

Zionsville Community High School Girls Soccer

ZIONSVILLE EAGLES



State Runner-Up- 2005

State Finalist- 1995

Semi-State Champions- 2005

Regional Champions- 1995, 2005, 2009

Sectional Champions- 1995, 2005, 2009, 2012, 2013

Rangeline Conference Champions- 1994-99

Hoosier Crossroads Conference Champions- 2001-02

Vision Statement:

The Zionsville High School Girls Soccer Program vision is a soccer community where we are loyally supported, fiercely proud, and recognized as a unifying and innovative force that creates a positive and nurturing, but challenging learning environment. It emphasizes fun, enjoyment, teamwork, and skill development, empowering its players and coaches to achieve their full potential while providing memorable experiences that instill a life-long passion for the game of soccer.

Mission Statement:

The Zionsville High School Girls Soccer Program mission is to provide the opportunity for soccer training and play designed to develop individual skills, fitness, teamwork and sportsmanship, to support the physical, mental and emotional development of our players, and to promote, foster and perpetuate the growth of soccer in our community. We do this by providing consistently superior coaching, training facilities and equipment. Our goal is to develop life skills for all of our players by leading community enrichment events which are supported by players, parents, coaches, and school administrators.

2015 ZCHS Girls Soccer Summer Information

To all prospective ZCHS Girls Soccer parents and players:

We would like to welcome you to a new season for the Zionsville High School Girls Soccer program. The ZCHS Girls soccer coaching staff believes that we have a great group of returning players as well as an exciting group of new talent that will help continue a winning tradition both on and off the field. We firmly believe that character and leadership are the cornerstones to our success. Winning games is not the main goal for our soccer program; instead we strive to build champions for life.

We are very excited and looking forward to the success of all of our teams in 2015 and in order for us to achieve our goals this season we need your help and support as we outline the program's expectations. The following document describes all pertinent information for the upcoming soccer season. This information is the latest we have as of today, there might be a few changes but it can serve you as a blueprint of what our activities will look like.

Coaching Staff

- One of the reasons our program has been so successful is due to our incredible coaches
- For the 2015 season let me introduce you to our coaching staff for each of our teams:
- Varsity: Head Coach Ramon Aguillon. Assistant Coach Mike Latos. Both Mike and Ramon will be returning for their 8th season together as coaches for the varsity team.
- JV: Head Coach: Rita Lickliter. Assistant coach: Kristin Cooley. Rita will be returning for her 3rd season with the team. Coach Cooley will be returning for her 2nd year with the team.
- Freshman Head Coach: Heather Sterling. Assistant Coach: TBD. Heather will be joining our coaching staff this season; this will be their first year coaching at ZHS. Her assistant coach will be named soon.

2015 Summer Calendar

The 2015 summer calendar is included as a separate attachment. It has all the activities we will be participating in June, July and early August. Please note that some of these events times and dates are subject to change. If there are any changes to this calendar we will update you via email.

Summer Training Program Disclaimer: Participation in team activities during the summer is optional. The summer training program is offered as an opportunity for players to improve their skills and fitness levels in preparation for tryouts. Each player has the choice to participate in these sessions or not. It is important to note that players who do not choose to participate in the optional summer training program are responsible to train on their own and be physically fit for tryouts.

Team selection for the 2015 season will not be based on attendance or lack thereof during the summer soccer activities, ultimately tryouts not summer training participation will determine team placement. If you have any questions about any of this please contact Head Coach Ramon Aguillon.

I. Weightlifting/Conditioning Program

- Created to improve players fitness, strength and conditioning
- Focus on speed, stamina, body-weight exercises. Players need to bring running/workout shoes and water bottle, no cleats/shinguards needed
- Goal: Get stronger, faster, fitter in preparation of tryouts/season
- Start Date: June 15th
- Open to: All Players
- Players divided into two groups. Group 1 will meet Monday 7:00-8:15AM and Wednesday 8:00-9:15AM. Group 2 will meet Monday 8:00-9:15AM and Wednesday 7:00-8:15AM
- Cost: None.
- Location: ZCHS Weight Room (new facility located on school property)
- Sign-Up: **All players need to choose which group they will be participating in (maximum players per group is 33) at link below no later than May 15th.**
<http://www.mysignup.com/summerweightliftinggroups>
- Check calendar for all specific dates
- More information on Attachment A.

