



NEWS RELEASE



SEATTLE REIGN FC SIGNS GOALKEEPER ELENA MILAM AS SHORT-TERM REPLACEMENT PLAYER

Seattle native joins hometown club on one-month contract after helping Salmon Bay FC capture the 2026 USL W League Championship; Milam made four penalty saves during Salmon Bay's championship playoff run

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RENTON, WASH. – Seattle Reign FC today announced the signing of Seattle native Elena Milam as a short-term replacement player through October 9. The goalkeeper joins her hometown club after helping Salmon Bay FC win the 2026 USL W League Championship.

With Salmon Bay, Milam made four penalty saves during the club's championship playoff run, helping the team advance through three postseason penalty shootouts, including the national championship against Vermont Green FC at Seattle's Interbay Stadium.

The 25-year-old has spent the past two USL W League seasons with Salmon Bay FC, making 18 appearances for the club. In 2025, she appeared in all 11 matches across all competitions, recording nine clean sheets while conceding just two goals. She also led the club in minutes played. Between her two seasons with Salmon Bay, Milam competed professionally overseas with Apollon Ladies FC in Cyprus and VfR Warbeyen in Germany.

A 2024 graduate of DePaul University, Milam concluded her collegiate career with 193 saves and 10 clean sheets across 45 appearances. She started every match during her final two seasons and finished sixth on DePaul women's soccer's all-time saves list. In 2024, Milam recorded 82 saves and six shutouts while earning BIG EAST All-Tournament Team honors. Milam also earned BIG EAST All-Academic Team honors in 2021 and 2022.

The Seattle native attended Ballard High School and played club soccer for Crossfire Premier.

– REIGN FC –

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