



# Alexa Cooper



## ABOUT ME

My journey to coaching started once I finished playing soccer in college, I really wanted to stay involved in sports, health and continue to learn. I began my career in personal training, opened my own gym and found my way back to the beautiful game once I felt established in my career. I now coach the Women's Soccer team at Portland Community College and will be starting my 3rd year at Rose City futsal. I really love providing a safe and fun environment that allows our athletes to grow as players and people mentally and physically. When I'm not coaching I'm probably hanging out with my 2 pups Kyla & Bear!

## Coach



## MY EXPERIENCE

### HOW LONG YOU'VE BEEN AT RCF

- 2 YEARS COACHING: SOCCER STARS, ADULT ACADEMY, YOUTH ACADEMY, CAMPS AND SELECT TEAMS

### SOCCER/FUTSAL BACKGROUND

- PLAYED COMPETITIVE CLUB SOCCER FOR 9 YEARS
- 4 YEARS OF VARSITY SOCCER AT GRESHAM HIGH SCHOOL
- 2 YEARS OF COLLEGIATE SOCCER
- PLAYED FUTSAL ON AND OFF FOR ABOUT 5 YEARS DURING MY OFF SEASONS

I'M ALSO THE ASSISTANT WOMEN'S SOCCER COACH AT PORTLAND COMMUNITY COLLEGE (3 YEARS) AND SPORTS PERFORMANCE SPECIALIST WITH MULTIPLE SPORTS PROGRAMS.



## WHY FUTSAL AND WHY RCF?

It's so important I believe because of 1. the close community it brings with smaller rosters and groups, and 2. The technical skills/speed it teaches at a young age will really show up in soccer games as players get older. A lot of the best soccer players in the world have strong futsal backgrounds. 3. Providing variety to kids and allowing them to experience different styles of play and coaching is important.

I chose to be a coach at RCF because I heard about the great reputation, development and community culture that takes place in our buildings. I felt it would be a good step for me to be in a fun environment but also grow and learn more about developing youth players under great leadership here.

## COACHING EDUCATION

- Alessio Musti - Alfredo Panniccia Futsal Clinic at RCF 2024
- Currently working on USSF D Soccer License