

# Allie Long

Gretchen Zimmerman



# Early Life

Allie Long grew up in Huntington, NY



She started playing soccer for the Northport Cow Harbor Mustangs of the Long Island Junior Soccer League.

She went to Northport High School, where she played varsity soccer for four years. Her team went undefeated in the regular season for all four years. In her senior season Northport won to LICs and went to states.

She was named to the All-State first team and All-County team all four years at Northport.

After her junior and senior year, she was Newsday's Player of the Year and Suffolk County Player of the Year. Long also made the All-Long Island Team for her last two years at Northport.

# College



Long went to Penn state where she consistently started in every game

In her freshman season she scored 4 goals on 58 shots and had 6 assists

In her sophomore season she scored 6 goals and had 4 assists.

She then transferred to North Carolina at Chapel hill. She appeared in all 24 games, starting in 22 scoring 5 goals.

She played on 8 clubs teams in her career.

# International Career



Long was on the U-20 and U-23 national teams and was a member of the 2006 U-20 Women's World Championship team. She was called up to the full national team in July 2010.

Long was on the U.S. national team at the 2016 Olympics, starting in three of the four matches the U.S. team played

After the Olympics she remained on her club team to this day but retired from the international professional playing

# Awards

## North Carolina Tar Heels

- NCAA Division I Women's Soccer Championship: 2008

## Portland Thorns

- NWSL Championship: 2013, 2017
- NWSL Shield: 2016

## United States women's national soccer team

- SheBelieves Cup: 2018
- Tournament of Nations: 2018
- FIFA Women's World Cup: 2019

## Individual

- NSCAA All-Mid-Atlantic Region Third Team: 2005
- Soccer Buzz All-Mid-Atlantic Region Second Team: 2005
- Soccer Buzz Freshman All-America Second Team: 2005
- Soccer Buzz Freshman All-Mid-Atlantic Region Team: 2005
- All-Big Ten Second Team: 2005
- All-Big Ten Tournament Team: 2005
- Big Ten All-Freshman Team: 2005
- All-Big Ten First Team: 2006
- NSCAA All-Mid-Atlantic Region First Team: 2006
- Soccer Buzz All-Mid-Atlantic Region First Team: 2006
- All-Big Ten Academic Team: 2006
- MAC Hermann Trophy Watch List: 2007
- Top Drawer Soccer Third Team: 2007
- NWSL Best XI: 2015, 2016
- NWSL Second XI: 2014
- Suffolk Sports Hall of Fame: 2020