

Professional Leave Report Cover Sheet

Name: Michael Coles

Department: Kinesiology

College: Health & Human Services

Leave taken: ☒ Sabbatical ☐ Difference in Pay ☐ Professional Leave without Pay

Time Period: ☒ Fall 2022
☐ Spring
☐ Academic Year
☐ Other

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**Sabbatical Leave Report
Michael G. Coles, Ph.D.**

Department of Kinesiology

**Fall 2022
(Submitted Spring 2023)**

**Sabbatical Leave Report for Fall 2022
(Submitted Spring 2023)**

**Michael G. Coles, Ph.D.
Department of Kinesiology**

Section 1. Reporting on the Success of the Leave

A. Analysis of the accomplishments in relation to the goals of the original proposal.

The primary objective of the sabbatical leave was to develop and implement a model of a modern High-Performance Unit (HPU) using a local community college women's soccer program. This primary objective was accomplished. The HPU developed consisted of 1 Head Women's Soccer Coach, 4 Assistant Coaches (one coach served as the team Sport Psychologist, one coach served as the HPU Coordinator and Sport Scientist, and the other two coaches functioned as technical advisors), 2 Athletic Trainers, 1 Strength and Conditioning Coach, and 1 Equipment Manager. All activities and engagement opportunities were logged, and all records related to activities and accomplishments (e.g. personal engagement/activity log with examples of program contributions, player performance testing data, player minutes per game and season totals, player treatment reports, team accomplishments, and individual personal interactions/meetings resulting from the work) are included in the appendix of this sabbatical leave report.

Success of the Leave in Relation to the Original Goals and Objectives

The overreaching objective of this sabbatical leave was to utilize my expertise as a sport scientist to begin to develop and implement a modern HPU in a community college athletics program. The specific goals are listed below. These goals are followed by a statement relating to the success of the stated goal:

- *Goal: Observe the current team dynamics and operational standards-*
 - **Success:** I was able to become fully engaged in the daily operation of a local community college women's soccer program. During the course of my sabbatical leave, I had the opportunity to attend staff administrative meetings, community outreach meetings, coaching meetings, HPU

- **Success:** As mentioned above, considerable time was spent on this goal. In addition to observing over 300 hours of formal team training, I also traveled with the team (over 3,700 miles – 70 hours) and participated in 25 competitive matches (over 28 hours of competition). A daily log was kept to document specific engagements/activities and is found in the Appendix of this report.
- *Goal: Provide recommendations related to the development of a practical HPU-*
 - **Success:** An interdisciplinary HPU staff was assembled that included:
 - Head coach, 21 years community college coaching experience and a Master's Degree in Kinesiology.
 - Assistant Coach/Sport Psychologist, 10 years community college coaching experience and a Master's Degree in Sport and Exercise Psychology.
 - Sport Scientist (HPU Coordinator), Ph.D. Exercise and Sport Science.
 - Strength and Conditioning Coach, Doctorate of Physical Therapy (DPT) and certified personal trainer.
 - 2 Athletic Trainers, Board Certified Athletic Trainers.
 - 2 Assistant Coaches (former women's NCAA and professional players).
 - 1 Equipment Manager.
 - **Success:** Using an evidence-based approach of analyzing game performance data (e.g. wins, losses, goals, goals given up, etc.), player game minutes, player performance data (e.g. speed, power, fitness testing), player minutes, and player athletic training treatment data, I have given and will be providing future recommendations to drive program changes. All evidence-based data collected is included in the Appendix of this report.
- *Goal: Actively engage as a member of the HPU-*
 - **Success:** I participated in all daily team classroom and field trainings. I attended all competitive matches. I collected, monitored, and disseminated team performance testing data (included in the Appendix of this report). I held meetings and worked with coaches and staff to interpret performance data that was used to help to guide evidence-based decision-making. I met with other professionals and community groups.
- *Goal: Create future academic-based opportunities for Fresno State students to become involved with an HPU-*
 - **Success:** A strong working relationship with the strength and conditioning coach was developed. The coach would welcome students

to observe strength and conditioning sessions. Examples of the strength training sessions are included in the Appendix of this report. I had discussions related to the possibility and potential to have the strength and conditioning coach participate in formal instructional activities with students at Fresno State. Possible formal internships and research opportunities for Exercise Science, Sport Psychology, and Sports Administration Students are currently being explored.

B. Description of any modifications of the original proposal.

There were no substantial modifications to the original proposal.

C. Objectives of the original proposal that were not accomplished.

This was a very successful sabbatical. All goals and objectives were accomplished and extremely successful. An HPU was developed and implemented, as described in the original proposal, during a very productive and successful 2022 women's community college soccer season.

D. Anticipated outcomes for the near future as a consequence of the leave's activities.

As a result of this sabbatical leave opportunity and my direct interactions with the program that I worked with the following outcomes are anticipated or have already been realized:

- A primary outcome was that I was able to create teaching/learning lessons related to High Performance Units. Specifically, I will be able to share these lessons, the notebooks I created, and my newly acquired knowledge of exercise performance, nutrition, fitness, speed and agility, power, change of direction, and motivation/success with my students in various academic settings.
- Another outcome is the future potential to have future collaborations with the local community college system. The relationships I developed will lend themselves to this. These collaborations could include internships and/or work-study opportunities. There is also real potential to have some of the people who were associated with community college HPU act as instructors in our classes (full-time, part-time, or guest).
- Another important outcome was the development of relationships with various professionals. These professionals included soccer coaches, players, strength and conditioning coaches, Athletic Trainers, equipment managers, administrators, community

members, and even the legendary United States Women's Soccer Team member and World Cup and Olympic Champion Brandi Chastain (see the Appendix). One unintended relationship came from an interaction I had with a Head Coach from a different community college who was also on sabbatical leave working on a coach's handbook for his soccer program (see the Appendix). There is definitely potential to collaborate with this individual in the future.

- An additional outcome is that I now have a strong interest in following up my semester/season-long observations with continued work and new research in the area of sport performance. While this was an extremely successful competitive season, playing in the California Community College State Final Four Championships (out of 94 teams throughout the state of California) and being ranked 7th Nationally, there were some issues that developed that might have limited the ultimate goal of winning a State and National Championship. This team suffered an incredible 5 ACL season-ending knee injuries at various points in the season. This needs to be addressed and it will be interesting to look for opportunities to study the issue. Work in this area has already begun.
- Lastly, an outcome that has been realized was that I had the opportunity to share some of my 20+ years of expertise in University academic advising and exercise science-based knowledge with student-athletes. This created a better formative educational experience for some of the players I worked with as they transferred to a 4-Year university system.

Section 2. Original Proposal

See attached.

Presentation.

A copy of a formal presentation is included in the appendix. Presentation given to an Exercise Science target student group, project discussed with the CHHS and Kinesiology Department faculty and administrators in multiple meetings.

I would like to sincerely thank all those who supported and participated in this sabbatical leave project. The success of this project was a product of this support and extraordinary collaboration of those involved. I am looking forward to continuing my work in this endeavor.

Original Sabbatical Proposal

Sabbatical Leave Request for Fall 2022
Michael G. Coles, Ph.D.
Department of Kinesiology

Request:

I, Michael Coles, respectfully request a sabbatical leave for the Fall 2022 semester, with full pay.

Section 1. The Proposal

Primary Objective:

The primary objective of the proposed sabbatical leave is to develop and implement a model of a modern High-Performance Unit (HPU) using a unique population consisting of a local community college women's soccer program.

Background and Justification:

The modern HPU can be defined as a group of interdisciplinary experts who work collectively toward the common goal of meeting the growing demands of sport and the athletes that participate in sport. As sport has evolved over the past few centuries, the need for experts to assist in athlete/team development has also evolved. Coaches are ubiquitously used to help individuals and teams with the technical/tactical necessities needed to help them be successful and ultimately win competitions. Along with coaches, other experts with supplementary and unique skill sets, have been introduced into the HPU's interdisciplinary group. Teams now make heavy use of strength and conditioning professionals, sport psychologists, athletic trainers, physical therapists, and sports nutritionists. Together these experts form the modern HPU. Phil Coles (2016) (*no relation*), the leader of the San Antonio Spurs' performance and medical staff, suggests that the HPU should have the clearly developed goal of ensuring athletic success through collaboration of disciplines. He goes on to describe the need to create a detailed plan on how to achieve that goal. Coles writes, in an essay titled "Performance", that the plans should "...then be implemented and evaluated, in a process driven, evidence based, integrated, and practical way." (Coles, 2016).

Developing a successful HPU requires a significant commitment of time and a coordinated effort across many disciplines. In a modern HPU model, the responsibility of coordinating the interdisciplinary team can fall with the sport scientist. A sport scientist is a specialist with an academic background in sport and exercise science. The roll of the sport scientist in a modern HPU is to "...connect the IDT [interdisciplinary team] to the right information at the right time, so they can make better decisions" (Winkelman & Norman, 2022). The sport scientist is also involved in decision making, but must maintain a level of objectivity, as they harmonize the input of the members of the modern HPU.

The modern HPU, under the direction of a sport scientist, is becoming more common in elite sport organizations, like the aforementioned San Antonio Spurs basketball organization and the newly formed Las Vegas Golden Knights hockey organization. Now, even some amateur organizations like Endeavour Sports High School ("Endeavour High Performance Unit," 2021) have formed and are using HPUs. These sport organizations usually either distribute the responsibility of coordinating the HPU to members of the interdisciplinary team or they create a

position and hire a sport scientist. Both of these options require time, resources, and budgets. One athletic group that typically has a limited involvement and experience with the HPU are community colleges. Despite the fact that community college student-athletes frequently train and compete at high levels, often times for the chance to transfer to a 4-year school and earn a scholarship, the community colleges they play for usually do not have the budgets nor the resources necessary to support an HPU. However, with the right model and planning, developing a functional model of a modern HPU in a community college environment is possible.

Planning to implement a working HPU model in a community college setting would require the full-time dedication of a qualified sport scientist. This sport scientist would need to be fully integrated into the inner workings of the program. The sport scientist would need to assemble, orchestrate, and coordinate the HPU. This would require focused, consistent, and daily interaction.

Over the past few competitive seasons, I have developed a relationship with the Fresno City College Women's Soccer program and the head coach. I have volunteered my time to the team in hopes of learning more about the program and helping provide my expertise in various areas. This relationship has grown and I have seen first-hand the potential to develop a version of a modern HPU with this program. I have been granted permission to do this project and the staff is excited to move forward. While I have a lot I can learn, I am also uniquely qualified to take on the task of developing and implementing a modern HPU. Therefore, one semester of leave, corresponding with the competitive season of the Fresno City College Women's Soccer program, is being requested to support a focused effort to accomplish the goals and objectives of the proposed leave. No additional CSU resources are needed to support the project.

References:

Coles, P. (2016). Performance. What is a high performance unit (HPU) and how do we make it a success? Essay written for Leaders.

Endeavour Sports High School High Performance Unit. (2021). Retrieved from <https://endeavoursportshighschool.com/targeted-sports/eshs-high-performance-unit/>

Winkelman, N. & Norman, D. (2021). Performance Dimensions. In D. N French & L.T Ronda (Eds.), NSCA's Essentials of Sport Science. Champaign, IL: Human Kinetics.

Objectives and Goals of the Leave:

The overarching objective of this sabbatical leave is to utilize my expertise as a sport scientist to begin to develop and implement a modern HPU in a community college athletics program (Fresno City College Women's Soccer). The specific goals of the leave are as follows:

- Observe the current team dynamics and operational standards;
- Become familiar with the team budget and resources;
- Analyze current team training and competitive practices, including daily classroom and field training, travel protocols, and competitive matches;
- Provide recommendations related to the development of a practical HPU with the goals of:
 - developing process driven defined strategies, methodologies and concepts;
 - using an evidence-based approach;
 - developing and integrating an interdisciplinary staff;
 - providing leadership to the HPU.
- Actively engage as a member of the HPU by:
 - participating in daily team classroom and field training;
 - attend all competitive matches;
 - collect, monitor, and disseminate team performance testing data;
 - work with existing coaches and staff to interpret performance data;
 - help to guide evidence-based decision making;
- Create future academic-based opportunities for Fresno State students to become involved with the HPU.

Detailed Procedures by Which the Objectives are to be Accomplished:

<u>Approximate Timeline</u>	<u>Activity or Objectives to be Accomplished</u>
Pre-semester Planning (summer 2022)	<ul style="list-style-type: none">• Pre-season summer training begins in July• Begin observing and engage in summer training• Meet regularly with coaching staff to plan• Complete Fresno City College involvement authorizations
August – September 2022	<ul style="list-style-type: none">• Competitive season begins• Review team budget and resources• Analyze and participate in team training and competitions• Begin collecting performance-based data and evidence• Begin developing the HPU concept• Begin providing evidence based HPU recommendations
September - November 2022	<ul style="list-style-type: none">• Competitive season continues and play-off scheduled to begin• Continue to analyze and participate in team training and competitions• Continue to collect performance data• Meet regularly with the HPU's interdisciplinary team• Develop evidence-based strategies to improve performance

November - December 2022	<ul style="list-style-type: none"> • Competitive season ends early December • Final meetings with staff and member of the HPU's interdisciplinary team • Reflect on the success of the HPU concept • Reflect and develop strategies for areas of improvement • Determine the best outlet for disseminating what was learned in the process of creating and beginning to implement an HPU in a community college setting • Determine the potential to create academic-based opportunities for Fresno State Students to become involved
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Section 2. Benefits to Me as a Faculty Member

I believe that to be an effective faculty member, one must be active in their respective discipline. As an exercise scientist, this means being engaged in the science of sport and exercise. Throughout my career, I have been engaged in various forms of scholarly activity, and I have been involved in various forms of practical, real-world applications of my discipline. This sabbatical request would afford me the opportunity to continue this and allow me to move my interests in a newer direction and grow my knowledge base and skill set. It would also give me an opportunity to strengthen collaborative relationships with our neighboring community college. Lastly, it offers me an chance to develop future academic opportunities for our students to become involved and learn in real-world settings. It is important to me as an educator and life-long learner to have opportunities like this. Granting this sabbatical leave will help me grow professionally, rekindle my professional interests, develop new skill sets that I can bring into the classroom, and create learning opportunities for my students.

Section 3. Benefits to the University

Granting this sabbatical leave would benefit the University by directly applying Priority One of Fresno State's Strategic Priorities. That is to: "Enhance teaching and learning through best practices, innovative programs, and high-impact experiences that attract talented and diverse students and contribute to retention, extraordinary learning, the development of the whole student, and lifelong success." Specific to this, this sabbatical leave would:

- strengthen and grow the skill set of a faculty member and allow for the development of greater opportunities for students to become engaged in future high impact learning experiences;
- create an innovated and unique program that promotes collaboration with a local community college with diverse demographics;
- allow for multiple levels of interactions across disciplines and with diverse groups of students and professionals.

Section 4. Previous Leaves

I have been a faculty member at Fresno State for 23 years. I was recently denied a sabbatical leave opportunity for the fall of 2020. In the spring of 2007, the overall objective of my sabbatical leave was to develop and strengthen my leadership skills. This leave provided the opportunity to

complete structured training programs related to leading people and managing programs and/or departments. This opportunity ultimately led to me becoming and serving for 4 years as Chair, plus an additional semester as Interim Chair, of the Kinesiology Department. I also served a sabbatical leave in 2014 in which I was granted an opportunity to learn to work with new and innovative (at the time) electronic content authoring software (*SoftChalk™*). In doing so, I was able to create an opportunity to improve the preparedness of Teaching Assistants in the Kinesiology Department and improve the quality and variety of instruction in my own classes. Both sabbatical leaves were impactful and very successful. The sabbatical leave reports were completed and submitted in accordance with established timelines and protocols. The most recent leave report is attached to this proposal.

