

Siena Meyer | UCLA Soccer

Hi my name is Sienna Meyer I attend UCLA and I play women's soccer there Some of the best advice that I've been given from my coaches and mentors throughout the year has definitely been for recruiting purposes like how you were acting on and off the field and how much that plays into both the person you are on and off the field but also the teammate you are and how college scouts will see you and how they will look at you And perceive whether or not they want you on their team both on the field how you act how you are cheering on your teammates um etc and off the field um how are you like socially emotionally etc That's probably the best advice I've received In my training regimen probably the most important things I focus on Our consistency in the types of workouts that I do because doing one workout one day and that's the only time you ever do it for a year will really not get you anywhere so I try to mainly focus on fitness consistently and different types of it over time As well as um plyometrics like how like you're jumping and moving especially um with tall players the cleaner and better you move the more like advantages you have um and also a lot of just ball skills and touches all the time more touches you can get the better Some challenges I've had to face in my soccer career so far have been first off I I had a broken ankle injury and I had to get surgery on it in 6th or 7th grade And that definitely made me appreciate the sport a lot more That was the biggest way I could overcome it was it made me realize how much I actually loved being on the field especially in that time during middle school such a transitional period in your life Like it really kind of pushed me towards the sport I still tried to work out as much as I could during that and the recovery And whatnot made me really appreciate like the health of my body and how I can still play the sport now And another one would be COVID-19 um quarantine We were locked down for so long And that also just made me really appreciate the sport and I found ways to train throughout that whether it be with my dad maybe with some friends like socially distanced and it was nice because it was all outside but it definitely all the challenges I've had have made me appreciate the sport so much more My recruitment process started Probably my freshman year just with coaches looking at us even though they can't talk to us till June 15th of in between our sophomore and junior year but they started coming to our showcases for the ECNL League um about freshman year and we weren't talking to them but we were emailing them our schedules and whatnot and we'd have about 50 coaches a

game back then and then once it hit Uh a few months before June 15th we had about 100 to 150 coaches each showcase and I would be emailing them I didn't post too much on social media for that but I did send in some clips some videos um which I think probably helps which is good Um and then After when June 15th hit I got some texts from different coaches across the country um different schools D1 C2 C3s all the different ones and then started talking to them went on some officials for some variety of schools one of them being UCLA and then I fell in love with UCLA pretty quickly and I knew I wanted to come here My advice to anybody trying to make themselves known to coaches before June 15th of your sophomore and junior year Um would be to definitely reach out to them even though they're not allowed to contact you back definitely email them your showcase schedule your season schedule and post clips on social media if you can and definitely attend ID camps of schools you're interested to and those would be the three biggest things to have coaches notice you before June 15th Some recruiting advice I would give to high schoolers When they're interacting with coaches and picking what school is best for them would first off be obviously be super polite to the coaches and remember like although when you're interacting with them like they're sort of evaluating you like you want to be evaluating them too as a person because this could be your coach for the next 4 years potentially especially when picking a school and when picking a school um First off definitely think of I didn't really think of this during my recruiting process but it's something here now that I found to be such a big part of my life that I didn't really expect is the people because these are the people that you will be interacting with day in day out 24/7 And so definitely focus on the quality of the people there their personalities are they welcoming are they kind Because here at UCLA they are and that's like completely changed my perception of college and it's like made it so easy for me Um but originally when I was picking schools I was looking more at like academics team history location but definitely focus on the people aspect of that as well because I did not know how much of a difference that would make Um For my quality of my experience here so far But yes definitely pick a location in campus that you love and academics that are right for you Don't just pick a team because it's a good team you know pick something that you could see yourself being for the next 4 years Why UCLA Um I chose UCLA because it was I immediately stepped onto campus and kind of just my brain like clicked with it And all the people were so welcoming and so friendly and I loved the facilities I knew the academics were going to be

right for me for my major because I want to be a medical major and I knew UCLA was a great place for that And obviously the team has such a good history in the past and I loved their coaching staff Marguerite Azoza the head coach but especially all three of them and everybody in the facilities our weight room everybody was so so sweet to me and I also it's close to my house I live 40 minutes away so not too far not too close So I just knew like this would be the place for me to become most successful And have the greatest experience to balance academics with my sports schedule definitely just stay on top of your assignments as long as you do them on time Honestly I thought it was going to be a lot harder to balance academics but our sports schedule we train in the morning and then we have classes in the afternoon So as long as you are just doing your assignments when they're supposed to be done and you don't procrastinate procrastinating has been a problem for me in the past but If you learn to overcome that and you stick to a clear schedule that you've made and is organized um you can definitely balance it well so that you even have time outside of soccer in school still to yourself Playing at the college level has made me a better player in the ways that I've just learned so much especially since I'm still a pretty young player on the team A lot of the older girls and coaches as well have just taught me So many more levels to the game that I didn't even really know existed And there's been so much more we have so much more time to focus on like the deep details of the game like tactical technical all the different things and especially playing with like um older girls that are all super amazing Um it's definitely challenged me on the field with my speed of play and my uh speed of thought as well Um but overall I think it's helped me improve as a player and will continue to help me improve for sure So for NIL I've had a couple smaller deals so far I'm hoping to have maybe my dream one would be either a deal with Nike Adidas Viori Free People any of the super big brands I think that would be amazing I look up to those brands so much Um but I've done um a deal with a coffee place smoothie I love those types of like food places um so far And I think I've also done a deal with um there's certain like powder created by surgeons because like I'm into the medical stuff But um and I always been so fun I really love like all the offers and it's so amazing that they get to do that for us Some final advice that I would give to younger high school players that are trying to go to the college level would be just trust the path that you are on Um it makes it a lot less nerve-wracking because it's a super nerve-wracking time But if you just believe that whatever decisions you're going to make or coaches are going to make about you you

just have to know that those are meant to be and those are all putting you to the place that you were supposed to go you will go where you're supposed to go whether it be D1 D2 D3 Um NIA I think it's called all the other levels you will be where you are supposed to be and all the decisions you've made and all the work you've been putting in has led up to that So just trust what is happening for you in the present and try not to worry about it because you will end up in the spot where you're exactly supposed to be Hi my name is Sienna Meyer I go to UCLA and I'm on the women's soccer team and you can check me out at Next Level Prep