



LAUREN LIGHTFOOT

DEFENDER

My name is Lauren Lightfoot and I am in the class of 2028. I am from Williamsburg, VA. I play defense and I would consider my fearlessness to be one of my best assets. When playing defender, I play aggressive but clean. I have been described by my coaches and teammates as a leader who is technical, fierce, fast, and fearless. I play with passion and a desire to win and outwork my opponent. I believe that my work ethics and willingness to improve separate me from many of my peers.

My overall goal is to be a better person and player on and off the field. That starts with academic achievements and continuing to develop my soccer IQ. I aspire to play for a program that will be high level but will also allow me to enjoy the college experience. With dreams of playing in college, I want to be prepared to excel at the next level. I plan on reaching my goals by working with my club directors, coaches and trainers to sharpen my technical skills. I will also put in the work away from my team activities to be the best version of myself.

GENERAL

- AGE: 12
- WEIGHT: 70 lbs
- HEIGHT: 4.9 ft
- FOOT: Right
- PRIMARY POSITION: Defender
- SECONDARY POSITION: Midfielder
- CITIZENSHIP: US



EXPERIENCE

VA Reign FC Fall

- 2022 - Present





VA Legacy Soccer Club

- Fall 2020 - Spring 2022

Tidewater Sharks Soccer

- Fall 2018 - Fall 2019

CONTACT

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