



COACH BIO'S



2020 - 2021 SEASON

ARICA SLAWSON

Coaching License(s): USSF National D License

Educational Background: Associates in Arts from Tacoma Community College; Bachelors in Recreational Management from Central Washington University

All Time Favorite Soccer Player: Lionel Messi

Favorite Team: 1995 Mariners

Personal Fact: Fellow Coach Tom Moore is my husband and we live in Tacoma with our dog, Mako

AXEL FLATEN

Coaching License(s): USSF National C License

Educational Background: Attended University of Washington and majored in Presentation and Rhetoric. Coaching for the past seven years.

All Time Favorite Soccer Player: Lionel Messi

Favorite Team: Barcelona

Personal Fact: : Competed professionally in Halo, Call of Duty and League of Legends

BRANDON SPRAGUE

Coaching License(s): n/a

Educational Background: Bachelor of Philosophy from the University of Washington

All Time Favorite Soccer Player: Ronaldinho

Favorite Team: PSG/Roma/BVB

Personal Fact: Love to dance and listen to music.

DAVID YOUNT

Coaching License(s): USSF C Candidate; DFB-UEFA C Candidate

Educational Background: Bachelors Degrees in Economics and International Studies, The University of San Francisco

All Time Favorite Soccer Player: Marcelo

Favorite Team: Arsenal

Personal Fact: I enjoy traveling and I love soccer and my family

EUGENE POUBLON

Coaching License(s): USSF National B License and former USSF National A License

Educational Background: Attended 4-Year College in Amsterdam, Netherlands

All Time Favorite Soccer Player: Lionel Messi

Favorite Team: Barcelona (2010)

Personal Fact: I have a wife, Tonya, son, Maddox, and daughter ,Tia

FAWZI BELAL

Coaching License(s): : USSF National A license

Educational Background: : Bachelor of Science in Sports Science University of Mobile Alabama; Management and Leadership American Public University

All Time Favorite Soccer Player: Zinedine Zidane

Favorite Team: Barcelona

Personal Fact: I love cooking and trying new types of foods with my wife Aicha and son Zayd.

FRAN O'BRIEN

Coaching License(s): FAI (Football Associate of Ireland)
Educational Background: Attended trade college in Ireland
All Time Favorite Soccer Player: George Best
Favorite Team: Liverpool
Personal Fact: I met Pele when I was 15. I like cycling and my favorite group is the Beatles.

HOPE FLECKNER

Coaching License(s): USSF National 'Grassroots' License
Educational Background: University of San Diego & Seattle University; Bachelor's in environmental studies, specializing in Ecological Systems with a Minor in Biology
All Time Favorite Soccer Player: Ronaldinho
Favorite Team: Barcelona
Personal Fact: I like to go skiing, hiking and other outdoor activities (soccer obviously as well). I LOVE dogs, mainly big dogs. I have two older sisters. I listen to most music, but country is possibly my favorite. I grew up in the area and played for PacNW when it first established, all the way through until college.

JARED BALES

Coaching License(s): Collegiate Soccer Player
Educational Background: Graduate of University of Redlands
All Time Favorite Soccer Player: Kevin De Bruyne
Favorite Team: Liverpool
Personal Fact: My family owns and operates a winery.

JOHANN CONTASTÉ

Coaching License(s): USSF A World Football Academy Expert
Educational Background: Bachelor of Arts in Sports Management
All Time Favorite Soccer Player: Diego Maradona
Favorite Team: FC Barcelona
Personal Fact: Born and raised in Trinidad & Tobago

JOE PATTERSON

Coaching License(s): USSF National D License, pursuing C license; Coerver coaching certification
Educational Background: : Highline Community College
All Time Favorite Soccer Player: Ronaldo (the original)
Favorite Team: Liverpool
Personal Fact: I love the outdoors (snowboarding, camping, lakes, beaches, etc.) My favorite food genres are American and Asian

KAILIANA JOHNSON

Coaching License(s): National E License
Educational Background: Bachelor's degree from Washington State
All Time Favorite Soccer Player: Mia Hamm
Favorite Team: FC Barcelona
Personal Fact: My favorite music is country and I love to go to concerts with my family and friends.

