



# Maya Mendoza-Exstrom

HIGHLINE PREMIER FOOTBALL CLUB

## COACHING BACKGROUND



- ◆ HPFC '98 Development Team Age Group Head Coach (2008-2009)
- ◆ HPFC Academy Senior Staff Coach (2008-present)
- ◆ HPFC '89 (U-19/College Prep) Coach/Trainer (2008)
- ◆ University of Puget Sound, Women's Soccer, Assistant Coach (2003-present)
- ◆ Manchester United Soccer Schools Youth Development Academy Staff Coach (2005-2006)
- ◆ Manchester United Soccer Schools Summer Camp Coach (2005, 2006)
- ◆ Metropolitan F.C., '95 (U-12) Girls Head Coach (2007-2008)
- ◆ Highline High School, Volunteer Assistant Coach (2001-2004)
- ◆ Soccer In The Streets, Volunteer Camp Coach (1995-1996)
- ◆ USSF National "D" License

## PLAYING BACKGROUND

- ◆ University of Puget Sound (1999-2002) [4-yr Starter; 2-yr Captain; All-American 2001; All West Region 2001, 2002; All-Conference 2000, 2001, 2002; All-West Region Academic First Team (all NCAA divisions) 2002; All-Conference Academic Team 2000, 2001, 2002]
- ◆ HSA Eagles '80 (1993-1999) [Team Captain; State finalist '96, '97, '98, '99; Far-West Regional Tournament 1999]
- ◆ Washington State ODP Team (1995, 1996, 1997) [Team Captain, Regional Camp]
- ◆ Highline High School (1995-1998) [2-yr Captain; All-Seamount League 1995, 1996, 1997, 1998; All-South King County 1998; 3A State 2nd Place 1998]

## COACHING PHILOSOPHY

*"What excites me most about the game of soccer, is that it is ultimately a game of awareness, risk-taking and uncertainty. Soccer is not a game of perfection and play calling; its great irony is that every great player experiences technical mistakes and makes tactical errors in every game that they play. The game itself is the best teacher, and a simple, intoxicating combination of great reward in one moment and sincere humbling the next. No timeouts. No excuses. Every player must learn to transition between those moments quickly and without pause for perceived failure, for success will always come to those who have learned to trust their preparation. My job as a coach is to prepare every player technically, physically, mentally and tactically to recognize their time to be brilliant, to know when and how to be daring, and to be comfortable with difficulty and missteps along the way ."*

### Current HPFC Teams

- Eagles '99 (U-10) Development Team Age Group Head Coach
- Eagles '98 (U-11) Age Group Head Coach
- Eagles '91 (U-18) Assistant Coach

### CONTACT:

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maya@mendozalc.com

### EDUCATION

B.A. University of Puget Sound, 2003, cum laude (International Relations and European History)

J.D. University of Washington, 2007

### PERSONAL

#### FAVORITES:

- ◆ Football Team Besides HPFC: Manchester Utd.
- ◆ Sport Other Than Football: Basketball

#### OTHER DETAILS

- ◆ Maya lives in Burien, WA with her husband Travis and their cat, Dante
- ◆ Maya is a lawyer practicing in Burien,