

Alexandra (Ali) Krieger Application Materials

List all applicable work experience

The Dragonfly Collective

Co-Founder and Strategic Lead

November 2025 - Current (4 months)

Montclair, New Jersey

Co-founded a mission-driven organization supporting birth mothers through long-term emotional, financial, and community resources, leading vision, partnerships, and advocacy efforts.

Gotham FC/NWSL

Gotham FC Club Ambassador

November 2024 - Current (1 year, 4 months)

Whippany, New Jersey; Harrison, New Jersey

Represent Gotham FC as a public-facing ambassador, strengthening the club's connection to fans, partners, and the New York–New Jersey community.

DISNEY

ESPN Analyst

March 2024 - Current (2 years)

Bristol, Connecticut

Analyst & Co-Host, Fútbol W and ABC for NWSL (National Womens Soccer League). I also co-host a Women's Champions League Show on Disney+. I give match analysis, tactical breakdowns, interviews, and studio coverage.

The Pennsylvania State University Board Trustee

July 2023 - Current (2 years, 8 months)

University Park, PA/Remote

Currently serving as a trustee, contributing to governance, institutional strategy, and student-athlete advocacy and initiatives aligned with diversity, equity, inclusion, and belonging.

List all applicable education

The Pennsylvania State University

Bachelor's Degree, Public Relations

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CANDIDATE QUESTIONNAIRE

<p>Certification: As a candidate for the Board of Trustees of The Pennsylvania State University (“Penn State”), I certify that I agree to adhere to the Code of Conduct both as a Trustee candidate and, if elected, as a Trustee.</p>	<p>Candidate Response:</p> <p>YES</p>	
<p>Engagement with Penn State: Describe your connection to Penn State and why it has prepared you to guide the University’s strategic future.</p>	<p>Candidate Response:</p> <p>I love Penn State and it was an honor to be elected to the Board in 2023, and I am running for re-election because I hope to continue to serve my alma mater. My familiarity with our Penn State values, continued connection to the Penn State community as an alum, and motivation to serve our school with a focus on our community’s most vulnerable have prepared me to guide our University’s strategic future.</p> <p>As a three-time Big Ten Academic Honors recipient, and co-captain (2005) and captain (2006) of the women’s soccer team, Penn State helped me develop resilience and leadership skills. While a broken leg and life-threatening injury prevented me from finishing my junior season, I leaned on my coaches, teammates, and the Penn State community to return stronger as a senior: I won Big Ten Defensive Player of the Year, became the only Nittany Lion named an All-American at two different positions, and led the team to their fourth consecutive Big Ten championship win. But my Penn State experience didn’t just shape me as a soccer player. Penn State’s “We Are” spirit was imbued in me as a student-athlete. It inspired me to work hard and publicly for equal access and opportunity for all.</p>	<p>Self-Assessment Scorecard: Do you meet the criteria of Engagement with Penn State?</p> <p>YES</p>

