

Testimonial

Written by Administrator

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TESTIMONIAL FROM KATRINA ROWLAND, SUNY POTSDAM GOALKEEPER:

Favorite Coach, By Katrina Rowland

Over the years I have had many different coaches, some I enjoyed and some were not my favorite. But if I had to pick one coach that was my favorite I would have to pick Scott Vallow, he has been a huge influence in my life, if I hadn't met him I wouldn't be as successful as I am today. Scott Vallow was the Rochester Rhinos goalkeeper for many years; he recently retired and is now the Western New York Flash Women's assistant coach and goalie coach, and also holds training sessions for young athletes who aspire to become better goalies.

I started training with Scott when I was about 14 years old. I started off with one-on-one training sessions with him then after a summer of doing that he thought that it would be good for me to join a group of kids who trained once a week with him. Little did I know all the kids were guys, I was the only girl. Now that I look back on it I think I benefited from it tremendously, training with the guys made me step up my game. After a couple of years of training with Scott he encouraged me to try out for a premiere soccer team, I was

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nervous at first but I ended up loving it in the end.

If it wasn't for Scott pushing me every week I would not be the keeper I am today, and I am so fortunate to have had the opportunity to work with him, and plan on training with him as much as I can when I am home from college.