

VALERIE VARGAS | UCLA SOCCER & 1/2p

Hi my name is Valerie Vargas I'm 18 years old and I play for UCL A and the women's national team from Mexico I was four years old when I started playing soccer Um I knew I was unique once I started playing in a boys club team When I was I believe seven years old I wouldn't say early mentors but I would say people that really motivated me were my brother my mom my sister and the people who brought me into personal training was was my brother in law He coached in he coaches in Galaxy for the goalkeeper coach and his brothers really helped me um start getting into personal training training I knew if I wanted to play for the next level I would have to start having a diet just so I won't be as fatigued and have a lot of energies throughout my day I did a lot of technical work I trained with a lot of boys just because they're really intense and super strong and I wanted to be stronger and super fast to be a student athlete You have to have really good time management Um though sometimes it might not be easy You just have to remind yourself why you started being a student athlete You have to sacrifice and missing out on a lot of things Honestly uh missing family friends literally everything Uh Just because you have to travel a lot you have to have very good time management and you just have to stay dedicated to your sport Oh when I was I believe 1413 years old I started playing for the Mexico national team and we won the pre World Cup which was a really big thing and I also won the top goal score U seventeens Um I also in I used to play in Galaxy Academy with girls and I won player of the year So in high school uh my last year I had to do um online school just because I was traveling a lot for the national team team Um I first joined Girls Galaxy Academy in Galaxy and then after since they got shut down I had to go to beach and that's when I started my process with the national team Thankfully the recruiting process wasn't really that hard though I did email and text a lot of college coaches to come out to my game And UCL A was always my top pick I emailed those coaches uh when I was 15 up to I believe 16 my coaches from Galaxy Academy some advice I would give to the next generation would definitely be stay focused keep working hard If you wanna be a top player if you wanna go to ad one school you have to just keep working and just remind yourself why you started And honestly if you wanna prove the coaches or college coaches anybody you just have to keep working Every student athlete knows that you have to make sacrifices which is either missing out on parties missing out on events special events a birthday party

or literally anything just having to work And just honestly just proving yourself that you could make it to the top level