

JSerra Girls Soccer

1st Year Parent Meeting





JSerra Catholic High School

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What's Covered Tonight:

- **About the Program**
- **Coaches Intro**
- **Summer Events**
- **Blast Athletics**
- **Athletic Eligibility**
- **Parent Volunteers**
- **Key Dates**



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About the Program

Currently, have 3 teams in the program (FS, JV, and Varsity)

Varsity: Head coach and assistant

JV: head coach

FS: head coach and assistant

CIF Champions 2017, 2018, and 2019

State Champions 2017, 2018 (Runners Up 2019)



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About the Program

Alumni who played/play at following universities:

- UCLA
- UCSD
- Texas A&M
- Stanford
- LMU
- Santa Clara
- Florida International
- Colorado College
- Etc.



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About the Program

Student-athletes **held to a higher standard** as they represent the school, the program, and themselves

Objectives:

- Achieve their own goals and definition of greatness
- Understand who they are as a player (*unbox themselves*)
- Learn about who they are and want to be as a person/player



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About the Program

ALL IN

Accountability on your actions & behavior

Limitless mentality

Lion pride

Independent growth for dependent success

Never give up on yourself or your team



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Coaches Intro



Anjel Brown –

- Head Varsity Coach
- SCU student-athlete alumni
 - Starting XI on top 10 college team in the nation
 - Bioengineering degree– pre-med
- Played professionally almost 3 years overseas
- Played with and against national team/pro players
- So Cal Blues native
- Current science teacher at JSerra





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Coaches Intro

Ismaiel Alkayali—

- Assistant Varsity Coach
- Founder of soccer organization AMMSG Elite
- Former Slammers coach



Ben Gardea – Head JV Coach

- LUFC coach
- Former Golden State (women's semi pro) coach





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Coaches Intro

Allie Griffith— Head FS Coach

- Vanguard student-athlete alumni
- Coaching HS soccer since 2016



Kendall Osorio— FS coach

- SDSU student-athlete alumni
- West Coast FC alum
- BA in Mathematics





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Summer Events

JSerra Girls Weight Training

- Session 1: June 19-29
M,T,Th
12:30-2:30pm
- Session 2: July 10-21
M,T,Th
8:30-10:30am

Trainings Involve:

- *Speed & agility*
- *Strength training*
- *Injury prevention*
- *Recovery*
- *Mobility & flexibility*





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Summer Events

JSerra Girls Weight Training



<https://www.jserra.org/parents-students/fees-forms/gsoccer-agility>



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Summer Events

JSerra Summer League

June 27-July 21

- Tues. & Thurs.
- 6 game minimum
- Capistrano Valley HS
- Game times range from 12-6pm
 - Official schedule comes out end of May



https://docs.google.com/spreadsheets/d/18vdwlYyX3O_2arOWkkMN_zaiw-15oxFzD8CbhyxZ9io/edit?usp=sharing



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Summer Events

ID Camp

July 31-Aug 3

M-Th

8-11am

Soccer Tryout

- *Player evaluation end of camp**



<https://www.jserra.org/parents-students/fees-forms/gsoccer-id>



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Blast Athletics

- All sports at JSerra use Blast
- Why important?

1 system for all program communication!

- Both parents & students sign up!

<https://www.blastathletics.com/teams/85493/join>





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Blast Athletics

- App that includes the following:
 - Game schedule
 - Practice schedule
 - Events
 - Game stats
 - Videos
 - Fundraising





Athletic Eligibility

- Athletic Clearance
 - Go to <https://www.athleticclearance.com/>
 - Click on "California"
 - Click on "Register"
 - Once registered and logged in, click "Start Clearance Here"
- Print Confirmation Page to turn in to Athletic Training Department
- Physical Examination

Website with more information: <https://www.jserra.org/parents-students/fees-forms/eligibility>



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Parent Volunteers

Parent Volunteer Meeting

May 30th

4-5pm

Topics:

- Summer event ideas
- Fundraising ideas



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Parent Volunteers

- Summer events (1x a month)
- Tailgating
- Senior game
- Alumni game
- End of the year banquet
- Pregame meals
- Snack Bar volunteers
- JESPY Awards



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JSerra Athletics

\$2,000 to participate in ALL CIF sports programs

- Includes “Basic Spirit Pack” = uniforms
- 2 tickets for each student-athlete family to attend end-of-season banquet

DOES NOT INCLUDE:

Practice kit & additional gear

Preseason games

Team dinners/events

Post-season games

Equipment (soccer balls, bibs, etc.)

Field trips

Etc.

Multi-sport athletes have additional fees per sport



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JSerra Girls Soccer Key Dates

July 31- Aug 3: Soccer Tryouts (ID Camp)

Aug 31: Back 2 School Night / Coaches-Parent Meeting

Sept 1: GS Football Tailgate

Sept 5-7: Soccer Tryouts #2



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JSerra Girls Soccer Key Dates

Thanksgiving Break (Nov. 21-24)

- **Nov 19-22**: Practice / Game @ SJHHS / Recovery Practice

Christmas Break (Dec 22-Jan8)

- **Dec 20-22**: Game / Recovery Practice / Practice
- **Dec 27-29**: Esperanza Tournament (JV & FS)*
- **Jan 2-5**: Return to practice



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Thank You!