

Contact Information		Midfield Defense
Phone	703 360-8888	
E-Mail	sarah.rainey@rocketmail.com	
Address	8318 Lilac Lane, Alexandria, VA 22308	
Personal Information		
Height	5'7"	
Weight	130	
Birthdate	7/22/1995	
Academics		
High School	West Potomac High School, Alexandria, VA	
Graduation Year	2013	
GPA/Test Scores	4.23	
Soccer		
Club	VSA Heat 94 Blue (2011-present) <ul style="list-style-type: none"> • Virginia State Cup champions, 2007, 2009, 2011 • Region 1 Champion, 2007 • Region 1 Semi-finalist, 2009 • Region 1 Premier League South Div Champs, 2009, 2010, 2011 • USYS National League 2009, 2010, 2011 McLean Power, 2006-2011 <ul style="list-style-type: none"> • Virginia State Cup Final Four, 2007 • Champion or Finalist in Top Tournaments <ul style="list-style-type: none"> ◦ Disney 2011, Jeff Cup 2010, Discovery Cup 2009 	
High School	West Potomac High School, Alexandria, VA <ul style="list-style-type: none"> • Varsity Soccer, 2010 <ul style="list-style-type: none"> ◦ Freshman Starter, 2010 • Varsity Swimming, 2011 • Varsity Track - Distance, 2011 	
Other	ODP <ul style="list-style-type: none"> • District and State Player, 2006-2011 • Region I Tournament, 2009, 2011 • Region I Camp, 2009, 2011 • International Trips <ul style="list-style-type: none"> ◦ Czech Republic, Austria, Slovakia, 2009 ◦ Spain and Portugal, 2010 Super Y <ul style="list-style-type: none"> • Washington Freedom, 2008 	
References		
Club	Steve Smith, VSA Heat, fccards@msn.com, 703 850-2578 Clyde Watson, McLean MPS Power, clywatson@aol.com	
High School	Garrett Hubbard, West Potomac H.S., gshubbard@fcps.edu Matt Baddie, ODP, matt@vysa.com	
ODP/Other	Paul Ngend, Trainer, paulngend@gmail.com, 240 593-3721 David Camara, Trainer, ddcamara@hotmail.com, 703 946-3521	