II. Open Field Sessions

- Open Field Sessions will be held at various times throughout the summer
- Sessions will focus on free play. Players must bring cleats, shinguards and water bottle
- Open to: All Players
- Start date: June 16th
- Time: 6:30-8:30PM
- Cost: None.
- Location: 875E Practice Facility (4400 S 875 E Zionsville, IN 46077)
- Check calendar for all specific dates

III. "Creando Lazos" Soccer Camp

- Players develop and run a soccer camp for underserved community in Indianapolis
- Players responsible for creating the camp content and leading it
- Organize a collection of soccer shoes, balls, equipment that will be donated to campers
- Open to: All Players.
- Camp Dates: June 22-26th
- Time: 6:00-8:00PM
- Cost: None
- Location: John Knox Presbyterian Church. 3000 N High School Rd, Indianapolis, IN 46224
- More details to be provided closer to camp date

IV. Moratorium Week

- Designed so that players have an official week off in the summer
- Per IHSAA rules, coaches are not allowed to hold any team practices during this week
- Players can choose to train individually (not together) but it cannot be in school property
- 2015 Moratorium Dates: June 29- July 5th

V. Scrimmage vs. North Royalton (OH)

- Scrimmage game vs. visiting team from Ohio (North Royalton HS).
- Ohio team will bring two teams so we will play side by side games at the same time on different fields
- Open to: All Players
- Date: Sunday July 12th.
- Time: 6:00PM
- Cost: None.
- Location: 875E Practice Facility (4400 S 875 E Zionsville, IN 46077)
- Number of teams: Two teams of 18 players each. If more than 36 players are interested in participating, coaches will select team members based on specific needs
- Team Rosters will be communicated no later than July 10th
- **Sign-Up: All interested players must register online at team website no later than May 15th.** (<http://www.zionsvilleladyeaglessoccer.com>)

VI. Ohio Tournament- Good Samaritan Soccer Classic

- Summer tournament hosted by Northmont HS (Ohio). Teams from different states are participating
- Open to: All players
- Date: July 18-19.
- Time: TBD
- Cost: \$50/player for registration. Parents responsible for hotel and other associated costs
- Location: Clayton, Ohio (Dayton area, 2 hour drive from Zionsville)
- Number of teams: Two teams of 18 players each. If more than 36 players are interested in participating coaches will select team members based on specific needs
- Team Rosters will be communicated no later than July 15th
- Format: Each team will play a total of four games each. Two on Saturday and two on Sunday. Schedules are not defined yet, more details to come closer to tournament date
- Transportation: No school bus, each parent will be responsible to drive players
- Hotel Accommodations: Parents are responsible for making their own hotel reservations. More details on hotel information to be provided closer to tournament date
- Sign-up: **All interested players must register online at team website no later than May 15th.** (<http://www.zionsvilleladyeaglessoccer.com>)

VII. Team Camp

- Official Zionsville High School Girls Soccer Team Camp
- Open to: All Players
- Date: July 20-22nd
- Time: 6:30-8:30PM
- Cost: \$75/player (fee will cover three t-shirts + fees for Carmel Summer Tournament)
- Location: 875E Practice Facility (4400 S 875 E Zionsville, IN 46077)
- Players must bring cleats, shinguards, and water bottle
- **All interested players must register online at team website no later than May 15th** (<http://www.zionsvilleladyeaglessoccer.com>)

VIII. Alumni Game

- Scrimmage between ZCHS Alumni and current high school players
- Open to: Returning Varsity players (if we have less than 18 returning varsity players available to participate, coaches will select other players based on specific needs)
- Date: Thursday July 23rd
- Time: 8:00-9:45PM
- Cost: None
- Location: ZCHS Football Stadium (turf field located in school property)
- Number of teams: One team of 18 players. Rosters will be communicated by July 22nd
- **All interested players must register online at team website no later than May 15th** (<http://www.zionsvilleladyeaglessoccer.com>)

IX. Carmel Summer Tournament

- Summer Tournament hosted by Carmel High School, local high schools participate
- Open to: All players
- Date: July 25-26
- Times: TBD
- Cost: Registration Fee included as part of Team Camp fee (if players do not participate in team camp but want to play in this tournament, the fee is \$50)
- Location: TBD
- Number of teams: Three teams of 18 players each. If we have more than 54 total players available to participate, we will increase roster size per team. All players interested in participating will have the chance to play
- Format: Each team will play a total of four games each. Two on Saturday and two on Sunday. Schedules not defined yet, more details to come closer to tournament date
- **All interested players must register online at team website no later than May 15th**. (<http://www.zionsvilleladyeaglessoccer.com>)

