



**2019 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...



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 focus on personal relationships with all of our players and to help develop life skills 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. 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
 - “The Eagle Way”- Leadership Program during the season
- Opportunities for players interested in competing beyond high school
 - Connection with College Soccer coaches
 - ZHS Coaching staff in close contact with college programs
 - Provide help in college recruiting process
- Focus on player development
 - Players individual development is different
 - 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 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!**

2019 COACHING STAFF

- Varsity: Head Coach Ramon Aguillon. Assistant Coach: Kristin Cooley.
 - Coach Ramon will be returning for his 12th season leading the ZHS Lady Eagles Program.
 - Coach Cooley will be returning for her 6th 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 7th season with the team.
 - Coach Dani will be returning for her 3rd season as JV Assistant Coach
- Frosh Team: Head Coach: Shannon Riearson. Assistant Coach: Haley Elmore.
 - Coach Shannon will be joining the coaching staff. She has lots of high school coaching experience at Fort Wayne Northrop, played at IPFW.
 - Coach Haley will also join the coaching staff. Currently coaching ZYSA 7th and 8th grade girls teams. She played HS soccer at Evansville North.

WHAT IS THE SUMMER TRAINING PROGRAM?

- Opportunity for players to improve skills/fitness in preparation for tryouts
- Voluntary participation, optional but encouraged
- Begins June 17th and ends August 3rd
- Many activities offered: Strength Training, Conditioning, Futsal, Open Field sessions, scrimmages, tournaments, team camp
- Some activities have a cost, such as tournaments, and official team camp
- Summer calendar can be found on team website and TeamSnap
- Registration and payment for all summer activities will be done online at the team's website, registration form available at the following link:
<http://www.zionsvilleladyeaglessoccer.com>

SUMMER TRAINING PROGRAM ACTIVITIES

1. Strength Training/Futsal Program (Monday/Thursday):

- Improve players technical ability, fitness, strength and conditioning
- Focused on refining and improving player's ball control skills, footwork, and touch
- Strength training sessions led by coach David Williams
- Futsal sessions led by ZHS Girls Soccer coaching staff
- Start Date: June 17th.
- End Date: July 25th
- Time: 7-9AM.
 - 7-8AM: Futsal.
 - 8-9AM: Strength Training
- Cost: None
- Location: ZCHS Fieldhouse and Weight Room (located on school property)

INFORMATION ON APC CLASSES

- We strongly encourage 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: sturnquist@zcs.k12.in.us

SUMMER TRAINING PROGRAM ACTIVITIES

2. Open Field Sessions (Tuesday/Wednesday/Thursday):

- Focused on small sided activities/free play
- Themes: Technical Tuesday, World Cup Wednesday, Transition Thursday
- Start date: June 18th. End Date: July 25th
- Time: 6:30-8:30PM
- Cost: None
- Location: 875E Practice Facility (4400 S 875 E Zionsville, IN 46077)

3. Creando Lazos (Creating Ties) Soccer Camp

- Players develop and run a soccer camp for underserved community in Indianapolis
- Camp Dates: June 24th-28th (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

4. 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 1st-7th
- Great time to take vacation!

5. Brownsburg Summer Friendlies

- Summer tournament hosted by Brownsburg HS
- Date: Saturday July 13th
- Cost: \$25/player for team registration fee
- Location: Brownsburg HS practice facility
- Number of teams: Two teams of 18-20 players each
- Format: Each team will play two 80 minute games.

SUMMER TRAINING PROGRAM ACTIVITIES

6. Alumni Game

- Game featuring current players vs Alumni
- Date: Thursday July 18th
- Time: 8:30PM
- Location: St. Vincent Field (ZHS Football Stadium)
- Rosters: Will be made up mostly of returning Varsity players. If additional players are needed coaches will select team members based on specific position needs

7. Golf Fundraiser

- New event this year!
- Designed to raise funds for our Rachel Fiege Memorial Scholarship
- Date: Saturday July 20th
- Time: 10AM-2PM (tentative)
- Location: Golf Club of Indiana (tentative)
- More info to be provided soon!

SUMMER TRAINING PROGRAM ACTIVITIES

8. Carmel Summer Tournament

- Date: July 26th-27th (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

9. Team Camp

- Date: July 30, 31, August 1 (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

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
- 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 Brownsburg Friendlies (\$25); Carmel Summer Tournament (\$50) and Team Camp (\$100).
 4. Payment will be made via checks. NOTE: We will not use Pay Pal anymore, all fees need to be paid via check made to Zionsville Girls Soccer and mailed to team treasurer Joe Busald at P.O. Box 221 Lebanon, IN 46052.
 5. **ALL PLAYERS MUST REGISTER ONLINE AND PAY NO LATER THAN MAY 15th.**

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 will be held Monday August 5th and end Tuesday August 6th
 - 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 August 6th 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 August 4th. 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
- 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.
 - Tuesday May 28: 6-9PM at Clay Terrace (14455 Clay Terrace Blvd A & B, Carmel, IN 46032)
 - Sunday June 2: 1-3PM at St. Vincent Center Downtown (201 S. Delaware Suite 500 Indianapolis, IN 46204)
 - Thursday August 1: 6-9PM at Clay Terrace (14455 Clay Terrace Blvd A & B, Carmel, IN 46032)
- Echocardiogram Screening available at an additional cost (\$20). You must register separately
- Parents have the option to do physicals with their own family physician but must use the required IHSA form
 - Must be dated May 1st 2019 or later in order to be valid for the 2018-2019 season
- More information on Online Paperwork, IMPACT test and other forms needed before tryouts will be communicated during the summer.

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 7-16th
- 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 17th for JV and Varsity and August 20th for Frosh. The season ends early October for JV/Frosh team. (9 week season)
- 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
- TeamSnap: all activities will be posted as well as e-mail/text communication. If you have not received invitation to join please contact coach Ramon
- 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: <http://twitter.com#!/LadyEaglesVrsty>

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
- Most away games are held in Indianapolis area. For 2019 we will have an overnight trip to Cincinnati, OH area for JV and Varsity team only.
- 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.
 - ZHS 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, Varsity and JV have a game on Saturday 08/31. Frosh does not have a game.

- Where can I find all forms needed before tryouts?

A: Forms can be found on school athletics website. The new updated ones will be posted there by early May. http://zhs.zcs.k12.in.us/apps/pages/athletic_forms

- What are the rules for club soccer participation during HS season

A: Players are not allowed to play both HS and Club soccer at the same time. This includes practices. After the HS season is over players can join their club teams.

- What are the rules for number of players from the same HS playing for the same club team?

A: Club teams starting at U15 can have 7 players of the same high school on the same team. This is per IHSAA rule. (change- previously the number was 6).

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
 - 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
 - Office: (317) 873-3355 ext. 12989
- For any administrative questions please contact Athletics Administrator April Haffner at:
 - E-Mail: ahaffner@zcs.k12.in.us
 - Office: 317-873-3355 ext. 12988