Appendix

**Sabbatical Engagement/Activity Log
(with examples of program contributions)**

Sabbatical Engagement/Activity Log:
Modern High-Performance Unit (HPU) of a local community college women's soccer program

<u>Day</u>	<u>Date</u>	<u>Engagement/Activity</u>
Friday	5-Aug	Created and begin implementing specific warm-up
Mon	8-Aug	Tested Anaerobic Power – Vertical Jump Test
Tues	9-Aug	Meetings and discussion about fitness test results from summer testing
Wed	10-Aug	Meetings and discussion about fitness test results from summer testing
Thurs	11-Aug	Nutrition Talk about Energy Availability in Female Soccer Players – shared VJ results with Coaches and Strength and Conditioning Coach
Fri	12-Aug	Team retreat to discuss team goals, roles, and plans
Sat	13-Aug	Team retreat to discuss team goals, roles, and plans
Sun	14-Aug	Team retreat to discuss team goals, roles, and plans
Mon	15-Aug	Meet with strength and conditioning coach to discuss group in athletes in the weight room. Met with Athletic trainer to discuss hydration during training and wet bulb temperature during heat wave
Tues	16-Aug	practice excessive heat warning
Wed	17-Aug	Practice excessive heat warning - Yoga
Thurs	18-Aug	Practice - practice excessive heat warning
Fri	19-Aug	Scrimmage – implemented pre-warm-up resistive band use for NMS activation.
Mon	22-Aug	Tested speed using 10-30 yd sprint testing
Tues	23-Aug	Met with coaches to discuss relevant sprint and speed data. Discussed best use of data and strategies for additional testing
Wed	24-Aug	Attended a CCCAA compliance zoom to become familiar with compliance related issues at the community college level
Thurs	25-Aug	Practice - Neuromuscular activation
Fri	26-Aug	Practice - Neuromuscular activation
Mon	29-Aug	Meet with AT staff about injury/treatment reporting – Strength and conditioning coach about sprint time results
Tues	30-Aug	Practice - Led Speed, COD, Agility Training
Wed	31-Aug	Practice - Neuromuscular activation
Thurs	1-Sep	Ventura Game - Hartnell 2-1 loss
Fri	2-Sep	Ventura - Neuro-muscular warm-up in PM Game PM - Game 1-1 tie Cypress
Sat	3-Sep	Ventura

Sabbatical Engagement/Activity Log:
Modern High-Performance Unit (HPU) of a local community college women's soccer program

Mon	5-Sep	Futosol Footwork Agility Drills in gym - extreme heat
Tues	6-Sep	Practice - practice excessive heat warning - discuss wetbulb temperatures with AT staff to come up with practice plan- Core training
Wed	7-Sep	Practice - practice excessive heat warning - discuss wetbulb temperatures with AT staff to come up with practice plan - Strength Training with Strenth Conditioning Coach
Thurs	8-Sep	Practice
Fri	9-Sep	Game Cancelled Due to Heat - Reviewed heat policy and discussed with stakeholders - practice with heat precautions
Mon	12-Sep	Discussed and implemented mobility training with strength and conditioning coach to help with the night before a game recovery and readiness
Tues	13-Sep	Game Win 1-0 Santa Barbara City
Wed	14-Sep	Worked with AT to discuss ahtlete fibula injury and met with 2 students doing personal training observation hours
Thurs	15-Sep	Practice - footwork drill. Athlete suffered possible ACL injury during a 9 v 9 scrimmage.
Fri	16-Sep	Game Vs Ventura Community College
Mon	19-Sep	Developed and ran a pre-gameday workout emphasizing speed and mobility
Tues	20-Sep	Game Win 3-0 Vs West Valley Community College
Wed	21-Sep	Discussed women sports using Billie Jean King and Title IX.
Thurs	22-Sep	Practice Strength and Conditioning
Fri	23-Sep	Game Tie 0-0 Vs Folsom Lake College
Mon	26-Sep	Practice Strength and Conditioning - nutrition while competing reminder
Tues	27-Sep	Game Win Clovis 2-0
Wed	28-Sep	Practice + Foot speed and reaction/movement time drills with Blazpod equipment
Thurs	29-Sep	Light Practice
Fri	30-Sep	Game Loss 0-1 Taft
Mon	3-Oct	Practice + Baseline Foot reaction time/Movement Time for Individuals using Blazpod
Tues	4-Oct	Game Win 9-0 Porterville College
Wed	5-Oct	Practice + Foot foot speed decision making with hoops. Reaction Time Movement time with Blazpod

Sabbatical Engagement/Activity Log:
Modern High-Performance Unit (HPU) of a local community college women's soccer program

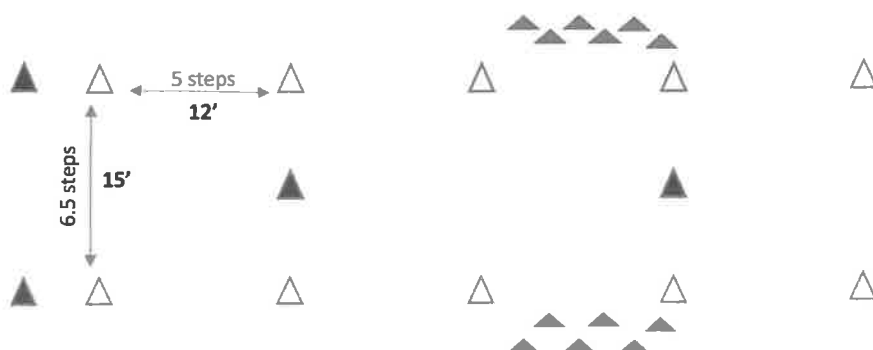
Thurs	6-Oct	Attended Webinar: Internal and External Load Monitoring Strategies for Recovery and Strength + Sports Psych "Seeking Opportunities and Risk Taking" + Pregame Day Practice
Fri	7-Oct	Game Win 4-0 Reedley
Mon	10-Oct	Practice + Baseline Foot reaction time/Movement Time for Individuals using Blazpod + Stretching with injured athletes
Tues	11-Oct	Game Win 5-0 Merced College + Met with AT about new ACL injury 2nd
Wed	12-Oct	Practice + Change of direction movement/fitness + Reaction time with Blazpod equipment
Thurs	13-Oct	Light Practice met with AT staff about treatment and training reports
Fri	14-Oct	Game Win 2-1 College of Sequoias
Mon	17-Oct	Practice + Baseline Foot reaction time/Movement Time for Individuals using Blazpod
Tues	18-Oct	Game Win 5-0 West Hills College Lemoore
Wed	19-Oct	Practice + Met with team members and coaching staff to attend Title IX Celebration Key Note: Brandi Chastain Former WNT World Cup and Olympic Winner
Thurs	20-Oct	Short Prematch Practice
Fri	21-Oct	Game Win 2-0 Clovis Community College + Met with SCCC Trustee and President Nasreen Johnson and community groups about elevating the soccer program status and adding lights to field.
Mon	24-Oct	Met with Solano College coach Jeff Cardinal. He took over the helm of the Solano women's soccer program in 2002 at the program. Cardinal earned his Master's in Kinesiology from San Jose State University and his Bachelor's in Kinesiology from California State University, East Bay. He also has a NSCAA National Coaching license.
Tues	25-Oct	Game Win 3-0 Vs Taft Community College
Wed	26-Oct	Practice + Lead Footwork with speed and change of direction + Lead classroom discussion about moving forward with teamwork
Thurs	27-Oct	Halloween Fun Intersquad Tournament
Fri	28-Oct	Game Win 9-0 Porterville College
Mon	31-Oct	Run Classroom session (film) Foot reaction time/Movement Time for Individuals using Blazpod
Tues	1-Nov	Game Win 4-1 Reedley College
Wed	2-Nov	Practice + Mental Skills Session + Speed and COD Drills
Thurs	3-Nov	Practice + Reviewed Game Film with Team

Sabbatical Engagement/Activity Log:
Modern High-Performance Unit (HPU) of a local community college women's soccer program

Fri	4-Nov	Game Win 3-1 Merced College
Mon	7-Nov	Indoor practice due to rain played futsal. Tested reaction time movement time with Blazpod
Tues	8-Nov	Game Tie 0-0 Vs College of Sequoias
Wed	9-Nov	practice + Foot foot speed decision making with hoops. Reaction Time Movement time with Blazpod
Thurs	10-Nov	Practice pregame light day + Webinar: Sport Injuries and how to reduce them (Human Kinetics)
Fri	11-Nov	Game Win 5-0 West Hills College Lemoore - Secured California Community College Central Valley Conference Championship
Mon	14-Nov	Practice + Foot speed and reaction/movement time drills with Blazpod equipment + Program on team nutrition in pro hockey
Tues	15-Nov	Team hike
Wed	16-Nov	Practice + Lead Footwork with speed and change of direction + Demonstration about sprinting mechanics
Thurs	17-Nov	Practice + Lead Footwork with speed and change of direction
Fri	18-Nov	Light Practice met with AT staff about treatment and training reports
Sat	19-Nov	Playoff Game Vs Taft College
Sun	20-Nov	Extra light practice due to playoff win
Mon	21-Nov	Light Practice
Tues	22-Nov	Playoff Game Vs San Francisco City College 2-0 Win
Wed	23-Nov	Practice + Lead Footwork with speed and change of direction
Thurs	24-Nov	Practice + Reviewed Game Film with Team
Fri	25-Nov	Light Practice
Sat	26-Nov	Playoff Game Vs Folsom Lake College 3-1 Win
Mon	28-Nov	Practice - mental break in classroom - weight training
Tues	29-Nov	Practice + Game Film Scouting Report - Lead Footwork with speed and change of direction
Wed	30-Nov	Practice + Reviewed Game Film with Team
Thurs	1-Dec	Leave for State Finals at American River College- Practice at venue - Final Four Banquet
Fri	2-Dec	State Semi-final Game Vs Chaffey College 1-0 Loss
Sun	4-Dec	State Final Game - Did not play due to semi-final elimination loss to Chaffey College
Mon	5-Dec	Final Team Meetings and Season Wrap-up

FCC Soccer Warm-up with Cones

Ankles	
<u>Up</u>	<u>Back</u>
Rag Doll Run	Rag Doll Run
Forward Run Arm Circles Forward	Forward Run Arm Circles
Forward Run Should Stretch Over	Forward Run Arm Stretch Across
Skip Forward – Arm Circles Back	Skip Back – Arm Circles Forward
Shuffle Arms across & High	Karaoke Switch half way
High Knees Slow Δ Bounce $\Delta \Delta$ Chop	Quick swivel feet
Quad Stretch Δ Bounce $\Delta \Delta$ Chop	Lateral side shuffle
Flick Kick $\Delta \Delta$ High Kick	Back side shuffle
Ham Sweep $\Delta \Delta$ Figure 4 Hip Stretch	forward-back -switch
Front Lunge $\Delta \Delta$ Squat-Reach	Step-over in front
Side Lunge $\Delta \Delta$ Open Gate Δ Close Gate	Step-behind
Leg Swing - Calf - Free Stretch 1 min	
Zig zag run Up -- “Turn” Right X 2 Back	
Up 2 back 1 Up -- “Turn” Left X 2 Back	
Partner Circle -- shoulder Bump	
Partner Circle -- shoulder Bump	
Partner shoulder push	
Partner shoulder push	
Command “Red or White”	



Soccer:

WGS x 3
SQUAT ST x 3
ANKLE HOPS 1x10

SQUATS 3x6
BENCH JUMP 3x6
PUSH-UP 3x6
BENCH JUMP 10
SQUAT 10

SL DEADLIFT + PRESS 3x6
MED BALL SCAM 3x6
MED BALL SCAM 3x6

SP x 450 2x10
PB LATERAL LUNGE 2x6

Soccer:

WGS x 3
SQUAT ST x 3
DEADLIFT ST x 3

DEADLIFTS 3x6
BENCH JUMP 3x6
SEATED HR 3x15
LATERAL RAISE 3x10

RESS 3x6
INVERTED ROW 3x10
PEACHING HOPS 3x5x5

COPENHAGEN'S 2x10
HURDLE HOP 1x6
SHOULDER HOP 1x6

Soccer:

WGS x 3
SQUAT ST x 3
ANKLE HOPS 1x10 EA

SQUATS 3x6
BENCH JUMP 3x6
MED BALL PUSH 3x10
PUSH-UP 2x10+

SL DEADLIFT + PRESS 2x6
MED BALL SCAM 2x6
PB LATERAL LUNGE 2x6

Soccer:

WGS x 3
SQUAT ST x 3
DEADLIFT ST x 3

DEADLIFTS 3x6
BENCH JUMP 3x6
LATERAL RAISE 3x10
SEATED HR 3x12

INVERTED ROW 3x10
SKATER SQUAT 3x8
COPENHAGEN'S 2x10

SOCCER:

WGS x 3
SQUAT ST. x 3
ANKLE HOP
4-WAY 1x10 EA

SQUATS 3x6

PLYO-PUSH-UP 3x5

→ PLANK-UP 3x5

SINGLE LEG
HEEL RAISE 2x10

SL DEADLIFT
+ BALL SLAM 2x8

PB LATERAL SQUAT 2x8

1/2 KNEEL PRESS 2x8

SOCCER:

WGS x 3
SQUAT ST. x 3
DL ST. x 3

PLYOS

RDL 3x8

SEATED HR 3x12

COPENHAGEN 2x10

LATERAL RAISE 3x10

SKATER SQUAT 3x6

INVERTED ROWS 3x10

FIRE HYDRANTS 3x10

SOCCER:

WGS x 3
SQUAT ST. x 3
ANKLE HOPS 1x10

SQUATS 3x6

PUSH-UPS 2x12 +

SL FUNK HR 2x6

SL DL + RUT 2x5

1ST STEP DRILL 2x5

1/2 KNEEL PRESS 2x10

BALL SLAMS 2x10

PALLOF PRESS 2x10
HIP 90-90

SOCCER:

WGS x 3
SQUAT ST. x 3
DL ST. x 3

1 DEADLIFT x 3

LATERAL RAISE 3x10

MED BALL SLAMS 3x6

COPENHAGEN 2x10

Y BALANCE 2x3

SEATED HR 2x5

INVERTED ROWS 2x10

WGS x 3
SQUAT ST. x 3
LITTLE-RIG UPS 2x5

SQUAT 3x6

PUSH-UPS 2x12

DEADBUGS 2x10

SL DEADLIFT + ROT 2x5

1/2 KNEEL PRESS 2x8

BALL SCAM 2x8

FRONT HR 2x10

PALLOF PRESS 2x10

SOCCER:

WGS x 3

SQUAT ST. x 3

DEADLIFT ST. x 5

DEADLIFTS 3x6

LATERAL KNEE 2x10

COPENHAGEN 2x10

SEATED HR 2x15

INVERTED ROWS 2x10

SKATER SQUAT 2x10

HOLLOW BODY 2x30"

DEADBUGS 2x5 EA

SOCCER:

W/U: WGS x 3

SQUAT ST. x 3

ANKLE HOPS 1x10

30x SQUATS 3x6

2x10

PLANK-UPS 3x5

SL DEADLIFT + PRESS 2x8

1/2 LATERAL SQUAT 2x8

BALL SCAM 2x8

FRONT HR 2x5

HIP 90-90 1x

DEADBUG 2x5x5

SOCCER:

WGS x 3

SQUAT ST. x 3

DEADLIFT ST. x 5

✓ DEADLIFTS 3x6

✓ BRACE 7x10

✓ SEATED HR 2x15

✓ INVERTED ROWS 3x10

✓ LATERAL SQUAT 3x6 EA SIDE

✓ LATERAL KNEE 3x10

COPENHAGEN 1x10

PALLOF 2x10

HANGING KNEE RAISE 2x10

Win Friday!

Soccer:

WGS x 3
SQUAT x 3
ANKLE HOPS x 10

LITTLE-BIG
KNEES 2x5

SQUATS 3x6
ISOMETRIC
PUSH-UPS 2x5 EA
SL HR 2x10

SL DL + BALL SLAM 2x6
OH PRESS 2x10
SP + ABD 2x10
MOBILITY

Win Tomorrow!

Soccer:

WGS x 3
SQUAT x 3
ANKLE HOPS x 10

DEADLIFTS 3x8
BROAD JUMP 2x6
SEATED HR 3x15

INVERTED ROWS 3x10
SL LAT STEP 3x6
LATERAL RAISE 3x10

COPENHAGEN 1x10
NORDIC 1x6
REVERSE HOPS 1x6

Soccer

Warm Up: World's Greatest x 3

- Sumo Stretch x 3
- Hip Flexors (banded) x 1 X 6 each
- Single leg hop CW + CCW 1x3 min

Phase 1

- Light Squats w/ Speed 3x6
- Push-ups 2x10
- Standing Single leg knee raise 2x10

Phase 2

- Single leg deadlift w/ shoulder press 2x8
- Ball Slams 2x8

Mobility

- Side plank w/ hip abduction 2x8
- 90-90° Hip stretch 1x6

Partner

Win Tomorrow!

