



Tim Ream – New York Red Bulls



Saint Louis University All-America defender Tim Ream was drafted by the New York Red Bulls in the MLS SuperDraft in Philadelphia. He was the 18th player selected overall, and the second player taken in the second round.

The 2009 Atlantic 10 Conference Defensive Player of the Year, Ream started all 22 games for the Billikens during his senior season and contributed a career-high 17 points (6G, 5A) to rank second on the team. He notched two game winners, including a memorable tally late in the A-10 semifinal matchup against Rhode Island that vaulted the Billikens into the A-10 Championship title game. Ream was named to the NSCAA's third-team All-America squad at season's end.

Ream played in all but one game during his four-year Billiken career, totaling 82 games played and 68 starts. He ended his career with 24 career points (6G, 12A). He was named first-team All-Region (NSCAA) and second-team All-Conference his sophomore and junior seasons.

What do you feel was the most challenging part of the transition from competing at the college level to now being a professional?

The most challenging part of transitioning to the professional game for me was the heightened physical aspect. Every player is bigger and stronger than what I was used to in college. It was eye opening for me when I was getting thrown around during the first few weeks of practice. I learned very quickly that I would have to be more physical in order to survive and play.



What is a typical day like for a professional player in MLS; both on game and practice days?

A typical practice day for me is arriving at the training facility at 9 a.m. to prepare for practice. Training lasts from 10 a.m. to noon every day except for our day off on Wednesdays. We also are required to do some type of strength training twice a week, which usually takes place on Tuesday and Thursday after practice. After training the club provides lunch and the rest of the day is ours to do as we wish.

Game days consist of waking up early to hydrate and make sure I get three meals in before the game. We are required to arrive at the stadium two and a half hours before kickoff. Upon arrival we have snacks that are prepared by the restaurant staff in the arena. We then have a team meeting regarding our tactics for the match. Then its game time. Needless to say I have the best job in the world.

To view the interview in its entirety click on the Coaching Resources link on the ASET front page. Then click on the articles and interviews link. The title of interview is 'Interview with Tim Ream'.

Other questions asked during the interview include the following:

The mental aspect of sports may very well be the most important; are there any practical things that you like to do to keep yourself mentally focused so that you can always give your best effort?

All players' experience failure during games and practices; we know that a player must get rid of those negative thoughts as soon as possible or else it can become a downward spiral. Is that anything that you tell yourself to get past failure and adversity when thing are not going your way in either practice or games?

Do you do any training on your own outside of your regular team practice?



What influenced you at a young age to begin playing soccer; what was the motivation?

Is there any advice you could give to young developing players that have as a long range goal to become a professional?