

BLAST SC BOYS 2013

Coach Profile



**Alea
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Alea grew up in San Diego and started her soccer journey playing in the Pacific Youth Soccer League (PYSL). She moved on to play competitively in San Diego (Coast Alliance, Nomads, Surf, and FC Bratz), and played 4 years of Varsity Soccer at La Jolla High School (LJHS) winning two CIF championships during her tenure. Alea went on to secure a Division 1 soccer scholarship to University of California, Berkeley (Cal). During her summers at Cal she played in the Women's Premiere Soccer League (WPSL) for the San Francisco Nighthawks. After college she moved back home and began playing with the WPSL San Diego Sea Lions.

Alea initially found her **love for coaching** while working the Cal college soccer camps. The joy of being able to spend time sharing her **passion** with so many kids at a time really stuck with her. After moving back to San Diego, she coached locally for Coronado High School (Girls). After having kids of her own, she found her way back to where it all started: youth soccer in San Diego. She coaches at both the recreational (PYSL) and competitive (Blast) levels, still trying to infuse the local community with a love for soccer.

Her soccer **philosophy** is that passion and determination drive results. Her coaching style is to build that passion for soccer and foster the basic fundamentals (both on the field and off the field) allowing the player to read the game and be confident in their own decision-making abilities. **Empower the player** and the team to take control of their own destiny.