Soccer:

WGS x 3
SQUAT x 3
SL HOP + ROT x 3 EA

BENCH SQUATS 3x6
RXN JUMPS + SL 3x6
PUSH-UPS 3x12

SL DL + PRESS 3x8
SL FUNC. HR 3x8
SP + ABD 3x8

NORDIC 1x6
REVERSE 1x6
DEADBUG 2x5x5"

Player Performance Testing Data

100 Yd Shuttle - Sorted by Second Attempt time														
	S-A Last Name	S-A First Name	WK 1.1	WK 1.2	Recovery	WK 2.1	WK 2.2	Recovery	WK 3.1	WK 3.2	Recovery	WK 4.1	WK 4.2	Recovery
1	Aguirre	Isabella	1:07	1:26	:19	1:02	1:10	:08	1:05	1:17	:08	1:01	1:07	:06
2	Calderon	Claire	1:09	1:24	:15	1:00	1:08	:08	1:06	1:13	:07	1:01	1:05	:04
3	Casillas	Anahi	1:06	1:17	:11	:59	1:06	:07	1:07	1:11	:04	1:00	1:03	:03
4	Contreras	Mariah	1:05	1:14	:09	:58	1:04	:06	1:04	1:10	:06	:59	1:03	:04
5	Cox	Sarah	1:07	1:11	:04	:57	1:00	:03	1:01	1:05	:04	:57	:57	:00
6	Cuen	Jessica				1:08	1:18	:10	1:15	1:29	:14			
7	Davila	Melanie	1:07	1:14	:07	:59	1:03	:04	1:05	1:10	:05	:59	1:03	:04
8	Dunn	Darienne	1:08	1:18	:10	1:00	1:07	:07	1:07	1:12	:05	1:03	1:03	:00
9	Durazo	Morgan	1:07	1:16	:09	1:00	1:01	:01	1:04	1:09	:05	:57	1:02	:05
10	Gaeth	Claire	1:02	1:14	:12	:56	:59	:03	1:00	1:08	:08	:55	1:01	:06
11	Garcia	Jocelyn	1:13	1:26	:13	1:02	1:11	:08	1:09	1:17	:08	1:02	1:01	:01
12	Graboia	Cassie	1:09	1:30	:21	1:09	1:16	:17	1:12	1:29	:16	:59	1:15	:16
13	Guardado	Jasmine	1:04	1:11	:07	:56	:59	:03	:59	1:05	:06	:54	:59	:05
14	Haman	Audrey	1:10	1:11	:01	1:01	1:01	:00	1:08	1:10	:02	1:02	1:03	:01
15	Harrison	Alanna	1:03	1:12	:09	:57	1:03	:06	1:00	1:04	:04	:54	1:01	:07
16	Isenberg	Ashlyn	1:06	1:14	:08	:59	1:04	:05						
17	Jimenez	Hermelinda	1:10	1:23	:13	1:03	1:07	:05	1:10	1:11	:01	1:01	1:09	:08
18	Lee	Frankie	1:05	1:16	:11	:59	1:08	:09	1:05	1:14	:09	1:00	1:05	:05
19	Llanos	Ashanthé	1:10	1:20	:10	1:05	1:06	:01	1:07	1:10	:03	1:03	1:02	:01
20	Martin	Hannah	1:07	1:12	:05	:59	1:05	:06	1:02	1:06	:04	:59	1:01	:02
21	Martinez	Natalie	1:13	1:32	:19	1:05	1:17	:12	1:12	1:18	:06	1:06	1:09	:03
22	McLain	Gianna	1:07	1:20	:13	1:00	1:05	:05	1:07	1:13	:06	1:00	1:02	:02
23	Melgoza	Lali	1:04	1:12	:08	:57	1:01	:04	1:01	1:04	:03	:56	:57	:01
24	Mello	Breauna	1:06	1:09	:03	:55	1:01	:06	:59	1:08	:09	:58	:56	:02
25	Mendez	Lelia	1:09	1:19	:10	1:02	1:11	:08	1:06	1:14	:08	:58	1:06	:08
26	Mora	Jazmin	1:04	1:15	:11	1:00	1:04	:04	1:05	1:05	:00	1:03	1:00	:03
27	Oceguera	Serina	1:04	1:19	:15	:59	1:06	:07	1:05	1:14	:09	1:02	1:00	:02
28	O'neal	Isabella	1:06	1:17	:11	:56	1:02	:06	1:00	1:12	:12	:54	1:02	:08
29	Pares	Delaney	1:04	1:23	:19	:58	1:05	:07	1:04	1:12	:08	:59	1:04	:05
30	Pena	Isabella	1:01	1:13	:12	:57	1:06	:09	1:03	1:12	:09	:57	1:04	:07
31	Pointer	Riley	1:20	1:40	:20	1:07	1:09	:02	1:15	1:22	:07	1:10	1:17	:07
32	Ramirez	Maria										:58	1:07	:09
33	Rivera	Jimena				1:02	1:16	:14	1:08	1:14	:06	:58	1:08	:10
34	Rocha	Faith				1:00	1:09	:09	1:05	1:14	:09	:56	1:05	:09
35	Rodriguez	Kellyann	1:06	1:11	:05	1:00	1:05	:05	1:04	1:10	:06	:58	1:04	:06
36	Romagnoli	Zoe	1:01	1:12	:11	:55	1:02	:07	:59	1:05	:06	:55	:59	:04
37	Salazar	Aubrey	1:07	1:10	:03	:58	1:03	:05	1:08	1:12	:04	1:01	1:03	:02
38	Salazar	Lauryn	1:06	1:10	:04	:57	1:02	:05						
39	Schroder	Bella	1:01	1:11	:10	:57	1:01	:04	1:00	1:05	:05	:56	:58	:02
40	Vargas	Janet							1:05	1:19	:14	1:02	1:06	:04
41	Zapata	Mariah				:59	1:04	:05	1:06	1:11	:05	1:01	1:03	:02

COOPER TEST

	S-A Last Name	S-A First Name	BASELINE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	Davila	Melanie	7.25	7.13		7.13	7.25
2	Melgoza	Lali	7.25	7.13	7.13	7.25	7.25
3	Cox	Sarah	6.38	6.13	6.13	6.25	7.13
4	Mello	Breauna	6.88	6.88	6.38	6.88	7
5	Mora	Jazmin	6.63	6.63	6.88	6.88	7
6	Romagnoli	Zoe	7	6.75	6.88	6.88	7
7	Guardado	Jasmine	7	6.38	6.5	6.75	6.75
8	Martin	Hannah	6.63	6.13	6.5	6.63	6.75
9	Rodriguez	Kellyann	6.25	6.25		6.5	6.75
10	Pena	Isabella	6.25	6.25	6.38	6.5	6.63
11	Gaeth	Claire	7.13	5.75	6.5	6.63	6.5
12	Harrison	Alanna	6.25	6.25	6.38	6.63	6.5
13	Lee	Frankie	6.25	6.25	6.38	6.5	6.5
14	Durazo	Morgan	6.63	6.13	6.25	6.38	6.38
15	Haman	Audrey	5.88	6	6.13	6.25	6.38
16	Contreras	Mariah	7.25	7.13	7.13	7.13	6.25
17	Jimenez	Hermelinda	5.75	5.75	6	6.25	6.25
18	Llanos	Ashanthé	5.63	5.63	6	5.88	6.25
19	Oceguera	Serina	6.13	6.88	6	6	6.25
20	O'neal	Isabella	5.13	5.13	6.13	6.25	6.25
21	Pares	Delaney	5.13	5.13	6.13	6	6.25
22	Dunn	Darienne	6	5.88	6	6	6.13
23	Mendez	Lelia	5.75	5.75	6	6.13	6.13
24	Salazar	Aubrey	6.63	6.63	6.13	6.25	6.13
25	Zapata	Mariah	6.75	6.75	5.88	6.13	6.13
26	Calderon	Claire	5.63	5.63	5.75	5.88	6
27	Graboila	Cassie	4.75	4.75	5	5.13	6
28	McLain	Gianna	5.5	5.5	5.88	6	6
29	Rivera	Jimena	5.63		5.63	5.75	6
30	Martinez	Natalie	5.25	5.25	5.38	5.88	5.75
31	Vargas	Janet	5.75		5.75	5.38	5.63
32	Pointer	Riley	4.75	4.75	5.75	5.75	5.5
33	Garcia	Jocelyn			5.88	5.63	5.25
34	Aguirre	Isabella	4.88	4.88	5	5.38	5.13
35	Casillas	Anahi	6.75	6		6	
36	Cuen	Jessica	4		4		
37	Isenberg	Ashlyn	6.75	6	6.13		
38	Rocha	Faith	6.63	6.63	6	6	
39	Salazar	Lauryn	6.38	6.25	6.25		
40	Schroder	Bella	6.75	6.38	6.5	6.75	

Sprint Ladder Baseline Summer 2021

Group 1		Group 2	
1	Laili Melgoza	1	Bri Mello
2	Jasmine Guadardo	2	Jazmin Mora
3	Zoe Romagnoli	3	Ashlyn Isenberg
4	Sarah Cox	4	Alex Guillen
5	Lauryn Salazar	5	Bella Schroder
6	Bri Alvarez	6	Hannah Martin
7	Morgan Durazo	7	Anahli Casillas
8	Lizzy Munoz	8	Peyton Bever
9	Claire Gaeth	9	Mariah Zapata
10	Serenity Torres	10	Jordyn Puentes
11	Serina Oceguera	11	Mel Davila
12	Callen Bawden	12	Darlene Dunn
13		13	Jacky Vasquez
14		14	Audrey Haman
15		15	
16		16	
17		17	
18		18	
19		19	
20		20	
21		21	
22		22	

Sprint Ladder Week 1

Group 1		Group 2	
1	Jasmine Guadardo	1	Bri Mello
2	Sarah Cox	2	Jazmin Mora
3	Laili Melgoza	3	Mel Davila
4	Claire Gaeth	4	Zoe Romagnoli
5	Hannah Martin	5	Serina Oceguera
6	Lauryn Salazar	6	Ashantle Llanos
7	Morgan Durazo	7	Audrey Haman
8	Bella Schroder	8	Ashlyn Isenberg
9	Mariah Contreras	9	Isabella O'Neal
10	Aubrey Salazar	10	Delaney Pares
11	Anahli Casillas	11	Gianna McClain
12	Claire Calderon	12	Frankie Lee
13	Darlene Dunn	13	Isabella Pena
14	Alanna Harrison	14	Kelly Ann Rodriguez
15	Isabella Aguirre	15	Cassie Grabiola
16	Callen Bawden	16	Lella Mendez
17	Natalie Martinez	17	Hermelinda Jimenez
18	Jocelyn Garcia	18	
19	Faith Rocha	19	
20	Riley Pointer	20	
21		21	
22		22	

Sprint Ladder Week 2

Group 1		Group 2	
1	Bri Mello	1	Sarah Cox
2	Jasmine Guadardo	2	Lauryn Salazar
3	Jazmin Mora	3	Morgan Durazo
4	Zoe Romagnoli	4	Alanna Harrison
5	Laili Melgoza	5	Anahli Casillas
6	Mariah Contreras	6	Aubrey Salazar
7	Mel Davila	7	Delaney Pares
8	Isabella O'Neal	8	Darlene Dunn
9	Bella Schroder	9	Ashlyn Isenberg
10	Hannah Martin	10	Frankie Lee
11	Claire Gaeth	11	Isabella Aguirre
12	Serina Oceguera	12	Ashantle Llanos
13	Isabel Pena	13	Callen Bawden
14	Mariah Zapata	14	Natalie Martinez
15	Audrey Haman	15	Hermelinda Jimenez
16	Jocelyn Garcia	16	
17	Jlirna Rivera	17	
18	Lella Mendez	18	
19	Riley Pointer	19	
20	Gianna McClain	20	
21	Faith Rocha	21	
22		22	

Sprint Ladder Week 3

Group 1		Group 2	
1	Bri Mello	1	Zoe Romagnoli
2	Jasmine Guadardo	2	Sarah Cox
3	Jazmin Mora	3	Isabella O'Neal
4	Mel Davila	4	Morgan Durazo
5	Laili Melgoza	5	Frankie Lee
6	Isabel Pena	6	Claire Gaeth
7	Alanna Harrison	7	Anahli Casillas
8	Mariah Contreras	8	Darlene Dunn
9	Bella Schroder	9	Audrey Haman
10	Hannah Martin	10	Claire Calderon
11	Mariah Zapata	11	Ashantle Llanos
12	Serina Oceguera	12	Jocelyn Garcia
13	Aubrey Salazar	13	Linda Jimenez
14	Delaney Pares	14	Gianna McClain
15	Kellyann Rodriguez	15	Lella Mendez
16	Jlirna Rivera	16	Natalie Martinez
17	Isabella Aguirre	17	
18	Riley Pointer	18	
19	Faith Rocha	19	
20	Cassie Grabiola	20	
21	Janet Vargas	21	
22		22	

Sprint Ladder Week 4

Group 1		Group 2	
1	Bri Mello	1	Jazmin Mora
2	Jasmine Guadardo	2	Mel Davila
3	Zoe Romagnoli	3	Isabella O'Neal
4	Isabel Pena	4	Mariah Contreras
5	Laili Melgoza	5	Sarah Cox
6	Alanna Harrison	6	Morgan Durazo
7	Bella Schroder	7	Serina Oceguera
8	Claire Gaeth	8	Darlene Dunn
9	Aubrey Salazar	9	Anahli Casillas
10	Claire Calderon	10	Delaney Pares
11	Kellyann Rodriguez	11	Frankie Lee
12	Mariah Zapata	12	Hannah Martin
13	Isabella Aguirre	13	Faith Rocha
14	Gianna McClain	14	Jlirna Rivera
15	Ashantle Llanos	15	Natalie Martinez
16	Jocelyn Garcia	16	
17	Cassie Grabiola	17	
18	Lella Mendez	18	
19	Hermelinda Jimenez	19	
20		20	
21		21	
22		22	

WOODWARD PARK

	S-A Last Name	S-A First Name	BASELINE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	Melgoza	Lali	20:04:00	22:49:00	22:32:00	22:08:00	22:12:00
2	Contreras	Mariah	23:03:00	23:46:00	23:16:00	22:42:00	22:44:00
3	Davila	Melanie	22:59:00	23:45:00	23:13:00	23:13:00	23:42:00
4	Mello	Breauna	23:18:00	23:44:00	23:19:00	22:39:00	23:42:00
5	Romangnoli	Zoe	23:24:00	24:48:00	24:46:00	24:13:00	24:00:00
6	Rodriguez	Kellyann	25:05:00	25:05:00	24:52:00	24:33:00	24:02:00
7	Guardado	Jasmine	23:57:00	25:35:00	26:19:00	24:41:00	24:59:00
8	Schroder	Bella	24:32:00	26:08:00	26:57:00	26:06:00	24:59:00
9	Pena	Isabella	25:05:00	25:05:00	24:54:00	24:51:00	25:09:00
10	Mora	Jazmin	24:18:00	25:04:00	24:47:00	24:31:00	25:27:00
11	Durazo	Morgan	25:17:00	27:24:00	27:20:00	26:53:00	25:30:00
12	Lee	Frankie	25:40:00	25:40:00	25:32:00	25:30:00	25:36:00
13	Jimenez	Hermelinda	28:14:00	28:14:00	27:30:00	26:23:00	26:19:00
14	Harrison	Alanna	26:23:00	26:23:00	25:34:00	24:40:00	26:29:00
15	O'neal	Isabella	27:03:00	27:03:00	26:42:00	26:47:00	26:29:00
16	Salazar	Aubrey	26:35:00	26:35:00	27:06:00	27:51:00	26:48:00
17	Llanos	Ashanthé	29:13:00	29:13:00	28:23:00	28:35:00	26:59:00
18	Haman	Audrey	27:04:00	29:19:00	28:34:00	28:16:00	27:05:00
19	Oceguera	Serina	27:07:00	29:13:00	29:24:00	28:35:00	27:18:00
20	Rocha	Faith	31:26:00	31:26:00	31:30:00	28:11:00	27:21:00
21	Calderon	Claire	29:07:00	29:07:00		28:10:00	27:25:00
22	Bever	Peyton	25:18:00				27:31:00
23	Casillas	Anahi	26:41:00	28:56:00	27:52:00	28:56:00	27:38:00
24	Pares	Delaney	28:37:00	28:37:00	28:31:00	26:19:00	28:03:00
25	Zapata	Mariah	26:57:00	28:13:00	28:20:00	27:39:00	28:21:00
26	Mendez	Lelia	29:19:00	29:19:00	28:42:00	28:18:00	28:30:00
27	McClain	Gianna	28:57:00	28:57:00		27:21:00	28:56:00
28	Rivera	Jimena	32:10:00		32:10:00	30:03:00	30:09:00
29	Vargas	Janet	30:56:00			30:56:00	30:12:00
30	Martinez	Natalie	33:53:00	33:53:00	34:49:00	30:16:00	31:31:00
31	Aguirre	Isabella	33:48:00	33:48:00	33:06:00	32:32:00	33:32:00
32	Graboia	Cassie	38:06:00		38:06:00	36:25:00	36:39:00
33	Isenberg	Ashlyn	25:13:00	27:39:00	27:52:00		36:48:00
34	Salazar	Lauryn	25:19:00	25:54:00	25:16:00		36:48:00
35	Pointer	Riley	44:14:00	44:14:00	38:23:00	34:48:00	37:27:00
36	Cox	Sarah	25:31:00	27:33:00	27:11:00	26:45:00	
37	Cuen	Jessica	38:30:00			38:30:00	
38	Dunn	Darienne	28:01:00	29:19:00	28:34:00	28:25:00	
39	Gaeth	Claire	26:20:00	25:08:00	25:14:00	24:46:00	
40	Garcia	Jocelyn	31:25:00	31:25:00	29:49:00	29:45:00	
41	Martin	Hannah	24:32:00	25:44:00	26:50:00	28:25:00	

