



Sierra College Athletics

Sierra College Women's Soccer Resource Manual

How to Manual for Playing Soccer and Transferring to a 4 Year

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Sierra College Women's Soccer

It means to be a part of a group of powerful female student athletes that are determined to be the best they can be in all facets of their lives. The Sierra College Women's Soccer team has been in existence since 1998, the team has a standard of excellence on the field with an overall record of 200-76-56. We have been to the final four 3 times and have been ranked in the final NSCAA Top 15 poll 4 times in its history. In 2010 and 2011 they have received the NSCAA Team Academic Award for having a team overall grade point average of above a 3.0, only 3 other Junior College Women's Soccer teams received the award in 2011. Conference Championships include: 2003 Bay Valley Conference, 2005 Co-Champions Big 7 Conference, and 2013 Big 8 Conference Champions.

Manifesting our Destiny to win a California Community College State Championship, we are in control with the level of players that are recruited to Sierra College and the level of coaching to win a State Championship. This destiny is only a reality if we can collectively work together to set aside differences and push one another to be the best we can possibly be as teammates and student athletes. We play in the most competitive conference in California Junior College Athletics this coupled with a very rigorous preseason schedule our team is ready for the challenge of playoffs.

What is the Sierra College Soccer BRAND?

We wear Nike soccer gear and look very good, but that is not our brand. We are a team that stands for:

- I. Education- Our team has received a team GPA of 3.0 and above the past two seasons. Each player is thriving to move towards a Bachelor's degree.
- II. Ethics- We will hold ourselves to the highest ethical standards on and off the field. "It's what you do when no one is looking".
- III. Winners Attitude- We compete the team has a never say die attitude. Winning is living for us.
- IV. Attacking Soccer- We typically play with three strikers; we want players to take players on.
- V. Disciplined Soccer- In the back and middle third we try to be as cohesive and very organized. Attacking third we let our players interpret for themselves for the most part. We are students of the game.

- VI. Work Rate- We will attempt to outwork every team we play. The most important ingredient to success is the ability to work intelligently.
- VII. Nutrition- Your body is the tool to play the game we need to put good fuel into it.
- VIII. Community Involvement- Our Community knows us! We do camps and clinics around the greater Rocklin, Roseville and Loomis areas.
- IX. Student Athlete- We compete hard and study hard we are a complete package.
- X. Commitment- The level of commitment for these young women is intense they train and or play 6 days a week during the season, lift weights and carry a full time academic loads.
- XI. Collectiveness- There is nothing stronger than a group of women striving for excellence and demanding excellence out of one another.

Player Expectations

Organization and expectations are the breeding ground for success. In my first couple of years I found that many players were just searching for a How to Book to get out of a Junior College and move onto a four year University. This is basically that for Sierra College Women Soccer players. The following information will walk you through the steps and has easy to find resources links.

Each member of the Team agrees to:

- Travel back and forth with each other by bus, because we want to take everything from the season and the bonds with teammates.
- Watch video of our games to learn from our mistakes and our successes both individually and as a team. We allow ourselves to be vulnerable in watching video because we know we trust our teammates.
- We train on our edge and are always trying to win. Whether we are playing 5v2 in a warm up or its fitness, we know Winning is Living and the pursuit of that will manifest our destiny to be state champions.
- We challenge our teammates to be the best they can be in all aspects, both on the field or off the field.
- We are collective group of women and with us that gives us more strength than us as an individual.
- We work on our own to develop ourselves; using the resources on nutrition, psychology, academics, transferring, and soccer specific things to help us get better.
- We want to be better as a soccer player and when coaches give us constructive criticism we own it and strive to get better at the weaknesses in our game.
- When we make mistakes or we are defeated in a game or training we look at what we could have done better individually and then look to mistakes we made as a team.

- We do fundraising and community involvement with a happy heart because we know we are giving back to our community and our program.



Sierra College Soccer Academic/ Transfer

You are attending a two year school with aspirations to move on and play soccer at a 4 year school. There is a place for you to play at some level if you play the majority of the games for us. Now that level may vary from Division 1, Division 2, Division 3, and NAIA. It is on you to market yourself to the other colleges to make that jump. In this section I will help you make a plan to make that dream a reality.

I. Entering Sierra

- a. **Applications**
- b. **Assessment**
- c. **Orientation**: Online In MySierra
- d. **Fees** Due upon registration of classes
- e. **New To Sierra Student Steps**
- f. **Returning to Sierra Steps**
- g. **Sierra College ID Card**: Go to Winstead building L and bring photo ID and student ID #.

