



**2018 Zionsville High School  
Girls Soccer  
Call-Out Meeting**

Ramon G Aguillon

ZCHS Girls Soccer Varsity Head Coach

# WHAT IS ZCHS GIRLS SOCCER?

- It is many great and wonderful memories like this...
- <https://www.facebook.com/heather.sterling.3/videos/10208119338165435/>



# ZCHS GIRLS SOCCER VISION STATEMENT

- The ZCHS 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, nurturing, and 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.

# ZCHS GIRLS SOCCER MISSION STATEMENT

- The ZCHS Girls Soccer Program mission is to provide the opportunity for soccer 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 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.

# ZCHS GIRLS SOCCER CORE VALUES

1. *We Proudly Represent our Community*
2. *We Develop Life Skills*
3. *We Define Winning by Becoming the Best We Can Be*
4. *We Value Team Accomplishments over Individual Recognition*
5. *We Work Hard, All the Time*
6. *We Develop Long Lasting and Meaningful Relationships*
7. *We Recognize and Appreciate the Role that Parents Play*
8. *We Create an Environment where Playing Soccer is Fun*

# WHAT DOES ZCHS GIRLS SOCCER OFFER?

- High level Coaching
  - Nationally licensed coaches (USSF, NSCAA)
  - Experience coaching at HS level
  - Experience coaching girls soccer
  - Coaches who have played the game at high levels (collegiately, professionally)
  - **Personal level of attention and care for players as people.**
- High level Competition
  - Play against the top girls soccer players ages U14-U18
  - Best schedule of any team in the state (for all three teams)
  - Lady Eagle Invitational: Best HS tournament in region/nation. Play against the top girls soccer players from OH, IN, KY

# WHAT DOES ZCHS GIRLS SOCCER OFFER?

- Community Involvement Programs
  - Breast Cancer Awareness Game- raise funds for breast cancer research
- Leadership and Character Development Programs
  - “Creando Lazos” (Creating Ties) Camp- soccer camp for underserved community in Indianapolis
  - Leadership Program during the season “The Eagle Way”
- Connection with College Soccer coaches
  - ZHS Coaching staff in close contact with college programs
  - Provide help in college recruiting process
- Focus on player development
  - Goal is for every player to become better technically/tactically
  - Choose the best path for each player based on their needs

# WHAT DOES ZCHS GIRLS SOCCER OFFER?

- Strength and Conditioning Program
  - Fitness, weightlifting, conditioning, injury prevention programs
  - Led by certified strength and conditioning coach in brand new state of the art facility
- Outstanding facilities
  - Soccer practice facility with dressing room- 5 full soccer fields
  - State of the art gym/workout facility
  - Use of Football Stadium for practices/games
- Fun Activities
  - Pasta dinners, team bonding activities, etc.
  - **Make the game what it should be: FUN!**



# 2018 COACHING STAFF

- Varsity: Head Coach Ramon Aguillon. Assistant Coaches Mike Latos and Kristin Cooley. Both Mike and Ramon will be returning for their 11th season together as coaches for the varsity team. Coach Cooley will be returning for her 5th season with the program and 2nd year as Varsity Assistant
- JV: Head Coach: Rita Lickliter. Assistant Coach: Dani Harrison. Coach Rita will be returning for her 6th season with the team. Coach Dani will be returning for her 2<sup>nd</sup> season as JV Assistant Coach
- Frosh Team: Head Coach: Rachel Kniager. Coach Rachel will be returning for her 2rd season with the team as an assistant coach, this will be her first as a head coach

# INFORMATION ON APC CLASSES

- We are strongly encouraging all players to sign up for Advanced Physical Conditioning (APC) class
- The class will focus on strength and conditioning and injury prevention.
- For the incoming freshmen, here are the steps you need to take in order to be eligible for APC:
  - 1) Summer before 9th grade: Enroll in Summer PE2 online 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 class this summer in order to be eligible for Fall APC class. If you have any questions about this feel free to contact Coach Pat Echeverria at: [pecheverria@zcs.k12.in.us](mailto:pecheverria@zcs.k12.in.us)