X. SUMMER REGISTRATION AND PAYMENT INSTRUCTIONS

Registration and payment for all summer activities will be done online at the team's website: <http://www.zionsvilleladyeaglessoccer.com>. In order to register click on the Registration tab at the top left corner of the initial page and follow the next steps:

1. Fill out all information required
2. If you have two or more daughters in our program, you will need to register each one of them separately
3. At the bottom of the form you will find the fees for Good Samaritan Soccer Classic (\$50) and Team Camp (\$75)
4. Payment will be made using Pay Pal. If you don't have a Pay Pal account you need to print out the registration form and mail a check made to Zionsville Girls Soccer to team Treasurer Barb Koenig. Her mailing address is 10515 Wildwood Drive, Zionsville, IN 46077.
5. If your daughter is not planning in participating in any activity during the summer she still needs to get registered so we are aware of her status. Also she will need to purchase her three practice shirts separately at a cost of \$20/each.
6. **ALL PLAYERS MUST REGISTER ONLINE AND PAY NO LATER THAN MAY 15th.**

XI. Tryouts

- Tryouts officially begin on Monday August 3rd and will run through Wednesday August 5th
- There will be two training sessions per day during tryouts, mornings and evenings
- Times: 6:30-8:00AM and 6:30-8:30PM
- Location: 875E Practice Facility located at 4400 S 875 E Zionsville, IN 46077.
<http://cms.zcs.k12.in.us/sites/cms.zcs.k12.in.us.zhs/files/athletics/Directionsnewcomplex.pdf>
- We expect all interested players to attend all three days of tryouts unless there is a family emergency or major conflict
- In case there are conflicts with tryouts dates please contact head coach Ramon Aguillon so that alternative plans can be made
- Areas that players will be assessed during tryouts include: Technical/Tactical Ability; Fitness; Attitude; Determination; Responsibility; Coachability
- Fitness Test information for tryouts can be found in Attachment B
- Team announcements will be made on Wednesday August 6th around 2PM
- Each respective team coach will email the team roster to all players/parents
- Players who do not make a team will be notified separately via face to face meeting with the coaching staff.
- In order to explain tryouts process in further details, there will be a meeting to inform every one of the methodology used for team selection.
- Date will be Sunday August 2nd. Time: 6:00PM. Location: ZCHS LGI Room. Players and parents are encouraged to attend.
- Again please remember that prior to tryouts; **ALL NECESSARY FORMS AND IMPACT TEST must be on file with the school's Athletic office. If all of the documents are not on file, the player will not be allowed to tryout.**

2015 TEAM SELECTION INFORMATION, VERY IMPORTANT!

- Interest in participation in the ZCHS girls soccer program is high
- For 2015 we expect to have about 40-45 returning players as well as about 20 new players for a total of 60-65 players trying out
- **Because of the high number of players interested in participating, we might not be able to offer a spot to all players interested. Player cuts might occur**
- The coaching staff will communicate to players in advance if cuts are expected
- Number of teams: Three teams: Varsity, Junior Varsity and Frosh
- Roster Sizes: Each team is expected to have a roster of 18 players; it is the coaches' discretion to keep more or less players based on specific needs
- Varsity Team: The top 18 players regardless of class will be selected
- JV Team: The next best 18 players regardless of class will be selected. Team composition expected to be mostly freshman and sophomores with a small number of juniors.
- Frosh Team: The remaining players will be placed on the Frosh team. Team composition will be mostly freshman and sophomores, with possibility of adding juniors if needed
- Returning players will be evaluated thoroughly to determine their level of progress
- There is no assurance that if a player made one of the high school teams in 2014 that she will automatically be selected in 2015
- There will be lots of very tough decisions for the coaching staff
- Making the ZCHS program is a privilege that must be **EARNED**
- Players need to be ready and perform in tryouts
- All decisions are 100% professional and not personal

