

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/>

Winkelmann, 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 overreaching 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 |
|-----------------------------|---|

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 Strength 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 athlete 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

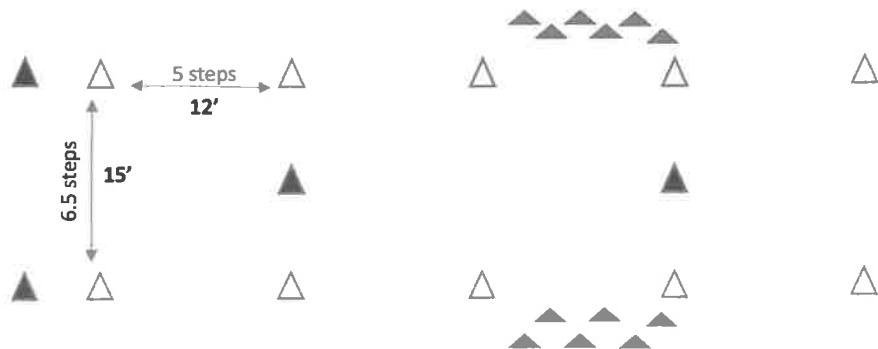
| | | |
|-------|--------|---|
| Thurs | 6-Oct | Attended Webinar: Internal and External Load Monitoring Strategies for Recovery and Strength + Sports Psych "Seeking Opportunities and Risk Taking" + Pregame Day Practice |
| Fri | 7-Oct | Game Win 4-0 Reedley |
| Mon | 10-Oct | Practice + Baseline Foot 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 Lemore |
| 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 futsol. Tested reaction time movement time with Blazpod |
| Tues | 8-Nov | Game Tie 0-0 Vs College of Sequoias |
| Wed | 9-Nov | practice + 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 Lemore - 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 + Demonstation 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 treatement 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 Fransisco 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 Δ Δ Chop | Quick swivel feet |
| Quad Stretch Δ Bounce Δ Δ Chop | Lateral side shuffle |
| Flick Kick ΔΔ High Kick | Back side shuffle |
| Ham Sweep ΔΔ Figure 4 Hip Stretch | forward-back -switch |
| Front Lunge ΔΔ Squat-Reach | Step-over in front |
| Side Lunge ΔΔ 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 3
SQUAT ST 3
ANKLE HOPS 10

SQUATS 3x6
Bench Jump 3x6
Pushup 3x6
Box Jump 10 3x10
Squat 100 3x10

SL DEADLIFT 3x6
+ PRESS
+ COPENHAGEN'S 3x9
MED BALL SERIES 3x10

SP 3x6
PB 10x10
Lunges

Soccer:

WGS v 3
SQUAT ST x 5
DEADLIFT ST x 3

DEADLIFTS 5x5
BENCHES 10x50 3x5
SEATED HR 2x15
LATERAL RAISE 3x10

PRESS 3x6
INVERSION ROW 3x10
ANKLE HOPS 3x5, 5x5
COPENHAGEN'S 2x10
BENCHES 10x50 1x10
Kettlebell 10x10 1x10

Soccer:

WGS v 3
SQUAT ST x 3
ANKLE HOPS 1x10 CA

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

SL DEADLIFT
+ PRESS 2x6

MED BALL SLAM 2x6
PB LATERAL LUNGE 2x6

Soccer:

WGS x 3
SQUAT ST x 3
DEADLIFT ST x 3

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

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

SOCER:
WGS x 3
SQUAT ST. x 3
ANKLE HOP
4-WAY 1x10 ED

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

SOCER:
WGS x 3
SQUAT ST. x 3
DL ST. x 3

PLYOS

RDL 3x8
SEATED HR 3x12
COPENHAGEN 3x10
LATERAL RAISE 3x16

SKATER SQUAT 3x6
INVERTED ROWS 3x10
FIRE HYDRANTS 3x10

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

SQUATS 3x6
PUSH-UPS 2x12 +
SL FWD. HR 2x6

SL DL + RDL 2x5

1ST STEP DRILL 2x5

1/2 KNEEL PRESS 2x10
BALL SLAMS 2x10

PALLOF PRESS 2x10
HIP 90-90

SOCER:

WGS x 3
SQUAT ST. x 5
DL ST. x 5
SL DEADLIFT x 8
LATERAL RAISE 3x10
MED BALL SLAMS 3x6
COPENHAGEN 2x10

Y BALANCE 2x3
SEATED HR 2x8
INVERTED ROWS 2x10

WGS x 3
SQUAT ST. x 3
LITTLE-BIG HOPS 2x5

SQUAT 3x6
PUSHUPS 2x12
DEADLIFTS 2x10
SL DEADLIFT + ROT 2x5
% KNEE: PRESS 2x8
BALL SLAM 2x8
FLUKE HR 2x10
PALOFF PRESS 2x10

SOCER:
WGS x 3
SQUAT ST. x 3
DEADLIFT ST. x 5

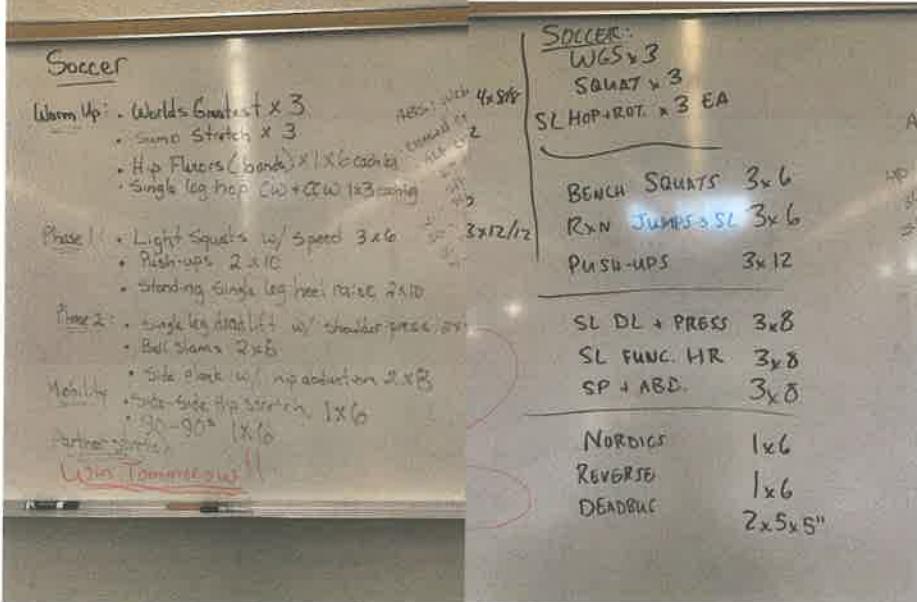
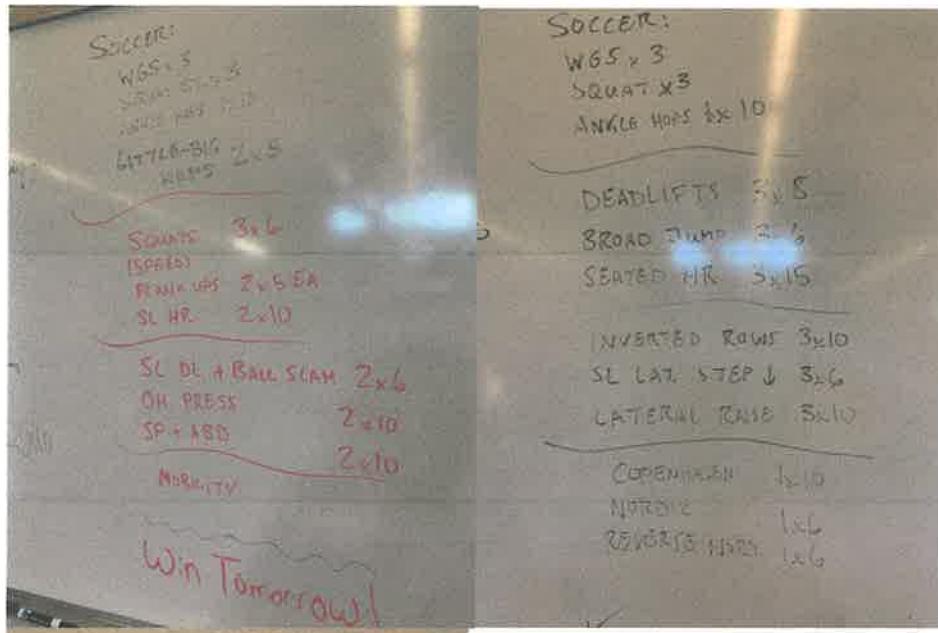
DEADLIFTS 3x6
LATERAL RAISE 2x6
COPENHAGEN 2x10
SEATED HR 2x15
INVERTED ROWS 2x10
SWATER SQUAT 2x10
HOLLOW BODY 2x30"
DEADBUGS 2x5 EA

SOCER:
W/U: WGS x 3
SQUAT ST. x 3
ANKLE HOPS 1x10

30x SQUATS 3x6
3xW 3x6
PLANK-UPS 3x5
SL DEADLIFT + ROT 2x8
2x LATERAL SQUAT 2x8
BALL SLAM 2x8
FLUKE HR 2x5
HIP RAISE 2x10
DEADBUL 2x5x5

SOCER:
WGS x 3
SQUAT ST. x 3
DEADLIFT ST. x 5x10
✓ DEADLIFTS 3x5
✓ BURPEE 7x4
✓ SEATED HR 2x15
✓ INVERTED ROWS 3x10
✓ LATERAL SQUAT 3x6 EA 5x6
✓ LATERAL RAISE 3x10
COPENHAGEN 1x10
PALOFF 2x10
HANGING KNEE RAISE 2x10

Win Friday!



