



FOR IMMEDIATE RELEASE
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SEATTLE REIGN FC AND DEFENDER LILY WOODHAM AGREE TO MUTUAL CONTRACT TERMINATION

RENTON, WASH. (July 25, 2025) – Seattle Reign FC and defender Lily Woodham have mutually agreed to part ways, allowing the Welsh international to pursue other opportunities, the club announced today. Most recently, Woodham was on loan with Crystal Palace of the Women’s Super League (WSL) and represented Wales in the UEFA European Women’s Championship.

“We thank Lily for her time and commitment to the Reign,” said Seattle Reign FC General Manager **Lesle Gallimore**. “Her energy, professionalism and passion for the game have left a lasting mark on the club. We wish her all the best in the next chapter of her journey - on and off the pitch.”

Woodham joined Reign FC ahead of the 2024 season following a six-year stint with Reading in the WSL. The 24-year-old made five starts across eight appearances for Seattle before going on loan to Crystal Palace in September 2024. The loan, initially set to run through January 2025, was later extended through June.

ABOUT SEATTLE REIGN FC

Seattle Reign FC was established in 2012 as a founding member of the National Women’s Soccer League. The fourteen-team NWSL is widely considered to be the most competitive women’s professional soccer league in the world. Over its first 11 seasons, the club captured the NWSL Shield three times, while making three appearances in the NWSL Championship and seven appearances in the NWSL postseason. Reign FC plays its home matches at Lumen Field in Seattle, Washington and trains at Starfire Sports Complex in Tukwila, Washington. The club can be found on the web at www.reignfc.com and on social platforms @ReignFC.

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