# JSerra Girls Soccer

1<sup>st</sup> Year Parent Meeting



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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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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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#### **ALL IN**

Accountability on your actions & behavior Limitless mentality Lion pride

Independent growth for dependent success Never give up on yourself or your team







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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Ismaiel Alkayali-

- Assistant Varsity Coach
- Founder of soccer organization AMSG 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





ARA CATATOLIC

JSerra Catholic High School

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



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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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- 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



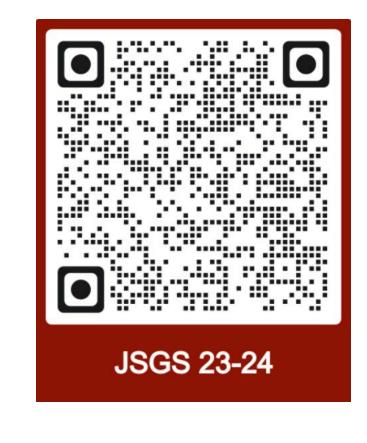
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#### **Blast Athletics**

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







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- Athletic Clearance
  - Go to <u>https://www.athleticclearance.com/</u>
  - 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: <u>https://www.jserra.org/parents-students/fees-forms/eligibility</u>



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Parent Volunteer Meeting May 30<sup>th</sup> 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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#### \$2,000 to participate in ALL CIF sports programs

- Includes <u>"Basic Spirit Pack" = uniforms</u>
- 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)

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



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### Thank You!