| | | | |
|-----|----------------------|--------------------|------------------------------|
| ARM | SQUATS 4x8 | SL STRETCH 3x10 | SL SKATER SQUAT 2x10 |
| | RAN JUMPS 3x4 | | INVERTED ECR 2x10 |
| | PUSH-UPS 3 " | | PLANK + DR PULL THROUGH 2x10 |
| | SL STRETCH HR | | CIRCUIT |
| | SLDL 3x8 | WHSx3 | CIRCUIT |
| | 1/2 KNEEL PRESS 3x8 | SQUAT STx3 | INVERTED ECR 2x10 |
| | BALL SLAMS 3x8 | DEADBEEF STx3 | PLANK + DR PULL THROUGH 2x10 |
| | SP + ABD 3x10 | DANDY ST 3x8 | CIRCUIT |
| | SL BREEZE + MELT 3x5 | BRAND JUMPS 3x5 | CHINUPS 2x10 |
| | SKULL CRUSHER 3x10 | SEATED HR 3x15 | NEUTRAL HS 2x6 |
| | | LATERAL RAISE 3x10 | REVERSE HURDLE 2x6 |

Player Performance Testing Data

100 Yd Shuttle - Sorted by Second Attempt Times

| 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 | Mariyah | 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 | Ashanthe | 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 | Nataille | 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 Romangnoli | 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 |
| 41 Zapata | Mariah | | | | | | :59 | 1:04 | :05 | 1:06 | 1:11 | :05 | 1:01 |

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 | Romangnoli | 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 | Ashanthe | 5.63 | 5.63 | 6 | 5.88 | 6.25 |
| 19 | Ocegueda | 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 Lander Roster Summer 2021 | | |
|----------------------------------|------------------|---------|
| Group 1 | Group 2 | Group 2 |
| 1 Lali Melgoza | Bri Mello | 1 |
| 2 Jasmine Guardardo | Jazmin Mora | 2 |
| 3 Zoe Romagnoli | Ashlyn Isenberg | 3 |
| 4 Sarah Cox | Alex Gullien | 4 |
| 5 Lauren Salazar | Bella Schroder | 5 |
| 6 Bre Alvarez | Hannah Martin | 6 |
| 7 Morgan Durazo | Ariahi Casillas | 7 |
| 8 Litz Muñoz | Peyton Bauer | 8 |
| 9 Claire Gaeth | Mariah Zapata | 9 |
| 10 Serenity Torres | Jordyn Puentes | 10 |
| 11 Serina Oceguera | Mel Davila | 11 |
| 12 Callen Bawden | Darlene Dunn | 12 |
| 13 | Jackie Vasquez | 13 |
| 14 | Audrey Haman | 14 |
| 15 | Isabella O'Neal | 15 |
| 16 | Isabella Aguirre | 16 |
| 17 | Natalie Martinez | 17 |
| 18 | Jocelyn Garcia | 18 |
| 19 | Faith Rocha | 19 |
| 20 | Riley Pointer | 20 |
| 21 | | 21 |
| 22 | | 22 |

| Sprint Lander Weeks 3 | | |
|-----------------------|---------------------|---------|
| Group 1 | Group 2 | Group 2 |
| 1 Bre Mello | Zoey Romagnoli | 1 |
| 2 Jasmine Guardardo | Sarah Cox | 2 |
| 3 Jazmin Mora | Isabella O'Neal | 3 |
| 4 Mel Davila | Morgan Durazo | 4 |
| 5 Lali Melgoza | Frankie Lee | 5 |
| 6 Isabel Pena | Claire Gaeth | 6 |
| 7 Alanna Harrison | Ariahi Casillas | 7 |
| 8 Mariah Contreras | Darlene Dunn | 8 |
| 9 Bella Schroder | Audrey Haman | 9 |
| 10 Hannah Martin | Isabella O'Neal | 10 |
| 11 Callen Bawden | Gianna McLain | 11 |
| 12 Claire Caderon | Frankie Lee | 12 |
| 13 Darlene Dunn | Isabella Pena | 13 |
| 14 Audrey Haman | Kelly Ann Rodriguez | 14 |
| 15 Isabella Aguirre | Cassie Grabiola | 15 |
| 16 Callen Bawden | Leila Mendez | 16 |
| 17 Natalie Martinez | Hernalinda Jimenez | 17 |
| 18 Jocelyn Garcia | | 18 |
| 19 Faith Rocha | | 19 |
| 20 Riley Pointer | | 20 |
| 21 | | 21 |
| 22 | | 22 |

| Sprint Lander Week 4 | | |
|----------------------|--------------------|---------|
| Group 1 | Group 2 | Group 2 |
| 1 Bre Mello | Jazmin Mora | 1 |
| 2 Jasmine Guardardo | Mel Davila | 2 |
| 3 Zoey Romagnoli | Isabella O'Neal | 3 |
| 4 Isabel Pena | Mariah Contreras | 4 |
| 5 Lali Melgoza | Sarah Cox | 5 |
| 6 Isabel Pena | Morgan Durazo | 6 |
| 7 Alanna Harrison | Serina Oceguera | 7 |
| 8 Mariah Contreras | Darlene Dunn | 8 |
| 9 Bella Schroder | Audrey Haman | 9 |
| 10 Hannah Martin | Ariahi Casillas | 10 |
| 11 Callen Bawden | Delaney Pares | 10 |
| 12 Claire Caderon | Frankie Lee | 11 |
| 13 Darlene Dunn | Hannah Martin | 12 |
| 14 Aubrey Salazar | Faith Rocha | 13 |
| 15 Kelyann Rodriguez | Gianna McLain | 14 |
| 16 Jimena Rivera | Leila Mendez | 15 |
| 17 Isabella Aguirre | Natalie Martinez | 16 |
| 18 Riley Pointer | Cassie Grabiola | 17 |
| 19 Faith Rocha | Leila Mendez | 18 |
| 20 Castie Grabiola | Hernalinda Jimenez | 19 |
| 21 Janet Vargas | | 20 |
| 22 | | 21 |

| Sprint Lander Week 2 | | |
|----------------------|---------------------|---------|
| Group 1 | Group 2 | Group 2 |
| 1 Lali Melgoza | Bre Mello | 1 |
| 2 Jasmine Guardardo | Jazmin Mora | 2 |
| 3 Zoey Romagnoli | Mel Davila | 3 |
| 4 Claire Gaeth | Zoe Romagnoli | 4 |
| 5 Lauren Salazar | Serina Oceguera | 5 |
| 6 Bre Alvarez | Ashlyne Llanos | 6 |
| 7 Morgan Durazo | Audrey Haman | 7 |
| 8 Litz Muñoz | Ashlyn Isenberg | 8 |
| 9 Claire Gaeth | Mariah Zapata | 9 |
| 10 Aubrey Salazar | Isabella O'Neal | 10 |
| 11 Callen Bawden | Gianna McLain | 11 |
| 12 Claire Caderon | Frankie Lee | 12 |
| 13 Darlene Dunn | Isabella Pena | 13 |
| 14 Audrey Haman | Kelly Ann Rodriguez | 14 |
| 15 Isabella Aguirre | Cassie Grabiola | 15 |
| 16 Jimena Rivera | Leila Mendez | 16 |
| 17 Isabella Aguirre | Hernalinda Jimenez | 17 |
| 18 Riley Pointer | Faith Rocha | 18 |
| 19 Faith Rocha | Gianna McLain | 19 |
| 20 Castie Grabiola | | 20 |
| 21 Janet Vargas | | 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 | Ashanthe | 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 | McLain | 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 | |

| <u>First Name</u> | <u>Last Name</u> | <u>Body Mass (kg)</u> | | <u>Best Jump Ht</u> | <u>Net Jump Height</u> | <u>PAPw</u> |
|-------------------|------------------|-----------------------|--|---------------------|------------------------|-------------|
| 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 | Ocegueda | 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

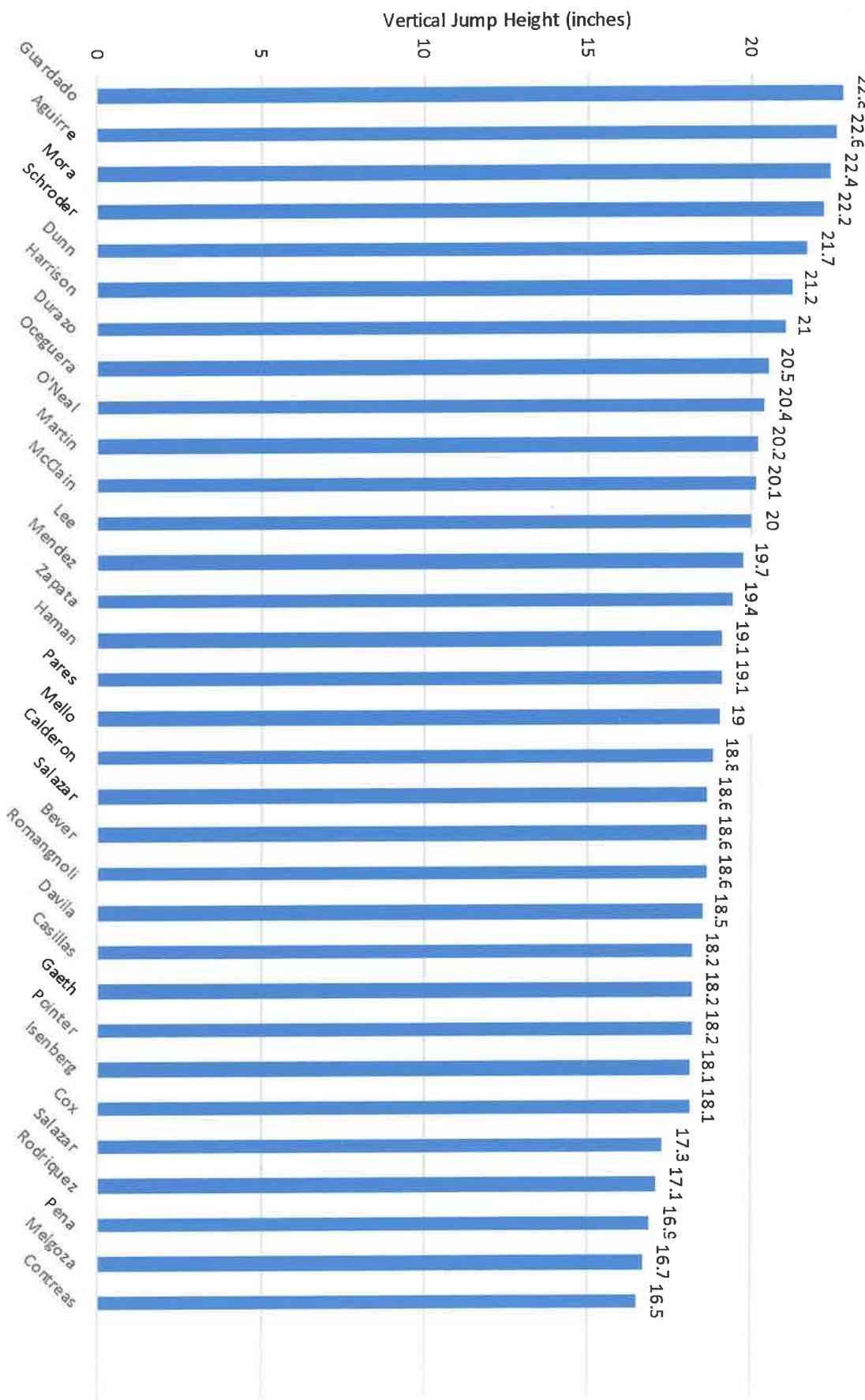
PAPw (Watts) = 60.7 · jump height(cm) + 45.3 · body mass(kg) - 2055