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	<p>Since graduating, I've regularly returned to Happy Valley to support Penn State and speak with students. As examples, I returned to Penn State in 2019 to give remarks about gender and LGBTQ+ equity and my experience overcoming adversity. And in 2021, I collaborated with the Penn Stater Magazine, which featured me in a cover story: "A Category All of Her Own." More recently, I delivered the Bellisario College of Communication Commencement Address. I will keynote the Global Careers Institute later in 2026. I've hoped sharing my stories about adversity and my work towards a more equal world has inspired other Penn Staters, and know that my touchpoints with Penn State have enabled me to meet people who have inspired me.</p>	
<p>Experience with governance/board service: What experience do you have participating in a collaborative fiduciary decision-making body?</p>	<p>Candidate Response:</p> <p>I'm a team-player at heart and know how to work with others from diverse backgrounds towards common goals. For example, my success with the United States Women's National Team was possible only because team members put their individual interests aside for the common goal, had genuine care and concerns for others, and put in the time to succeed. And our advocacy for equal pay required being able to consider people who were not yet at the decision-making table: the next generation. I bring both skills (team-work and duty to others) to all collaborative fiduciary decision-making bodies I've had the privilege of being on, and will continue to bring this attitude to the Board.</p> <p>I've been grateful that my peers and colleagues have trusted me to represent their interests in a variety of roles: team captain (at Penn State, Washington Spirit and Gotham FC), USSF Athletes' Council, Club Ambassador, and Penn State Trustee. In my role as a team captain, I had to work collaboratively with people who may have had different immediate goals (like coaches and donors) to represent my teammates while getting us on track to succeed together in the long-term. My peers selected me to do the same on the USSF Athletes' Council, where I advocated to USSF leaders and staff on behalf of players to advocate for changes that make the game better. And in my role as Penn State Trustee, I've developed strong relationships with professionals from different backgrounds to work together to make unified decisions to strategically guide the University's future.</p> <p>In addition and most recently, I co-founded a nonprofit organization focused on long-term support for birth mothers. This role is another example of my work on collaborative fiduciary decision-making bodies. I collaborated with my co-founder to develop our governance structure and strategic goals, while also in every decision we made centering the community that we serve: birth mothers.</p>	<p>Self-Assessment Scorecard: Do you meet the criteria of experience with governance/board service?</p> <p>YES</p>

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<p>Brings 1-2 skills from skillset inventory: What of the skills reflected in the Board Skillset Inventory would you bring to your service as a Penn State trustee and how did you develop this skill/these skills?</p>	<p>Candidate Response:</p> <p>I will contribute several skillsets to the Board, including (1) Communications & PR, (2) Athletics Administration, (3) Diversity, Equity, Inclusion, and Belonging (DEIB), and (4) Development & Fundraising.</p> <p>Communications & PR I graduated in 2007 with a bachelor's degree in Advertising and Public Relations, and have further developed communications and PR skills as a professional soccer player, brand ambassador, and sports analyst. With the USWNT, I filed a 2016 wage-discrimination lawsuit against USSF, which secured equal pay for USWNT players in the resulting historic 2022 collective bargaining agreement. We worked to change the national conversation about women's sports. I created talking points and worked with media outlets. I also witnessed failed institutional crisis communications. Some organizations and powerful people tried to defend pay inequality. This argument came across as insensitive and long-term negatively impacted their image. Both aspects helped me develop the skills to advise Penn State on effective communication, both in how we communicate our values and story, and what we should avoid.</p> <p>Additionally, I regularly work as a brand ambassador and on advocacy campaigns to promote social justice causes. In this work, I understand different organizations' goals, analyze information about past communications to gauge effectiveness, and shepherd communications projects from idea to a finished product. Similarly, as an ESPN sports analyst, I regularly communicate to the public, helping viewers understand the game and its background. I'm especially familiar with multi-media, social media, and influencer-based campaigns, skills particularly valuable in the 21st century as Penn State strategizes how to effectively communicate to students, employees, and the public in our increasingly digital world.</p>	<p>Self-Assessment Scorecard: Do you bring 1-2 required skillsets from the Board's Skillset Inventory?</p> <p>YES</p>
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Athletics Administration

As a former student-athlete, professional athlete, team captain and now-club ambassador and ESPN sports analyst, I have player experience and experience in athletics governance. I also invest in and advise companies aligned with women's sports, media, and family-forward platforms, and hold a U.S. Soccer National B Coaching License (earned February 2022), so I have expertise in the broader sports ecosystem. I'm especially excited about bringing my skills to advise on women's sports, where we face a crossroads. We can benefit from growing interest in women's sports and contribute to equal opportunities for our women athletes, or we can be left behind in a quickly changing landscape.

