

## 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, 2015*

*Rangeline Conference Champions- 1994-99*

*Hoosier Crossroads Conference Champions- 2001-02*

### **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.

### **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.

### **Core Values:**

1. *We Proudly Represent our Community.* Our program provides players an opportunity to take an active role within the Zionsville community by being positive role models while holding themselves accountable to the highest standards of behavior.
2. *We Develop Life Skills.* Our program focuses on teaching the necessary skills to help players become responsible adults, they include: leadership, teamwork, hard work, determination, attitude, responsibility, time-management, and respect.
3. *We Define Winning by Becoming the Best We Can Be.* Our program defines success as the satisfaction of knowing that each player put forward their own absolute best effort in becoming the best soccer player they can be while always striving for excellence and never giving up.
4. *We Always Value Team Accomplishments over Individual Recognition.* Our program emphasizes that team success is always above individual accomplishment. Players recognize that the team always come first and willingly understand and play their role on the team to the best of their ability.
5. *We Work Hard, All the Time.* Our program teaches the value of hard work as a cornerstone for success not only on the soccer field but in life. Working hard is not just a slogan but rather an attitude shared and demonstrated by everyone associated with our program.
6. *We Develop Long Lasting and Meaningful Relationships.* Our program focuses on getting to know all players on a personal level and genuinely care for them as individuals. Our foundation is set by how much we care and love our players regardless of their athletic ability.
7. *We Recognize and Appreciate the Role that Parents Play.* Our program engages positively with parents and encourages them to participate. We openly communicate and establish a relationship based on honesty and trust. We recognize that supportive parents are a key to our continued success.
8. *We Create an Environment where Playing Soccer is Fun.* Our program's goal is to provide all of our players the best sports experience. We do this by creating a positive environment that allows them to grow their soccer skills while creating memorable moments that will last a lifetime.

## **2021 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. We are very excited and looking forward to a great year. We have a great group of returning players as well as an exciting crop of new talent that will help continue the Zionsville Lady Eagles winning tradition both on and off the field. We firmly believe that character and leadership are the cornerstones to our success; our goal is to build champions for life.

The following document outlines the program's expectations and describes in details all pertinent information for the upcoming season.

### **Coaching Staff**

- For the 2021 season let me introduce you to our coaching staff for each of our teams:
- Varsity: Head Coach Ramon Aguillon. Assistant Coaches: Kristin Lancaster (Cooley) and Shannon Rinearson. Coach Ramon will be returning for his 14<sup>th</sup> season coaching the varsity team and leading the high school program. Coach Lancaster (Cooley) will be returning for her 9<sup>th</sup> season with the program and 5<sup>th</sup> year as Varsity Assistant. Coach Shannon will be returning for her 3<sup>rd</sup> season with the program and 1<sup>st</sup> year as Varsity Assistant.
- JV: Head Coach: Rita Lickliter. Assistant Coach: Dani Harrison. Coach Rita will be returning for her 10<sup>th</sup> season with the team. Coach Dani will be returning for her 5<sup>th</sup> season as an assistant coach.
- Freshman Head Coach: Haley Elmore. Coach Haley will be returning for her 3<sup>rd</sup> season with the program and 1<sup>st</sup> year as a Head Coach
- Volunteer Assistant Coaches: Taylor Reid (2<sup>nd</sup> season), Madison Olsen (1<sup>st</sup> season).
- Goalkeeper Coach: Jon Busch will be returning this season as or GK coach providing weekly training for our goalkeepers.

### **Summer Calendar**

The summer calendar is included as a separate attachment. It has all the activities we will be participating in June, July, early Aug. 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 them via TeamSnap.