XII. Physicals and IMPACT Test

- All players who want to try-out for the 2015 girls soccer season will require the following documents on file at the school's athletic office prior to the first day of tryouts in order to be allowed to participate in tryouts:
 - Physical Form
 - Emergency Medical Form
 - Athletic Code of Conduct Form
 - IMPACT Test
 - Program Support Fee (Cost to be determined by school's athletic office)
- **No athlete can participate in tryouts until all of these documents are on file in the Athletic Office. Coaches will not collect any of these documents. They must be turned in directly to the Athletic Office**
- These documents can be accessed online at school's website
- **VERY IMPORTANT: The physical must be dated May 1st 2015 or later in order to be valid for the 2015-2016 season**
- Parents have the option to do physicals with your own family physician but you must use the required IHSAA form
- To facilitate this process ZCHS is offering physicals at the high school for all athletes
- Athletic Physical Night will be held at a later day this spring. It is very important that we get as many players as possible to take advantage of this opportunity so that we can get these out of the way early
- These will cover the student-athletes for the entire 2015-2016 school year for all sports they will participate
- In addition to these forms an IMPACT test is required
- The IMPACT test is a neurological baseline test intended to help in case a player suffers a concussion
- Impact baseline testing dates for the summer will be provided at a later time. For more information please contact Athletic trainer Nancy Lafon at nlafon@zcs.k12.in.us via email ahead of time.

VERY IMPORTANT: Fall sport athletes must complete the baseline test before tryouts start. There will be no IMPACT test given during tryouts thus any player who fails to get their test done will not be allowed to tryout. Please make sure you get IMPACT testing done with plenty of time.

XIII. Pre-Season Training

- After tryouts are completed, the teams will be set and pre-season training will follow
- Pre-Season will run from August 5-15th
- The calendar attached has all the dates and times for pre-season practices
- If you have any questions about this please contact head coach Ramon Aguillon
- Regular season begins August 17th, a copy of the game schedule is included separately
- Please note that some of the dates/times might change, but this can serve you as a blueprint for this fall season
- Regular season practice dates and times will be provided by each head coach once teams are set

XIV. Practice Gear

- Players will wear three (3) t-shirts provided as part of team camp as the official practice gear for the 2015 season
- Players will be responsible to wear their own shorts and socks
- T-shirts are included for those players participating in the Team Camp
- If a player cannot attend team camp, they need to be purchased separately
- Cost for the t-shirts is \$20/each
- To purchase shirts separately go to team website and click on Online Store link at top of page and follow directions
- If players want to buy additional shirts besides the ones provided at camp they can do so as well using the same online web store

XV. Zionsville's Athletic Handbook

- Becoming familiar with the entire ZCHS handbook is very important
- The athletic department has very specific policies and procedures outlined
- The athletic handbook can be found at:
<http://www.zcs.k12.in.us/sites/www.zcs.k12.in.us.zhs/files/athletics/Athletics/AthleticsHandbook.pdf>
- Students and Parents should become familiar with the honor code and code of conduct
- Athletic participation is a privilege, and athletes are held to a very high standard 365 days a year both in and out of school
- **Any player who violates school policy, either in or out of the season will be subjected to suspension or team expulsion based on Zionsville Community High School code of conduct guidelines.**
- In addition it is expected that all players maintain good grades in order to participate, specific GPA requirements are outlined in the athletic handbook

XVI. Team Website

- Best HS girls' soccer website by far!
- You will be able to find all of the information about our soccer program such as Coach's Blog, stats, schedules, forms, pictures, videos, articles, registration, online store, etc.
- The web address is: www.zionsvilleladyeaglessoccer.com
- It will be updated regularly during the season. I encourage you to visit the site!
- Additionally we have a website for our tournament, the Lady Eagle Invitational. You can check it out here: <http://zionsvilleinvitational.teamopolis.com/>.

XVII. Social Media

- The ZCHS Girls Soccer Program has Facebook, Twitter, and Instagram pages
- There you will find updates on game scores, pictures, etc
- Please see links below and join us!!
- Facebook: <http://www.facebook.com/home.php#!/LadyEaglesSoccer>
- Instagram: ZHS_LADY_EAGLES_SOCCER
- The Cube: Zionsville Community High School

- Twitter:
 - Varsity Team: <http://twitter.com/#!/LadyEaglesVrsty>
 - JV Team: <http://twitter.com/#!/LadyEaglesJV>
 - Frosh Team: <https://twitter.com/LadyEaglesFrosh>

The entire coaching staff for the ZCHS Girls Soccer program is excited and looking forward to a very successful 2015 season. With all of your help we believe we can achieve success on and off the field. Let's make this season our best ever! If you have any questions whatsoever, feel free to contact head coach Ramon Aguillon. Go Eagles!

