



*Low and ready*



*Always communicate*



*Shoulder low*



*Live, Love, Lax and  
Lax some more!*



*Catch up to your opponent*



*Stay on your opponent*



*Eye on the ball*



*Eye on the ball... and then force the pass*



*And when there's no one  
to pass to...score!*



fight for it.



come up with it.



quick...



long pass...



and get down field.



ouch.



shake it off.



score.



## Grit and

## Perseverance...



### My Best and Worst game to date:

This was the last game I played and it was at the end of this tie-game, in a double overtime, with 1 minute left, with me running to goal with the ball - in which I tore my ACL. After playing the entire game, adrenaline and fatigue were a contributing factor I'm sure. This was our season opener in February and I have been rehabbing since my surgery in March. I hope if you are looking at this, you will watch me play in the Mid Atlantic and Presidents Cup tournaments. Those will be my first time playing since the injury and with each game I hope to show how I am coming back stronger and stronger. Thank you for looking.

Blaire

Live, love, lax and lax some more!



will never hold a good woman down!

# Rehab from ACL injury...

After successful surgery with Dr. George Caldwell in Ft. Lauderdale, I rehabbed at Oceanside Physical Therapy where I am finishing up in November. In addition to rehab, I weight train at my gym and have a speed and nutritional trainer.



Starting to run again on the Anti Gravity treadmill



Acupuncture



Balance on the surfset board



Training at the gym