First Name	Last Name	Body Mass (kg)				Best Jump Ht	Net Jump Height	PAPw
Alanna	Harrison	70.4				21.2	21.2	4402.7
Anahi	Casillas	55				18.2	18.2	3242.5
Ashlyn	Isenberg	55.2				18.1	18.1	3236.2
Aubrey	Salazar	59.3				18.6	18.6	3499.0
Audrey	Haman	66				19.1	19.1	3879.6
Bella	Schroder	58.1				22.2	22.2	3999.7
Breauna	Mello	54.3				19	19	3334.2
Claire	Calderon	55.7				18.8	18.8	3366.8
Claire	Gaeth	52				18.2	18.2	3106.6
Darienne	Dunn	66.8				21.7	21.7	4316.7
Delaney	Pares	51.6				19.1	19.1	3227.3
Frankie	Lee	64.9				20	20	3968.5
Gianna	McClain	57.1				20.1	20.1	3630.6
Hannah	Martin	60.7				20.2	20.2	3809.1
Isabella	Aguirre	61.8				22.6	22.6	4229.0
Isabella	O'Neal	56.9				20.4	20.4	3667.8
Isabelle	Pena	60.6				16.9	16.9	3295.8
Jasmine	Guardado	58.6				22.8	22.8	4114.8
Jazin	Mora	54.3				22.4	22.4	3858.4
Kelly	Rodriquez	53.8				17.1	17.1	3018.6
Lali	Melgoza	58.1				16.7	16.7	3151.7
Lauryn	Salazar	64.8				17.3	17.3	3547.7
Lelia	Mendez	58.8				19.7	19.7	3645.9
Mariah	Contreas	48				16.5	16.5	2663.3
Mariah	Zapata	51.4				19.4	19.4	3264.5
Melanie	Davila	56.9				18.5	18.5	3374.9
Morgan	Durazo	53.9				21	21	3624.4
Peyton	Bever	55				18.6	18.6	3304.2
Riley	Pointer	80.9				18.2	18.2	4415.8
Sarah	Cox	59.1				18.1	18.1	3412.9
Serina	Oceguera	62.8				20.5	20.5	3950.5
Zoe	Romangnoli	60.6				18.6	18.6	3557.9

Average Jump Height

19.369

Average Team PAP

3597.423

PAPw (Watts) = $60.7 \cdot \text{jump height(cm)} + 45.3 \cdot \text{body mass(kg)} - 2055$

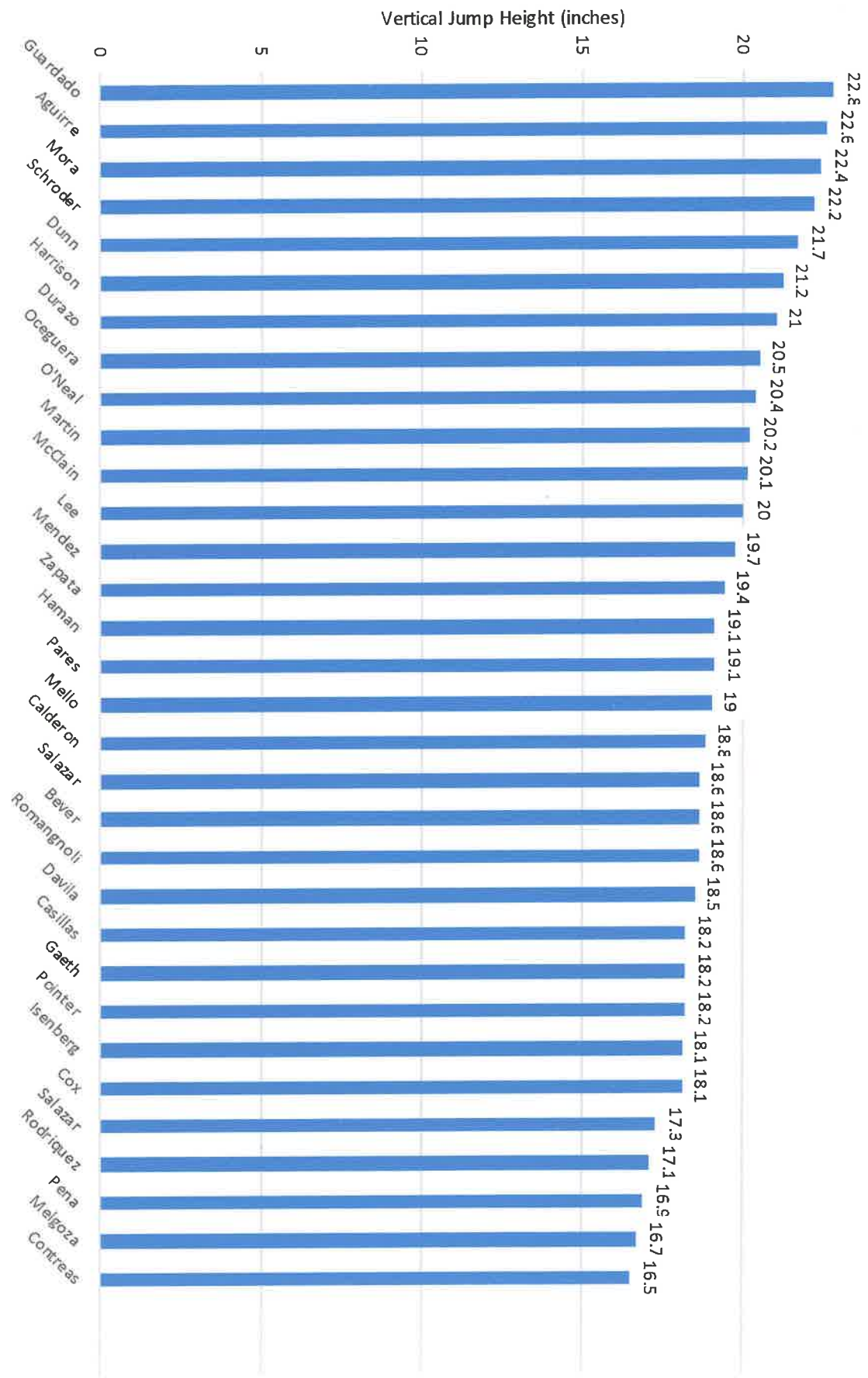
Sayers, S., et al. (1999) Cross-validation of three jump power equations. **Med Sci Sports Exerc.** 31: 572.

Vertical Jump Height (inches)

Probotics Jumping Mat

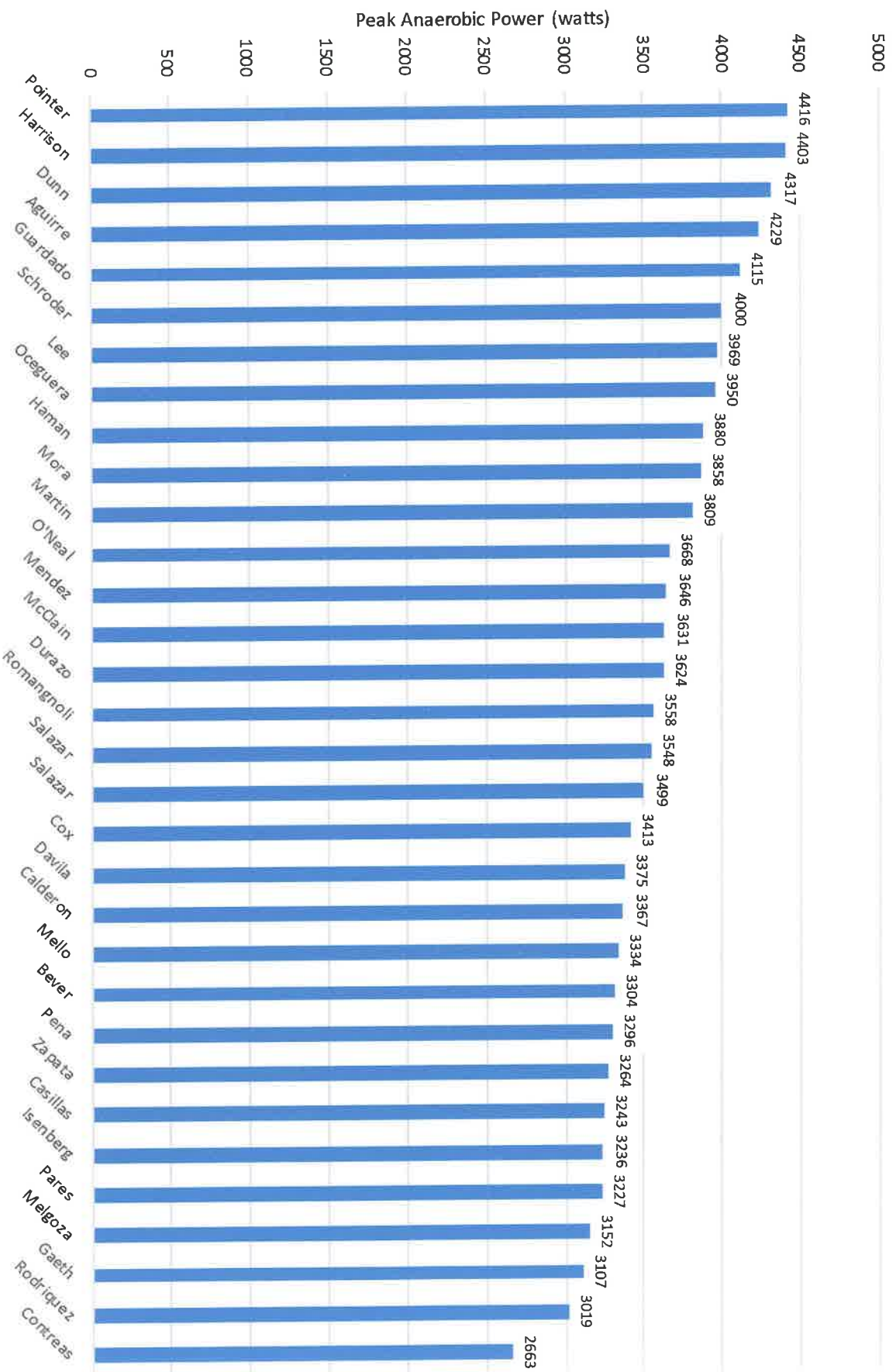
August 8, 2022

25



Peak Anaerobic Power (watts)

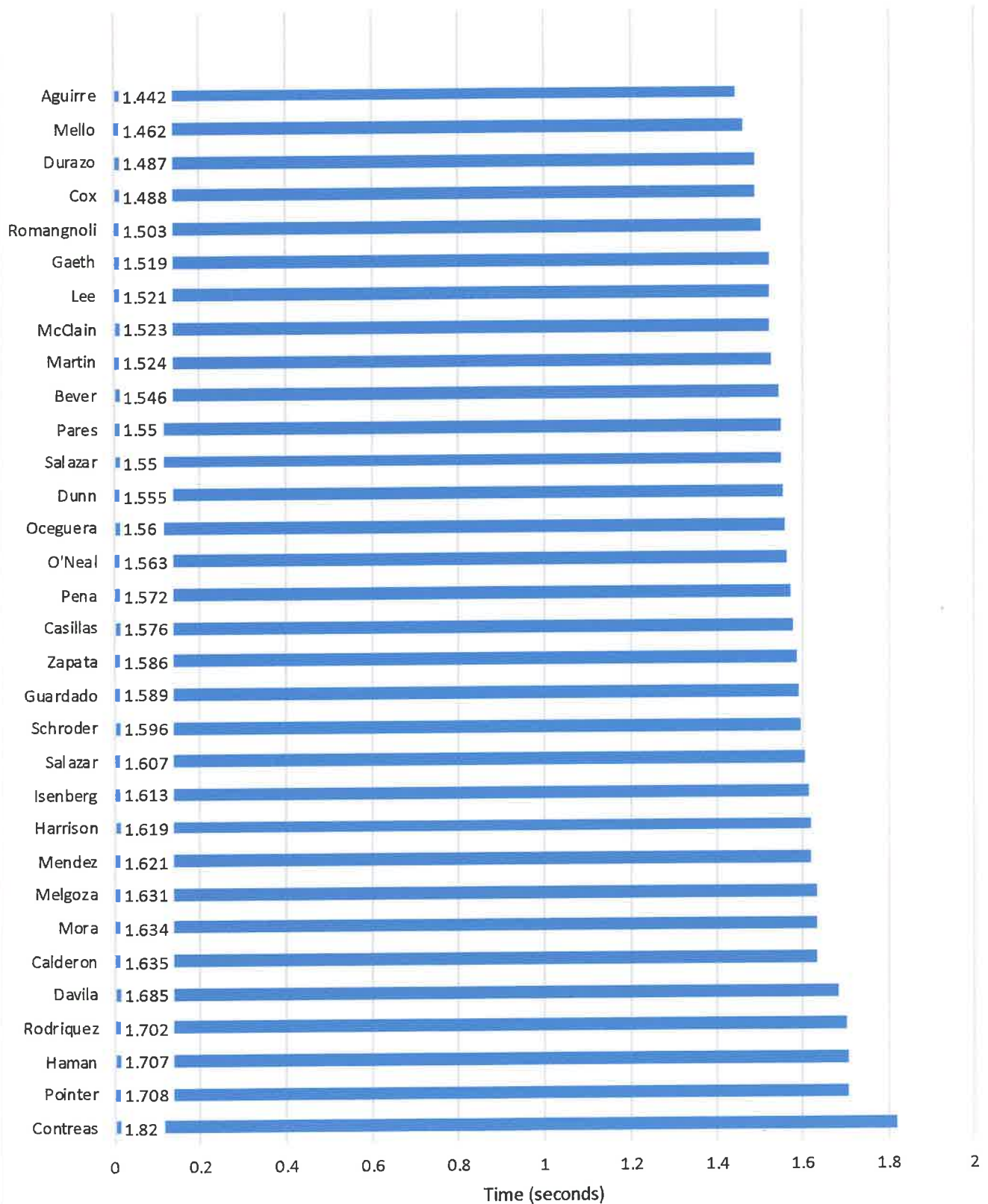
August 8, 2022



<u>First Name</u>	<u>Last Name</u>	Split 1	Split 2	0-10 Meter Time	10-30 Meter Time	0-30 Meter Time
Alanna	Harrison	1.619	4.213	1.619	2.594	4.213
Anahi	Casillas	1.576	4.08	1.576	2.504	4.08
Ashlyn	Isenberg	1.613	4.105	1.613	2.492	4.105
Aubrey	Salazar	1.55	3.999	1.55	2.449	3.999
Audrey	Haman	1.707	4.232	1.707	2.525	4.232
Bella	Schroder	1.596	4.157	1.596	2.561	4.157
Breauna	Mello	1.462	3.837	1.462	2.375	3.837
Claire	Calderon	1.635	4.092	1.635	2.457	4.092
Claire	Gaeth	1.519	4.132	1.519	2.613	4.132
Darienne	Dunn	1.555	4.183	1.555	2.628	4.183
Delaney	Pares	1.55	4.082	1.55	2.532	4.082
Frankie	Lee	1.521	4.002	1.521	2.481	4.002
Gianna	McClain	1.523	4.136	1.523	2.613	4.136
Hannah	Martin	1.524	4.225	1.524	2.701	4.225
Isabella	Aguirre	1.442	3.946	1.442	2.504	3.946
Isabella	O'Neal	1.563	4.013	1.563	2.45	4.013
Isabelle	Pena	1.572	4.049	1.572	2.477	4.049
Jasmine	Guardado	1.589	4.049	1.589	2.46	4.049
Jazim	Mora	1.634	4.059	1.634	2.425	4.059
Kelly	Rodriquez	1.702	4.442	1.702	2.74	4.442
Lali	Melgoza	1.631	4.274	1.631	2.643	4.274
Lauryn	Salazar	1.607	4.157	1.607	2.55	4.157
Lelia	Mendez	1.621	4.292	1.621	2.671	4.292
Mariah	Contreas	1.82	4.516	1.82	2.696	4.516
Mariah	Zapata	1.586	4.05	1.586	2.464	4.05
Melanie	Davila	1.685	4.285	1.685	2.6	4.285
Morgan	Durazo	1.487	3.961	1.487	2.474	3.961
Peyton	Bever	1.546	4.13	1.546	2.584	4.13
Riley	Pointer	1.708	4.384	1.708	2.676	4.384
Sarah	Cox	1.488	3.907	1.488	2.419	3.907
Serina	Oceguera	1.56	3.925	1.56	2.365	3.925
Zoe	Romangnoli	1.503	3.905	1.503	2.402	3.905

