

OFFICIAL MEDIA KIT. 2026

CAYLA WHITE®

Professional Goalkeeper. Coach.
Speaker. Athlete.

Confidence Is My Edge™



WEBSITE

CaylaWhite.com

SOCIAL

[@CaylaWhite](https://twitter.com/CaylaWhite)

CONTACT

management@caylawhite.com

REPRESENTED BY

GW Group LLC

PROTECT THE NET.

LEAD THE FIELD. INSPIRE THE NEXT.



THE ATHLETE. THE BRAND. THE LEADER.

Cayla White is a professional goalkeeper, certified strength and kettlebell trainer, goalkeeper development coach, motivational speaker, and emerging athlete brand influencer from the Washington DC metropolitan area. At 25 years old she has already competed at the highest levels of collegiate soccer, the United States Youth National Team program, the National Women's Soccer League, and professional leagues in Europe. She is now signing with FC Famalicão Women in Portugal as the next chapter of an extraordinary 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.

101

Saves at University of Virginia

67

Saves at Odense Boldklub Q Denmark

16

Shutouts at University of Virginia

6

Shutouts at Odense Boldklub Q Denmark

3,082

Minutes played at University of Virginia

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 program (U14 through U23)

CAREER TIMELINE

2014 to 2025.

- 2014 US Youth National Team First Call Up (U14)
- 2016 Washington Spirit Summer Training (NWSL)
- 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
- 2025 Signing 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

One of the most prestigious business schools in the United States. Cayla pursued and completed her graduate degree while competing at the professional level.

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.

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.



PROFESSIONAL CAREER

NEXT CHAPTER

FC FAMALICÃO WOMEN. PORTUGAL

Signing in progress. Portugal Women's First Division.
Position: Goalkeeper. Status: Signing confirmed. 2025

ODENSE BOLDKLUB Q. DENMARK. ELITEDIVISIONEN

JULY 2024 THROUGH PRESENT

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.

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.

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.



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
- Mental performance coaching
- College recruiting preparation and guidance
- Kettlebell and strength training for athletes
- Custom athletic programming

For all coaching rates and availability visit CaylaWhite.com

SPEAKING ENGAGEMENTS

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

SPEAKING TOPICS INCLUDE

- Confidence Is My Edge
- Leadership Under Pressure
- Women In Sports
- The Goalkeeper Mindset
- Playing Professionally Overseas
- Kettlebell and Athletic Performance
- Building Confidence Through Sport
- How To Get Recruited. What Coaches Really Want.

For all speaking fees and booking availability visit CaylaWhite.com

THE BRAND

Cayla White is more than an athlete. She is a movement.

Under the brand CAYLA WHITE® and her signature tagline Confidence Is My Edge™ Cayla is building a complete athlete brand ecosystem for the next generation of young female athletes. Through her online coaching academy, goalkeeper training programs, youth camps, lifestyle apparel collection, and social media platform she is becoming the go-to voice for young girls who play soccer and aspire to compete at the highest level.

FOLLOW CAYLA WHITE

INSTAGRAM	@CaylaWhite
TIKTOK	@CaylaWhite
YOUTUBE	@CaylaWhite
WEBSITE	CaylaWhite.com

CONTENT CATEGORIES

Goalkeeper Training and Tips

Kettlebell and Strength Training

Confidence and Mindset Coaching

Behind the Scenes Professional Athlete Life

Young Female Athlete Spotlights

College Recruiting Guidance

CW Collection Athlete Lifestyle Brand

CAYLA WHITE®

Athlete. Goalkeeper. Leader.

“Protect The Net. Lead The Field. Inspire The Next.”



MEDIA AND PRESS

management@caylawhite.com

SOCIAL MEDIA

@CaylaWhite on Instagram,
TikTok, and YouTube.

BOOKING AND COACHING

CaylaWhite.com

MANAGEMENT

GW Group LLC

SPEAKING ENGAGEMENTS

CaylaWhite.com