

As many students athletes know, junior year is one of the most critical years when it comes to college recruiting and commitments. Going into my junior year, I was working hard academically and athletically to be recruited for soccer, but unfortunately my progress was halted with a sudden critical injury. It was August going into my junior year, and rather than playing in showcases to be seen by college coaches, I was going into surgery to repair my torn ACL. The next seven months consisted of painful and grueling rehab and physical therapy, and my dream to play division 1 soccer began to slip away. When I was finally cleared to play in March of my junior year, I felt like I was completely starting at ground zero. It was so frustrating for me to see how much my speed of play and physicality had decreased. Not only this, but mentally, I did not feel focused. I was trying different training centers to get my momentum back, but nothing seemed to click. But then I finally began to attend Team Speed with my Real Colorado team. I will never forget when I first walked through the doors on our first session how Sterling welcomed me. He was so supportive and excited to begin my journey back to full soccer fitness. His excitement immediately motivated me to start this journey.

I felt myself improving and becoming more fit after each team session throughout the summer and fall of my senior year. I played my first season back with my U18 Real Colorado team, and because of Team Speed's physical and mental training, I felt myself improving with each game and practice. Our season ended, and I felt I needed to use this time to get as strong and fit as possible if I wanted a chance to play at the next level. On the walls of Team Speed, there is a quote that says, "Champions are crowned in the season, but they are made in the off season." I took this idea to heart, and rather than being satisfied with just recovering, I wanted to train hard in the off season at Team Speed to get to the next level. I started training twice a week with Sterling Joseph and Cody Stratton, and this is when I made the biggest leaps. I felt stronger and more fit every week, but most importantly, the Team Speed staff gave me so much motivation to compete at the highest level I could. They made me feel that with hard work, my dream of playing division 1 soccer could become a reality. This March of my senior year, I had a chance to play in front of a coach to be evaluated for his program. Before I left, I expressed to Cody how I was somewhat nervous to fail, and he said "Failure is not an option. Success is your only option and you are prepared for this." The staff at Team Speed not only prepared me to be fit enough to impress a college coach during my off season, but they made me truly believe in myself. Coming back from my knee injury, my mentality was by far the hardest barrier to overcome, and I am so thankful to Team Speed for helping me finally achieve my dream of committing to a division 1 program. I am now committed to play division 1 soccer at the University of San Diego, and I am looking forward to the intense training I will do with Team Speed to prepare for this fall season and beyond. While injuries are very hard and common in women's soccer, with hard work, patience, and dedication, you can come back even stronger and more fit than ever before.