KATE NORTON

Coaching License(s): USSF National A License – In Progress; USSF Youth National License; United Coaches – Advanced National License
Educational Background: Bachelor's in Early Childhood Education - University of Cincinnati; Master's in Leadership - Southwestern College
All Time Favorite Soccer Player: Becky Sauerbrunn
Favorite Team: US Women's National Team & Sounders FC
Personal Fact: Non-negotiable: Cherry Coke and popcorn at the movies!

KEITH FLEWELLING

Coaching License(s): USSF National D License; State & Regional Goalkeepers Licenses

Educational Background: Community College

All Time Favorite Soccer Player: Peter Schmeichel & Tony Chursky

Favorite Team: Manu

Personal Fact: Love to walk and coach kids!!!!

LIZ SPENCER

Coaching License(s): USSF National B License; NSCAA DOC Diploma; NSCAA Advanced Regional Diploma; Coerver Coaching Diploma

Educational Background: National Board-Certified Teacher; Master's in teaching; K-8, Middle School Math & Science Endorsement; B. S. Liberal Arts; NASM Sports Performance Trainer; AFAA Fitness Pro

All Time Favorite Soccer Player: Zinedine Yazid Zidane

Favorite Team: Sounders

Personal Fact: I love to read on the beach!!

LUKE SANDBLOM

Coaching License(s): USSF C License - Earned in 2019

Educational Background: University of Puget Sound '14; Bachelors of Science in Mathematics

All Time Favorite Soccer Player: Lionel Messi

Favorite Team: US Men's National Team

Personal Fact: I love to travel!

LYNDSEY PATTERSON

Coaching License(s): USSF National B License

Educational Background: Attended 4-year college

All Time Favorite Soccer Player: Tiffeny Milbrett

Favorite Team: Green Bay Packers

Personal Fact: Watching TV

MALIA ARRANT

Coaching License(s): USSF A License; USSF National Youth License

Educational Background: Bachelor of Arts in Economics and a Bachelor of Arts in Sociology from the University of Washington.

All Time Favorite Soccer Player: Hope Solo

Favorite Team: United States Women's National Team

Personal Fact: Love volleyball and some country music :)

MICHELLE CARMEL

Coaching License(s): Played Division I

Educational Background: Played on Youth National Team, U-20 Women's National Team

All Time Favorite Soccer Player: Pelé

Favorite Team: Manchester United

Personal Fact: I love to read!

MIKE WILCOX

Coaching License(s): USSF National C License; NSCAA Advanced Regional Diploma

Educational Background: Belhaven University in Jackson, Mississippi

All Time Favorite Soccer Player: Zinedine Zidane

Favorite Team: Barcelona

Personal Fact: I have two daughters, Alyssa & Olivia, who are University of Washington alumna. My son Charlie is a college senior studying Business Administration.

NEIL O'BRIEN

Coaching License(s): USSF B License
Educational Background: Colaiste Choilm Swords
All Time Favorite Soccer Player: Roy Keane
Favorite Team: Liverpool
Personal Fact: My hobby is watching Liverpool, all PacNW teams and NFL

PEDRO MILAN

Coaching License(s): USSF A License; RFEF 1 License
Educational Background: Bachelor of Arts in Accounting from University of Evansville; Masters in Talent Identification and Development in Soccer from Real Madrid; Masters in Sports Management from Spanish Soccer Federation (RFEF); Spanish Sports Narration Certificate from Sporticus
All Time Favorite Soccer Player: Maradona, Messi and Xavi
Favorite Team: Vinotinto
Personal Fact: Love music (U2, Coldplay, Motley Crue), soccer and family which doesn't get much better than that!