Sincerely,

Ramon G. Aguillon
ZCHS Girls Soccer Varsity Head Coach
Cell Phone: 317-730-6031
Email: monchis1998@yahoo.com

ATTACHMENT A: SUMMER WEIGHTLIFTING PROGRAM

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking."- Mia Hamm

In order for us to compete at a higher level all players trying out must come in great shape, no excuses! I strongly suggest you find the time to get fit this summer. Our summer weightlifting and conditioning program has been created to maximize your potential to become a better soccer player. I encourage you to sign up and participate. I am certain it will make you a better soccer player. I believe this program will be our key to success this season. It will require hard work, time, effort, and commitment from your part to complete it, but I promise in the end it will be worth it.

The program will set the foundation for a solid strength training base. Some of the activities the players will perform include the following:

- Warm-Up- 10 minutes
- Weightlifting- 30 minutes
- Running/Conditioning: 25 minutes
- Core Work: 10 minutes

Some of the exercises the players will be doing include: body-weight exercises such as pushups, squats, and some dumbbell moves with high repetitions and low weight. The coaching staff will help the players to ensure proper form and technique is used to avoid any type of injuries.

The workouts will be held at the brand new state of the art gym facility located at the high school. This new building will allow our team to use the latest in exercise equipment and will have lots of space for us to use. We are very excited to be able to start using the facility this summer.

Information on Fall APC Classes:

We are encouraging all of our players to sign up for APC (Advanced Physical Conditioning) class this coming fall. The class will be led by Football Coach Echeverria and will focus on making our players faster and stronger. One new aspect of APC class this coming year is that it will be a female only class to be held during the last period of the day. I have communicated with coach Echeverria what our needs are and he will help us tailor a soccer specific program. We strongly encourage all players to sign up.

For the incoming freshmen, here are the steps you need to take in order to be eligible to take APC class:

- 1) Summer before 9th grade: Enroll in Summer PE2 class.
- 2) Fall 9th grade year: Enroll in Regular PE1 class.
- 3) Spring 9th grade year- Enroll in APC class

For returning players, you need to make sure you have taken PE1 class; if you have not then you can sign up for PE online this summer in order to be eligible for Fall APC class.

If you have any questions about this feel free to contact Coach Echeverria at: pecheverria@zcs.k12.in.us or via cell at 317-919-7915.

"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match".- Mia Hamm.

ATTACHMENT B: TRYOUTS FITNESS TESTING

All players trying out for the 2015 ZCHS Girls Soccer program will be measured on three separate fitness tests during tryouts, they are:

1. Cooper Test:

The Cooper is an aerobic test that measures the lung capacity of a player and gives the coaching staff an assessment of her general aerobic fitness level. The standard all field players are expected to make is to run 7 ¼ laps in 12 minutes. Goalkeepers have a different standard of 6 ¾ laps. Players will be ranked based on the number of laps completed in 12 minutes. The test will be performed the morning of the first day of tryouts.

2. 120's:

This test is given the afternoon of the first day of tryouts. It focuses on aerobic fitness, although there is a small anaerobic component (sprint). Each player will be required to run 120 yard sprints in less than 20 seconds. They must jog back and return to starting line in 40 seconds. The total time of the run should not exceed 60 seconds. Once they finish the run, players will get 15 seconds rest on the line and start again. Extra rest will be given every three sets (15 seconds extra rest) after runs 3, 6, 9. Players will run a total of 10 sets. Each player will get recorded whether they are able to complete each run on the established time. Players will be ranked based on the number of runs that can be completed within the established timeframe.

3. Cones

The final test will be given the morning of the second day of tryouts, this drill serves to measure the anaerobic fitness and agility base of a player. Each run will have 5 cones set at five yard intervals, the players have to run out to first cone and back, out to second and back, out to third and back and so on. Run time should be 35 seconds. Rest will be 35 seconds. Extra rest will be given every three sets (15 seconds extra) after runs 3, 6 and 9. Repeat for a total of 10 sets. Each player will get recorded whether they are able to complete each run on the established time.

We will run these tests during open field sessions this summer so players can get familiar with them. If you are not planning on attending open field sessions I suggest that players perform these tests on their own so they are ready for them during tryouts.

If you have any questions about any of this fitness tests please contact head coach Ramon Aguillon.

"If you always put limits on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."- Bruce Lee