

CALGARY RANGERS SOCCER CLUB

ACADEMY STAFF



SOFIA MONDACA

ACADEMY COACH

C-LICENCE

CALGARY RANGERS SOCCER CLUB

SOFIA WAS BORN IN RAISED IN CALGARY PLAYING SOCCER HER ENTIRE YOUTH AND EVENTUALLY PLAYING FOUR SEASONS FOR THE UNIVERSITY OF CALGARY DINOS WHILE MAKING THE CANADA WEST ALL-ROOKIE ALL-STAR IN 2018. SOFIA WAS ALSO PART OF TEAMS WHO WON CANADA WEST SILVER, CANADA WEST GOLD, AND USPORT NATIONALS SILVER MEDALIST. WITH A BACHELOR'S IN KINESIOLOGY, SOFIA IS NOW FOCUSING ON FINISHING A BACHELOR'S IN EDUCATION.

“MY EXPERIENCES AS A FEMALE ATHLETE IN HIGH LEVEL COMPETITION, HAS SPARKED A PASSION IN COACHING, AS I LOOK TO CHANGE THE NARRATIVE, WITH A PHILOSOPHY OF CREATING PSYCHOLOGICALLY SAFE, YET COMPETITIVE ENVIRONMENTS FOR YOUNG ATHLETES, SPECIFICALLY YOUNG FEMALE ATHLETES.”

SOFIA MONDACA