### **SUMMER ACTIVITIES:**

#### **I. DKR Strength Training Program**

- New for 2021, ZHS Girls Soccer is partnering up with DKR Strength Training Systems to create an environment for athletes to develop physically
- Program focused on improvement of:
  - Strength/Conditioning/Physical abilities
  - Sprint Mechanics, acceleration/deceleration
  - Reduction Injuries/Injury Prevention
- Two phases of the program:
  - May: Introduction/Learning phase
  - June/July: Development/Peaking of performance qualities in advance of tryouts
- Players will meet twice per week for 1 hour sessions

- Dates: May: 4<sup>th</sup>-28<sup>th</sup> (5:30-6:30PM). June/July: June 7-July 28<sup>th</sup> (7-8AM or 8-9AM)
- Cost: May \$100. 8 sessions. Tuesday/Friday evenings. 5:30-6:30PM. June/July: \$200. 14 sessions. Monday/Wednesday mornings. 7-8AM or 8-9AM

## **II. Futsal/Conditioning Program**

- Futsal program helps refine and maintain player's ball control skills, footwork, and touch.
- Conditioning Program created to improve player's fitness, and conditioning
- Start Date: June 7<sup>th</sup>. End Date: July 21<sup>st</sup>.
- Time: 7:00-9:00AM. Check calendar for all specific dates (Monday/Wednesday)
- Sessions will be divided in 2 hour blocks. Hour 1: Futsal. Hour 2: Conditioning.
- Cost: None.
- Location: ZHS Fieldhouse/ZHS Weight Room (located on school property)
- Players need to bring running/indoor shoes and water bottle (bring shinguards for Futsal)

## **III. Open Field Sessions**

- Open Field Sessions offer the opportunity of free play in small sided games
- Start date: June 8<sup>th</sup>. End Date: July 22<sup>nd</sup>.
- Time: 5:30-7:30PM (Tuesday/Thursday). Check calendar for all specific dates
- Cost: None.
- Location: 875E Practice Facility (4400 S 875 E Zionsville, IN 46077)
- Players must bring cleats, shinguards and water bottle

## **IV. "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
- Camp Dates: June 21-25 (Monday through Friday)
- Time: 6:00-8:00PM. Cost: None
- Location: John Knox Presbyterian Church. 3000 N High School Rd, Indianapolis, IN 46224. Bus transportation will be provided from school to camp location.
- More details to be provided closer to camp dates.

## **V. 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: June 28<sup>th</sup> – July 4<sup>th</sup>

## **VI. Brownsburg Summer Friendlies**

- Summer tournament hosted by Brownsburg HS
- Date: July 10<sup>th</sup> (Saturday)
- Cost: \$25/player for registration.
- Location: Brownsburg High School
- Number of teams: Two teams of 18-20 players each.
- Team Rosters will be communicated in advance of the tournament
- Schedules are not defined yet, more details to come closer to tournament date

## **VII. Alumni Game**

- Game featuring current players vs Alumni
- Date: July 17<sup>th</sup> (Saturday)
- Time: 6:00PM

- Location: 875E Facility
- Rosters: Coaches will select team members based on specific position needs

**VIII. Carmel Summer Tournament**

- Summer Tournament hosted by Carmel HS.
- Date: July 23 and 24 (Friday-Saturday).
- Cost: \$25/player for registration
- Location: River Road Complex. East 126<sup>th</sup> 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
- Schedules not defined yet, more details to come closer to tournament date

**IX. Team Camp**

- Zionsville HS Girls Soccer Team Camp
- Date: July 27<sup>th</sup>- 29<sup>th</sup> (Tuesday through Thursday)
- Time: 6:00-8:00PM
- Cost: None.
- Location: 875E Practice Facility (4400 S875 E Zionsville, IN 46077)
- Players must bring cleats, shinguards, and water bottle
- Note: Cooper Test (Fitness) will be held Friday July 30<sup>th</sup> at 5:30PM at ZHS Football Stadium track, bring running shoes and water. More details to be provided closer to date.

**X. Practice Gear**

- Players will receive (3) t-shirts (Green, White, Gray) as part of our official practice gear
- Players will be responsible to wear their own shorts and socks (Green, White, Black)
- Practice shirts need to be purchased at a cost of \$75 (\$25/each)

