OFFICIAL MEDIA KIT • 2026

CAYLA WHITE®

Professional Goalkeeper. Coach. Speaker. Athlete.

Confidence Is My Edge™





WEBSITE	CaylaWhite.com
SOCIAL	@CaylaWhite
CONTACT	management@caylawhite.
REPRESENTED BY	Unique Network

PROTECT THE NET. LEAD THE FIELD. INSPIRE THE NEXT.

THE ATHLETE. THE BRAND. THE LEADER.

Cayla White is a professional goalkeeper, strength and kettlebell trainer, goalkeeper development coach, speaker, and emerging athlete brand from the Washington DC metropolitan area. At 25 years old she has competed at the highest levels of collegiate soccer and in the United States Youth National Team program, trained with NWSL clubs the Washington Spirit and NC Courage, and played professionally in Denmark's Elitedivisionen. She has signed with FC Famalicão Women in Portugal for the next chapter of her professional career.

Off the pitch Cayla White is building a brand and movement dedicated to developing the next generation of young female athletes. Through her coaching platform, online academy, speaking engagements, and lifestyle brand she is showing young girls across America that confidence, discipline, faith, and hard work create a path to greatness. She is not just a goalkeeper. She is a blueprint.

> *"I want every young girl who stands in that goal to know that this is possible. I am living proof."*





THE RESUME

Built at the highest levels of the game.

COLLEGIATE UNIVERSITY OF VIRGINIA

101
Saves at University of Virginia

16
Shutouts at University of Virginia

3,082
Minutes played at University of Virginia

PROFESSIONAL ODENSE BOLDKLUB Q. DENMARK

67
Saves at Odense Boldklub Q Denmark

6
Shutouts at Odense Boldklub Q Denmark

2,000
Minutes played professionally in Denmark

93.33%
Pass completion rate professionally

92.86%
Aerial duel success rate

3X
Voted Player of the Match

9 YRS

US YOUTH NATIONAL TEAM

US Youth National Team program (U14 through U23)

CAREER TIMELINE

2009 to 2026.

INTERNATIONAL EXPERIENCE

Her international experience included selection for competition in Mexico, where she earned her first international cap in 2017, as well as selection for a tournament in Argentina in 2018.

2009	Joins McLean Youth Soccer ECNL (U9)
2014	US Youth National Team First Call Up (U14)
2016	Washington Spirit Summer Training (NWSL)
2017	First International Cap. Selected for competition in Mexico
2018	Selected for international tournament in Argentina
2018	Preliminary Roster US U17 Women's World Cup
2019	University of Virginia Goalkeeper
2022	United Soccer Coaches Player of the Week
2023	UVA Team Captain. Led ACC in Goals Against Average and Save Percentage. Held opponents to 8 goals all season
2023	U23 WYNT Tournament Roster
2024	University of Virginia Masters Degree McIntire School of Commerce
2024	NC Courage NWSL Pre-Season Trialist at IMG Academy
2024	Signed with Odense Boldklub Q Denmark. Elitedivisionen
2026	Signed with FC Famalicão Women. Portugal

BEYOND THE FIELD

Elite athlete. Graduate scholar. Leader.

GRADUATE DEGREE

UNIVERSITY OF VIRGINIA

Master of Science. McIntire School of Commerce. May 2024

Graduate study at one of the most prestigious business schools in the United States, completed in May 2024 as Cayla moved into the professional game.

UNDERGRADUATE DEGREE

UNIVERSITY OF VIRGINIA

Bachelor of Arts. College of Arts and Sciences. May 2023

Four year ACC competitor and team captain who balanced academic excellence with elite athletic performance throughout her entire collegiate career.

YOUTH DEVELOPMENT

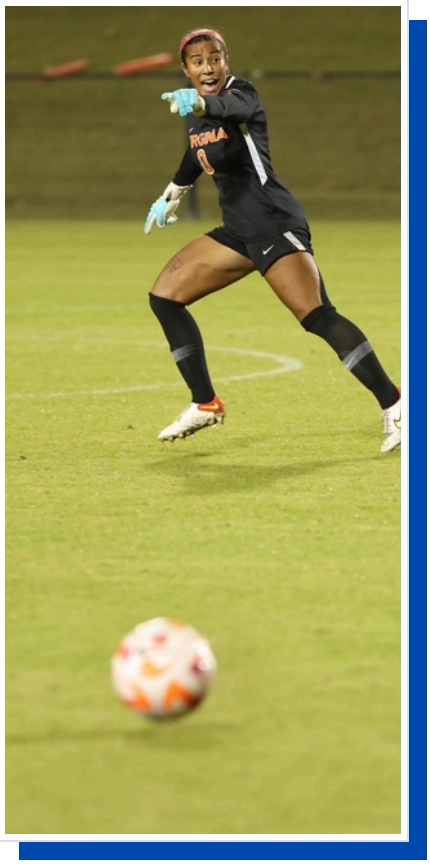
MCLEAN YOUTH SOCCER ECNL

2009 to 2019. Ages 8 to 18.

