



SURF COACHES BIO TEMPLATE

Coach's Name: Seth Trembly

Professional Qualifications/Education: I graduated from Arapahoe High School in Littleton, CO after returning home from the Bradenton Academy and the US U17 National team residency program. I signed professionally for the Colorado Rapids of MLS in between my junior and senior year of high school. Attending training in between finishing my high school classes to graduate.

Coaching Qualifications: USSF "A" license.

Coaching History: I grew up in a soccer family. My mom and dad were both soccer coaches and my brother and sister are both current soccer coaches. I coached my first team at 21 while playing for the Colorado Rapids. As well as doing camps, personal training and clinics throughout my playing career. I started coaching full time after I retired from playing in 2009 with the Colorado Rush as the Director of Coaching Junior Boys. Then moved out to San Diego with Albion SC before joining San Diego Surf.

Player History: Played for Littleton United and Arapahoe High School, winning a State Championship with each team. I then became the starting left back for the first and most successful USA U17 residency program in 1999. We finished 4th place in the U17 World Cup, becoming US Soccer's Team of the Decade in the 90's and producing full team players Landon Donovan, Kyle Beckerman, Oguchi Onyewu, DaMarcus Beasley and Bobby Convey. I signed a Nike Project 40 (currently Generation Adidas) contract with the Colorado Rapids in June of 1999- 2005. I then joined expansion team Real Salt Lake from 2005-2007. Finishing my career at the Montreal Impact 2007-2008. I was a member of the USA U20 team and U23 Olympic team.

Team Successes:

Colorado Rush BU18 State Cup Finalist - 2009
Manchester United Cup Champions (Girls)- 2010
Gothia Cup World Champions (Girls) - 2010

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