

Jeff Lowdermilk  
[jlowderm35@gmail.com](mailto:jlowderm35@gmail.com)

Playing Experience

North Carolina AYSO  
Univ. of N. Carolina (Chapel Hill & Charlotte)/Appalachian State Univ. Intramurals  
Various U.S. Military Intra/Inter-Leagues  
South Atlantic Ocean Island U.S. Team (USAF)

Coaching Experience

Various Public/Private School Teams  
District of Columbia Catholic League  
Various U.S. Military Youth/Adult Leagues (U.S., Ascension Island, Japan, Qatar)  
South Atlantic Ocean Island U.S. Team (USAF)  
Various 11V11 and Small-Sided/Futsal Forums  
Lakewood Ranch Chargers  
Braden River SC

Licenses/Coaching Education

USSF Grassroots, 4V4, 7V7, 11V11  
Old USSF E License  
USSF D License  
USSF C License (in progress)

Personal Bio

Jeff is a native of Granite Falls, North Carolina. He attended Appalachian State University, University of North Carolina, University of Southern Mississippi, and Embry Riddle Aeronautical University, culminating in a Master's Degree in Operations Management. Jeff spent 24 years in the U.S. Air Force at a multitude of domestic and international locations until he retired as a Lieutenant Colonel in 2005. During his military tenure, he participated in a number of international military operations to include Operation Northern Watch and Enduring Freedom. Currently, Jeff works at Sarasota County. He is married with one daughter who also play soccer at IMG Academy, Charleston Southern University, and Nova Southeastern University.