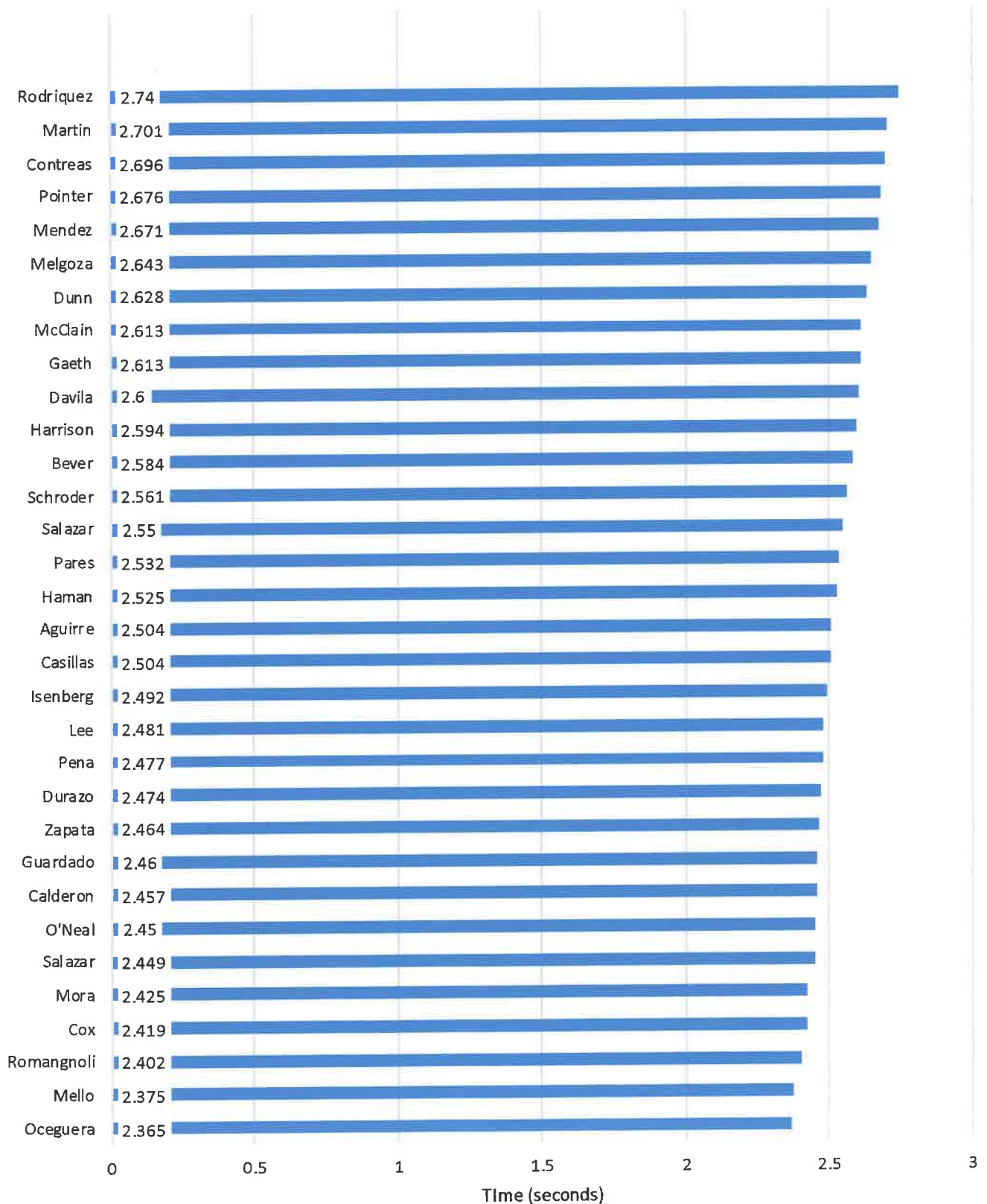
Average	1.584	2.535	4.119
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0 - 10 Yard Sprint Time FCC Women's Soccer Fall 2022



10 - 30 Yard Sprint Time

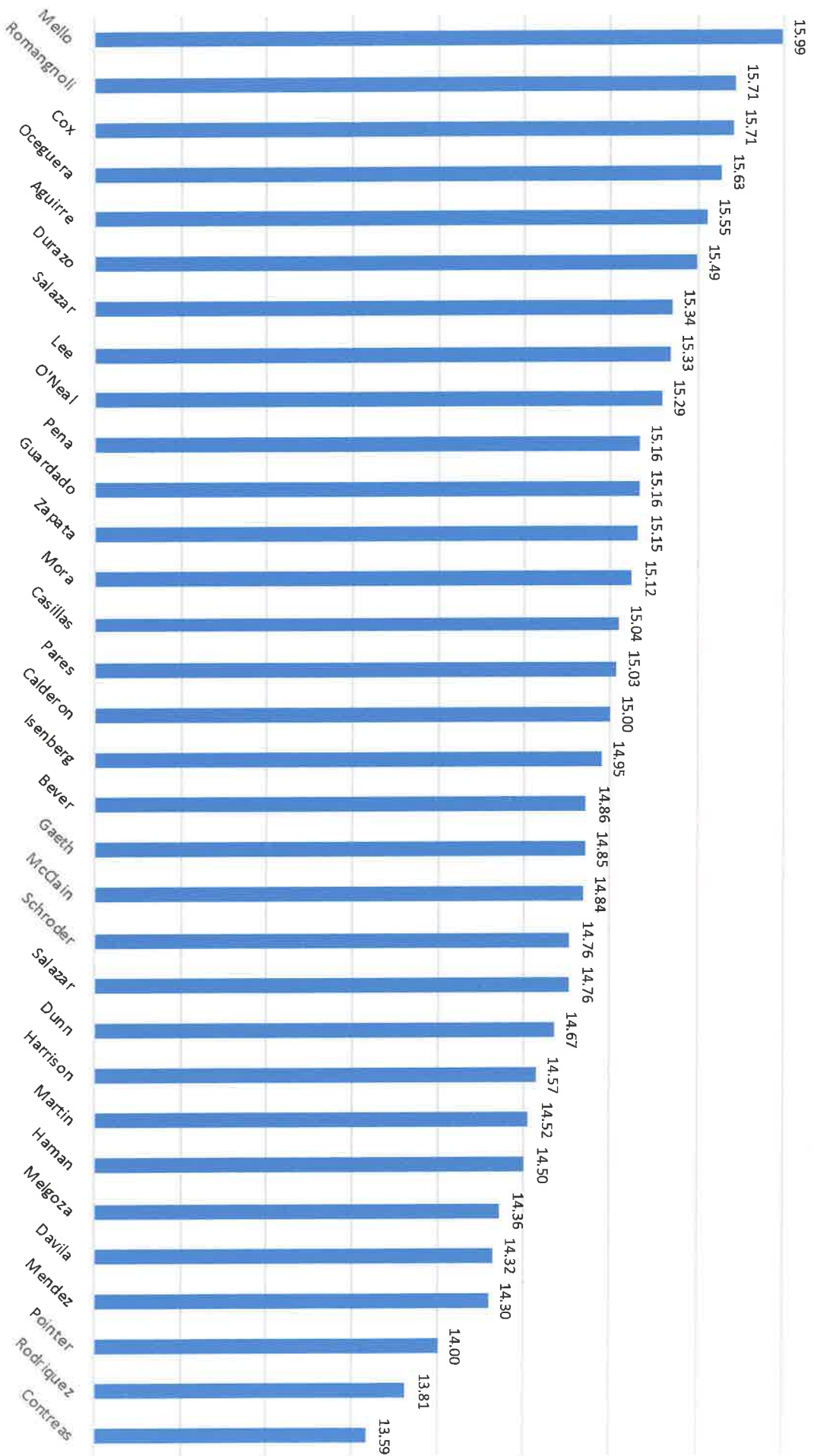
FCC Women's Soccer Fall 2022



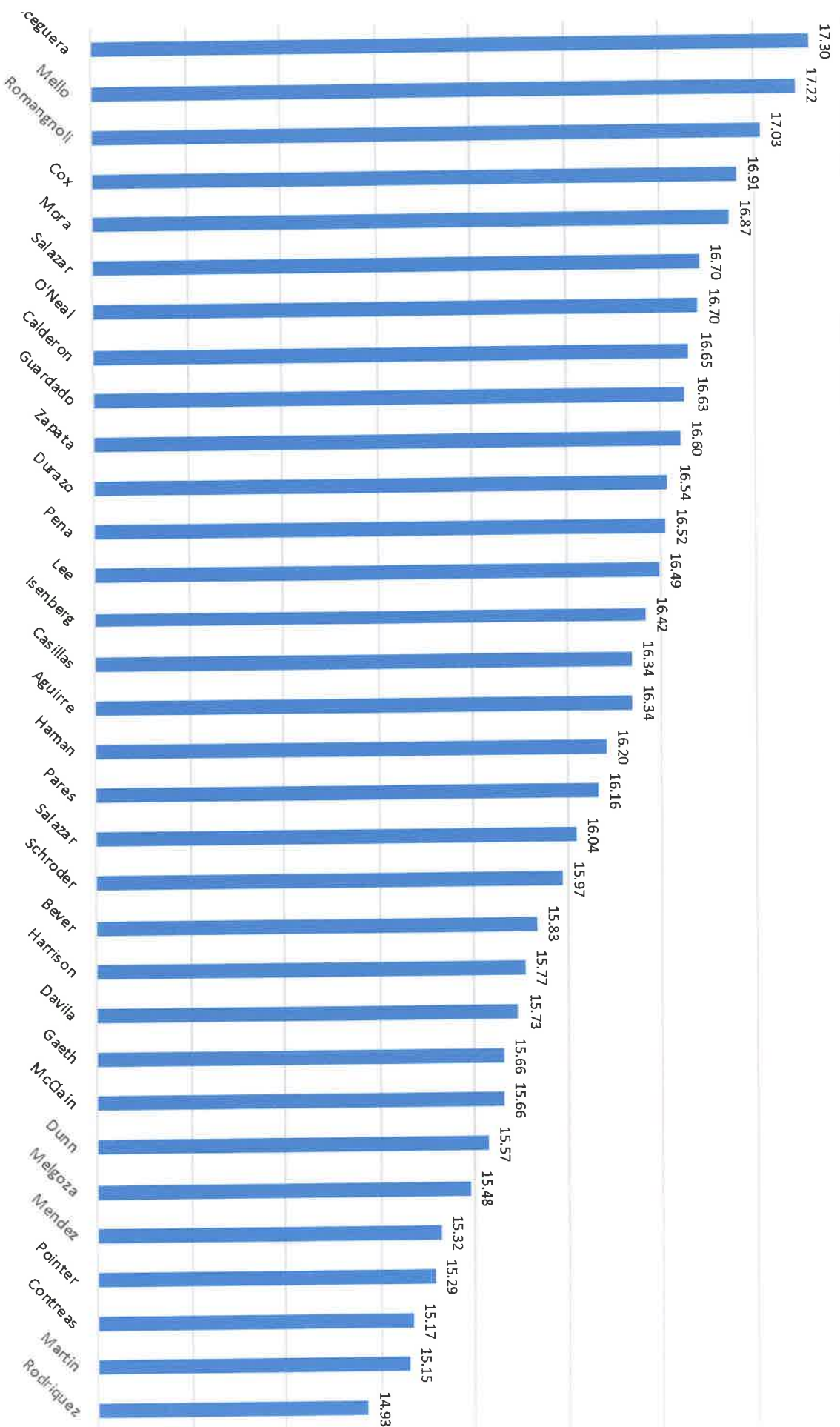
0 - 30 Yard Sprint Time FCC Women's Soccer Fall 2022



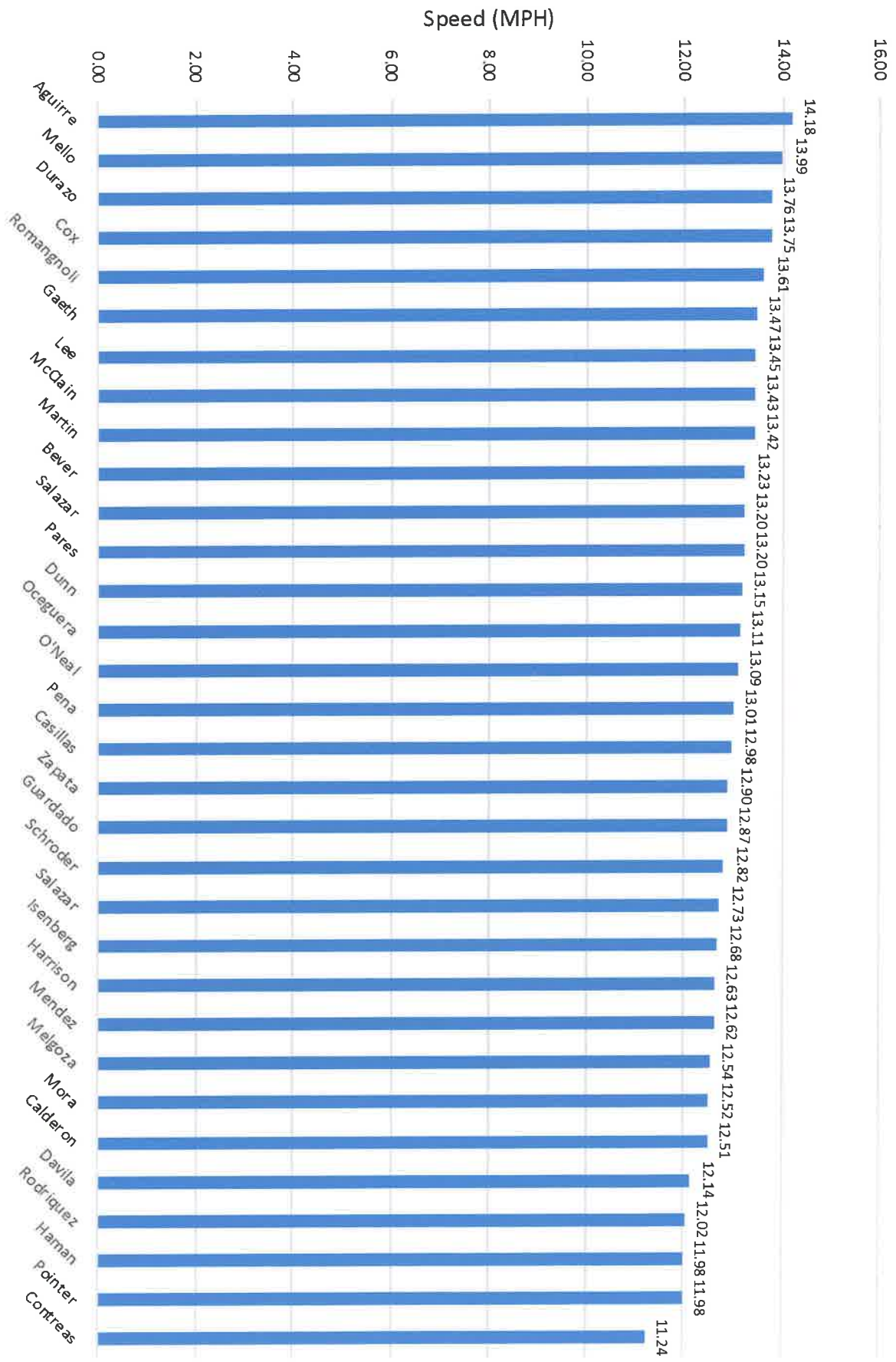
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10 - 30 Yard Sprint Speed (MPH) FCC Women's Soccer Fall 2022

