

COACH BENSON



Misty Benson comes into her fourth year back at Lake Highlands this season. Coach Benson has a coaching record of 140-46-6. Along with her head coaching responsibilities she also teaches AP English III. For the past 7 years Misty also worked for the United States Soccer Federation with the National Teams, including being involved with U.S. Soccer's inaugural Development Academy Season in 2008 with the finals being held in California at The Home Depot Center and being aired on ESPN2.

The Lady Wildcats took 2nd Place in district play for the 2010 season and went on to the Area Round. The 2009 season for Coach Benson and The Lady Wildcats was an exciting and rewarding year. With a record of 23-4-1, the District Champions went to the Regional Tournament in Georgetown. The team was decorated with many accolades from national, state, and area rankings, to numerous players being selected for various honors from ESPN RISE All American Teams, DMN All Area Teams, to 9-5A All District Honors. Coach Benson received her 100th win with the girls' first game on the year as well as Coach of the Year for the district.

Growing up in Dallas, TX, Coach Benson played for the Longhorns and Sting Soccer Clubs, as well as, playing for and graduating from Lake Highlands. She went on to play at St. Edward's University in Austin as a four year starter for the Lady Hilltoppers and earning a degree in English and Kinesiology.

After graduating from St. Ed's, Misty returned to Dallas and started teaching and coaching at W.T. White High School. While at White she moved up from the Girls' Assistant Coach, to the Girls' and Boys' Head Coach. Benson helped take the teams to the playoffs each year during her time there. In 2003 she moved to Houston to take over the program at Houston Lamar High School. They went undefeated in district play two years winning district titles and making three playoff appearances. She was honored as the Coach of the Year in 2004 by the Houston Coca-Cola Coaches Association and named the District 19-5A Coach of the Year in 2005. Coach Benson was a part of the inaugural year for Manvel High School, south of Houston, in Alvin ISD in 2006. As the Girls' Athletic Coordinator and the Head Girls' Soccer Coach she took a brand new program to a .500 season.

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