



THE SPORTS INTERN

INTERN INSIGHTS

MIA SOLARES

Angel City FC – SOAR Internship Program
Junior at Foshay Learning Center

RECENT EXPERIENCE

Mia Solares, a high school junior, participated in Angel City FC's SOAR Internship Program in summer 2024. She was recommended by Football For Her (a nonprofit in ACFC's network of community impact partners) and accepted following a competitive selection process.

The SOAR Internship combines educational and shadow days, giving interns insight into the club's business operations as well as the opportunity for personal and professional development and to hone public speaking skills.

Through the internship, Mia learned how vital networking is for future opportunities, mentorship, and collaboration. She also witnessed how every aspect of a women's sports team – from behind the scenes to on the field – drives community impact and social change.



MIA'S TIPS

1. Take the initiative to seek out opportunities and build genuine connections with professionals. Authentic relationships can lead to valuable guidance and future opportunities.
2. Listen and learn from the advice offered by mentors, colleagues, and supervisors. Their insights can help you grow both personally and professionally.
3. Treat each internship or experience as a privilege. Show gratitude, remain committed, and make the most of what's offered to you.

BEST ADVICE RECEIVED

From Renata Simril, President and CEO of the LA84 Foundation: *"Your worth isn't the things you have; it's what you give."*

From Angela Hucles, President of Women's Soccer at Houston Dash: *"Once you are where you want to be, bring others with you."*

DREAM JOB

Working for a professional women's sports team, focusing on community outreach and creating positive change