# WHAT IS THE SUMMER TRAINING PROGRAM?

- Opportunity for players to improve skills/fitness in preparation for tryouts
- Voluntary participation, optional but encouraged
- Begins June 4th and ends July 28th
- Many activities offered: Strength Training, Conditioning, Futsal, Open Field sessions, scrimmages, tournaments, team camp. Summer Calendar is attached.
- Some activities have a cost, such as tournaments, and official team camp
- Registration and payment for all summer activities will be done online at the team's website: <http://www.zionsvilleladyeaglessoccer.com> . Click on Registration tab. **ALL PLAYERS MUST REGISTER ONLINE AND PAY NO LATER THAN MAY 15<sup>th</sup>**

# SUMMER TRAINING PROGRAM ACTIVITIES

## 1. Strength and Conditioning Program (Monday/Thursday):

- Improve players technical ability, fitness, strength and conditioning
- Start Date: June 4th. End Date: July 19th
- Time: 7-9AM. 7-8AM: Strength/Weight Training. 8-9AM: Conditioning
- Cost: None
- Location: ZCHS Weight Room (located on school property)

## 2. Futsal (Fridays in June):

- Focused on refining and improving player's ball control skills, footwork, and touch
- Start date: June 8th. End Date: June 29th
- Time: 7-9AM. 7-8AM: Futsal. 8-9AM: Conditioning
- Cost: None
- Location: ZCHS Fieldhouse (located on school property)

# SUMMER TRAINING PROGRAM ACTIVITIES

## 3. Open Field (Tuesday/Wednesday):

- Focused on small sided activities/free play
- Start date: June 18th. End Date: July 19th
- Time: 6:30-8:30PM
- Cost: None
- Location: 875E Practice Facility (4400 S 875 E Zionsville, IN 46077)

## 4. Creando Lazos (Creating Ties) Soccer Camp

- Players develop and run a soccer camp for underserved community in Indianapolis
- Camp Dates: June 25th-29th (Monday-Friday)
- Time: 6:00-8:00PM
- Cost: None
- Location: John Knox Presbyterian Church.
- Bus Transportation will be available from school

# SUMMER TRAINING PROGRAM ACTIVITIES

## 5. 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
- Dates: July 2nd-8th
- Great time to take vacation!

## 6. Ohio Tournament- Elite HS Girls Invitational

- Date: July 14th and 15th (Saturday-Sunday)
- Cost: \$50/player. Parents responsible for hotel and other costs
- Location: West Chester, Ohio (Cincinnati area, 2 ½ hour drive from Zionsville)
- Number of teams: Two teams of 18-20 players each
- Format: Five (5) fifty minute games, three on Saturday and two on Sunday
- Schedule/Hotel: Info provided closer to tournament date

# SUMMER TRAINING PROGRAM ACTIVITIES

## 7. Carmel Summer Tournament

- Date: July 20th-21<sup>st</sup> (Friday-Saturday)
- Cost: \$50/player
- Location: River Road Complex. East 126th Street and River Road. Carmel, IN 46033.
- Number of teams: Three teams of 18-20 players each
- Format: Each team will play between 2-3 games.
- Schedule: Info provided closer to tournament date

## 8. Team Camp

- Date: July 24th-26th (Tuesday through Thursday)
- Time: 6:30-8:30PM
- Cost: \$100/player (2 Practice T-shirts, Alumni game shirts, ref fees, other summer expenses)
- Location: 875E Practice Facility
- Alumni Game will be held Thursday July 26<sup>th</sup> at 8PM at ZHS Football Stadium

# SUMMER TRAINING PROGRAM DISCLAIMER

- Participation in team activities during the summer is optional but encouraged
- Each player has the choice to participate in these sessions or not
- 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 WILL NOT be based on attendance or lack thereof during the summer soccer activities, ultimately tryouts not summer training participation will determine team placement.**



# SUMMER REGISTRATION AND PAYMENT

- 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 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 Elite HS Girls Invitational (Ohio Tournament) (\$50); Carmel Summer Tournament (\$50) and Team Camp (\$100)
  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 Treasurer Traci Shaw. Her mailing address is 6640 E. Deerfield Dr. Zionsville, IN 46077.
  5. **ALL PLAYERS MUST REGISTER ONLINE AND PAY NO LATER THAN MAY 15<sup>th</sup>.**

# PRACTICE GEAR

- Players will receive (2) t-shirts as part of team camp fee as the official practice gear (Green and White)
- If a player cannot attend team camp, shirts need to be purchased separately on team website Online store
  - Cost for the t-shirts is \$50 (\$25/each)
- 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
- Players will be responsible to wear their own shorts and socks (green and white)