Ten years in one of the nation's premier youth development programs, where Cayla built the discipline, commitment, and consistency that carried her to the collegiate and professional level.

"My time at McLean taught me from a young age that if you want something, you have to be willing to work for it."

Cayla White is a double degree University of Virginia graduate and professional athlete. She brings the same discipline and standard of excellence to everything she does on and off the field.



LEADERSHIP AND COMMUNITY

How Cayla showed up for the athletes around her at UVA.

BLACK ATHLETE SISTER CIRCLE

University of Virginia

MEMBER

A community supporting Black women student-athletes. Cayla took part in conversations about balancing academic, athletic, and personal responsibilities.

BLACK OFFERING SERVICE & SUPPORT

University of Virginia

PARTICIPANT

Helped support Black student-athletes and joined dialogue about the challenges they face, including racial inequities.

ETHICAL LEADERSHIP ACADEMY

University of Virginia

PARTICIPANT

Leadership development and collaborative research, including discussions on NIL and athlete marketing.

The same standard she brings to the goal, she brings to her teammates and her community.

PROFESSIONAL CAREER

PROFESSIONAL PLAYING

FC FAMALICÃO WOMEN. PORTUGAL

NEXT CHAPTER

Signed 2026. Portugal Women's First Division.
Position: Goalkeeper.

ODENSE BOLDKLUB Q. DENMARK. ELITEDIVISIONEN

JOINED JULY 2024

21 games played. 21 games started. 2,000 minutes. 67 saves. 6 shutouts. 3x Player of the Match. 93.33% pass completion. 92.86% aerial duel success rate.

NWSL TRIAL

NC COURAGE. NWSL

PRE-SEASON TRIALIST. FEBRUARY THROUGH MAY 2024

Full team training and pre-season invite at IMG Academy. One of the most elite goalkeeper development environments in the United States.

NWSL YOUTH TRAINING

WASHINGTON SPIRIT. NWSL

SUMMER TRAINING. 2016 THROUGH 2017

Practiced with the full NWSL Washington Spirit team as a youth athlete. One of the earliest indicators of her elite potential.



THE PEOPLE WHO BUILT THE KEEPER

MCLEAN YOUTH SOCCER ECNL COACHES (U9 THROUGH U19)

CLYDE WATSON
McLean Youth Soccer ECNL

NADIR MOUMEN
McLean Youth Soccer ECNL

BRENT LEIBA
McLean Youth Soccer ECNL

MARK CASCIO
McLean Youth Soccer ECNL

GOALKEEPER COACHES

ZACK ROSZEL
Youth Goalkeeper Coach

SAM RAPER
College. University of Virginia

JAKE DAVIS
College. University of Virginia

PROFESSIONAL TRAINING PARTNERS

JORDAN FARR
Professional training partner

BILL HAMID
Professional training partner

"I'm grateful for the coaches who pushed me to grow not only as a player, but as a person."

WORK WITH CAYLA

GOALKEEPER COACHING AND TRAINING

Cayla White offers elite goalkeeper development and strength training for athletes at every level. Her coaching philosophy centers on building the complete athlete. Technical skill, mental toughness, physical conditioning, and leadership development are at the core of every session she leads.

SERVICES INCLUDE

- Private goalkeeper coaching sessions
- Group goalkeeper training
- Goalkeeper clinics and seasonal camps
- Virtual coaching and remote sessions
- Game film and tape review with player scorecards
- Mindset and confidence development within goalkeeper training
- College recruiting preparation and guidance
- Kettlebell and strength training for athletes
- Custom athletic programming

SPEAKING ENGAGEMENTS

Cayla White is available for speaking engagements for schools, universities, youth athletic programs, sports organizations, women's leadership events, and corporate events. Her topics draw from her lived experience as a professional athlete, graduate scholar, and goalkeeper coach.

