

**Coach Name:** Ryan Rowland

**Utah North or Metro:** Metro

**Coaching License:** USSF E, US Futsal Level 1, LTSW Speed Trainer Certified

**Team(s) Coached:**

	<b>Birth Year:</b>	<b>Gender:</b>	<b>Divison (if known)</b>	<b>Practice Location</b>	<b>Head or Assistant</b>
1)	2006	Girls		Holladay	Head Coach
2)					
3)					
4)					

**Years coached:** 5

**Short Bio:** The goal of our team is to provide the best developmental culture of any team in the state. We are player focused and use soccer as a vehicle for teaching young women how to become great in all aspects of their life. We value the adage "If she can see it, she can be it.", so at least half of our trainings are led by women. Some of our trainers include: varsity head coach, varsity assistant coaches, professional futsal player, track coach, and former ODP trainer. In addition to our elite trainers we utilize a collection of developmental tools including: team retreats, formal captain training, latest technology game filming system, winter futsal cross-training & games, online training classroom, sports psychologist, and weekly performance training (speed, agility, strength, injury prevention). Most importantly we have lots of fun!

**Coach Photo:**

