

DB/WR **LANEAH BRYAN** #25



HOMETOWN: El Paso, Texas
RESIDENCE: El Paso, Texas
Age: 289
Height: 5-4
YEAR ON U.S. NATIONAL TEAM: 3rd
PRONUNCIATION:
LANEAH Bryan (*Luh-NAY-ah*)



A STAR ON THE HARDWOOD

Before finding flag football, Bryan was a standout on the hardwood at Franklin High School in her hometown of El Paso, Texas. Bryan averaged 20.8 points, 5.5 rebounds, 3.3 assists and 3.5 steals in her senior season (2013-14) for the Cougars, who won 20 games and won the Region 1-5A title. She was named District 1-5A MVP for her efforts and the year prior earned the El Paso Times' All-City MVP. She began her high school career at Volcano Vista High School in Albuquerque, N.M., leading the Hawks to the 5A state championship her sophomore season (2011-12).

Bryan went on to earn a basketball scholarship at the University of New Mexico, playing four seasons (2014-18) for the Lobos and seeing action in 121 career games.

"Basketball was a big part of my life for many years, and I appreciate all the lessons it taught me on and off the court," Bryan said. "I was blessed to have great coaches and teammates that really helped shape me into the player and person I am today."



MOM'S INFLUENCE

Bryan says her mom, Sharon, is the biggest influence in her life.

"She is one of the biggest influences in my life for a lot of reasons, but one of the biggest things I got from her is her resilience," said Bryan. "When I was younger no matter what was going on – in good times or bad times – she always kept a smile on her face and showed up for my sister and me. That motivates me every day to show up and be the best I can be."



MAKING THE MOVE TO FLAG

Bryan made her first foray into flag football following college, playing in a local league in El Paso.

"I've always loved competing and after completing my collegiate career I had to find the next thing to challenge myself," she said. "For me flag quickly became my new obsession and I fell in love with the game fast."

"Football was my first love, but where I lived there weren't opportunities for girls in football, so I chose basketball which I quickly fell in love with. After that chapter came to an end, I found flag football, and the rest was history."

Bryan has only been playing flag football for six years, but she has made the most of her time, first earning a spot with U.S. National Team in 2023 and helping the team to a gold-medal winning performance in the IFAF Americas Continental Championship over Mexico.

In that tournament, Bryan helped the U.S. to a perfect 6-0 record, tallying seven interceptions, including one in the gold medal match.

"That was the most fun game I've ever played in," Bryan told El Paso's KTSM-TV in 2023. "I've played college basketball, which was an amazing opportunity, but playing against Mexico in that championship game, the atmosphere was insane."

In 2024, Bryan returned for her second consecutive season with National Team, serving as a key cog on the U.S. defense that helped the team to a Gold Medal after posting an undefeated 8-0 record to emerge at the top of a field of 23 women's national teams from six continents.



TAKING CARE OF BUSINESS

In addition to her flag football success, Bryan has had success off the field. She is the co-owner of MountainStar Solar and G.O.A.T. Roofing and Construction in El Paso.

"I worked for another roofing and solar company in the past, and I loved working with homeowners and doing the job the right way," Bryan said. "I love being my own boss. It does come with certain challenges, but ultimately has made me better. What I love most about it and what brings me the most joy, is providing an opportunity for our employees that can change their lives and help provide for their families. We really try to create a culture of growth in our work, but also as people."