# TRYOUTS INFORMATION

- Tryouts officially begin on Monday July 30 and end Tuesday July 31
  - Players are expected to attend both days. In case there are conflicts contact head coach Ramon Aguillon ASAP
- There will be two training sessions per day during tryouts
  - Times: 6:30-8:00AM and 6:30-8:30PM
  - Location: 875E Practice Facility
- Teams will be announced on Tuesday July 31 after the evening session.
  - Players will meet face to face with coaches and get notified of their team selection
- In order to explain the tryouts process there will be a tryouts meeting
  - Sunday July 29th. Time: 6:00PM. Location: ZCHS Freshman LGI Room.
  - Players and parents are encouraged to attend.

# TRYOUTS FORMS

- All players trying out will require the following documents on file prior to the first day of 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.
- Forms can be found at: [http://zhs.zcs.k12.in.us/apps/pages/athletic\\_forms](http://zhs.zcs.k12.in.us/apps/pages/athletic_forms)
- Coaches will not collect any of these documents. They must be turned in directly to the Athletic Office

# TRYOUTS FORMS- PHYSICALS

- Physicals offered at St. Vincent Sports Performance locations.
  - May 29: 6-9PM at Clay Terrace (14455 Clay Terrace Blvd A & B, Carmel, IN 46032)
  - June 12: 6-9PM at St. Vincent Center Downtown (201 S. Delaware Suite 500 Indianapolis, IN 46204)
  - July 26: 6-9PM at Clay Terrace (14455 Clay Terrace Blvd A & B, Carmel, IN 46032)
- Pre-Registration for Physicals:  
<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=170&GroupID=2081531>
- Echocardiogram Screening available at an additional cost (\$20). You must register separately by calling 317-338-CARE
- Parents have the option to do physicals with their own family physician but must use the required IHSAA form
  - Must be dated May 1st 2018 or later in order to be valid for the 2018-2019 season
- Online Paperwork: ZCS collects pre-participation paperwork online. You must turn in a hard copy of ONLY pages 1-2 of the IHSAA Physical Form. Please go to [www.rankonesport.com](http://www.rankonesport.com) to complete the online portion of the pre-participation paperwork. Please note: the form will ask for a Student ID. The Student ID is firstname-lastname (i.e. jane-doe).

# TRYOUTS FORMS- IMPACT TEST

- The IMPACT test is a neurological baseline test intended to help in case a player suffers a concussion
- IMPACT test is mandatory for incoming Freshmen and Juniors
- More information on testing dates to be provided soon
- For more information on IMPACT test please contact the school's Athletic trainer at 317-873-3355 ext. 62333

# TRYOUTS- NUMBER OF TEAMS

- The Zionsville High School program offers three teams:
  - Varsity, Junior Varsity and Frosh
- The Varsity team is made up mostly of upperclassmen (Sr/Jr). Some lowerclassmen (So/Fr) can be selected based on ability/team needs
- The JV team is made up mostly of lowerclassmen (So/Fr). Some Jr. can be selected. Sr. usually don't participate on JV team but there can be some exceptions
- The Frosh team is made up mostly of Freshman players. Some Sophomores can be selected. Jr/Sr. usually do not participate, but there can be some exceptions

# TRYOUTS- PROGRAM CUT POLICY

- The program goal is to keep as many players as possible (especially incoming Freshman)
- Average roster size is between 18-20 players per team
- If we have a large number of players trying out, the coaching staff will evaluate the need to make cuts
- The coaching staff will communicate in advance of tryouts if cuts are expected
- Areas that players will be assessed during tryouts include: Technical, Tactical, Fitness, Attitude, Determination, Responsibility, Coachability



# TRYOUTS- FITNESS TESTS

- Cooper Test:
  - Total number of laps around track completed in 12 minutes
  - Field players: 7 laps in 12 minutes. Goalkeepers: 6 ½ laps in 12 minutes
- 120's:
  - 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
- Cones
  - 5 cones set at five yard intervals
  - Players have to run out to first cone and back, out to second and back, out to third, etc.
  - 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

# PRE-SEASON TRAINING

- After tryouts are completed and teams are set pre-season will begin
- Pre-Season will run from August 1st-10th
- Each individual head coach will set training dates and times for pre-season practices
- Attached calendar has tentative dates and activities for pre-season practices