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

Vertical Jump Height (inches)

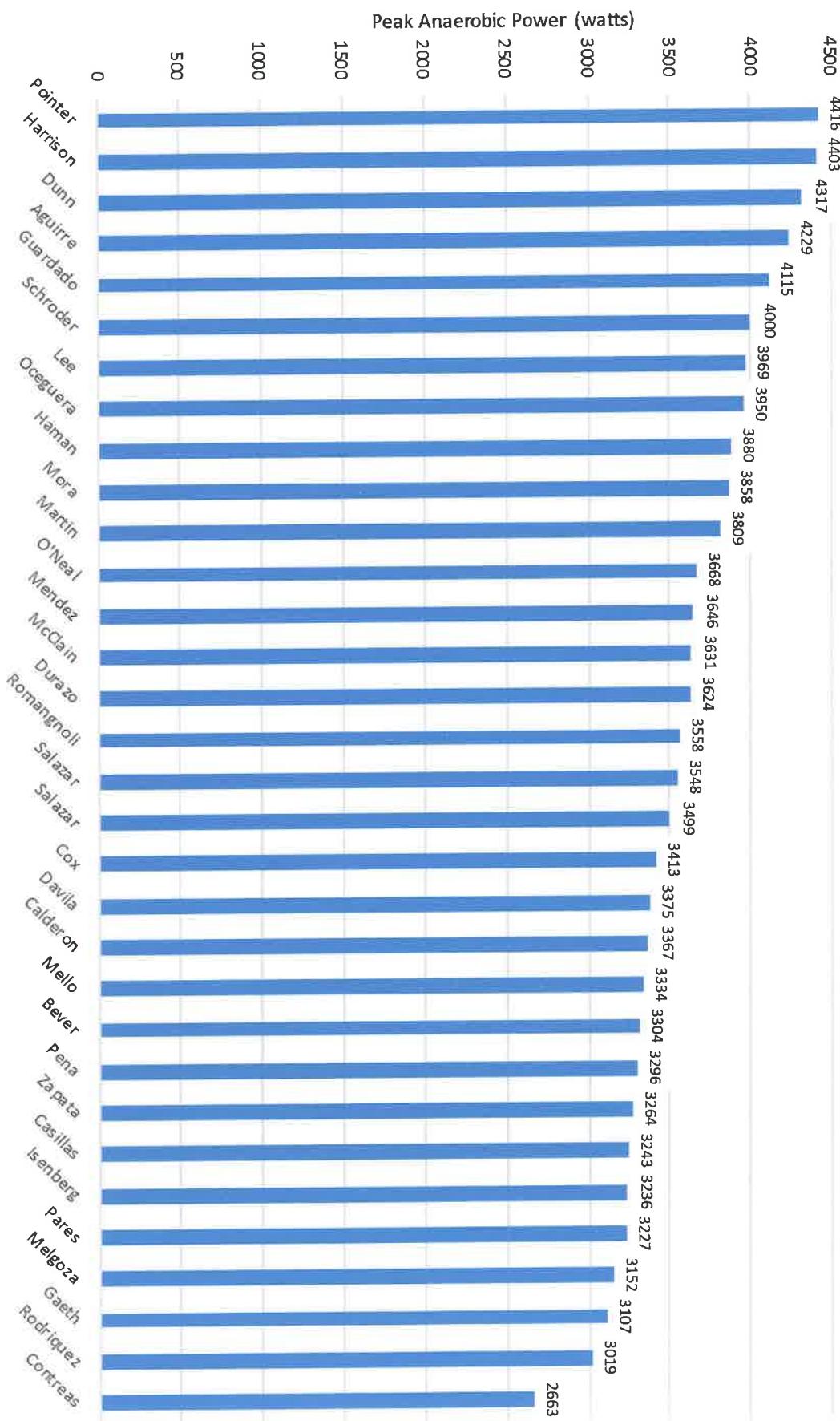
Robotics Jumping Mat

25



August 8, 2022

Peak Anaerobic Power (watts)



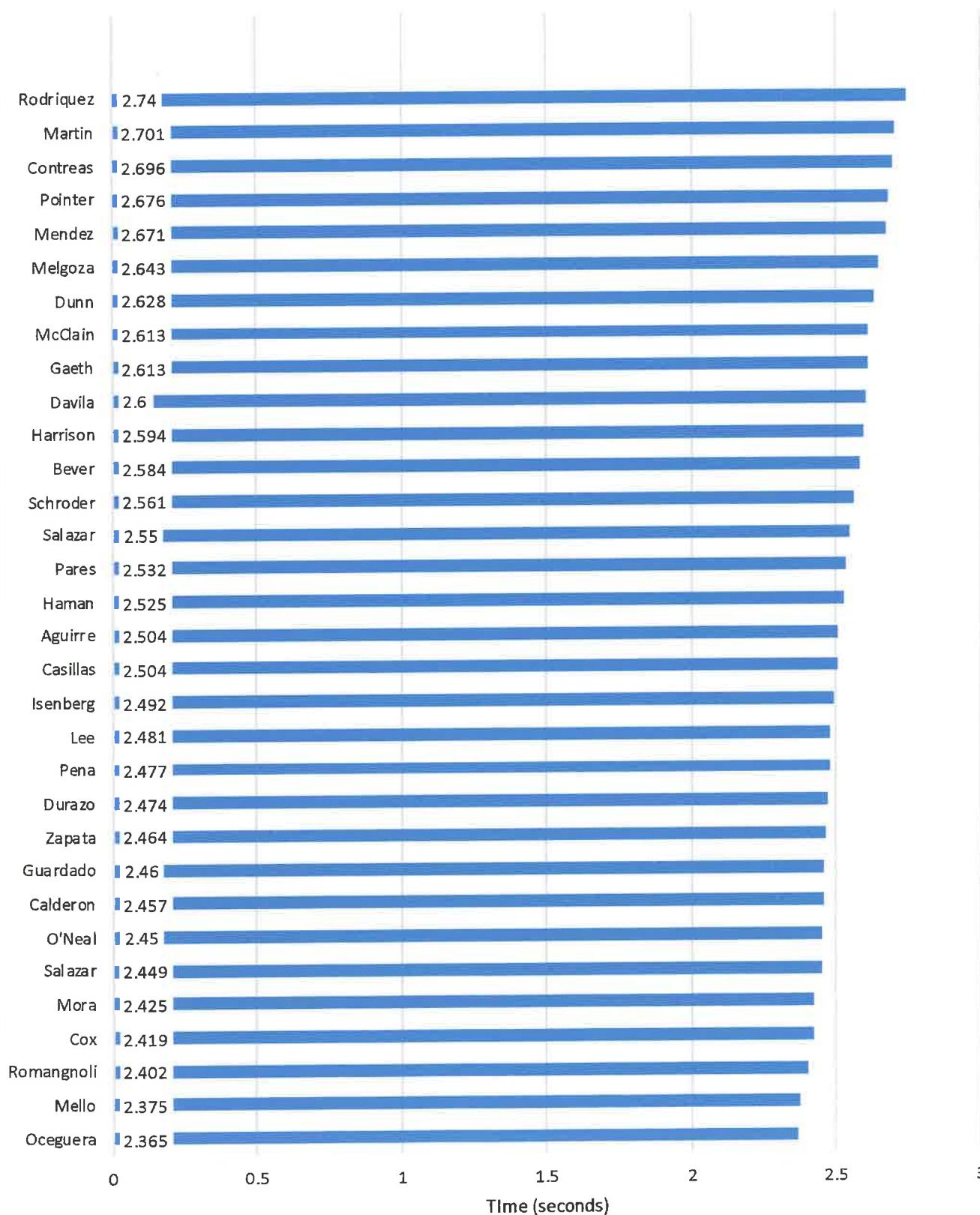
| First Name | Last Name | Split 1 | Split 2 | 0-10 Meter Time | 10-30 Meter Time | 0-30 Meter Time |
|------------|------------|---------|---------|-----------------|------------------|-----------------|
| Alanna | Harrison | 1.619 | 4.213 | 1.619 | 2.594 | 4.213 |
| Anahi | Casillas | 1.576 | 4.08 | 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 |
|---------|-------|-------|-------|

