

Lindsey Swontek - 2019 - #10

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Cape Henlopen - Lewes, Delaware



Positions: Center Midfielder
Parent: (302)841-9439
Address: 29 Ancient Oak Drive
Lewes, Delaware 19958
HS Coach: Patrick Kilby
HS Coach #: (302)331-6412
Club Team: Henlopen Surf
Coach: John Oberholtzer
Coach #: (215)801-8764

GPA: 3.75
SAT: N/A
PSAT: N/A
ACT: N/A
Class Rank: N/A
Major: Undecided
NCAA#:
NAIA#:

Personal Stats

Height: 5'7

Weight: 145

Dominant Foot: Right

Club soccer player: Yes

Club Team: Henlopen Surf-

Lewes, DE

Position(s): Center Midfield / Center Defender
Height: 5'7 | Weight: 145

*Club Teams: Bayshore Velocity Black - Henlopen Surf (Lewes, Delaware) | Summer League- Maryland United

*(2018) First Team All State, First Team all Conference - 13 goals and 9 assists

*(2018) Team MVP for High School, Captain

*(2016, 2017) Scholar Athlete Award Recipient

*(2017) 9 Goals and 3 assists | *(2017) 2nd Team All Henlopen Conference

*(2016) Varsity Starting Center Mid as a Freshman (Cape Henlopen High)

*(2016) 2nd Team All Henlopen Conference Performer (Freshman Year)

*9+ Years Playing Competitive Travel Soccer

Scouting Report

Lindsey Swontek is talented 2019 center midfielder soccer prospect. At 5'6" / 145 lbs Lindsey has a strong and solid frame and is very athletic. She has been playing competitive soccer majority of her life and has competed at the club level for over 5 years. Her Club Team is the Henlopen Surf. Lindsay has started at center Mid fielder for her high school team and has been named an All Conference performer each season. She has a great first touch and is a solid passer with great vision. Good strike ability and can score the ball. Lindsey competes hard at all times on the pitch and leads by example. She is very strong in the air and she wins majority of her 50/50 balls; she is fearless out on the pitch. Lindsey has a very strong/accurate right foot and can handle the ball well with either foot. She comes from a family full of soccer players and soccer coaches so she has always been around the game and has a high soccer I.Q. Soccer is her comfort zone and where she feels most confident and comfortable.

Solid technical skills and defends well. She is currently working with a speed coach to increase her speed and quickness; she trains all year round on all aspects of her game. Lindsey has great work ethic and a passion for the sport and has the ability to play at the collegiate level. She projects as a solid collegiate talent.

Academically she is excellent with 3.75 GPA while taking honors courses. She is an impressive 2019 student athlete and would be an asset for many college soccer programs.

Honors / Accomplishments

- *(2018) First Team All State, First Team All Conference
- *(2018) Team MVP, Team Captain
- *(2017) Second Team all Conference, Named Team Captain
- *(2016) Varsity Soccer player for Cape Henlopen High as a true freshman- Starting Center Midfielder
- *(2016) Named 2nd Team All Henlopen Conference Recognition (freshman year)
- *(2016) Scholar Athlete Award Recipient
- *(2015) Middle School Player of the Year
- *(2014) Middle School Player of the Year
- *Playing Competitive Soccer at the travel and club levels for over 8 years

Coach's Evaluation

High School Coach Evaluation:

Contact Cape Henlopen High School Head Girls Soccer Coach Patrick Kilby for his evaluation on Lindsey's abilities, character and work ethic.

Patrick Kilby 302-331-6412 (cell), Patrick.kilby@cape.k12.de.us (email)

Club/ Travel Coach Evaluation:

Contact "Henlopen Surf" Soccer Club Coach John Oberholtzer for his evaluation on Lindsey's abilities, character and work ethic.

John Oberholtzer (coach O) 215-801-8764 (cell) EPYSA1@aol.com (email)

Personal Message

Hi Coach, My name is Lindsey Swontek and I'm a class of 2019 Center Mid who attends Cape Henlopen High in Lewes, Delaware. I have started at the varsity level since my freshman season and am an All Conference performer. I also play club soccer for the Henlopen Surf and have been playing soccer my entire life. I have a deep passion for the sport and have dreams of playing collegiately. Thank you for taking the time to review my attached athletic profile and game footage highlights. My profile has all of my contact info, coaches info and accomplishments and accomplishments for your reference. My high school schedule is also provided and I can forward you my summer and fall schedule per your request. I would love to be considered for your 2019 recruiting class and any consideration would be greatly appreciated!

Academically I am in all honors courses and have a 3.75 GPA. I work just as hard in the classroom as I do on the pitch and understand the importance of my academics. I put many hours into perfecting my craft and know that my hardwork and dedication will lead to great opportunities down the road so I always give 100% percent effort in everything I do. My goal of playing at the next level is always on my mind and I am doing everything in my power to see that it becomes a reality. I look forward to building a relationship with you and your program. Thank you for your time and feel free to contact me anytime!

Lindsey Swontek
Center Mid - Class of 2019
Cape Henlopen High - Lewes, Delaware