**SUMMER REGISTRATION AND PAYMENT INSTRUCTIONS**

Registration 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:
  - a. Brownsburg Summer Friendlies **\$25**
  - b. Carmel Summer Tournament **\$25**
  - c. DKR Strength Training Program (May): **\$100**
  - d. DKR Strength Training Program (Jun/Jul): **\$200**
  - e. Practice Shirts: **\$75**
4. Payment Options: Preferred: Venmo account @Joseph-Busald. Second Option: personal check made to Zionsville Girls Soccer and mailed to team treasurer Joe Busald at: 2997 Rue de Chateaux Ln. Zionsville, IN 46077
5. If your daughter is not planning in participating in any activities 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 (Green, White, Gray) at a cost of \$75 (\$25/each)
6. **ALL PLAYERS MUST REGISTER ONLINE AND PAY NO LATER THAN MAY 1st.**

**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 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. If you have any questions about any of this please contact Head Coach Ramon Aguillon.**

### **Tryouts**

- Tryouts will be held August 2- 4 (Monday through Wednesday)
- Time: 6:00-8:00PM
- Location: 875E Practice Facility located at 4400 S 875 E Zionsville, IN 46077.
- All interested players are expected to attend both days of tryouts
  - In case there are conflicts with tryouts dates please contact head coach Ramon Aguillon in advance so alternative plans can be discussed
- Areas that players will be assessed during tryouts include: Technical/Tactical Ability; Fitness; Attitude; Determination; Responsibility; Coachability; etc.
- Team announcements will be made at the conclusion of August 4<sup>th</sup> evening session
- Players will meet face to face with coaches and get notified of their team selection
- In order to explain the tryouts process in further details, there will be a meeting on Sunday August 1st at 6:00PM. Location: ZCHS Freshman LGI Room. Players and parents are encouraged to attend.
- Prior to tryouts **ALL NECESSARY FORMS AND IMPACT TEST must be on file with the school's Athletic office.**

### **Physicals and IMPACT Test**

- All players who want to try-out for the 2021 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 before the first day of tryouts (August 3<sup>rd</sup>). 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 at [https://zhs.zcs.k12.in.us/apps/pages/athletic\\_forms](https://zhs.zcs.k12.in.us/apps/pages/athletic_forms)
- To facilitate this process ZCHS is offering physicals during the summer. Dates and locations will be provided at a later date.
- This physical will cover student-athletes for 2021-2022 school year for all sports
- Parents have the option to do physicals with your own family physician but you must use the required IHSAA form
- **VERY IMPORTANT: The physical must be dated May 1<sup>st</sup>, 2021 or later in order to be valid for the 2021-2022 season**
- More information on Online Paperwork, IMPACT Test, and other paperwork needed before tryouts will be communicated during the summer.

### **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<sup>th</sup> – 13<sup>th</sup>
- The calendar attached has all the dates for pre-season practices, times are TBD and will be set by the head coach
- Regular season games begin August 14<sup>th</sup> for JV and Varsity and August 19<sup>th</sup> for Frosh. A copy of the game schedule (Draft) is included
- Please note that some of the dates/times might change
- Regular season practice dates/times will be provided by head coach once teams are set

### **Zionsville's Athletic Handbook**

- The athletic department has specific policies and procedures and 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 need to 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

### **TeamSnap:**

- All communication will be done using TeamSnap
- Very easy tool to use. Entire summer schedule, regular season schedules, etc. will be posted/updated
- All parents/players should have access
- If you don't have access, please contact coach Aguillon

### **Team Website/Social Media**

- Most complete and best HS girls' soccer website!
- You will be able to find all of the information about our soccer program
- The web address is: [www.zionsvilleladyeaglessoccer.com](http://www.zionsvilleladyeaglessoccer.com)
- It will be updated regularly during the season. I encourage you to visit the site!
- The ZCHS Girls Soccer Program has Facebook, Twitter, and Instagram pages
- There you will find updates on game scores, pictures, etc
  - Facebook: <http://www.facebook.com/home.php#!/LadyEaglesSoccer>
  - Instagram: ZHS\_LADY\_EAGLES\_SOCCER
  - Twitter: <http://twitter.com/#!/LadyEaglesVrsty>

The entire coaching staff for the ZCHS Girls Soccer program is excited and looking forward to a very successful 2021 season. If you have any questions whatsoever, feel free to contact head coach Ramon Aguillon. Go Lady Eagles!

Sincerely,

Ramon G. Aguillon  
ZCHS Girls Soccer Varsity Head Coach  
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