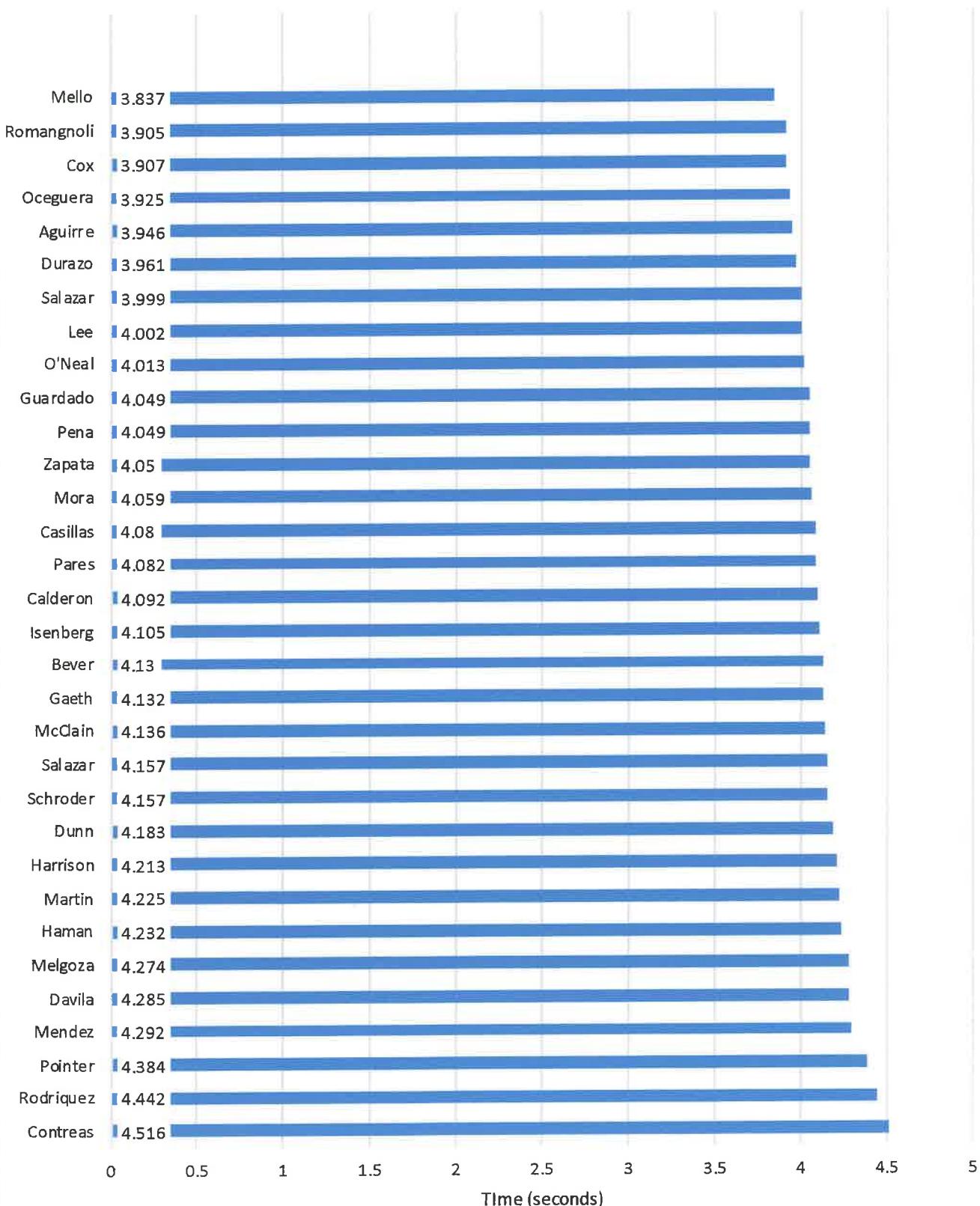
0 - 10 Yard Sprint Time FCC Women's Soccer Fall 2022



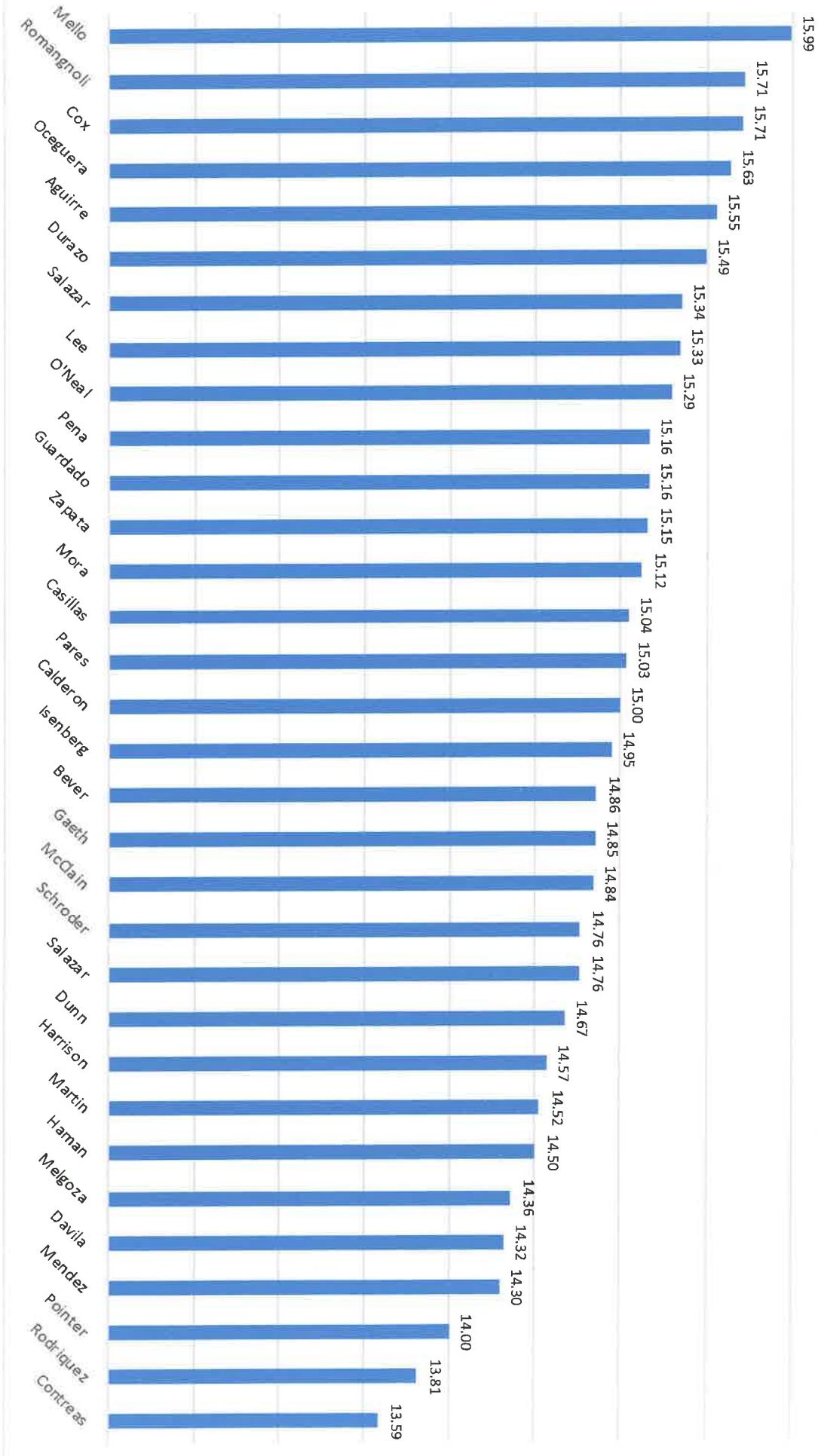
10 - 30 Yard Sprint Time FCC Women's Soccer Fall 2022



