



# **OXNARD GIRLS' SOCCER PROGRAM**

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# Program/Team Standards

Standard	Champion Presence Action
Academics First!	<ul style="list-style-type: none"> <li>-Team Goal: 3.5 GPA (A/B average), CIF Eligibility: 2.0 GPA (C average)</li> <li>-Periodic grade checks from coaching staff turned in on time.</li> <li>-Weekly study hall for D and F grades.</li> </ul>
Classy Conduct – Respect ALL	<ul style="list-style-type: none"> <li>-Respect ALL, ALL the time.</li> <li>-Dress appropriately and use intellectual language.</li> <li>-No use of drugs/alcohol/excessive PDA anytime.</li> <li>-Do not post any negative comment/picture using social media.</li> <li>-Represent your school, team, family with classy/responsible behavior.</li> <li>-Be on time! Being ready at least 5 minutes early is on time.</li> <li>-Do not interact negatively with a teammate, coach, referee, opponent, or spectator.</li> </ul>
Our TEAM Only – No Outside Competition	<ul style="list-style-type: none"> <li>-Will not associate with any other soccer team during H.S. season.</li> <li>(The team will have to forfeit games via CIF if a team member is playing for any other soccer team outside of their H.S. team.)</li> <li>-Communicate ALL outside affiliations for ALL sports with the coach.</li> </ul>
Equal Fundraising	<ul style="list-style-type: none"> <li>-Contribute an equal amount of time and money to fundraising.</li> </ul>
Illness/Injury Communication	<ul style="list-style-type: none"> <li>-Communicate all injuries and illnesses to the head coach, in the morning.</li> <li>-Dress in our school's soccer attire for every game (ask the coach what to wear).</li> <li>-Always come to practice sick, the coach will send you home free of consequence.</li> </ul>
Playing Time – Team First	<ul style="list-style-type: none"> <li>-Consistent team play, effort, and leadership in practice and games, as 11.</li> <li>-Have a positive attitude all the time regarding playing time – for the team.</li> <li>-Best 11, not 11 best will start. Roles will be communicated.</li> </ul>
Attending ALL Team Games/Practices/Functions	<ul style="list-style-type: none"> <li>-Attend ALL team functions/practices/games.</li> <li>-All doctor, dentist, or other appointments need to be made at 4:00 pm or later.</li> <li>-Communicate family scheduling conflicts.</li> <li>-Know the consequences for missing, and try to be a 100% teammate.</li> </ul>
Hustle	<ul style="list-style-type: none"> <li>-Hustle is an attitude and method of becoming a scrappy team.</li> <li>-It is every player's RESPONSIBILITY to hustle ALL the time.</li> <li>-ALWAYS out-work the other team – take pride in this mindset.</li> </ul>
Competitive Character	<ul style="list-style-type: none"> <li>-In everything you do, COMPETE to win and be the best.</li> <li>-Prepare for adversity, accept adversity, attack adversity, have fun with adversity.</li> </ul>
Team Cohesion	<ul style="list-style-type: none"> <li>-Our job is to build the best team; the BEST TEAM (not best players) will WIN.</li> <li>-Every player and coach will have a part in supporting each other.</li> <li>-Accept and embrace your role to help the team win.</li> <li>-Respect each other like FAMILY, compliments for each other, not negativity.</li> </ul>
Team Code	<ul style="list-style-type: none"> <li>-Put the team above yourself in your decisions, actions, and attitude.</li> <li>-Commit to the <u>team</u> principles.</li> <li>-Respect ALL, Fear None!</li> </ul>
Team Goals – Be a Champion	<ul style="list-style-type: none"> <li>-Practice/Compete every day hence improves your game every day.</li> <li>-Focus on the team process rather than the individual result.</li> <li>-Use hard work, every chance you get!</li> <li>-Do what Champions do, on and off the field... every time!</li> </ul>
Champion Presence	<ul style="list-style-type: none"> <li>-Live above the norm.</li> <li>-Believe in yourself and team to reach maximum potential through hard work, improvement, and competing.</li> <li>-Develop presence; soccer savvy and swagger.</li> <li>-Develop an understanding that nothing is impossible.</li> </ul>