SPEAKING THEMES

01 Preparation, Confidence, and the Soccer Mentality

02 Responding to Setbacks and Building Resilience

03 Leadership and Belonging in Women's Sports

04 The Journey from Youth Soccer to Professional Opportunities

05 Building an Athlete Brand: Content, Collaboration, and NIL

COACHING BOOKING

For all coaching rates and availability visit **CaylaWhite.com**

SPEAKING BOOKING

For all speaking fees and booking availability visit **CaylaWhite.com**

SOCCER MENTALITY

TRAIN YOUR MIND. TRAIN YOUR GAME.

Soccer Mentality. Prepare. Believe. Compete. Respond.

Soccer Mentality is Cayla White's movement around the inner work behind the game: preparing with purpose, staying present under pressure, responding to setbacks, and building the habits to keep growing.

01 PREPARE

Build purposeful habits in training and recovery.

02 BELIEVE

Develop trust in your preparation and your ability to learn.

03 COMPETE

Stay present, committed, and connected to your team.

04 RESPOND

Learn from the last play. Reset for the next.

THE NEXT PLAY STARTS IN YOUR MIND.

A mistake, a difficult match, or time away can test any player. Resilience grows through how you prepare, reset, accept support, and take the next step.

"Confidence comes from knowing that whatever happens, you are prepared to handle it."

WHO IT'S FOR

Every player, regardless of age, position, or level.

THE MOVEMENT

Soccer Mentality and Comeback Mentality.

APPAREL

Soccer Mentality, Comeback Mentality, and Keeper Mentality.

THE BRAND

Content, community, and collaboration.

Under the brand CAYLA WHITE® and her signature tagline Confidence Is My Edge™ Cayla creates content for the next generation of athletes, especially young women who play soccer and aspire to compete at the highest level. Her audience follows her for goalkeeper training, strength work, mindset, and an inside view of life as a professional athlete overseas.

CONTENT CATEGORIES

01 Goalkeeper Training and Tips
02 Kettlebell and Strength Training
03 Confidence and Mindset
04 Behind the Scenes Professional Athlete Life
05 Young Female Athlete Spotlights
06 College Recruiting Guidance

FOLLOW CAYLA WHITE

INSTAGRAM	@CaylaWhite
TIKTOK	@CaylaWhite
YOUTUBE	@CaylaWhite
WEBSITE	CaylaWhite.com
SHOP	shop.caylawhite.com

CAYLA WHITE® *Confidence Is My Edge™*

SELECTED BRAND COLLABORATIONS

Brands Cayla White has created content with, from the perspective of a professional goalkeeper.

FORCE FACTOR

INSTAGRAM TIKTOK

Created Instagram and TikTok content reviewing supplement products.

INTENT

INSTAGRAM

Produced Instagram video content demonstrating the app's meal planning and healthy eating features.

gr1pglov

INSTAGRAM TIKTOK

Created soccer glove reviews and social content on Instagram and TikTok, and provided product feedback from her perspective as a professional goalkeeper.

COLLABORATION OPPORTUNITIES

- Athlete-led product demonstrations and social content
- Podcast and media interviews
- Soccer Mentality collaborations
- Brand campaign and ambassador inquiries
- Speaking and community appearances

PARTNERSHIP INQUIRIES

MANAGEMENT@CAYLAWHITE.COM

BUILT FOR THE PLAYERS WHO WEAR IT

Cayla White designs apparel and athletic leisure wear for soccer players, with a focus on women in the game. Every piece is shaped by what she has needed as a player, from training sessions to travel days to life off the pitch. The collection is made for athletes who want to look like they play and feel like they belong.

CW COLLECTION	EDGE PERFORMANCE	SOCCER MENTALITY	COMEBACK MENTALITY	KEEPER MENTALITY
Athlete lifestyle and everyday athleisure	Soccer training gear	Movement apparel	Movement apparel	Goalkeeper apparel line



THE COLLECTION











Wear the mentality.

WWW.CAYLAWHITE.COM

CAYLA WHITE®

Athlete. Goalkeeper. Leader.

> *"Protect The Net. Lead The Field. Inspire The Next."*



MEDIA AND PRESS
management@caylawhite.com

BOOKING AND COACHING
CaylaWhite.com

SPEAKING ENGAGEMENTS
CaylaWhite.com

SOCIAL MEDIA
@CaylaWhite on Instagram. TikTok. and YouTube.

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