AFTER PRACTICE, SHE WOULD HELP ME PUT THE BALLS AWAY WHEN WE WERE DONE. IT'S THESE LITTLE MOMENTS AND DEDICATION TO HER PLAYERS THAT SETS HER APART FROM OTHER COACHES. I DID NOT REALIZE HOW RARE THIS DRIVE AND COMPASSION FOR PLAYERS WAS UNTIL I GRADUATED, BUT I AM THANKFUL I HAVE HAD SOMEONE LIKE SARAH SHOW ME WHAT IT TRULY MEANS TO BE PASSIONATE ABOUT HELPING PLAYERS, SUCCEED NO MATTER WHAT. ALTHOUGH SARAH IS NOT TECHNICALLY MY COACH ANYMORE, SHE STILL CHECKS IN CONSTANTLY TO SEE HOW GOING. I AM GRATEFUL TO HER INSIGHT AS MY SOCCER CONTINUES, AND I'M EVEN MORE THANKFUL TO KNOW SHE IS ALWAYS IN MY CORNER."



PLAYER RELATIONSHIPS

LAIS DOS SANTOS ARAUJO

FLORIDA GATORS, 2017-2018

**REPRESENTED BRAZIL, YOUTH NATIONAL
TEAM**

PROFESSIONAL SOCCER PLAYER, BRAZIL

“SARAH IS MORE THAN A COACH TO ME. HER EXAMPLE LEADS ME TO BELIEVE THAT WITH DEDICATION AND FOCUS I CAN ACHIEVE MY GOALS, NOT ONLY IN MY SPORT, BUT IN MY PERSONAL LIFE AS WELL. AS AN INTERNATIONAL TRANSFERRING FROM A COMMUNITY COLLEGE TO UF, IT WAS DIFFICULT TO ADAPT TO THE NEW ENVIRONMENT. SHE GUIDED ME THROUGHOUT THE WHOLE ADAPTATION. I COULD ALWAYS LEAN ON HER IF I NEEDED SUPPORT. SHE HELPED ME TO LEARN HOW TO HANDLE THE PLAYING SOCCER AND STUDYING AT THE SAME TIME. SHE WAS ALWAYS AVAILABLE IF I NEEDED ANY KIND OF EXTRA WORK ON FIELD, BEFORE OR AFTER TRAINING. WORKING WITH HER WAS SUPER FUN AND CHALLENGING. IT WAS A PLEASURE TO COMPETITIVE PROCESS OF ANY KIND OF PRESSURE OF THE WAS WORK WITH SOMEONE WHO WAS SO PASSIONATE ABOUT BETTERING SOMEONE ELSE, AND WHO WAS WILLING TO LISTEN AS WELL. DURING MATCHES, SHE WOULD HELP ME WITH TIPS AND TELL ME WHERE AND HOW I COULD EXPLOIT MY OPPONENTS TO GET THE BEST OUT OF MY GAME SO I COULD HELP THE TEAM SUCCEED. SHE WAS ALWAYS POSITIVE AND HONEST WITH ME WHEN I NEEDED CONSTRUCTIVE CRITICISM. SHE GAVE ME SUPPORT AND MOTIVATION AND MADE MY COLLEGE EXPERIENCE MORE SPECIAL BECAUSE I KNOW SHE IS SOMEONE I CAN STILL COUNT ON. SHE LED ME BY EXAMPLE AND TAUGHT ME HOW TO BE ORGANIZED WITH MANY OTHER IMPORTANT ASPECTS OF LIFE. SARAH HAS IMPACTED MY CAREER AND LIFE IN AN OUTSTANDING WAY. I AM EXTREMELY GRATEFUL FOR THE RELATIONSHIP AND RESPECT WE HAVE CULTIVATED, AND ALL HER EFFORTS TO MAKE ME A BETTER PERSON. I KNOW SHE IS SOMEONE WHO WILL ALWAYS LOVE ME AND BELIEVE IN ME BECAUSE SHE CARES ABOUT THE PERSON AND CHARACTER OF THE PLAYERS SHE COACHES.”



REFERENCES

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