DEIB

Inclusion, love, and courage have been central to everything I do. I strongly believe every person deserves to feel safe, seen, and celebrated exactly as they are. This requires system change and culture change. With the USWNT, I worked to change the narrative about women's sports (culture change), while working towards better pay and workplaces (system change). I've done the same thing as an Athlete Ally Ambassador, promoting visibility (culture change) while advocating against bigoted laws and policies that stoke fear and hatred and exclude kids from sports (system change). I've been the "first" of many identities as a Penn State trustee, and know that this visibility is important for people in our community, and intend to keep working hard for the system change by spearheading initiatives that enable all in our community to thrive.

Development & Fundraising

As an investor, advisor, and nonprofit co-founder, I regularly work with donors to fund mission-aligned growth. This involves understanding a donor's interests and identifying ways to make the mission (or an aspect of the organization's work) resonate with them. In my time on the Board, I have seen how eager and generous Penn State donors are, especially when it comes to football. I know we would see similar generosity for critical areas at Penn State, but we need to do a better job raising awareness and connecting these areas to a donor's "why give." As a recognized former professional athlete I can help our university raise awareness of these critical areas, like mental health support for students, and am excited to lead in this area if elected to another term.

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<p>What about your life experience and unique background makes your voice important to be heard at the Board of Trustees?</p>	<p>Candidate Response:</p> <p>I bring a background rarely heard on governing boards generally and underrepresented on Penn State's Board: I'm a millennial woman, LGBTQ+ community member, and working mom. I'm a former female professional athlete who has overcome obstacles, competed and won at the highest level of international sport, and also faced very public scrutiny. And I'm an investor and entrepreneur with an eye towards social change, and most recently a founder of a nonprofit fund focused on supporting birth mothers post-placement, which I was inspired to found because of my experience as an adoptive mother of two amazing young children. I know our community is strongest when decision-makers come from many different backgrounds. When I was initially elected in 2023, I was proud to become the first publicly-LGBTQ+ alumni-elected trustee on Penn State's Board and (I believe) the youngest woman other than the student trustee. My life experiences and unique background has made my voice a powerful one when it comes to issues the Board must act on but most Board members do not have immediate experience confronting, such as gender-based inequality and harassment. I have been thrilled to draw on my lived experiences to lead on these issues and others. I also know there is more work to be done, and will use my voice to make sure that the Board continues to become representative of a more diverse array of voices within our community.</p>	<p>Self-Assessment Scorecard: Do you have the required experience and background needed for the Board of Trustees?</p> <p>YES</p>
<p>Submission of materials confirms your registration to serve as a candidate for the Board of Trustees of Pennsylvania State University. I understand by selecting yes I agree to my submission.</p>	<p>Candidate Response:</p> <p>YES</p>	

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<p>Background Check: As a candidate for the Board of Trustees of The Pennsylvania State University (“Penn State”), I agree to and authorize a standard background check to be conducted by an independent third party and/or consumer reporting agency that will include 1) criminal records check, 2) public court records check, 3) verifications of education and employment history, professional licensing and certification, 4) inquiries relating to any complaints, charges, reports or investigations of employment related misconduct and 5) publicly available information regarding use of online social media, and any other publicly available information about me on the Internet. Social media include social networking websites, professional networking websites, video and image-sharing websites, blogs and personal websites. I further authorize and direct the independent third party and/or consumer reporting agency to provide the information and report generated from the background check to Penn State and understand that Penn State will use the information for non-employment purposes, specifically to consider my candidacy for the Board of Trustees. I further acknowledge and understand that the results of the background check must not reflect behavior that would be violative of the Code of Conduct and/or the Penn State Values.</p>	<p>Candidate Response:</p> <p>YES, I understand and agree to the background check.</p>
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REFERENCES

Reference	Leadership & Governance: Has the candidate demonstrated effective leadership or governance skills, including strategic thinking and decision making in their previous roles?	Commitment to Higher Education & Public Service: Has the candidate shown a strong commitment to advancing higher education or contributing to public service initiatives in a meaningful way?	Collaboration and Stakeholder Engagement: Has the candidate effectively collaborated with diverse stakeholders and successfully built consensus in complex or challenging situations?
Alberto Peralta	YES	YES	YES
Laura Petro	YES	YES	YES
Matt Sanner	YES	YES	YES

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BIOGRAPHY

Ali Krieger is an investor, entrepreneur, former professional soccer player, and a Penn State Forward candidate. She is a fierce advocate for gender equality and fair workplaces.

