

National Scholar Athlete Watch - Interview with FSA's Lauren Roe
Denise Medenhall, Guardian Press & The Upstate Press Network



Farmington, CT July 2011---This month's feature athlete is 13-year-old Lauren Roe, who is entering the 9th grade at Berlin High School, Berlin, CT in the Fall. The first thing I noticed when shaking this young lady's hand is that she is solid, very solid and watching films of her confirm this as opposing teams bounce off her like running into a rubber wall. Her soft voice and quiet demeanor opposes the absolute aggressive style we witnessed in both the videos and watching her live.

A straight "A" student in advanced and honors courses while at McGee Middle School, Lauren is also a standout track star for the undefeated Spartans where she sprints the 100m, 200m, 400m and anchors the two relays, the 4x100 and the 4x400m. Although her 4x100m team's 2009 state record was recently broken by a Hartford team, they were still state finalists in the event this year. This is the first year the Spartans brought home a state championship trophy as a team. Roe says "I wish our record still stood after two years but it is still nice to have your name printed in the state record books".

But track is just a hobby according to Roe, "My true love is soccer..." adding that she is a relatively newcomer to the sport. "Most of my teammates at FSA started playing at the age of four or five". She was first introduced to soccer after moving to Connecticut from Chicago. "I made my town league in fifth grade and I just kept on playing" states Roe. She had to do a lot of catching up in a short period of time. While Roe is personally trained by Brazilian star and ESPN commentator, [Flavio Pereira](#) on her technical skills, she equally credits her current [FSA](#) coach, Rich Michaud, for her explosive growth and building her confidence.

Roe has been rostered as a center striker on two FSA teams for this Winter season, the U14 team and the U18 team consisting of girls five years her senior. The Fall season will be played on the high school turf as opposed to her home facility of FSA in Farmington, CT. The Connecticut Interscholastic Athletic Conference (CIAC) rules prohibit the simultaneous play of premiere players at their reference club while playing high school soccer. "I always want to be with my team at FSA. We are playing so well together that I think we could win or finish really high in the Division I standings. I am also excited to play for Coach Yanosy and Coach Malloy in high school and represent my town along with my close friends from Berlin."

Roe maintains that she would love to earn a forward position on the varsity squad and play with the very talented team Berlin is bringing back. "I would love to help Berlin bring a championship home." Roe asserts. It will be a few months before we will know the outcome of Roe's desires but with her contagious positive attitude, it will be fun to watch the team attempt that feat and possibly do it multiple times.

We asked Lauren how she came about the high uniform number of 32 at FSA and she told us that 44, Ernie Davis's number at Syracuse, was not available but Jim Brown's

Cleveland Browns number was so she took it as a tribute to her favorite Syracuse football players. Both wore 44 at Syracuse. She continued to tell us that one of her favorite movies is "The Express", a movie about the 1961 Heisman trophy winner that also includes a portion of the Jim Brown story. ["That movie is so motivating. I like the quick 'smack-crack!' sound effect as he goes from a young player to an older player breaking through the line. I try to imagine that sound when I break away from defenders. It is really cool."](#)

When asked what drives Roe's passion for soccer, she says, "It is the dream of playing at a school like the USC Women of Troy, the Syracuse Orange or the Harvard Crimson. Last year someone sent me a Southern Cal tee shirt and sweatshirt. I like that school but my dad went to Syracuse and I really like it there too."

Roe can be seen early mornings before school dribbling or juggling soccer balls or hitting the weights. " My friends sometimes think I am crazy because I love playing soccer so much and get up so early to practice my moves but I think lately it shows on the field. I am now able to play confidently with the U18 girls and they make me play even harder."

We asked Lauren what bothers her more than anything on the field, she told us two things: "people who do not try or who are lazy and also parents and fans who shout out bad things when players make mistakes. Sometimes in the heat of the game you block out things but we still hear the bad stuff from the sidelines".

We would be afraid to shout negative comments to this formidable young lady and from what we have seen; no one will ever accuse Lauren of having a lack of effort. We will have our eye on you Lauren Roe. You sound like a winner to us and we hope you succeed with a terrific high school career and your collegiate objectives.

This portion of the hour-long interview was excerpted from the full version to be published in September. Former athletes profiled at this age include

- NBA MVP Tim Duncan
- WNBA Sheryl Swoopes
- Super Bowl MVP Drew Brees
- Two-time Beach Volleyball Gold Medalist Kerri Walsh

More specifically on Lauren Roe can be viewed at <http://www.laurenroe.com> and her [Squidoo](#) site.