

WHERE ARE THEY NOW?

Carina Lauzon



Carina Lauzon, former Surrey United athlete, is currently in her fourth year of medical school at the University of Alberta in Edmonton. Her plan is to become a family doctor with a special interest in treating children. She is currently taking time away from organized soccer but provided her recollections of her time with Surrey United and how it played a role in her life.

How did your time at Surrey United contribute to your successes so far? The years I spent playing for Surrey United shaped who I am as a person and taught me many important life lessons. I know I wouldn't be where I am today without the amazing coaches, I worked with during my time at Surrey United (Jeff Clarke, Derek Possee, Derek Wicklund, John and Tom Duncan, Kim McMullen and Chelsey Hannesson), and of course, my teammates. Tough fitness sessions and practices taught me the value of hard work, and losing important games taught me resiliency. Most importantly, I learned you can't go anywhere in soccer or life alone, and that teamwork is essential. Throughout my years with Surrey United, my teammates and I went through both amazing times and very difficult times. We learned to be there for each other through it all: to celebrate successes and support each other through hard times. After high school, I played four years for the NCAA D1 women's soccer team at Colorado College. The lessons I learned at Surrey United have helped me succeed, both as a varsity athlete, and now a medical student, and I am forever grateful for my time with Surrey United.



What are your favourite memories of Surrey United? There were so many amazing moments it's hard to choose just a couple! Some of my favourites included going to tournaments in the States where we got to play against new teams and spend our time off the field shopping, going out for team meals, and playing games in our hotel rooms. Another moment that sticks out was when my younger sister, Julia, joined our team for the U18 year. It was so much fun for us to get to play on the same team! We won the provincial final that year and that was the last game our team ever played together before going our separate ways for university. After all the years spent together, it felt so great to see all our hard work come together and end on such a high note.

What do you miss about Surrey United? I miss the sense of community at Surrey United. I loved developing relationships with not only my own teammates and coaches, but people from other teams as well. I also really enjoyed working at youth soccer camps and coaching alongside my own coaches and teammates.

What impact did Jeff Clarke have as a coach and mentor through the years? Throughout my years with Surrey United, my biggest support was my coach, Jeff Clarke. Jeff always believed in me, even when I didn't believe in myself. When I didn't make the provincial team from U13-15, I felt discouraged. However, Jeff still believed I would make it for my final year. He spent extra time coaching me one-on-one and building my confidence, and he was right! Thanks to Jeff's encouragement and lots of hard work, I made the U16 provincial team. Jeff also gave me the opportunity to play with Surrey United's women's premier team and join them for nationals in PEI. The opportunity to learn from women who had played soccer at very high levels was invaluable and helped me grow so much as a player. Finally, Jeff encouraged me to pursue my goal of playing soccer at an American university; I am forever grateful for this, as my 4 years at Colorado College were some of the best times of my life. The impact Jeff has had on my life inspired me to try to do the same for several young women. I am now a mentor to a child in foster care, a younger medical student, and a student from my high school. I aim to provide them the same kind of support and guidance that Jeff provided me.

