


# SEATTLE REIGN FC NAMES LAUREN BARNES ASSISTANT COACH

*Former Reign FC captain to return to Head Coach Laura Harvey's staff for the 2027 NWSL season after serving as Interim Assistant Coach since July 2026; Barnes helped guide Seattle to an 8-4-3 record over the final 15 matches of the regular season*

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**Contact: Ryan Perez (808-212-4018), Ellie Presnol (772-418-2325)**

**RENTON, WASH. –** Seattle Reign FC today announced that club legend Lauren Barnes will return to Head Coach Laura Harvey's staff as an assistant coach for the 2027 NWSL season, removing the interim designation from her title after joining the technical staff in July 2026. Barnes, who spent her entire 13-year NWSL playing career with Seattle, made her coaching debut with the club on August 1 in a 3-2 road victory against

Bay FC at PayPal Park. Since joining the staff, Barnes has helped guide Reign FC to an 8-4-3 regular-season record, with the team earning points in 11 of its final 15 matches.

“Lu has always had an incredible understanding of the game, and we’ve seen that translate naturally into her role as a coach,” said Seattle Reign FC Head Coach Laura Harvey. “She knows what it takes to compete at the highest level, understands the standards she’s helped build here and has a real ability to connect with players and help them improve. She’s made a significant impact on our staff in a short period of time, and we’re excited to continue working with her as we prepare for the 2027 season.”

Since transitioning to the coaching staff, Barnes has played a key role in individual player development, match preparation and maintaining high standards in training. Her influence has also extended to Seattle’s defensive unit, with the club recording seven clean sheets during her tenure as Interim Assistant Coach.

Barnes retired following the 2025 NWSL season after spending 13 seasons with Reign FC, establishing herself as one of the most accomplished and consistent defenders in league history. The former captain concluded her playing career as the NWSL’s all-time leader in regular season appearances (252), starts (240) and minutes played (21,110). She helped lead Seattle to three NWSL Shields (2014, 2015, 2022) and three appearances in the NWSL Championship (2014, 2015, 2023).

A foundational figure in Reign FC history, Barnes helped establish the club’s competitive identity and culture throughout her playing career. Her transition to coaching allows her to continue shaping the next generation of Reign FC players while bringing firsthand knowledge of the club’s history, expectations and playing philosophy to the technical staff.

Prior to joining Reign FC’s coaching staff, Barnes served as Assistant Girls ECNL Director at Seattle United, where she began her coaching career and continued her commitment to developing the next generation of soccer players.

**– REIGN FC –**

**Ryan Perez**
REIGN FC DIRECTOR OF COMMUNICATIONS
C: 808-212-4018 ✦ RYANP@REIGNFC.COM

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