**FAILURE TO MEET STANDARDS (on each individual circumstance determined by the head coach):**

Start Suspension, 4-Mile Run, Game Suspension, Indefinite Suspension

# Practice Standards

1. **Practice Culture:**
  - a. Practice will be at a high intensity; compete everyday.
  - b. Pay attention to detail.
  - c. Always compete and have fun.
  - d. Do everything together.
  - e. Be where you need to be, when you need to be there.
  - f. Always be positive and use appropriate language all the time.
2. **Soccer Attire:**
  - a. Every player must be in the selected practice attire with appropriate equipment, everyday.
3. **Focus**
  - a. Be physically and mentally prepared for every practice.
  - b. Get better every day at systematic and physical skills.
4. **Effort:**
  - a. Hustle 100% of the practice.
  - b. Your level of effort will be a measuring stick on how much you will improve this year.
  - c. Consistency with effort in practice will correlate with consistent effort in games.
5. **Work Ethic:**
  - a. Work as hard as you can to get better everyday.
  - b. The team that works the hardest will be the team that improves the most.
  - c. Work ethic has a direct correlation with success- work like a Champion works!

# Game Standards

1. **Game Culture:**
  - a. Battle 100% of the time, 100% energy.
  - b. Commit to the team system and principles.
  - c. Show mental toughness and strong character in the face of adversity.
  - d. Compete with respect for everyone involved; teammates, opponents, coaches, referees, fans.
2. **Playing Time:**
  - a. The 11 starters will be determined by consistent team practice/game performance.
  - b. The reserve players will have roles on the team, know your role.
  - c. Coach Aguilar will communicate your role on the team but if you are unclear about your role address your questions at the appropriate time; this includes concerns from your parents.
3. **Focus:**
  - a. Keep it simple, smart (KISS).
  - b. During superior times or adversity, ALWAYS put 100% focus on the next team play!
  - c. There are "NO" excuses.
  - d. Hustle 100% of the game.
4. **Parents:**
  - a. Be a positive role model for your daughter and other parents that are around the game.
  - b. Please be respectful to the officials, our team, our coaches, the opponents' coaches, or other team during the heat of the game.
5. **Champion Presence:**
  - a. Never doubt your ability, teammates, coaches, or team.
  - b. Walk, talk, and play with humbleness, confidence, and optimism.
  - c. Be a Champion today!

# **Coach Aguailar's Coaching Philosophy**

- I. Coaching methods: professional business-like approach with teaching ideologies
  - Cohesive Team = Togetherness = Family
  - Fun through Competition
  - Focus on Details
  - Build Champion Presence
  
- II. What my players will learn-
  - Positive thinking
  - Fundamentals of the Game
  - Hard work; work ethic
  - Discipline
  - Details of the Game
  - Privilege
  - Leadership; being a role model for others
  - Teamwork
  - Competition
  - Mental toughness; perseverance
  - Morals/values- Fairness, Responsibility, Care for others
  - Promotion of academics and becoming a lifelong learner

## **Coach Aguailar's Mission Statement**

The mission of my coaching career is to send players to the next level in life with the tools to be great players and great people. The athletes that leave my team will represent themselves, their school, and their families with class, pride, integrity, and determination on and off the field. The players that unite with my program will understand the meaning of "Champion Presence."

In reference to my message, the word "champion" has a greater meaning than winning championships. My players will learn the importance of going beyond the norm (everybody else) to achieve greatness in all aspects of life, hence giving them the opportunity to be a champion on the field. Building the champion devotion within each player to live above everybody else is the mission of my coaching career!

\*\*\*\*\*There are champions and everybody else\*\*\*\*\*

## **Coach Aguailar's Goals**

- Achieve maximum potential as a team
- Individuals achieve maximum potential as a student, athlete, and person
- Build a program with "CHAMPION PRESENCE" - on the field and off the field
- Help fulfill player's goals
- Win championships

# **COACH AGUILAR'S COMPLETE COMPETITOR RANKING**

The Complete Competitor Ranking is a ranking system Coach Aguilar has created to find the most complete competitors on a soccer team. The ranking reflects certain elements of soccer that will be essential to competing for the Oxnard Yellowjackets soccer team. Each player is given a ranking for each category (see below) and the average of their categorical rankings will result in a final ranking. The rankings will be used for feedback for the coach and player in evaluating areas of strength and weakness in conditioning and competitions.

## **COMPLETE COMPETITOR CHALLENGE BREAKDOWN**

50% weight = Aerobic/Anaerobic runs or fitness event ranking  
-Run rankings/ Fitness event rankings

50% weight = Versus record ranking  
-Total wins from competitions

\*Average ranking for each category will give each player a raw rank for each category.

\*Raw rankings for each category will be averaged and each player will receive a final average ranking.