

Lauren McAndrews, #5 Defense



Birth date: January 3, 1990	School: Lakeside School
Hometown: Seattle, WA	Graduation year: 2008
Phone:	GPA: available upon request
Email: emailalise@comcast.net	
Weight: 130 lb	Height: 5' 9"
Academic Honors: Lakeside is a private school with highly competitive admissions (30% admission rate).	
Interests: Business, architecture, photography; longstanding commitment to community service at a shelter for homeless and abused women.	
Player College Statement: To pursue academic and athletic excellence in an exciting and challenging college environment.	

2007-08: Emerald City FC, GU18, Premier Division 1, Coach Jan Smisek

Team Co-Captain

06/07: Texas Shootout Showcase, Houston, TX

07/07: Diadora Cup, Seattle, WA, Finalists

07/07: Pleasanton Rage College Showcase, Pleasanton, CA

0807: Rimland Pacific Cup, Champions

Washington State plays its regular Premier League season Feb-May, 2008

2006-07: Emerald City FC, GU17, Premier Division 1, Coach Jason Farrell

3/2007 Washington State Cup Quarterfinalists

Tournaments

05/06: Showcase of Champions, Tacoma, WA

06/06: Texas Shootout, Houston, TX

07/06: Diadora Cup, Seattle, WA, Finalists

07/06: Pleasanton Rage Showcase, Pleasanton, CA, Finalist

08/06 Colorado Rush Kickoff Classic, Lakewood, CA, Finalist

11/06: Surf Cup, San Diego, CA

Team co-captain

2005-06: Emerald City FC, GU16, Premier Division 1, Coach Jason Farrell

2006 Washington State Cup Semi-Finalists

Team co-captain

Washington State P1 League Season: 3rd Place

Tournaments

12/05, Disney Showcase, Orlando, FL

07/05, Diadora Cup, Champions, Seattle, WA

06/05, Evergreen Invitational, U17 Champions, Burlington, WA

05/05, Snohomish Invitational, U17Champs, Snohomish, WA

2004-05: Emerald City FC, GU15, Premier Division 1, Coach Jason Farrell

2005 WA State Cup Quarter Finalist

Team co-captain

Washington State P1 League Season: 4th Place

Tournaments

12/04, Disney Showcase, Orlando FL– Semi-Finalist

07/04, Rainier Challenge – Bellingham, WA Champions

07/04, Diadora Cup, Seattle, WA - Champions

05/04, Snohomish Invitational – Finalist

Olympic Development Program

2006 ODP Washington State Team (90)

2005 ODP Washington State Team (alternate, 90)

Nike Friendship Tournament 2006, Champions

2004 ODP Washington State Pool (90)

Lauren McAndrews, #5 Defense



Lakeside High School Soccer Experience

2007 Varsity Starter	2007 Metro League First Team, MVP	2007 Seattle P-I All-Star	2007 All-State Team
2006 Varsity Starter	2006 Metro League First Team		
2005 Varsity Starter	2005 Metro League First Team		
2004 Varsity Starter	2004 Metro League Honorable Mention		

Other Sports/Awards

2007 Lakeside Varsity Lacrosse Starter, State Champions	2007 WSLA State Second Team
2006 Lakeside Varsity Lacrosse Starter; State Champions	2005 Lakeside Varsity Track & Field
2004 CYO Volleyball City Champions	2003 LVR Basketball City Champions

Soccer References

Jan Smisek, 2007-08 ECFC U18 Coach, jsmisek14@aol.com , 425-228-4600
Jason Farrell, 2004-present ECFC Soccer Coach, jasonfarrell1970@msn.com
John Heimbigner, Lakeside School Soccer Coach, heimb@officespace.com
Jeff Robbins, Spokane Shadow Coach, jrobbins@spokaneshadow.org

