

Jennifer (Jen) Shaye Plante' was born in Jacksonville, North Carolina in 1977. She attended White Oak High School from 1991-1995 playing soccer, softball, basketball, volleyball and even junior varsity football. Jen was MVP and All-Conference as a freshman in softball and named All-Conference in volleyball as a sophomore. In basketball, she was Honorable Mention All-Conference as a sophomore, MVP, All-Conference and All-Area Teams as a junior and as a senior she was MVP, All-Conference, All-Area, and Area Player of the Year.

However, Jen excelled in soccer. While playing youth soccer, she was part of the Raleigh Spartans and would win three state championships, one regional championship and was Tournament MVP when they won the Jr. Orange Bowl Championship. In 2013, the North Carolina Soccer Hall of Fame inducted that team into its National Champions Hall of Fame.

While at White Oak High School she was MVP, All-State Team, Regional Team, All-Conference, and Region III Player of the Year all four years. As a sophomore she broke the North Carolina single season scoring record with 60 goals. As a sophomore, junior and senior she was named to the NCCAA/Umbro All-South Team. For her high school career, she scored 161 goals with 51 assists. She was selected as the 1994 and 1995 Athlete of the Year for White Oak High School.

After high school she accepted a scholarship to The Ohio State University. In 1995, she was Big Ten Freshman of the Year as well as All-Big Ten First Team. She was named All-Time Letter Winners in 1995, 1996 and 1997. She was also selected All-Great Lakes NSCAA/Umbro All-Region Team and Ohio Collegiate Soccer Association All-Ohio Team. She was also a member of the varsity basketball team in 1997.

Jen participated in the US Olympic Soccer festival and was a member of the Columbus Ziggs, a semi-professional team. She has coached for several club teams, colleges, universities as well as professional teams. She is currently the CEO of Empowering Sports and is also the Director of Community Relations for the WNBA's Atlanta Dreams, Dream Foundation.