# REGULAR SEASON

- Regular season begins August 11th for JV and Varsity and August 14th for Frosh. The season ends the last week of September for JV/Frosh team.
- Varsity team competes in State tournament beginning in early October
- Game schedule (Draft) provided separately , dates/times might change
- Regular season practice dates/times will be communicated by head coach
- Varsity and JV teams have similar game schedule
  - Most games are Wednesdays and Saturdays with a few Mondays
  - JV team plays before Varsity, most of their games are at 5:30PM
  - Varsity games start after JV game ends, around 7:00PM or so
- Frosh team has different game schedule from JV/Varsity
  - Most games are Tuesdays and Thursdays with a few Saturdays
  - Frosh games usually start at 5:30PM or 7:00PM

# ATHLETIC HANDBOOK

- Students and Parents need to become familiar with the honor code and code of conduct set by the school
- 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
- 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>

# RANDOM DRUG TESTING POLICY

- On April 10, 2017 the ZCS Board of School Trustees adopted Policy 5530.01 creating a random drug testing program for all high school students participating in extracurricular activities or purchasing a pass to park on campus.
- Each student wishing to participate in extracurricular activities or park on school grounds will need to complete a consent form enrolling in the testing program.
- This form requires the signatures of both the student and a parent/guardian. This form can be turned in to the athletic office and is valid until the student opts out of the program.
- For more information please contact ZCHS Athletic Department

# TEAM WEBSITE/TEAMS NAP/SOCIAL MEDIA

- Best HS girls' soccer website by far! You will be able to find all of the information about our soccer program.  
[www.zionsvilleladyeaglessoccer.com](http://www.zionsvilleladyeaglessoccer.com)
- TeamSnap: all activities will be posted as well as e-mail/text communication. If you have not signed up please do so ASAP.
- Social Media: ZCHS Girls Soccer Program has Facebook, Twitter, and Instagram pages. Please see links below and join us!!
  - Facebook: <http://www.facebook.com/home.php#!/LadyEaglesSoccer>
  - Instagram: ZHS\_LADY\_EAGLES\_SOCCER
  - Twitter:
    - Varsity Team: <http://twitter.com/#!/LadyEaglesVrsty>
    - JV Team: <http://twitter.com/#!/LadyEaglesJV>
    - Frosh Team: <https://twitter.com/LadyEaglesFrosh>

# MISCELLANEOUS INFORMATION

- Practices are held off school property at 875E practice facility (some practices might be held at ZHS Football Stadium).
- No school bus transportation for practices, parents responsible to drive players to-from practice
- Home Games are held off school property at ZYSA Eagle Field
- Away games are held in Indianapolis area, farthest trip is to Lafayette area
- Bus Transportation is provided for all away regular season games
- Parents are responsible to drive players to home games

# MISCELLANEOUS INFORMATION (cont.)

- We do incur several fees for the regular HS season
  - Participation fee set by the school.
  - Girls Soccer Team fee
- Information on fees will be provided closer to tryouts date
- Players receive game uniforms at no cost (returned to school).
- School provides soccer balls, equipment, etc.



# MISCELLANEOUS QUESTIONS

- Are there games during Labor Day Weekend?

**A= Yes, we host our own tournament Friday and Saturday. Parents need to be aware of this.**

- Where can I find all forms needed before tryouts?

**A: Forms can be found on school athletics website. They will be posted there by early May. [http://zhs.zcs.k12.in.us/apps/pages/athletic\\_forms](http://zhs.zcs.k12.in.us/apps/pages/athletic_forms)**

- What are the rules for club teams once I start playing HS?

**A: Club teams starting at U15 can only have 6 players of the same high school on the same team. This is per IHSAA rule.**

# CONTACT INFORMATION

- If you have any other questions about the ZCHS Girls Soccer program please don't hesitate to contact head coach Ramon Aguillon at
  - E-mail: [raguillon@zcs.k12.in.us](mailto:raguillon@zcs.k12.in.us)
  - Cell: 317-730-6031
- For any questions directly related to the school please contact Athletic Director Greg Schellhase at:
  - E-mail: [gschellhase@zcs.k12.in.us](mailto:gschellhase@zcs.k12.in.us)
  - Office: (317) 873-3355 ext. 12989
- For any administrative questions please contact Athletics Administrator April Haffner at:
  - E-Mail: [ahaffner@zcs.k12.in.us](mailto:ahaffner@zcs.k12.in.us)
  - Office: 317-873-3355 ext. 12988