Ali graduated in 2007 with a degree in Advertising and Public Relations. She was a three-time Big Ten Academic Honors recipient, and co-captain (2005) and captain (2006) of the women's soccer team. She overcame a life-threatening injury as a junior to win Big Ten Defensive Player of the Year, become the only Nittany Lion named an All-American at two different positions, and lead the team to their fourth-consecutive Big Ten championship win as a senior.

During her 18 years playing at professional football's highest levels, Ali fought for equal pay and better workplace conditions, including by filing a wage-discrimination lawsuit with the U.S. National Women's Team that reshaped compensation structures and changed the national conversation about women's sports. In 2018, her peers elected her to the Federation's Athlete Council to represent their interests. The Penn Stater Magazine featured her in 2021, with a cover story: "A Category All of Her Own."

Ali started a new chapter in media and philanthropy after retiring from professional football in 2023. She works as an ESPN analyst and invests in and advises women's sports and media companies. She recently launched a nonprofit fund which supports birth mothers post-placement and continues her work for LGBTQI+ equality as an Athlete Ally Ambassador.

Ali lives in the NY/NJ area with her partner and two beautiful kids.

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POSITION STATEMENT

Ali Krieger is a current Board member and has been re-endorsed by Penn State Forward, an alumni organization that supports forward-thinking Board candidates with four policy focus areas.

Educational Equity: Ali has spent her life making sports safe and supportive for all, experience she's drawn on to ensure Penn State reaches its primary calling: providing a safe learning environment for its students so they can complete their education. She has been urging university leaders and building coalitions to preserve critical programs amidst federal attacks. And she will fight to protect our immigrant and LGBTQ+ students from those who seek to make universities serve their own political ends over our "We Are" values.

Workers' Rights: Fair wages and safe workplaces are prerequisites for employment with dignity. Ali supports an ambitious agenda for workplace protections, including a labor union recognition policy, living wages, and stringent policies against power-based discrimination. Ali has fought for equal pay for equal work at Penn State and ensured accountability for workplace harassment. She will continue this work in her second term.

Transparent and Democratic Governance: Ali has seen how governing bodies are stronger when they listen to all constituencies' voices. She believes the Board should work towards better representation, including with respect to Commonwealth campuses, disability, and age, and proactively seek community voices to design policy.

Climate Action: As a younger alum, Ali knows Penn State must support the renewable energy education and research programs that attract students and guarantee academic excellence in the 21st century.

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RECORD OF SERVICE

Name	Alexandra (Ali) Krieger
Length of Service	3 years
Dates of Service	2023 - present Elected as an Alumni Trustee
Committees	Academic Affairs, Research & Student Life (AARSL), 2023 - 2024 Equity and Human Resources, 2023- 2026 Student Success, 2024 – 2026 Nominating Subcommittee, 2024 - 2025
Offices Held	
Other Services	Trustee Commencement Representative, 2024 ICA Advisory Group, 2024
Attendance	68% of Full Board Meetings 83% of Committee Meetings in which Trustee was a member 78% of Full Board and Committee Meetings

Note submitted by Ali Krieger regarding her Record of Service: “The meetings missed from 2023 were because of scheduled Soccer Training with Gotham FC and could not attend during those 5 hours a day. The Sept-Oct 2025 meetings missed were because of my attendance on a work project that was out of the country and no electronics were allowed to be used.”