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

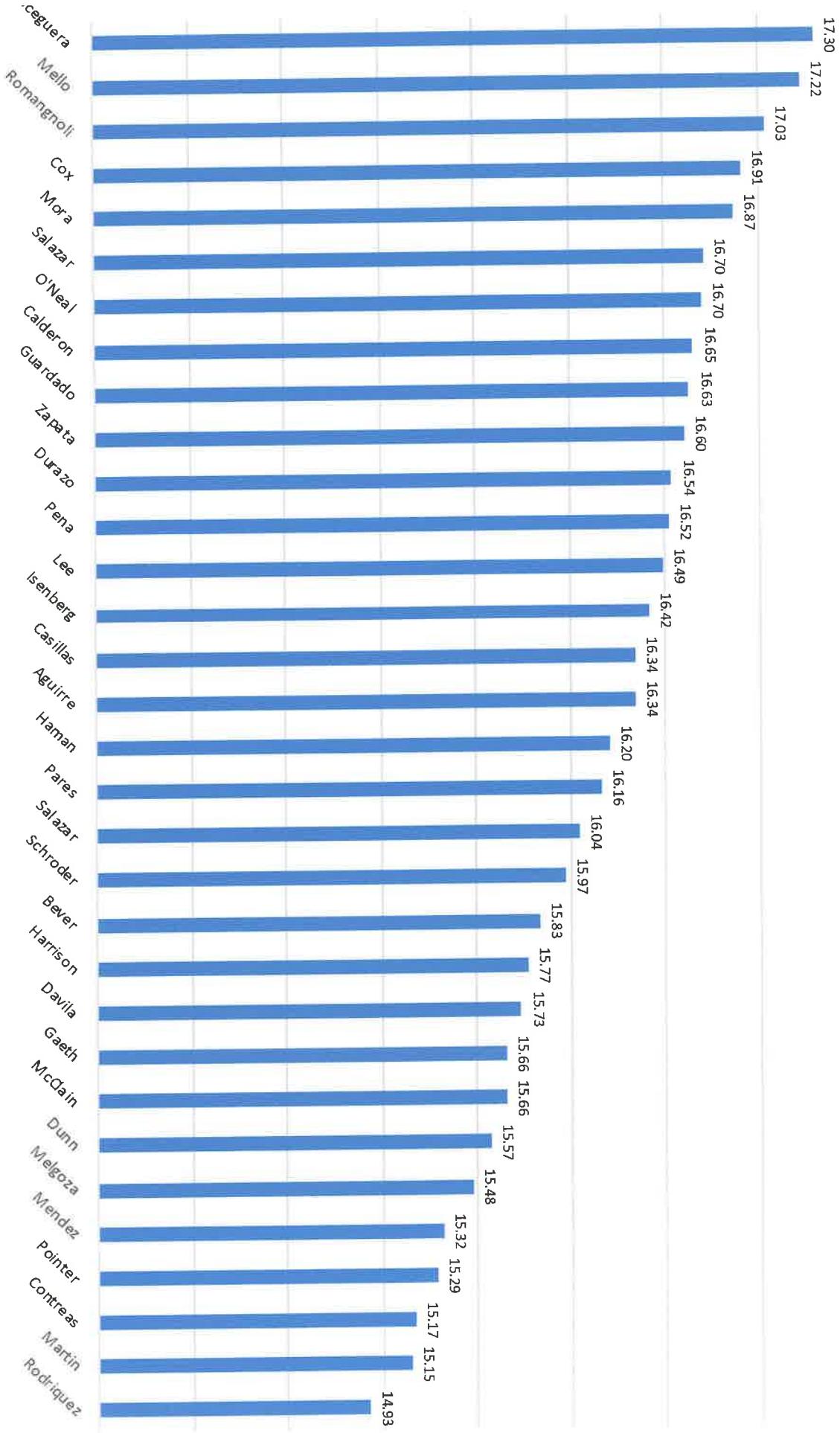


0 - 30 Yard Sprint Speed (MPH)
FCC Women's Soccer Fall 2022



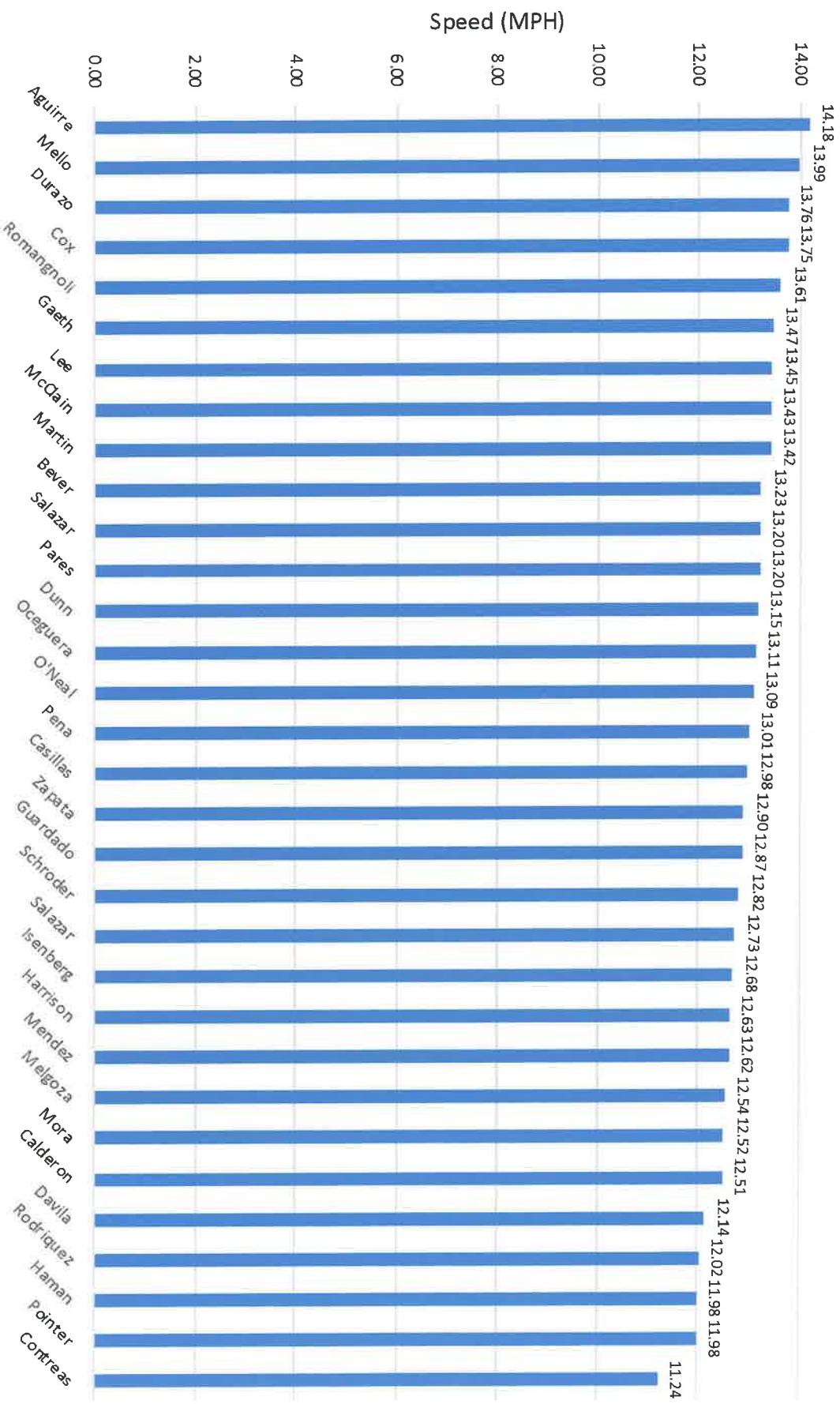
10 - 30 Yard Sprint Speed (MPH)

FCC Women's Soccer Fall 2022

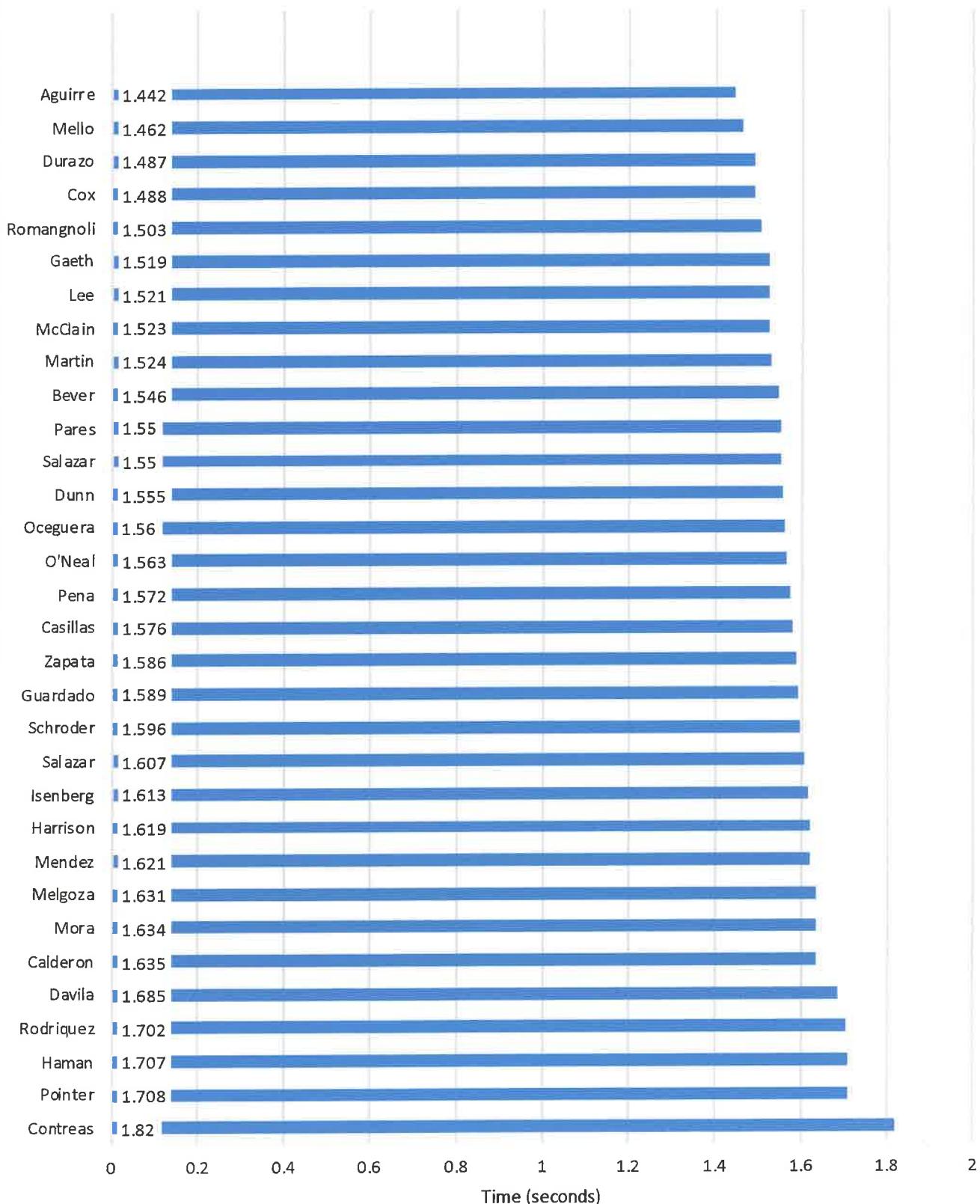


0 - 10 Yard Sprint Speed (MPH)