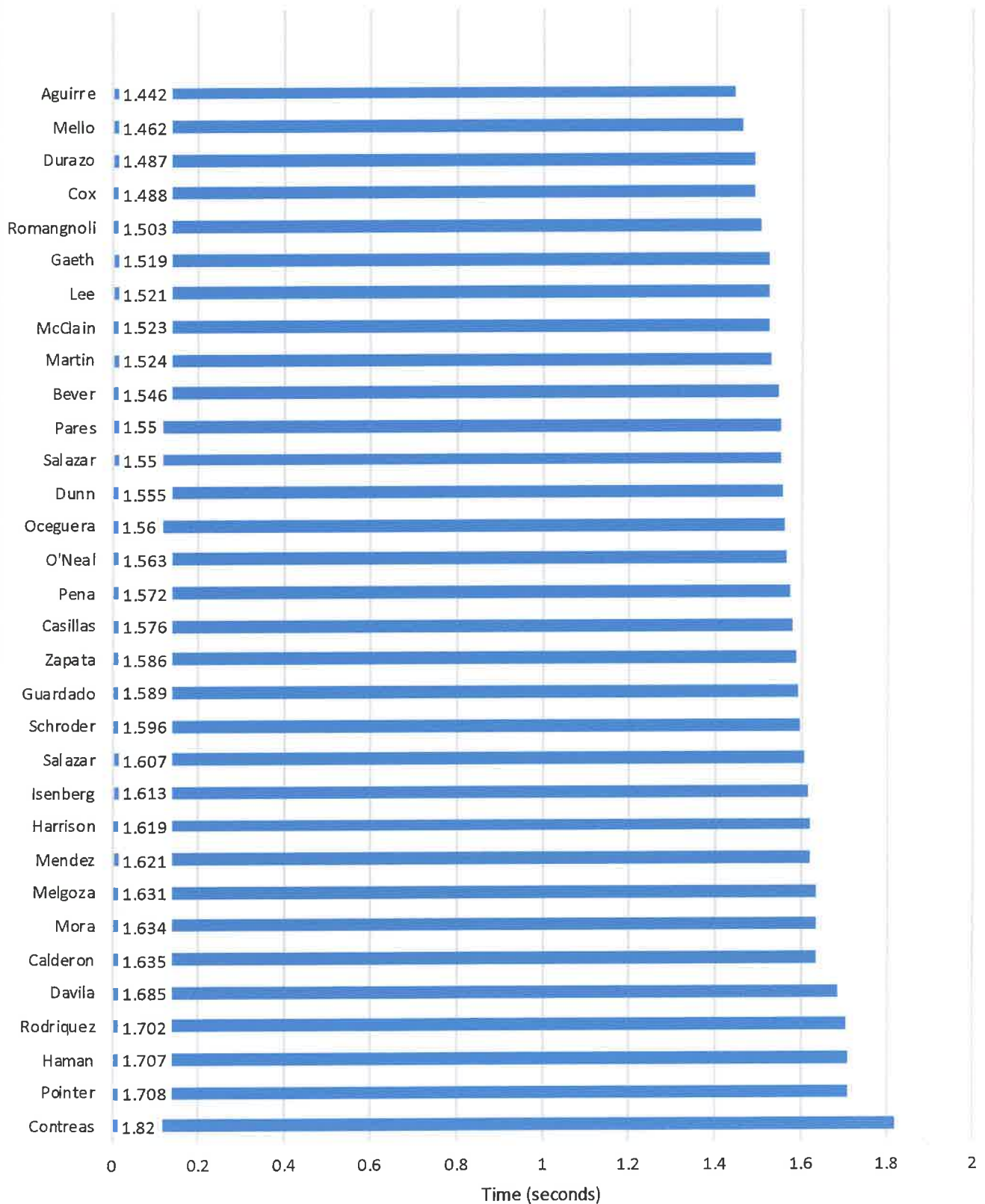


0 - 10 Yard Sprint Speed (MPH) FCC Women's Soccer Fall 2022



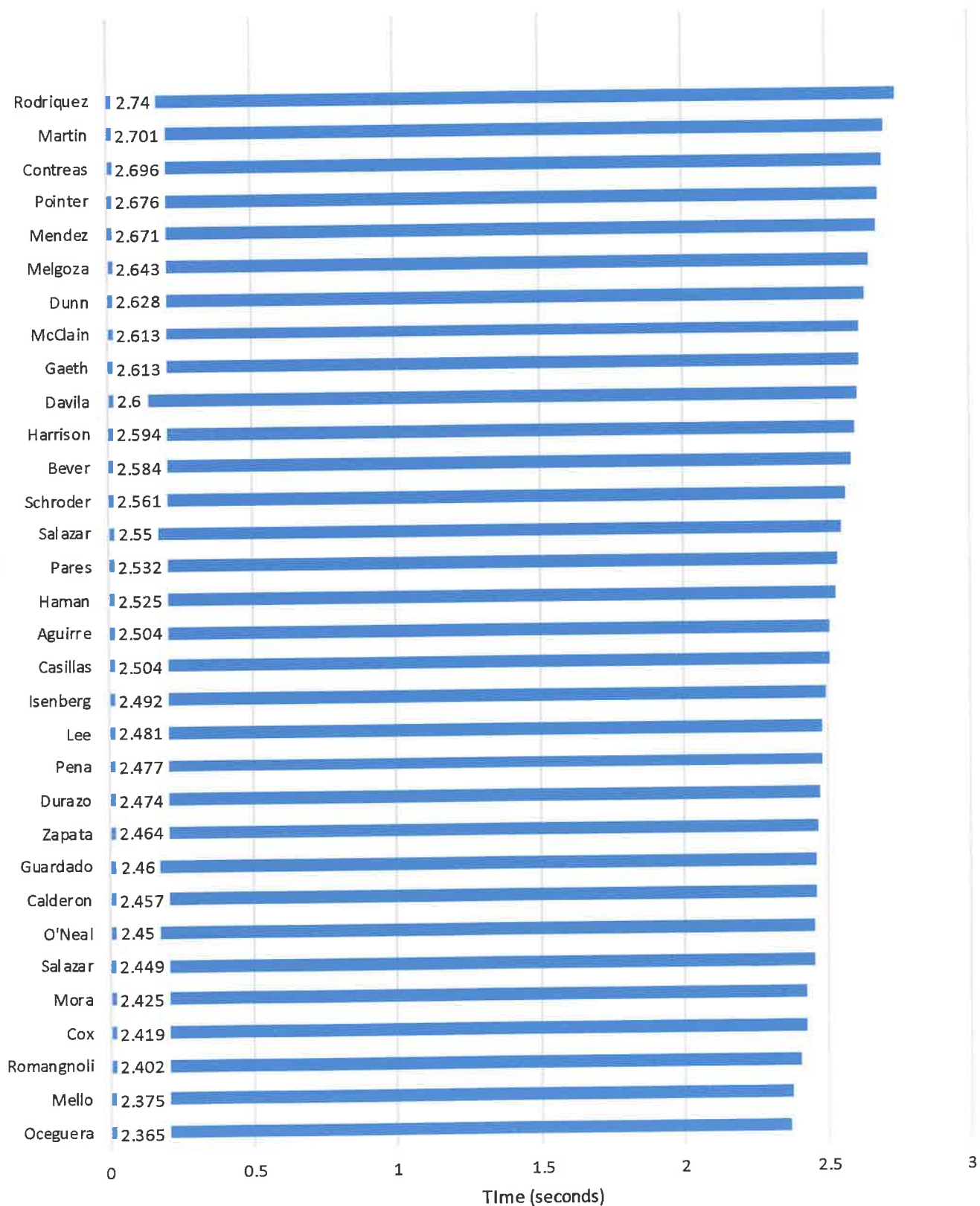
0 - 10 Yard Sprint Time

FCC Women's Soccer 8/22/22



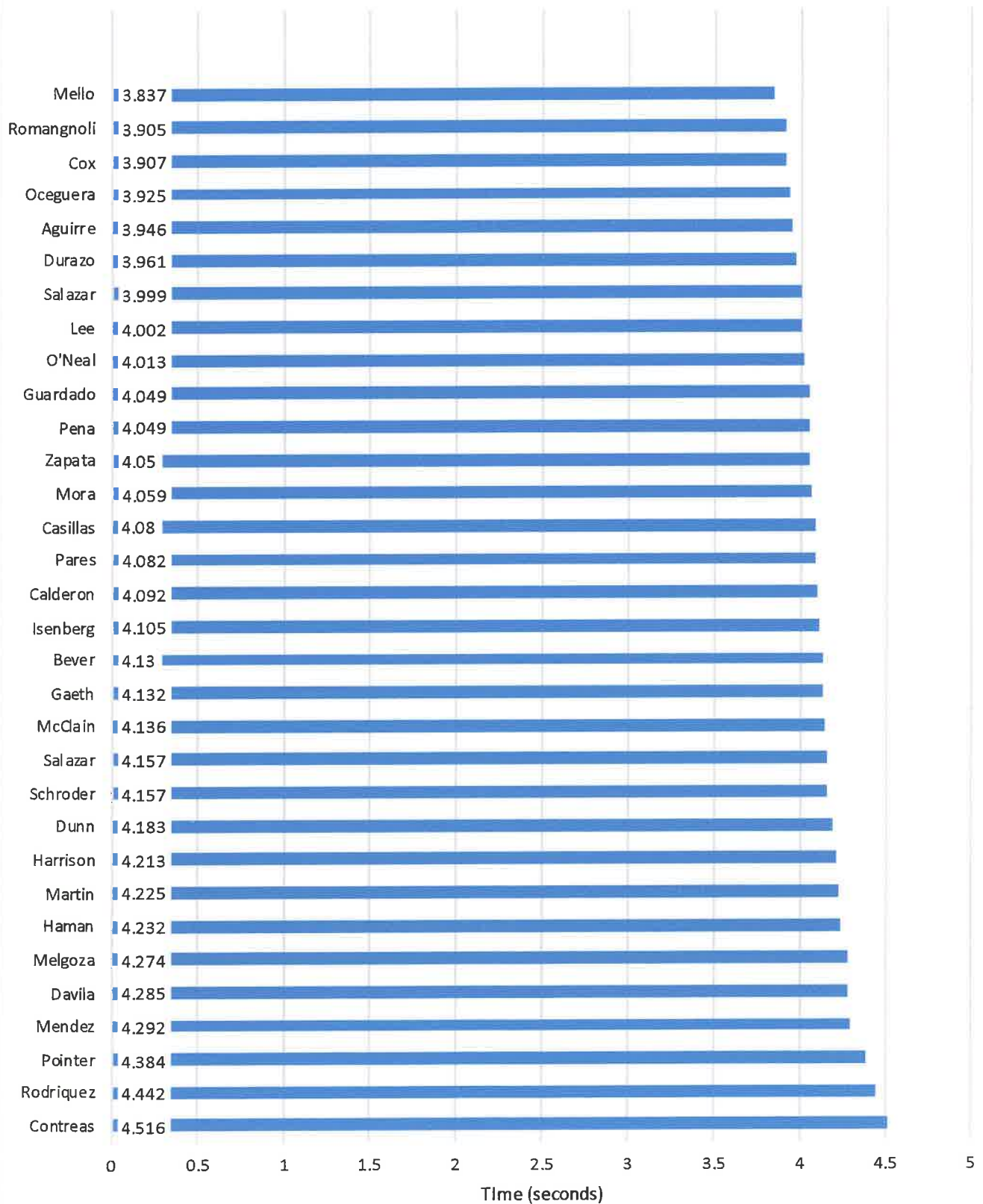
10 - 30 Yard Sprint Time

FCC Women's Soccer 8/22/22

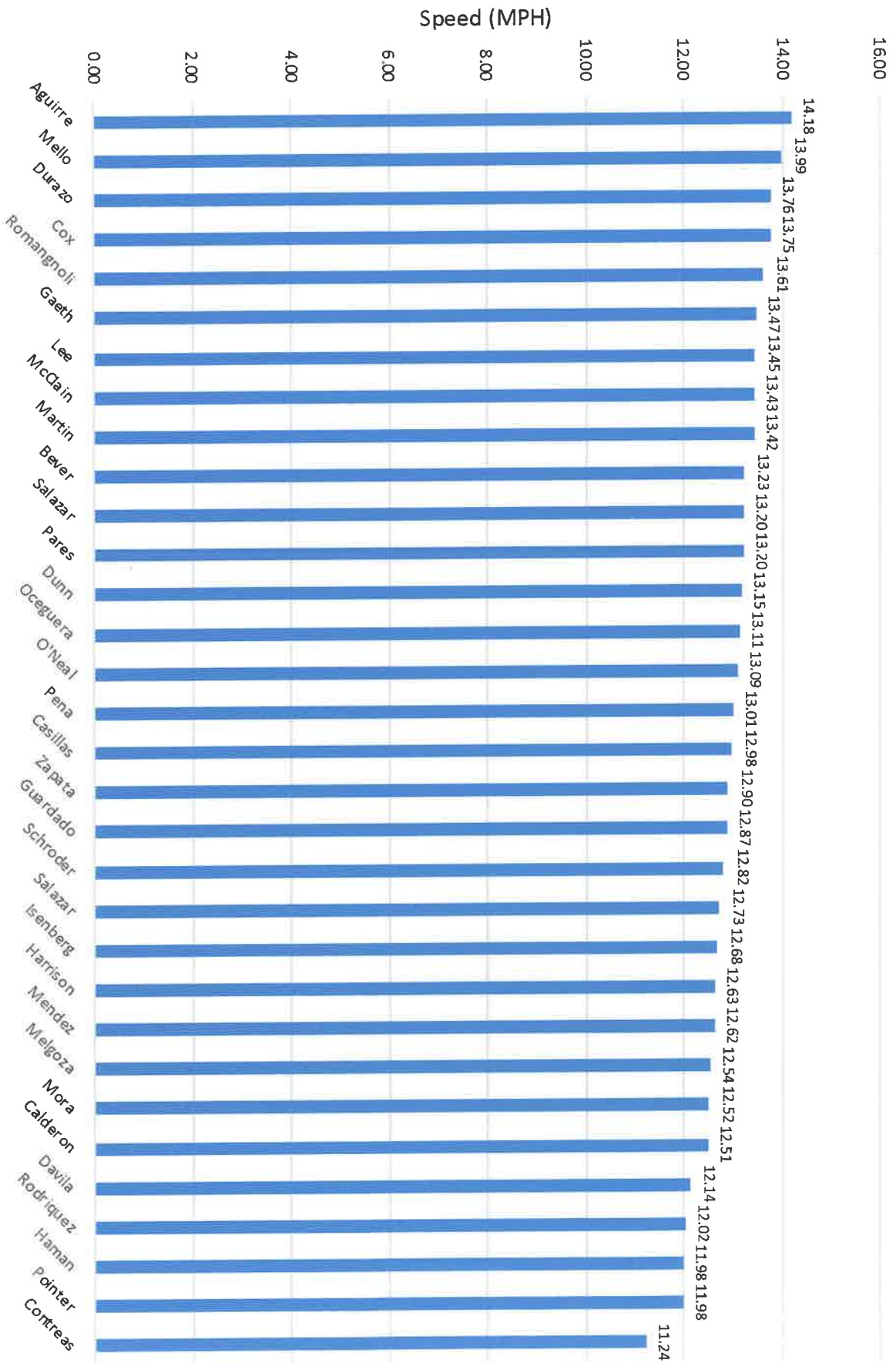


0 - 30 Yard Sprint Time

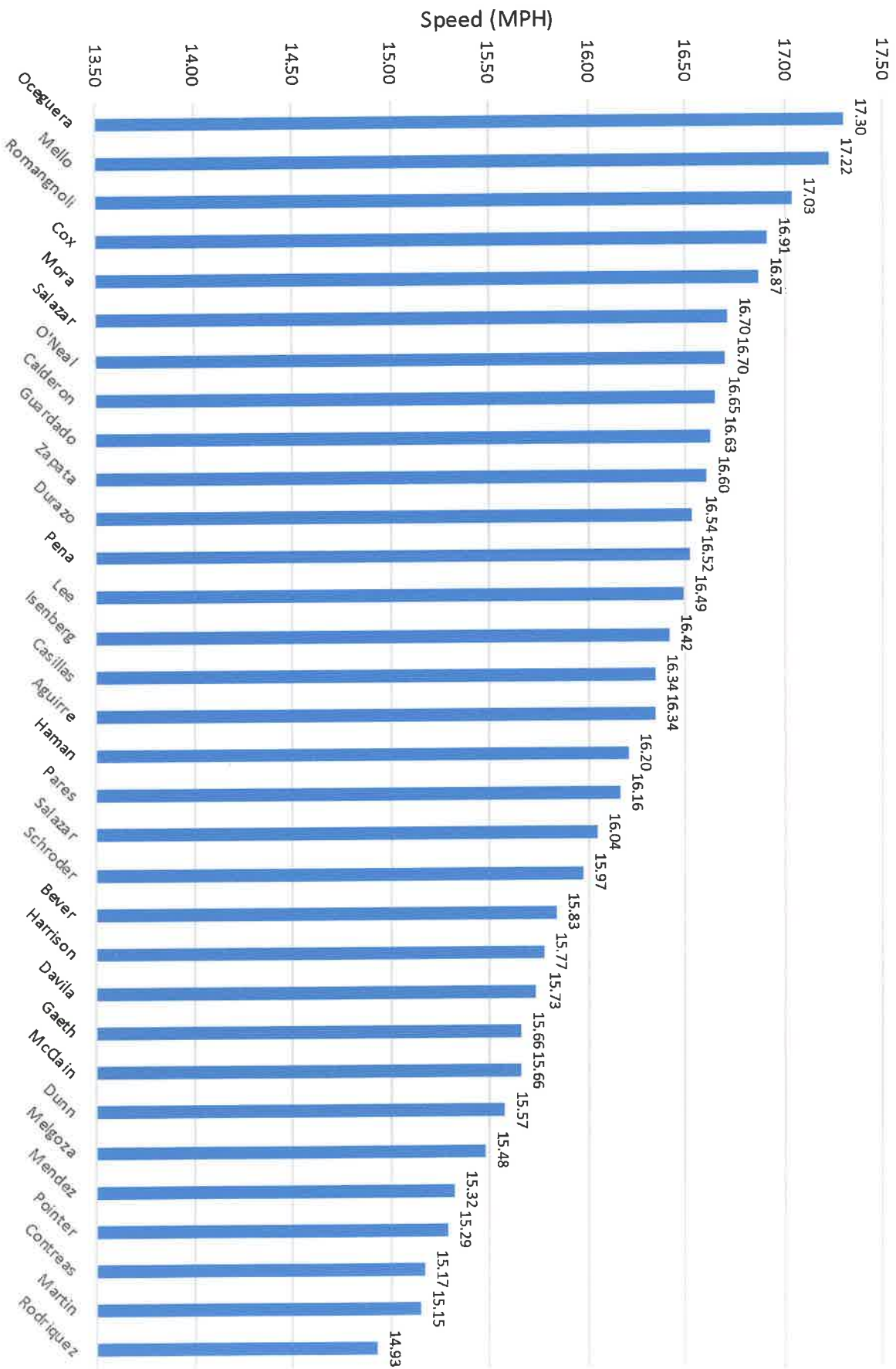
FCC Women's Soccer 8/22/22



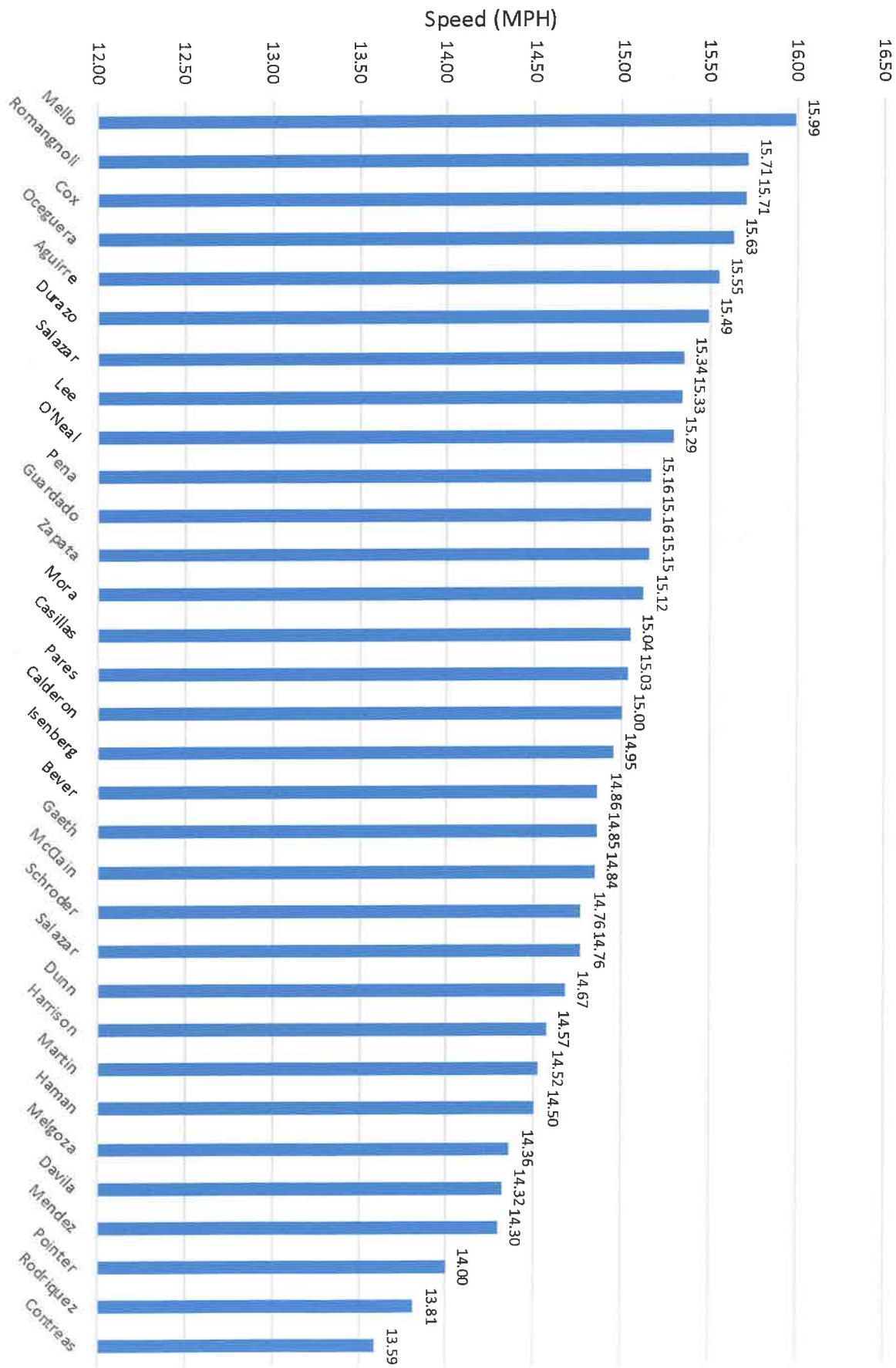
0 - 10 Yard Sprint Speed (MPH) FCC Women's Soccer 8/22/22



10 - 30 Yard Sprint Speed (MPH) FCC Women's Soccer 8/22/22



0 - 30 Yard Sprint Speed (MPH) FCC Women's Soccer 8/22/22



Player Minutes Per Game and Season Totals

FRESNO CITY COLLEGE WOMEN'S SOCCER
2022 SEASON

MINUTES PER GAME TOTALS FOR EACH PLAYER
GAME AND TOTAL FOR SEASON

Jersey #	S-A	Scrimmage @ FPU 700PM	Hartnell @ Ventura Tourney	Cypress @ Ventura Tourney	Santa Rosa Home (Postponed)	Santa Barbara Home	Ventura Home	West Valley Home	Folsom Lake Away	Clovis Home	Taft Away	Porterville Away	Reedley Away	Merced Home
16	Lauryn Salazar	44	84	90		90	90	69	90	90	90	23	90	67
4	Br Mello	52	83	0		90	28	55	71	73	80	49	90	58
8	Anahi Casillas	90	74	90		52	62	35	31	65	47	41	34	53
2	Jazmin Mora	54	42	48		64	72	0	70	60	57	11	49	54
35	Kellyann Rodriguez	36	50	64		40	47	14	30	19	38	40	50	43
12	Sarah Cox	31	42	55		31	46	22	64	60	51	33	52	45
0	Audrey Haman	90	90	90		90	90	0	0	0	0	90	0	90
14	Claire Gaeth	57	0	82		61	57	49	49	36	36	26	52	46
1	Riley Pointer	0	0	0		0	0	90	90	90	90	0	90	0
7	Jasmine Guardado	38	90	90		38	90	55	90	90	66	47	74	58
15	Peyton Bever	12	40	57		47	49	21	60	78	13	29	21	21
26	Darlene Dunn	33	29	8		35	34	17	41	54	54	27	38	44
9	Mariah Contreras	23	17	0		19	6	28	36	64	57	32	57	43
6	Frankie Lee	16	22	17		17	0	43	9	27	42	38	34	37
10	Lail Melgoza	61	56	44		22	46	17	28	35	34	31	49	31
11	Bella Schroder	36	28	22		28	18	42	11	31	46	38	41	33
22	Ashlyn Isenbergl	7	0	0		36	24	14	32	22	44	30	41	38
34	Gianna McLain	19	23	0		24	26	41	35	34	19	45	25	44
19	Mariah Zapata	31	23	26		41	37	23	0	29	29	39	33	20
5	Mel Davila	19	0	0		14	0	25	13	30	15	34	15	27
13	Hannah Martin	52	67	90		64	79	46	66	0	0	0	0	0
36	Isabelle Aguirre	0	0	0		0	0	38	29	10	31	19	12	10
23	Zoe Romagnoll	24	0	0		0	0	35	0	0	34	43	16	0
21	Alanna Harrison	22	28	13		0	13	42	0	20	17	0	0	12
37	Claire Calderon	0	0	0		0	0	22	0	0	0	67	0	23
17	Leila Mendez	21	0	0		0	0	23	0	0	0	37	0	32
3	Morgan Durazo	44	0	19		0	0	21	39	0	0	27	0	20
38	Isabella Pena	28	50	43		58	44	36	0	0	0	0	0	0
24	Delaney Pares	19	12	0		7	17	25	12	0	0	40	25	14
18	Aubrey Salazar	0	20	0		7	16	12	0	0	0	39	3	12
20	Sissys O'Neal	0	0	0		0	0	25	0	0	0	26	0	12
25	Serina Ocegüera	37	20	42		21	0	0	0	0	0	0	0	0
		Fri - August 19	Fri - Sept 2	Sat - Sept 3	Fri - Sept 9	Tues - Sept 13	Fri - Sept 16	Tues - Sept 20	Fri - Sept 23	Tues - Sept 27	Fri - Sept 30	Tues - Oct 4	Fri - Oct 7	Tues - Oct 11

FRESNO CITY COLLEGE WOMEN'S SOCCER
2022 SEASON

MINUTES PER GAME TOTALS FOR EACH PLAYER
GAME AND TOTAL FOR SEASON

COS Home	West Hills Away	Clovís Away	Taft Home	Porterville Home	Reedley Home	Merced Away	COS Away	West Hills Home	1st Rd Taft Home	2nd Rd @ San Fran	3rd Rd @ Folsom Lake	Semi-Final @ American River, Chaffey	SEASON TOTAL (2250)	S-A Season Ending Injury
90	45	90	90	11	90	90	90	45	90	90	90	90	1918	Laurny Salazar
69	35	90	90	11	90	90	90	31	86	90	90	90	1681	Bri Mello
