

Personal: Jen moved from the East Coast to the West Coast so that she can spend more time playing outside, soaking in the sunshine, and interacting with wonderful people. She loves to hike in the mountains every season of the year, and she enjoys practicing her competitive spirit playing games of any kind with family and friends.

Playing: Jen played cub soccer throughout her childhood and played 4 years at Skidmore College. Her playing days ended after college because of career ending injuries, which is why she loves to coach so that she can still be a part of the game.

Professional: Jen's coaching career includes coaching at the club level. Outside of soccer coaching, Jen is a Certified Mindset Coach and Doctor of Physical Therapy. The combination of these roles allows Jen to recognize and coach to her players' needs while empowering them with a positive growth experience—even outside of sport.

- U11-U12 Coach for Atlanta Top Hat

QUOTE: *“The game of soccer is a huge part of my spirit, and coaching allows me to still remain connected to the sport while still empowering players to grow and succeed. What’s more exciting, though, is the growth I get to see in each player within each season and over the years—both on and off the field.”*