



SAM CARY ANGEL

Left Center Back / Left Back, United States

Samantha “Sam” Cary Angel is a left back from St. Charles, Missouri, United States. Both on and off the pitch, Sam is one of the most complete players graduating in the 2023-24 class. In addition to being a top football player and team captain, she is an accomplished referee, as well as a young leader in the game through her work through podcasting and Girls Soccer Network.

Sam played five seasons of university football at the University of Iowa where she was team captain the past two seasons. Over the course of her career, she set program records for starts, games played and minutes, starting 96 of 97 matches and amassing 8.322 game minutes, while contributing 5 goals and 11 assists. She reached the NCAA tournament three times and was a conference champion twice. She also received numerous individual accolades, including All-Region, All-Conference Second Team and Big Ten Defensive Player of the Tournament, as well as being selected as player of the week a total of 5 times by two publications and named in the team of the week three times in 2023. In January 2024, she joined IFK Norrköping in the Swedish top flight where she played every minute in all 26 games last season.

CAREER



2024-25, Damallsvenskan (Sweden)
IFK Norrköping



2019-23, NCAA DI (USA)
University of Iowa

AWARDS / HIGHLIGHTS

- Iron Woman, Damallsvenskan, 2024
- All-Region, 2023
- Team Captain, 2022, 2023
- Iowa record for starts, games and minutes
- All-Conference, 2023
- Conference Tournament Team, 2023
- Defensive Player of the Tournament, 2023
- 3x Defensive Player of the Week, 2023
- 3x Team of the Week, 2023
- 4x Preseason Player to Watch, 2020-23
- Big Ten Tournament Champ, 2021, 2023
- NCAA Tournament, 2019, 2021, 2023
- Iowa Hawkeye of the Year, 2022

Sam has extensive experience as a left center back, outside back and wingback, playing in both a back three or back four. She has an excellent left foot and is capable of delivering accurate crosses into the box. Sam has very good pace allowing her to both get forward and overlap, as well as recover quickly and deal with balls played in behind. She is effective at carrying the ball forward and is also a good defender 1v1.



Sam reads the game well on both sides of the ball and makes good decisions. Finally, she is a very good communicator, a natural leader and an excellent presence in the locker room.



For additional information, please contact:

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PLAYER PROFILE

FULL NAME	Samantha Cary Angel
DOB	26 October 2000
NATIONALITY	USA
HEIGHT	1,75 m / 5'9"
WEIGHT	63,5 kg / 140 lbs
PRIMARY	Left Center Back
SECONDARY	Left Back, Wingback
FOOT	Left
HIGHLIGHTS	Iron Woman, Team Captain
2024 STATS	26 of 26 matches started 2.340 mins 2 goals
VIDEO PROFILE	https://bit.ly/samcary-v
WYSCOUT LINK	https://bit.ly/samcary-w