28	38	44	90	29	90	90	90	45	90	41	90	90	1529	Anahí Cañillas
70	17	57	68	12	58	74	74	34	59	81	90	90	1365	Jazmin Mora
75	48	0	72	40	62	54	74	31	90	79	71	79	1246	Kellyann Rodriguez
67	17	52	61	12	58	74	74	20	65	32	78	76	1218	Sarah Cox
0	90	0	90	0	90	0	90	0	90	0	90	0	1170	Audrey Haman
50	53	69	18	32	50	63	68	34	26	44	18	59	1135	Claire Gaeth
90	0	90	0	90	0	90	0	90	0	90	0	90	1080	Riley Pointer
90	35	90	0	0	0	0	0	0	0	0	0	0	1041	Jasmine Guardado -ACL
38	21	31	67	20	39	53	68	19	67	82	53	29	1035	Peyton Bever
40	37	21	72	58	40	27	22	56	64	65	72	31	1019	Darlene Dunn
64	41	73	18	41	58	53	41	31	45	23	45	90	1005	Mariah Contreras
46	31	46	48	20	58	43	68	12	67	41	66	69	917	Frankie Lee
28	28	21	42	23	37	29	22	41	23	10	38	35	831	Laili Melgoza
23	38	40	37	41	32	16	16	51	31	13	0	0	712	Bella Schroder -ACL
39	26	38	18	18	48	30	22	32	18	47	24	44	692	Ashlyn Isenberg
15	0	67	40	44	28	30	18	45	9	0	0	0	631	Gianna McLain -ACL
15	42	17	0	45	8	23	16	44	0	11	19	13	584	Mariah Zapata
11	49	23	50	20	24	20	22	30	36	48	35	0	560	Mei Davila -Head
0	0	0	0	0	0	0	0	0	0	0	0	0	464	Hannah Martin -Clavical
6	31	31	30	51	20	16	16	15	8	9	12	14	408	Isabelle Aguirre
0	55	0	0	79	0	0	0	49	4	0	0	0	339	Zoe Romagnoli
14	23	0	0	37	12	0	0	30	17	0	0	0	300	Alanna Harrison
0	45	0	0	79	0	0	0	45	0	0	0	0	281	Claire Calderon
0	55	0	0	61	0	0	0	45	0	0	0	0	274	Leila Mendez
0	18	0	5	25	8	18	0	23	0	0	0	0	267	Morgan Durazo
0	0	0	0	0	0	0	0	0	0	0	0	0	259	Isabella Pena -ACL
0	28	0	0	45	0	0	0	0	0	0	0	0	244	Dejaney Pares
0	26	0	0	37	0	0	0	30	0	0	0	0	202	Aubrey Salazar
0	18	0	0	29	0	0	0	30	0	0	0	0	140	Sissys O'Neal
0	0	0	0	0	0	0	0	0	0	0	0	0	120	Serina Ocegüera -ACL
Fri - Oct 14	Tues - Oct 18	Fri - Oct 21	Tues - Oct 25	Fri - Oct 28	Tues - Nov 1	Fri - Nov 4	Tues - Nov 8	Fri - Nov 11	Sat - Nov 19	Tues - Nov 22	Sat - Nov 26	Fri - Dec 2		

Player Treatment Reports

FullName	Injury	BodyPart	InjuryDate
	Sprain	Ankle	7/22/2022 10:17:38
	Tightness	Hip	7/22/2022 10:18:34
		Hip	7/27/2021 5:58:00
	Sprain	Ankle	10/21/2021 5:00:00
	Tightness	Thigh	11/5/2021 11:00:00
	Meniscus Tear	Knee	11/19/2021 2:00:00
	Tightness	Lower leg	3/8/2022 4:48:51
	Other	Gastrointestinal	3/24/2022 11:50:21
	No Injury	Cervical segment	9/8/2022 1:21:58
	Strain	Hip	7/22/2022 9:55:57
	Tightness	Thigh	3/8/2022 12:46:24
	Sprain	Ankle	8/18/2022 1:49:13
	Tightness	Thigh	8/29/2022 6:32:37
	Strain	Thigh	7/12/2021 7:30:00
		Ankle	8/19/2021 1:55:00
	Contusion	Knee	3/22/2022 4:47:09
		Thigh	7/14/2022 10:08:00
	Strain	Thigh	8/20/2021 1:30:00
	No Injury		11/5/2021 11:00:00
	No Injury		4/28/2022 4:58:31
	No Injury		4/29/2022 4:56:16
	No Injury		9/8/2022 5:39:12
		Thigh	7/16/2021 11:27:00
	Strain	Thigh	3/31/2022 5:01:44
	Sprain	Knee	8/20/2022 1:38:23
	No Injury	Ankle	8/29/2022 1:40:36
	Inflammation	Knee	3/2/2022 12:23:15
	Blister	Ankle	3/18/2022 12:56:21
	No Injury	Thigh	7/7/2022 1:00:36
	Other Thigh Injury	Thigh	8/25/2022 1:39:19
	Spasm	Lower Back	9/21/2022 1:52:09
		Knee	7/27/2021 9:30:00
	Contusion	Hand	11/2/2021 8:00:00
	Sprain	Ankle	11/18/2021 5:15:00
	Strain	Hip	12/1/2021 1:30:00
	Tightness	Lower leg	2/24/2022 5:11:06
	Tightness	Thigh	3/2/2022 3:05:25
	Contusion	Ankle	8/22/2022 7:08:49
	Strain	Thigh	7/19/2021 7:45:00
	Contusion	Foot	7/27/2021 4:30:00
	Tightness	Thigh	2/3/2022 11:45:00
	No Injury	Lower leg	2/10/2022 10:45:00
	Tightness	Thigh	2/24/2022 5:00:51