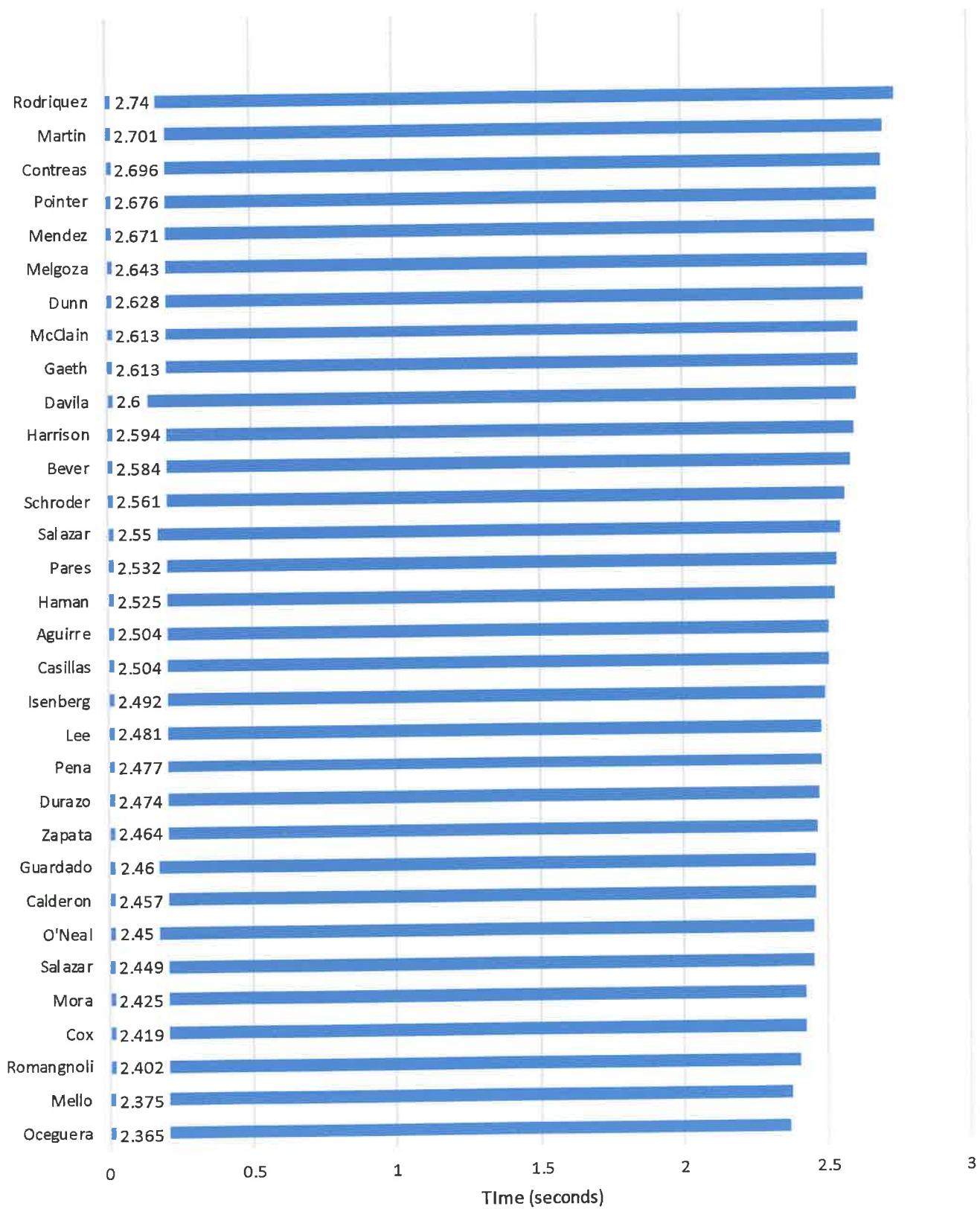
FCC Women's Soccer Fall 2022



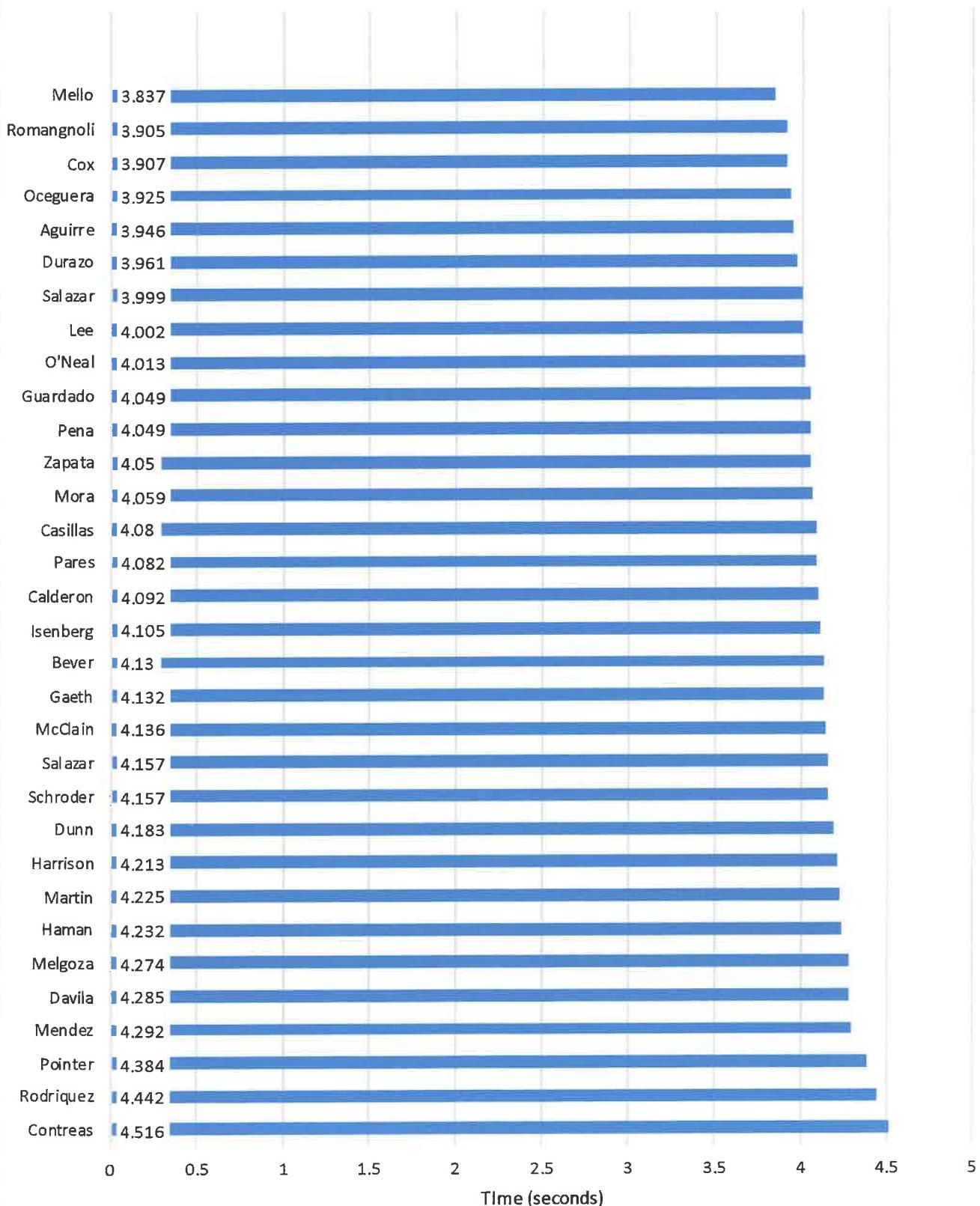
0 - 10 Yard Sprint Time FCC Women's Soccer 8/22/22



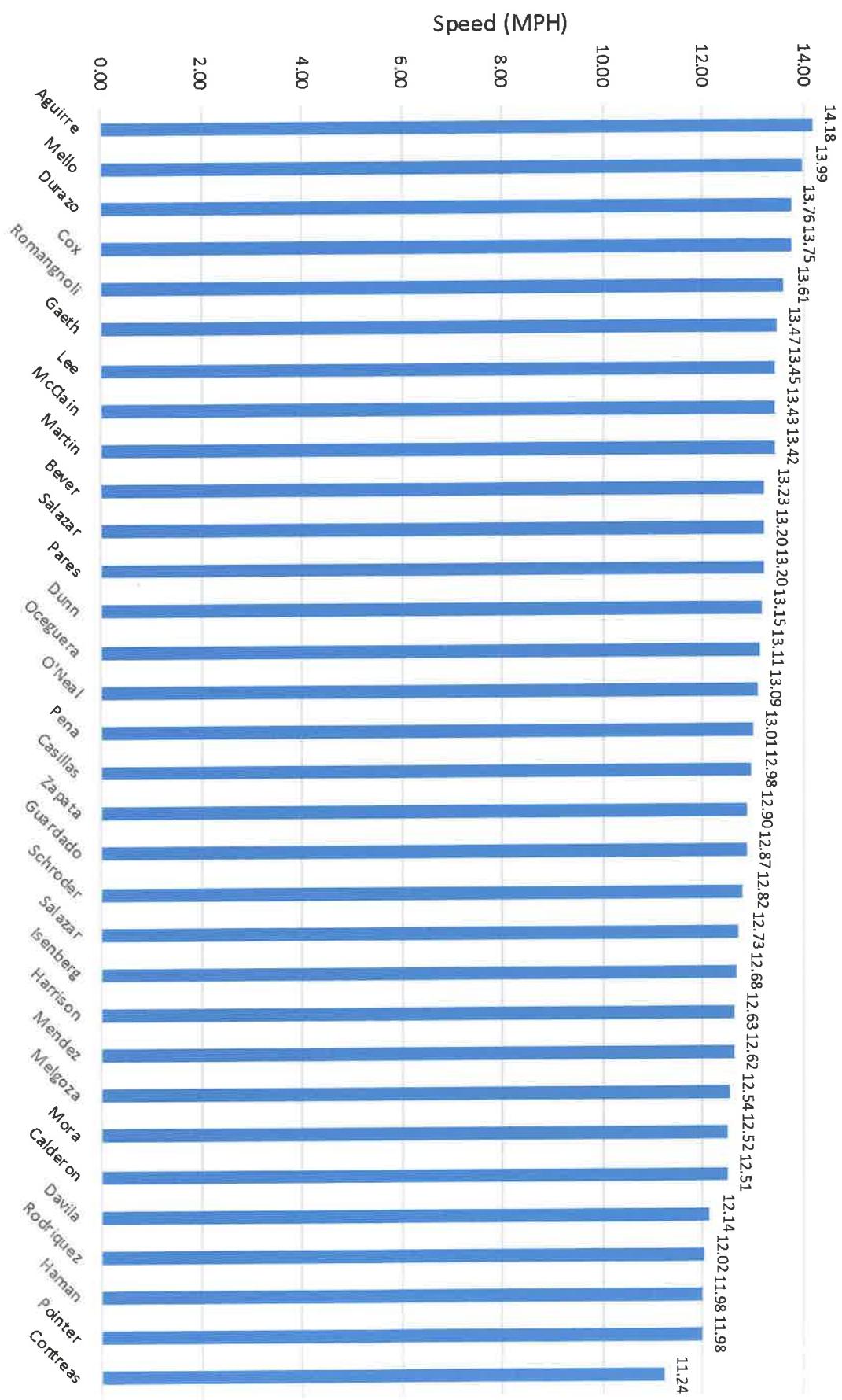
10 - 30 Yard Sprint Time FCC Women's Soccer 8/22/22



