WOMEN’S SOCCER

UBC THUNDERBIRDS

#25 Meghan Douglas
Faculty of Science
WELCOME TO UBC

We are a globally recognized university in a world class city, complete with a high performance athletics program.

THE UBC EXPERIENCE

The program you’re looking for

UBC consistently ranks among the top 40 universities in the world and the top 20 public institutions. With 18 faculties comprised of 60 undergraduate and graduate programs, 52,721 students call UBC home, including 12,177 international students from 139 countries.

In addition to its standing as one of the top research-intensive universities in the world, UBC also prides itself on maintaining a vibrant learning environment that features numerous experiential learning opportunities and a 15-1 student-teacher ratio.

The place you want to be

Surrounded by the forested trails of Pacific Spirit Regional Park and sandy beaches of the Pacific Ocean, UBC’s Vancouver campus finds itself nestled in the city’s Point Grey neighbourhood. The United Nations has ranked Vancouver as one of top three cities in the world in which to live for the past decade. Vancouver is renowned for pristine natural surroundings of mountain and sea, year-round mild temperatures, and culturally diverse communities.

THE THUNDERBIRDS EXPERIENCE

Canada’s most decorated athletics program

The UBC Thunderbirds varsity program consists of 25 teams in 13 sports, with affiliations in two inter-university leagues. Historically, UBC boasts the most successful program in U SPORTS, as Thunderbird teams have won over 100 U SPORTS national championships to date and nine in the U.S.-based National Association of Intercollegiate Athletics (NAIA). UBC has also produced countless international competitors and medalists, including 231 Olympians, and hundreds of student-athletes who have been drafted into professional leagues around the world.

Academic and financial supports

The UBC Thunderbirds program employs full-time staff to aid student-athletes in their academic pursuits. An emphasis is placed on the transition of first-year students, for whom one-on-one tutoring and guaranteed housing is offered.

Priority course registration is made available for student-athletes in most faculties. Financial support is provided in the form of athletic scholarships and alumni-supported awards for leadership and academics, as well as a work-study program.

Integrated sport science

To optimize individual and team performance, student-athletes have access to state-of-the-art facilities, technology, hydrotherapy recovery rooms, and massage therapy. They are also supported by experts in exercise physiology, dietetics, and sport psychology. In addition, UBC’s strength and conditioning coaches tailor individual and sport-specific training regimens for student-athletes in the 4,000-square-foot Smith and Laycoe Varsity Weight Room.

Athlete health is a key priority at UBC, with three full-time therapists and strong partnerships with the UBC Student Health and Allan McInnis Sports Medicine Centre all dedicated to keeping athletes in top form, mentally and physically.

UBC WOMEN’S SOCCER: LEAVING A LEGACY

Thank you for your interest in joining the varsity women’s soccer team at the University of British Columbia

Program success

The UBC Thunderbirds women’s soccer team have won a U SPORTS record 6 national championships, paired with 14 U SPORTS tournament appearances. They have claimed 15 Canada West titles, and have had many players play for Canada at youth and senior World Cups.

Head Coach Jesse Symons

Head Coach Jesse Symons is entering his second year after a Canada West championship and a national finals appearance. Jesse has been heavily involved in the development of players over the years as head coach and winning gold with Team BC at both the 2009 and 2013 Canada Games, along with being the head coach of the Vancouver Whitecaps Elite REX program and Women’s Whitecaps team.

Year-round performance focused daily training environment

Our players train four to five sessions per week with a focus on team and individual progression. Players have on-field coaching, customized strength and conditioning, nutrition, sports psychology, video analysis and full medical and physiotherapy support. UBC players are given every opportunity to succeed in a holistic program on and off the field.

Dedicated facilities

UBC Thunderbirds train and play at Thunderbird Stadium, a FIFA-rated artificial turf field. Additionally, the team has access to play on natural grass at the National Soccer Development Centre which is the training base for the Vancouver Whitecaps MLS team and Canada’s youth national teams.

Community involvement

We pride ourselves on giving back to our community, and make a concentrated effort to interact and volunteer with many local youth soccer clubs in the area.

UBC WOMEN’S SOCCER: LEAVING A LEGACY

Thank you for your interest in joining the varsity women’s soccer team at the University of British Columbia

Program success

The UBC Thunderbirds women’s soccer team have won a U SPORTS record 6 national championships, paired with 14 U SPORTS tournament appearances. They have claimed 15 Canada West titles, and have had many players play for Canada at youth and senior World Cups.

Head Coach Jesse Symons

Head Coach Jesse Symons is entering his second year after a Canada West championship and a national finals appearance. Jesse has been heavily involved in the development of players over the years as head coach and winning gold with Team BC at both the 2009 and 2013 Canada Games, along with being the head coach of the Vancouver Whitecaps Elite REX program and Women’s Whitecaps team.

Year-round performance focused daily training environment

Our players train four to five sessions per week with a focus on team and individual progression. Players have on-field coaching, customized strength and conditioning, nutrition, sports psychology, video analysis and full medical and physiotherapy support. UBC players are given every opportunity to succeed in a holistic program on and off the field.

Dedicated facilities

UBC Thunderbirds train and play at Thunderbird Stadium, a FIFA-rated artificial turf field. Additionally, the team has access to play on natural grass at the National Soccer Development Centre which is the training base for the Vancouver Whitecaps MLS team and Canada’s youth national teams.

Community involvement

We pride ourselves on giving back to our community, and make a concentrated effort to interact and volunteer with many local youth soccer clubs in the area.
BECOMING A THUNDERBIRD

1. GOTHUNDERBIRDS.CA/RECRUIT
   - Thunderbirds recruitment information
   - Prospective Student Athlete Form

2. Ensure that UBC is the right academic and career choice for you. Investigate:
   - Programs offered
   - Academic prerequisites
   - Application deadlines

3. Compile your academic and athletic profiles
   - Academic transcripts
   - Playing history including participation in national, provincial and regional programs
   - Participation in other high performance sports
   - Coach recommendations
   - Highlight videos
   - Recent results

4. Make contact with head coach
   - Make your intentions known
   - Discuss your options
   - Have your questions answered

5. Apply to UBC before the deadlines in your preferred faculty

FOR MORE INFORMATION

Jesse Symons
Head Coach
jesse.symons@ubc.ca
604-771-3830

Department of Athletics and Recreation
University of British Columbia
272-6081 University Blvd
Vancouver, BC V6T 1Z1

@UBCWSOC
@UBCWSOCER
UBC.WSOCCER
GOTHUNDERBIRDS.CA

#6 Jasmine Mander
School of Kinesiology