RALPH BLACK

Coaching License(s): USSF National B License; Director of Coaching License
Educational Background: High School Diploma K-12; 18 Pro Player
All Time Favorite Soccer Player: Diego Maradona, Kenny Dalglish, Archie Gemmel
Favorite Team: Liverpool - Nottingham Forest
Personal Fact: My wife's name is Tammi and we have three sons: Graeme, 28, who works at Fred Hutch; Andrew, 25, a Personal Trainer; and Tyler, 22, who is a fashion designer. Some of my favorite foods are pizza, teriyaki, gumbo and I love 1980's rock.

ROBYN SAARENAS

Coaching License(s): USSF National A License
Educational Background: Master's in education; Bachelor's in mathematics and Computer Science
All Time Favorite Soccer Player: Carli Lloyd and Cristiano Ronaldo
Favorite Team: Seattle Sounders FC
Personal Fact: : One of my favorite pastimes is eating sushi with my family

RYAN DORTCH

Coaching License(s): USSF National A License; TOVO V1 Course; Various World Football Academy (Football Coach Evolution) Diplomas; 2014 US Youth Soccer Washington State, Region IV and National Girls Competitive Coach of the Year
Educational Background: Bachelor of Arts in Business Administration from Western Washington University
All Time Favorite Soccer Player: Andres Iniesta
Favorite Team: Barcelona
Personal Fact: I am lucky to be married to a wonderful woman in Megan and to have two amazing kids: Claire and Adam. When I am not on the soccer field, I spend my time with them!

SERWAAH FORDJOUR

Coaching License(s): USSF National D License
Educational Background: Bachelor of Arts in Exercise Science from the University of Puget Sound
All Time Favorite Soccer Player: Marta
Favorite Team: 1999 US Women's National Team
Personal Fact: New favorite thing to do is travel to see my favorite music artists or comedians perform.

SHAYE VILLANUEVA

Coaching License(s): USSF National E License
Educational Background: University of Washington
All Time Favorite Soccer Player: Sergio Busquets
Favorite Team: Man City
Personal Fact: I have a puppy named Lilo.

TEDDY ACPAL

Coaching License(s): USSF National C License Candidate - June 2020; USSF National D License; USSF National E License; NSCAA Advance Regional Diploma
Educational Background: University of Hawai'i at Manoa
All Time Favorite Soccer Player: Savannah of course!!
Favorite Team: Real Madrid
Personal Fact: I love everything Hawaiian except my pizza

THOMAS MOORE

Coaching License(s): USSF National C License; NSCAA Advanced National Diploma
Educational Background: Bachelor of Arts in Human Performance and Kinesiology from Huntington College; Master of Science in Recreation and Sport Science from Ohio University.
All Time Favorite Soccer Player: Thierry Henry
Favorite Team: Arsenal FC
Personal Fact: Love fishing, outdoor activities, and hanging with my wife Arica and Husky Mako!

VIET NGUYEN

Coaching License(s): USSF National A License
Educational Background: University of Washington
All Time Favorite Soccer Player: Iniesta
Favorite Team: FC Barcelona
Personal Fact: I am a Christian, a husband to my wonderful wife, Tami, and a proud father to my two boys, Bennett and Austen.

VINNY NGUYEN

Coaching License(s): USSF National Grassroots License; USSF D license is next up
Educational Background: : University of Wisconsin Green-Bay Bachelor of Business Administration Emphasis in Marketing
All Time Favorite Soccer Player: Zinedine Zidane
Favorite Team: Arsenal FC
Personal Fact: I love Italian and Vietnamese food. I enjoy exploring different countries while video blogging my travel experiences.

VITA BULALA

Coaching License(s): USSF National C License – In Progress
Educational Background: Bachelor's Degree from Free International University of Moldova
All Time Favorite Soccer Player: Carles Puyol
Favorite Team: Barcelona FC
Personal Fact: I speak, read and write 4 languages. Romanian, English, Russian and Spanish