	No Injury		3/16/2022 12:58:18
	No Injury		7/5/2022 1:00:45
	No Injury		7/7/2022 1:15:50
	No Injury		7/8/2022 9:21:55
	No Injury		7/13/2022 9:16:28
	No Injury		7/18/2022 9:16:53
	No Injury		7/27/2022 9:15:37
	No Injury		3/9/2022 11:49:06
	Sprain	Ankle	6/7/2022 12:37:05
	No Injury	Thigh	7/7/2022 1:01:37
	No Injury		8/30/2022 1:48:35
	No Injury		9/28/2022 1:53:26
	No Injury	Thigh	9/7/2022 5:53:45
	No Injury	Thigh	9/12/2022 1:32:19
	No Injury	Shoulder	9/26/2022 1:07:31
	Strain	Thigh	7/27/2021 6:01:00
	Strain	Knee	4/8/2022 2:17:47
	Contusion	Lower leg	9/16/2022 7:27:44
	Sprain	Ankle	8/18/2022 6:22:51
	Tightness	Thigh	9/27/2022 7:00:14
	Shin Splints	Lower leg	10/19/2022
		Lower leg	8/2/2021 6:46:00
		Lower leg	8/4/2021 6:48:00
		Thigh	8/26/2021 1:52:00
	Sprain	Ankle	11/8/2021 4:45:00
	Tightness	Lower leg	7/14/2022 10:08:35
	Tightness	Hip	7/15/2022 9:35:11
		Lower leg	7/22/2022 9:22:00
		Lower leg	7/25/2022 9:27:00
		Lower leg	7/29/2022 9:23:00
		Lower leg	8/1/2022 9:21:00
	Tightness	Thigh	8/25/2022 12:58:28
	No Injury	Thigh	8/30/2022 1:36:51
	No Injury	Thigh	9/9/2022 1:37:03
	Sprain	Knee	9/15/2022 4:30:23
		Ankle	8/1/2022 9:09:17
	Tightness	Thigh	8/26/2022 5:51:48
	Sprain	Knee	9/22/2022 5:01:09
	Other Knee Injury	Knee	10/19/2022 4:10:18
	Tightness	Hip	7/13/2022 9:39:45
	Sprain	Knee	8/22/2022 4:27:56
	Sprain	Ankle	9/12/2022 1:42:20
	Sprain	Ankle	9/27/2022 1:47:57
	Sprain	Knee	7/29/2022 9:45:30

	Concussion	Brain	3/21/2022 12:40:46
	No Injury		4/5/2022 4:41:59
	No Injury	Lower Back	8/18/2022 5:25:13
	No Injury	Lower Back	8/18/2022 5:27:05
	Contusion	Ankle	8/18/2022 5:28:19
	Strain	Shoulder	8/25/2022 12:54:31
		Knee	3/11/2021 5:06:00
		Thigh	7/7/2021 9:25:00
		Thigh	8/13/2021 5:51:00
	Strain	Lower leg	11/25/2021 9:30:00
	Strain	Lower Back	2/24/2022 5:13:37
	No Injury	Thigh	3/3/2022 5:24:26
	Strain	Lower Back	3/9/2022 4:41:50
	Medial Tibial Stress	Lower leg	4/5/2022 12:10:57
	Tightness	Lower leg	6/15/2022 11:53:54
	Tightness	Thigh	8/29/2022 6:21:02
	No Injury		9/19/2022 6:16:31
	Cartilage Injury	Knee	10/21/2022 5:00:00
		Knee	11/11/2021
	Sprain	Shoulder	2/27/2022 4:21:53
		Ankle	4/28/2022 12:49:52
	Strain	Cervical segment	7/5/2022 12:02:25
	Strain	Knee	10/20/2022
	Tightness	Hip	7/13/2022 9:38:47
	Strain	Lower Back	8/24/2022 1:23:07
	Sprain	Hip	8/26/2022 4:05:58
	Sprain	Jaw	9/19/2022 12:44:20
		Ankle	7/23/2021 7:22:00
		Ankle	8/2/2021 6:46:00
	Subluxation	Finger	4/8/2022 2:37:24
	Sprain	Ankle	7/19/2022 8:08:46
	Strain	Thigh	7/13/2022 9:34:32
	Plantar Fascitis	Foot	7/22/2022 9:50:01
	Tightness	Hip	8/26/2022 5:45:16
	Abrasion	Lower leg	10/3/2022 1:28:29
	No Injury		11/8/2021 1:45:00
	Inflammation	Ankle	3/2/2022 12:21:52
	Strain	Thigh	4/19/2022 1:16:46
	Fracture	Shoulder	9/23/2022 7:00:00
	No Injury		11/3/2021 6:15:00
	No Injury		11/4/2021 2:00:00
	Other Thigh Injury	Thigh	11/4/2021 3:15:00
	No Injury		11/5/2021 11:15:00
	No Injury		3/9/2022 11:48:28

	No Injury		9/9/2022 3:07:31
	Sprain	Ankle	12/1/2021 6:00:00
	Sprain	Ankle	7/19/2022 9:08:12
	Sprain, Meniscus	Knee	10/10/2022 6:28:41
		Thigh	7/16/2021 9:40:00
	Spasm	Thoracic Spine	2/3/2022 12:00:00
	Spasm	Lower Back	5/5/2022 1:07:12
	Tightness	Hip	9/26/2022 6:27:29
	Strain	Hip	7/16/2021 8:15:00
	Strain	Hip	11/29/2021 1:30:00
	Other Knee Injury	Knee	3/17/2022 4:51:30
	Contusion	Ankle	3/29/2022 1:15:27
	Sprain	Knee	6/28/2022 12:56:35
	Sprain	Ankle	11/20/2021 5:00:00

Team Accomplishments

2022-23 Soccer Statistics - Fresno City

GAMES	GOALS	GOALS-PER GAME	SHOT %	SHOTS-PER GAME	GAA
24	67	2.79	1.914	1.5	0.54

Team Profile	Lineup	Game Log	Split Stats	Coach's View	Attendance
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SCHEDULE SUMMARY			STATISTICS CATEGORY			OVERALL		CONF
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Overall (Pct)	1st	17-3-4 (.792)	Games	24	1st	14	1st
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Conference (Pct)	1st	12-1-1 (.893)	Shots	35	2nd	29	2nd
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Streak		Lost 1	Goals scored	67	1st	54	1st
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Home		10-0-1	Shot percentage	1.914	5th	1.862	5th
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Away		7-1-2	Shots-per game	1.5	3rd	2.1	2nd
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Neutral		0-2-1	Shots on goal	3	8th	0	8th
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Full Scores and Schedule »			SOG percentage	.086	8th	.000	8th
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RECENT GAMES							
Nov 8	at Sequoias	I, 0-0	Assists	61	1st	48	1st

Nov 11	West Hills Lemoore	W, 6-0	Corner kicks	25	2nd	15	2nd
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Nov 19	Taft	W, 1-0	Penalty kicks	0-0	5th	0-0	3rd
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Nov 22	at San Francisco	W, 2-0	Yellow cards	19	2nd	7	3rd
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Nov 26	at Folsom Lake	W, 3-1	Red cards	0	4th	0	4th
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			Shutouts	13	1st	9	1st
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DECEMBER 2 & 4, 2022

PARTICIPANT



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NATIONAL - LAST POLL - DECEMBER 6, 2022

Rank	School	Prev	W-L-T
1	Dallas College-Brookhaven	1	16-0-1
1	Saddleback Community College	4	21-2-3
3	Chaffey College	7	22-1-2
4	Genesee Community College	11	10-4-2
5	Delta College	3	15-2-2
6	San Joaquin Delta College	5	19-4-2
7	Fresno City College	14	17-3-4
8	Folsom Lake College	10	18-0-3
9	Santiago Canyon College	1	18-0-3
10	Mount San Antonio College	8	20-2-1
11	Sierra College	13	14-4-3
12	Long Beach City College	16	16-3-3
13	City College of San Francisco	6	15-4-1



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2022 Junior College Division III Women's All-America Team

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F	Jazmin Mora	So.	Fresno City College	Clovis, Calif.
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F Kayla Bergin

So.

Chaffey College

Victorville, Calif.

F Kylie Beu

So.

Saddleback Community College

Mission Viejo, Calif.

F Nikki Marino

So.

Santiago Canyon College

Huntington Beach, Calif.

Second Team

Pos Name

Class

School

Hometown

K Leila Peregrina

So.

Mount San Antonio College

Chino, Calif.

D Rose Hawkins

So.

Chaffey College

Apple Valley, Calif.

D Breana Mello

So.

Fresno City College

Fresno, Calif.

Individual Personal Interactions/Meetings Resulting from the Work

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BRANDI CHASTAIN



FRESNO CITY COLLEGE
SOCCER FIELD
NORTH OF RATCLIFFE STADIUM
WEDNESDAY,
OCTOBER 19TH
6 PM

Contact:
Merritt Pacini
Executive Assistant
559-476-2501
mpacini@fresnoedc.com



On October 24th and 25th I Met with Jeff Cardinal during his Sabbatical. We compared programs and discussed our goals and objectives. His Sabbatical project was focused mostly on other programs' best practices. He was hoping to develop a coaching and player handbook related to best practices.

Jeff Cardinal



Title: Head Soccer Coach Sabbatical Fall 2022

Email: Jeff.Cardinal@solano.edu

Bio

Soccer coach: Jeff Cardinal took over the helm of the Solano women's soccer program in 2002 at the program's inception, amassing 23 years worth of collegiate men's and women's coaching experience.

Leading up to the 2019 season, Cardinal boasts a career record of 207-114-37 (.578) and a Bay Valley Conference record of 154-30-16 (.770). He has led the Falcons to nine conference titles, being named the Bay Valley Coach of the year six times (2002, 2005, 2008, 2009, 2010, 2017).

Under his leadership, the team has advanced to playoffs 14 times out of 17 possible seasons, and more than 50 student-athletes have moved on to earn scholarships and continue to play at four-year institutions. Cardinal has produced one National Player of the Year, three All-Americans, nine All-Western Region selections, and two Academic All-Americans.

Cardinal's student-athletes have also excelled in the classroom, earning the team academic award in 2003 and 2004 for the top GPA in state. And it was named a NSCAA Academic Team in 2016. In 2018, seven Solano women's soccer players were named to the CCCSCA Academic All-State team.

Prior to joining the Falcons, he spent one season as the head women's soccer coach at Evergreen Valley College and five seasons as the assistant men's soccer coach at Las Positas College from 1995-00.

Cardinal earned his Master's in Kinesiology from San Jose State University and his Bachelor's in Kinesiology from California State University, East Bay. He also has a NSCAA National Coaching license.

network of soccer advocates

1 message

Setareh Tais <setareh@leveltheplayingfieldfresno.com>

Sat, Oct 29, 2022 at 4:42 PM

To: Oliver Germond <oliver.germond@fresnocitycollege.edu>, mcoles@csufresno.edu

Hello Oliver and Michael,

This is Setareh from our soccer advocacy meeting that took place on 10/21/22. My apologies that I didn't bring my business card so I thought I would email you so you have my phone, email and socials.

Just as a refresher, I am the co-founder of a 501c3 local public charity called Level The Playing Field, which serves youth soccer players in need through a free community Cleat Closet, soccer ball giveaways, free camps and scholarships. Our organization is actually run by a group of youth soccer players with a "climb and lift" philosophy (meaning as you climb up towards your soccer goals, you lift up others). Our next big event is tentatively scheduled for Jan 7th (our annual holiday soccer camp).

Although our organization does not serve adult soccer players, please consider me an advocate and let me know if you think I can be of assistance. Although I have no grant writing experience, my hope was that one day I could work with a group of local advocates to apply for a grant that could make a big impact on soccer in the Valley.

If you have any questions, feel free to reach out. My cell is 559-709-3852

Setareh Tais

Co-President, Level the Playing Field, a 501c3 public charity

...because the opportunity to play soccer can be life changing

www.leveltheplayingfieldfresno.com

Connect with us on Facebook for news and events



Nasreen Johnson
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www.scccd.edu



Presentation

DEVELOPMENT AND IMPLEMENTATION OF A MODEL OF A MODERN HIGH-PERFORMANCE UNIT (HPU) USING A LOCAL COMMUNITY COLLEGE WOMEN'S SOCCER PROGRAM.

Sabbatical Leave Report
Michael G. Coles, Ph.D.

Department of Kinesiology
Fall 2022

Primary Objective:

To develop and implement a High-Performance Unit (HPU) within a local community college women's soccer program.

Sabbatical Leave Report
Michael G. Coles, Ph.D.
Fall 2022

- The modern HPU - a group of interdisciplinary experts who work collectively work together to meet the demands of the athletes that participate in sport.
 - Becoming common in elite sports organizations.
- The modern HPU is often under the direction of a sport scientist.

Goal: Provide recommendations related to the development of a practical HPU

► **Success:** An interdisciplinary HPU staff was assembled that included:

- Head coach, 21 years community college coaching experience and a Master's Degree in Kinesiology.
- Assistant Coach/mental skills, 10 years community college coaching experience and a Master's Degree in Sport and Exercise Psychology (from our program).
- Sport Scientist (HPU Coordinator), Ph.D. Exercise and Sport Science.
- Strength and Conditioning Coach, Doctorate of Physical Therapy (DPT) and certified personal trainer.
- 2 Athletic Trainers, Board Certified Athletic Trainers (from our program)
- 2 Assistant Coaches (former women's NCAA and professional players).
- 1 Equipment Manager.

Goal: Provide recommendations related to the development of a practical HPU (continued)

► **Success:** Used an evidence-based approach of analyzing:

- game performance data (e.g. wins, losses, goals, goals given up, etc.),
- player game minutes
- player performance data (e.g. speed, power, fitness testing)
- player athletic training treatment data
- I have given and will be providing future recommendations to drive program changes.

**All evidence-based data was included in final report*

Goal: Actively engage as a member of the HPU

► **Success:** I participated in:

- all daily team classroom and field trainings
- I attended all competitive matches
- collected, monitor, and disseminated team performance testing data
- I held meetings and worked with coaches and staff to interpret performance data
- I met with other professionals and community groups



Brandi Chastain
World Cup and Olympic
Champion



Jeff Cardinal

Title: Head Soccer Coach S
2022



Goal: Become familiar with the team budget and resources

► **Success:** I met routinely with the head coach concerning team budget and resources.

- Source of frustration for the coaching staff.
Because of the limits imposed by budget considerations, implementation of a permanently funded HPU would be a challenge in this type of setting.

Goal: Create future academic-based opportunities for Fresno State students to become involved with an HPU

- ▶ **Success:** A strong working relationship with the strength and conditioning coach was developed. The coach would welcome students to observe strength and conditioning sessions.

- ▶ Possible formal internships and research opportunities for Exercise Science, Sport Psychology, and Sports Administration Students are currently being explored

Direct and Indirect Benefits

- ▶ Allowed me to explore the emerging practice of creating a HPU with a community college women's soccer program.
 - ▶ To my knowledge, this is a first of its kind in the State Center Community College system, and it is quite possible unique to community colleges at large.
- ▶ Given an opportunity to appreciate how a successful community college soccer program is run, and what opportunities there are to engage professionally with these programs.
- ▶ I was able to create lessons/sessions on nutrition, fitness, speed and agility, power, change of direction, and motivation/success. I will be able to share these lessons and the notebooks I created with my students in the academic setting.
- ▶ I cultivated new relationships with various professionals.
- ▶ Opened up new opportunities for research and follow-up.
 - ▶ Despite a successful competitive season the team suffered an incredible 5 ACL season ending injuries.

Benefits to the University

- ▶ The key benefit to the University is the potential to cooperate with the local community college system.
 - ▶ The relationships I developed will lend themselves to future collaborations.
 - ▶ These could include internships or work-study opportunities.
 - ▶ There is real potential to have some of the people on the HPU act as instructors in our classes (full-time, part-time, or guest).
 - ▶ Became an unofficial "outreach advisor" and "academic tutor" helping student understand and prepare for the transition to a 4-year school

Thank You

I would like to sincerely thank all those who supported and participated in this sabbatical leave project.

The success of this project was a product of this support and extraordinary collaboration of those involved.

I am looking forward to continuing my work in this endeavor.