



NICOLE RAY

School: Radford University [[Women's soccer website](#)]

Position: Midfield

Last FFC Team: WPSL

Hometown: Stafford, Va.

What I like most about playing with FFC: How amazing the coaching staff and teammates are.

Favorite soccer team: Chelsea

Favorite soccer drill in practice: Up and down the river (You get a certain amount of passes to pass to the other side and through the middle).

First experience playing soccer: My sister played soccer at a young age and I went to her games and fell in love with the sport at 6 years old.

Hardest part about playing in college: Balancing classes and soccer.

Most fun part about playing in college: Your teammates are your best friends and that makes playing with them more enjoyable.

Future soccer goals: Getting a ring for winning the Big South Conference.

What's the key to reaching that goal: Playing with heart and playing as hard as possible as a team for each game.

Favorite brand of soccer shoe: Nike

After I'm done playing, I would like to: Go to graduate school and hopefully become a neuropsychologist.

Favorite food: Fettuccine Alfredo shrimp pasta.

Favorite movie: Don't Breathe

Favorite music group: Chainsmokers

Something you should know: Playing college soccer is the best decision I've ever made. Don't rush the process, but trust it. The recruiting process is very stressful, but you have to be confident in your ability to play! Make sure you love the school, team and coach!



ARIANA MONROE

School: Coastal Carolina University [[Women's soccer website](#)]

Position: Defense

Last FFC Team: WPSL

Hometown: Fairfax, Va.

What I like most about playing with FFC: I liked how the entire year was set up for us to be ready for WPSL by the time the summer came along.

Favorite soccer team: Real Madrid

Favorite soccer drill in practice: Soccer tennis

First experience playing soccer: I don't remember. It was a very long time ago.

Hardest part about playing in college: Getting used to playing with teammates who didn't learn to play the game in same style I did.

Most fun part about playing in college: Becoming teammates with people from all over the world.

Future soccer goals: Hopefully, my team can win the SunBelt Conference tournament in the near future.

What's the key to reaching that goal: Showing up to practice every day with a positive attitude and willing to give 100 percent every time you step on that field.

Favorite brand of soccer shoe: Nike

After I'm done playing, I would like to: Become successful in the workforce.

Favorite food: Lasagna

Favorite movie: Interstellar

Favorite music group: Rihanna