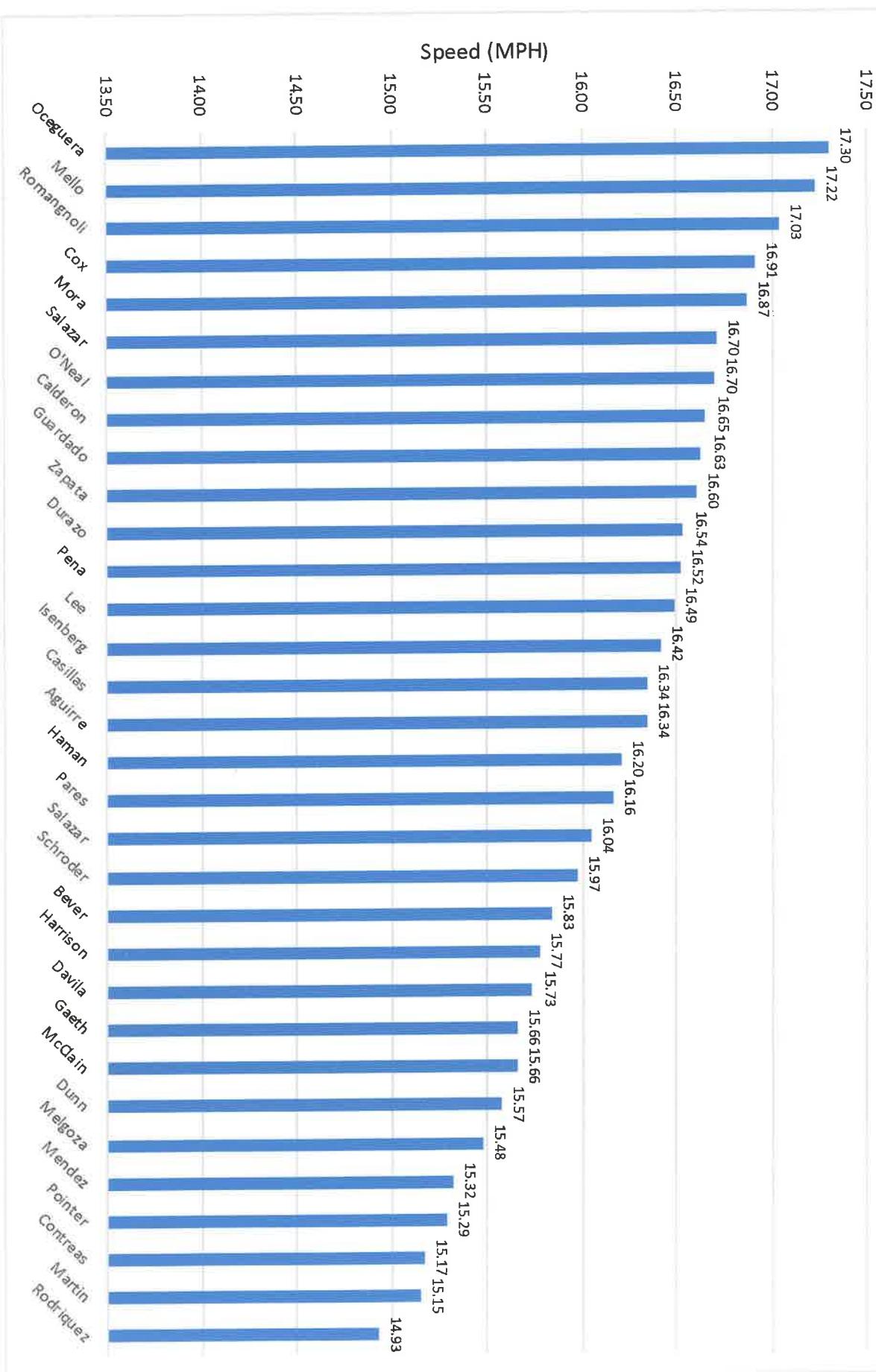
0 - 30 Yard Sprint Time FCC Women's Soccer 8/22/22