II. Team Calendar- Choose the link below to sync to your smart phone

- a. **ICalender**
- b. **Google Calendar**
- c. **XML Calendars**

III. **Academics**: Priority registration (application, assessment, orientation, counsel) must be done 3/20.

- a. **Mysierra**: Your login information will be emailed to you based on the email address you supplied when you applied. This is how you register for classes, take orientation, drop classes, check your grades, view your financial aid information, pay fees, and email professors.
 - i. **Class Schedule** – Find the Course. Time and CRN#.
 - ii. **Soccer Classes needed**:
 1. **Fall Semester**: ATHL 156 (must be enrolled) Training 2pm-5:00pm Monday, Wednesday, Thursday Games: 2-7pm Tuesday and Friday
 2. **Spring Semester**: ATHL 109 12:30- 2:50pm M,W TR 6:50-8:50

3. **Summer:** PHE 109 M,T,W,TR 6:30am-8:30am late start
June 30th - Aug 7th

b. Counseling

- i. You will need to meet with a counselor (Richard Elliot or Brian Gosney) and figure out your plan to transfer.
 1. **Scheduling and appointment**
 2. **Online counseling for quick questions**
- c. **SEP (Student Educational Plan):** you will need to get a 4 semester plan on file. Make sure you make a copy of it and give Jason a copy.
 - i. **Deadlines:** October 15th of freshman season
- d. **Transcripts**- after each semester you will need to place you transcripts in your folder. You will also want to scan these so you can send to 4 year schools.
 - i. **High School transcripts**- obtain 3 copies of your Official HS transcripts. Place unofficial copy in the folder
- e. **AA degree**- have you declared a major (2nd year players)
- f. **Eligibility**- 2nd year players 24 units and GPA above 2.0 (1st year) 12 units freshman year, no minimum GPA unless played another sport.
- g. **Academic Calendar**

IV. Financial Aid

- a. **FAFSA:** - Federal Financial Aid- on campus in the Winstead Building
- b. **Bog waiver:** - State of CA. Financial Aid
- c. **Scholarships:** Sierra Spring semester
- d. **Employment:** On Campus and Off Campus:
- e. **Work Study:**

V. Living on Campus or Off Campus

- a. **Housing**-
- b. **Nearby Housing/ Apartments**
 - i. Shaliko 916-647-5737
 - ii. Rocklin Manor 916-647-5721

VI. Playing Soccer at Sierra College

- a. **Participation forms at Sierra:**
 - i. **Physical form:** (Physician's only) clinic stamp and Dr.'s signature
 - ii. **Insurance form:**
 - iii. **Consent for Minors** (if you are under 18)

VII. Student Athlete Handbook:

- a. **Tutoring is available**

VIII. Transfer Information

- a. **Sierra College Transfer Center with Timelines**
- b. **NCAA Clearinghouse**- Are you a qualifier?

- c. **NCAA 2-4 Transfer D1, D2, D3**
- d. **NAIA 2-4 Transfer:**

IX. Marketing yourself to be Recruited out of Sierra

- a. **Statistics and ALL Conference awards**
- b. **Sophomore Showcase**
- c. **Emails:** Make sure you are using a professional email address sample letters
- d. **Visiting schools:** (unofficial visits) set up for your top 8. List of NCAA schools that offer soccer is on the above link.
- e. **Video:** All games are filmed, shared Gmail drive jganttkick@gmail.com or games are uploaded on Sierra College Itunes channel on home page!
 - i. **I-movie-** Tutorial
 - ii. **Movie Maker-** Tutorial



Sierra College Soccer Nutrition Principles

As you embark on becoming a Women's Soccer player at Sierra College the demands on you as student, athlete, family, and social life will become stressful. To really be successful in these areas you will need to put healthy food into your body that will allow you to deal with the different pulls and pushes you will be facing. Use the following information as a resource to allow you to be successful.

What Do I Eat: Eat things as close to their natural state as possible. If something is in its most natural state your body can break it down easier and convert into energy. You also need to put the proper foods that will allow you to compete at a high level an active female athlete needs to consume about 2500 – 2800 calories a day.

When do I eat: Snacking is the best practice, constantly refueling your energy stores throughout the day will allow you to perform at a higher level.

