



BIO – Sophie Schmidt

Since she was just a teenager, Sophie Schmidt has been representing Canada and her hometown of Abbotsford on the world stage as a valuable member of Canada's National Women's Soccer team. Her dedication to her sport, tenacity and exemplary displays of teamwork earned her a place on Team Canada in the last four Olympics, including in this summer's games in Tokyo where she proudly received a gold medal.

Sophie was born in Winnipeg, MB, and moved to Abbotsford with her parents and two older brothers as a young child. She started playing soccer as soon as she could run and joined her first club team in Abbotsford when she was eight. A natural athlete, Sophie played both soccer and basketball all through high school for W. J. Mouat Secondary School.

At 14, Sophie was selected for Canada's national youth system for soccer and just two years later joined the Canadian women's national team. She's competed in the FIFA U-19 Women's World Cup, the FIFA U-20 World Cup and the CONCACAF Women's U-20 championships in both 2006 and 2008, where she won a silver and gold medal respectively. She went on to earn five additional CONCACAF medals with the women's program, gold in 2010 and silver in 2012, 2016, 2018 and 2020. With the Canadian women's team, she's also competed in four FIFA Women's World Cup Tournaments and won a gold medal at the 2011 Pan Am Games.

Sophie first joined Canada's Olympic team for the Beijing games in 2008 and returned for the London 2012 and Rio 2016 games, winning bronze medals at both.

Sophie has accumulated an impressive 206 "caps", or appearances in a game at an international level, with her Tokyo Olympic appearance July moving her into a tie for the second-most caps for Canadian women's soccer.

Initially wanting to be a nurse, and depending on soccer to help fund her educational pursuits, Sophie played for the University of Portland, graduating in 2010 with a degree in Life Sciences and German. Facing competing nursing school and practice schedules, Sophie decided to shift her career focus to soccer and playing professionally.

Sophie's professional career has seen her play for the Vancouver Whitecaps, magicJack in Florida, Kristianstads DFF in Sweden, Sky Blue FC in New Jersey, FFC Frankfurt in Germany and now for the Houston Dash in Texas, renewing her contract with the club in December 2020.

In 2018 she was awarded an honorary doctorate from the University of the Fraser Valley.

Sophie lives in Houston with her husband, Nic, but enjoys visiting her family, friends and hometown of Abbotsford, and volunteering with the local youth players in the Abbotsford Soccer Association when she can. Sophie says she is grateful to her family and the people of Abbotsford for supporting her from the very beginning, adding that support helped her become the player she is today.

In recognition of her athletic excellence and her recent Olympic Gold medal win with Canada's Women's Soccer, Sophie Schmidt is receiving the 2021 Community Champion Achievement Award.