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

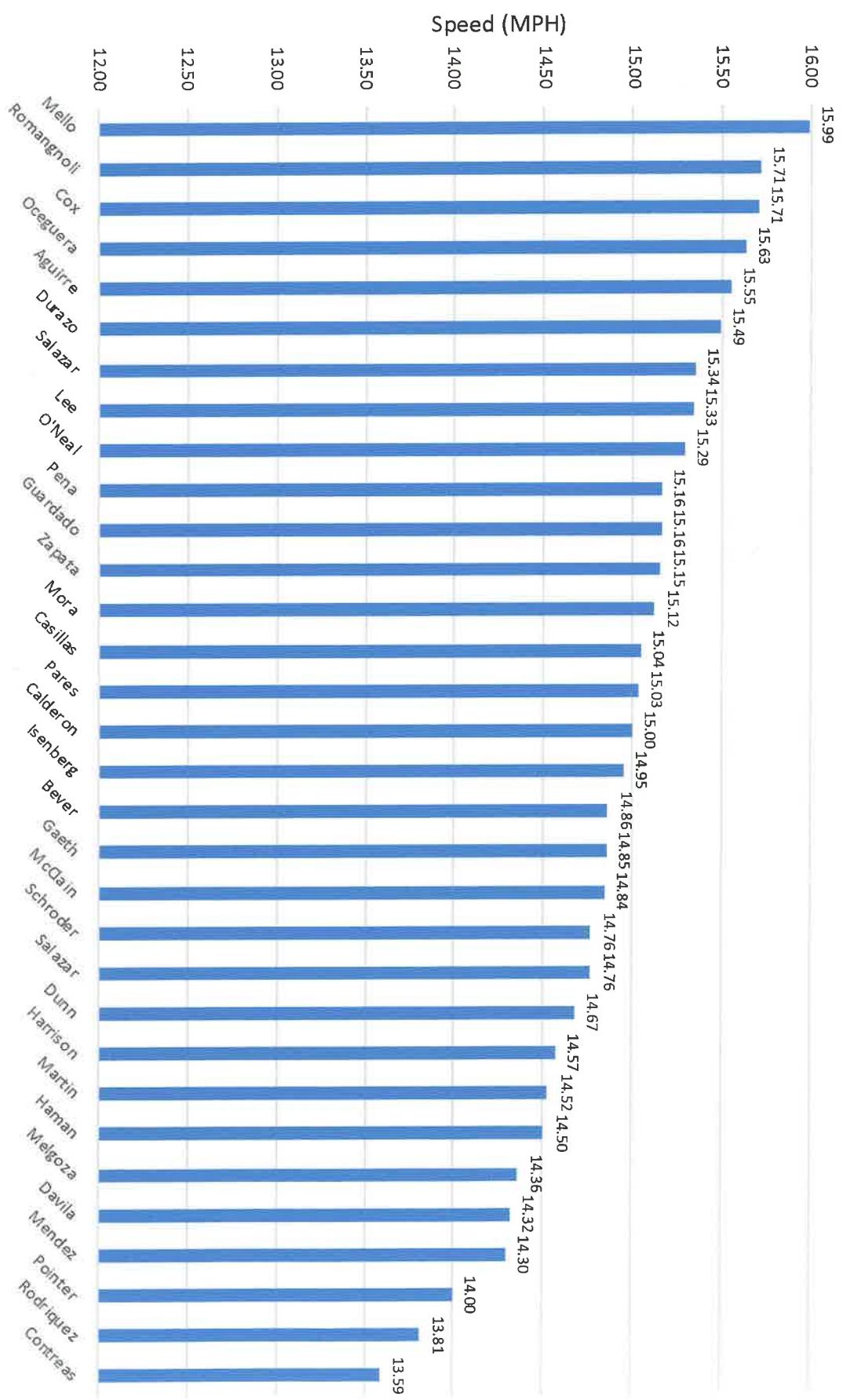


10 - 30 Yard Sprint Speed (MPH) FCC Women's Soccer 8/22/22



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 # | SA | Scrimmage @ FPU 7/00PM | Hartnell @ Ventura Tourny | Cypress @ Ventura Tourny | Santa Rose Home (Postponed) | Santa Barbara Home | Ventura Home | West Valley Home | Folsom Lake Away | Clowis Home | Taft Away | Porterville Away | Reedley Away | Marced Home |
|----------|--------------------|------------------------|---------------------------|--------------------------|-----------------------------|--------------------|---------------|------------------|------------------|----------------|---------------|------------------|--------------|---------------|
| 16 | Lauren Salazar | 44 | 84 | 90 | 90 | 90 | 69 | 90 | 90 | 90 | 90 | 23 | 90 | 67 |
| 4 | Br/Mello | 52 | 83 | 0 | 90 | 28 | 55 | 71 | 73 | 80 | 49 | 90 | 58 | 53 |
| 8 | Anahi Callies | 90 | 74 | 90 | 52 | 62 | 35 | 31 | 65 | 47 | 41 | 34 | 54 | 53 |
| 2 | Jazmin Mora | 54 | 42 | 48 | 64 | 72 | 0 | 70 | 60 | 57 | 11 | 49 | 0 | 43 |
| 35 | Kelijann Rodriguez | 36 | 50 | 64 | 40 | 47 | 14 | 30 | 19 | 38 | 40 | 50 | 52 | 45 |
| 12 | Sarah Cox | 31 | 42 | 55 | 31 | 46 | 22 | 64 | 60 | 51 | 33 | 52 | 0 | 90 |
| 0 | Audrey Haman | 90 | 90 | 90 | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 |
| 14 | Claire Gaeth | 57 | 0 | 82 | 61 | 57 | 49 | 49 | 36 | 36 | 26 | 52 | 46 | 0 |
| 1 | Riley Pointer | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 90 | 90 | 0 | 90 | 0 | 0 |
| 7 | Jasmine Giardando | 38 | 90 | 90 | 38 | 90 | 55 | 90 | 90 | 66 | 47 | 74 | 58 | 53 |
| 15 | Peyton Bever | 12 | 40 | 57 | 47 | 49 | 21 | 60 | 78 | 13 | 29 | 21 | 21 | 21 |
| 26 | Darienne Dunn | 33 | 29 | 8 | 35 | 34 | 17 | 41 | 54 | 54 | 27 | 38 | 44 | 33 |
| 9 | Mariyah Contreras | 23 | 17 | 0 | 19 | 6 | 28 | 36 | 64 | 57 | 32 | 57 | 43 | 43 |
| 6 | Frankie Lee | 16 | 22 | 17 | 17 | 0 | 43 | 9 | 27 | 42 | 38 | 34 | 37 | 37 |
| 10 | Laili Melgoza | 61 | 56 | 44 | 22 | 46 | 17 | 28 | 35 | 34 | 31 | 49 | 31 | 31 |
| 11 | Bella Schroder | 36 | 28 | 22 | 28 | 18 | 42 | 11 | 31 | 46 | 38 | 41 | 38 | 38 |
| 22 | Ashlyn senberg | 7 | 0 | 0 | 36 | 24 | 14 | 32 | 22 | 44 | 30 | 41 | 38 | 38 |
| 34 | Gianna McLain | 19 | 23 | 0 | 24 | 26 | 41 | 35 | 34 | 19 | 45 | 25 | 44 | 44 |
| 19 | Mariyah Zavata | 31 | 23 | 26 | 41 | 37 | 23 | 0 | 29 | 29 | 39 | 33 | 20 | 20 |
| 5 | Mel Davila | 19 | 0 | 0 | 14 | 0 | 25 | 13 | 30 | 15 | 34 | 15 | 27 | 27 |
| 13 | Hannah Martin | 52 | 67 | 90 | 64 | 79 | 46 | 66 | 0 | 0 | 0 | 0 | 0 | 0 |
| 36 | Isabelle Aguirre | 0 | 0 | 0 | 0 | 0 | 38 | 29 | 10 | 31 | 19 | 12 | 10 | 10 |
| 23 | Zoe Romagnoli | 24 | 0 | 0 | 0 | 0 | 35 | 0 | 0 | 34 | 43 | 16 | 0 | 0 |
| 21 | Alanna Harrison | 22 | 28 | 13 | 0 | 13 | 42 | 0 | 20 | 17 | 0 | 0 | 12 | 12 |
| 37 | Claire Calderon | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 67 | 0 | 23 | 23 | 23 |
| 17 | Leila Mendez | 21 | 0 | 0 | 0 | 0 | 23 | 0 | 0 | 37 | 0 | 32 | 0 | 32 |
| 3 | Morgan Durazo | 44 | 0 | 19 | 0 | 0 | 21 | 39 | 0 | 0 | 27 | 0 | 20 | 20 |
| 38 | Isabelle Pena | 28 | 50 | 43 | 58 | 44 | 36 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 24 | Delaney Pares | 19 | 12 | 0 | 7 | 17 | 25 | 12 | 0 | 0 | 40 | 25 | 14 | 14 |
| 18 | Aubrey Salazar | 0 | 20 | 0 | 7 | 16 | 12 | 0 | 0 | 0 | 39 | 3 | 12 | 12 |
| 20 | Sisay O'Neal | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 26 | 0 | 12 | 12 |
| 25 | Serina Oceguera | 37 | 20 | 42 | 21 | 0 | 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 |

FRENO CITY COLLEGE WOMEN'S SOCCER
2022 SEASON

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

| COS Home | West Hills Away | Clovis Away | Taft Home | Porterville Home | Reedley Home | Marced 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 | 45 | 90 | 90 | 90 | 90 | 90 | 1918 | Laury Salazar | |
| 69 | 35 | 90 | 90 | 11 | 90 | 90 | 31 | 86 | 90 | 90 | 90 | 90 | 1681 | Bri Mello | |
| 28 | 38 | 44 | 90 | 29 | 90 | 90 | 45 | 90 | 41 | 90 | 90 | 90 | 1529 | Anahi Castillo | |
| 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 | Kelliann 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 | 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 | 0 | 1041 | Jasmine Guardiola - 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 | Marish 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 | Lali Melgoza | |
| 23 | 38 | 40 | 37 | 41 | 32 | 16 | 16 | 51 | 31 | 13 | 0 | 0 | 712 | Bella Schoder - ACL | |
| 39 | 26 | 38 | 18 | 18 | 48 | 30 | 22 | 32 | 18 | 47 | 24 | 44 | 692 | Ashlyn Isenber | |
| 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 | Mariyah Zapata | |
| 11 | 49 | 23 | 50 | 20 | 24 | 20 | 22 | 30 | 36 | 48 | 35 | 0 | 560 | Mel Davis - 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 Cadetron | |
| 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 | Delaney Paredes | |
| 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 Oceguera - 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 | |
| SCHEDULE SUMMARY | | | | | |
| Overall (Pct.) | 1ST | 17-3-4 (79%) | Games | 24 | 1st |
| Conference (Pct.) | 1ST | 12-1-1 (.893) | Shots | 35 | 2nd |
| Streak | | Lost 1 | Goals scored | 67 | 1st |
| Home | | 10-0-1 | Shot percentage | 1.914 | 5th |
| Away | | 7-1-2 | Shots per game | 1.5 | 3rd |
| Neutral | | 0-2-1 | Shots on goal | 3 | 8th |
| <u>Full Scores and Schedule</u> » | | | | | |
| RECENT GAMES | | | | | |
| Nov 8 | at Sequoias | L,0-0 | Corner kicks | 25 | 2nd |
| Nov 11 | West Hills Lemoore | W,6-0 | Penalty kicks | 0-0 | 5th |
| Nov 19 | Taft | W,1-0 | Yellow cards | 19 | 2nd |
| Nov 22 | at San Francisco | W,2-0 | Red cards | 0 | 4th |
| Nov 26 | at Folsom Lake | W,3-1 | Shutouts | 13 | 1st |



**SOCER
STATE CHAMPIONSHIP
AMERICAN RIVER COLLEGE**

DECEMBER 2 & 4, 2022

PARTICIPANT



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 |



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

Join Advocacy Education Resources

| | | | | |
|---|-------------|-----|---------------------|----------------|
| F | Jazmin Mora | So. | Fresno City College | Clovis, Calif. |
|---|-------------|-----|---------------------|----------------|

| | | | | |
|---|--------------|-----|-----------------|---------------------|
| 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 | Breauna Mello | So. | Fresno City College | Fresno, Calif. |

Individual Personal Interactions/Meetings Resulting from the Work

JOIN FRESNO EDC FOR OUR ANNUAL EVENT

IT'S GAME TIME!

FEATURING U.S. SOCCER OLYMPIC
GOLD-MEDALIST & TWO-TIME FIFA
WORLD CUP CHAMPION

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

Sat, Oct 29, 2022 at 4:42 PM

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
Trustee

State Center Community College District
Fresno City College • Reedley College • Clovis Community College
Madera Community College
Madera Community College at Oakhurst
Career & Technology Center

1171 Fulton Street • Fresno, CA 93721
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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: Observe the current team dynamics and operational standards

Goal: Analyze current team training and competitive practices, including daily classroom sessions and field trainings, travel protocols, and competitive matches

► **Success:** I was able to become fully engaged in the daily operation of a local community college women's soccer program.

- Spent 115 days formally with the team
- 84 Days (over 300 hours) of formal team training, including team warm-up activities, performance testing, and specific speed, agility, change of direction, and reaction time training, and classroom education sessions (nutrition, motivation, etc.)
- Traveled over 3,700 miles
- Played in 25 games. The team accomplishments are below:
 - CCCAA Central Valley Conference Champions
 - Ranked 7th Nationally among Community Colleges by the United Soccer Coaches Association
 - Participated in the Final 4 State Soccer Championships (finished 3rd) at America River College.
 - Nominated for the United Coaches Association Regional Staff of the Year Award.
 - Two players were named All-Americans by the United Soccer Coaches Association
 - To date, 5 players were earned soccer scholarships at 4-year schools

Daily Engagement/Activity Log

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 53
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.