Plan ahead: This is going to be your saving grace. If you plan out your meals throughout the day you will save money and you will be less likely to make poor choices. Go to the grocery store and buy fresh foods and vegetables. Pack lunches for yourself!

I don't know how to cook? The following internet locations give healthy tip on recipes. Cooking light, Eating well, Food Network (make sure you request healthy), Spark recipes, Livestrong, Mayoclinic. Make sure you choose recipes that are easy to prepare and make an extra serving so you can take it for lunch the next day.

Be conscious of what your consuming: For example, Sugars: As you all know I am big on making sure you all stay away from fake sugars such as High Fructose Corn Syrup (Read the Labels). Gatorade has high fructose corn syrup in it, a better choice is coconut water (choose the ones from Thailand rather than Brazil they taste better). High Fructose corn syrup is usually an ingredient in packaged processed foods.

I am so on the go how do I get a snack that's not processed? Raley's or Bel Air have healthy choices integrated with the regular products (Nugett, Whole Foods\$\$), Trader Joes has an aisle that is filled with nuts and dried foods. Pack a whole fruit like an

apple, orange, pear, grapes, and berries. Choose Organic when you can! Know what you are putting in your body.

We travel it is hard to pack: I generally purchase food for you like subway sandwich, granola bar, and fruit as pregame meal. Post-game is a little tougher based on where we travel choose something that is going to allow your body to recover. You need to put carbohydrates and protein in your body within the first hour of competition to help your body recover faster.

Water: The true drink of champions. You need to make sure you are bringing a water bottle to school with you and hydrate throughout the day. If you sip on a water bottle all day you will be hydrated and feel better.

Breakfast: The most important meal of the day. Breakfast should be low fat, high fiber, some protein and try to get a piece of whole fruit in.

Pregame Meals: Go with tried and tested foods to prevent indigestion and feeling uncomfortable.

Females and Iron: Females need to make sure they are taking in foods that are rich in iron to help them offset the blood loss in the menstrual cycle. Types of food that are rich in Iron (legumes, cereals, eggs green leafy vegetables, meats) Try Kale it is a superfood put it on your sandwich.

Alcohol: Wasted calories can dehydrate you and delay recovery. Drink responsible and do not binge drink. Binge drinking can set your body back a lot you won't recover as fast.

Resources:

Mayo Clinic: <http://www.mayoclinic.com/health/nutrition-and-healthy-eating/MY00431/DSECTION=healthy-menus-and-shopping-strategies>

Livestrong: <http://www.livestrong.com/thedailyplate/>

Eating out: http://www.helpguide.org/life/fast_food_nutrition.htm

Sports Nutrition: http://sportsmedicine.about.com/lr/sports_nutrition/67121/2/

Be aware of what you're powering your body with! If you want to perform and feel good you need to put good stuff into it.



Sierra College Soccer Psychology

A new environment with a new coach and a new school you are putting yourself in an environment that you will feel uncomfortable. You were probably one of the better players on your High School team and the coach probably just left you alone to make your own decisions. You are now in an environment where the coach is demanding you to do things different and to buy into my philosophy towards the game. Here are a couple of scenarios that I have seen played out over the past years and will explain rational. The coaching staff is here to inspire and to facilitate growth, you need to motivate yourself to play the game, and motivation for playing is up to the player.

The coach is singling me out in a video! This is a good thing, you may be embarrassed and self-conscious that everyone is seeing the mistake you made. Think of it as the coach has faith in you to be better and I want to show the exact area I need to be better. You may not be the only one making that mistake, but you are the example we are using. This doesn't mean I am mad at you or think you stink!

Coach keeps correcting my mistakes but other people are doing the same thing! I want you to be better because I have a high expectation of you. Be scared and worried if I do not correct your mistakes! That means I don't have as high of expectations.

Coach pulled me out of the game and told me he needed me to do something better! Accept the challenge we are competing to win soccer games! Your teammates and I expect that you do the things at a high level.

I didn't start, coach doesn't like me! The real question is: Are you in at the end of the game? That is what is where you place your value to the team. If we are winning and you are a defender are you playing? If yes, I am trusting that you are going to help us win the game. Are you in the game when we are losing and you are a forward? If yes, I think you are going to help us score. We will change formations based on what is going on in the game, think about your strengths and how the game is going (different horses for different courses).

I am not playing but want to play more? You don't control whether or not you play but you do control how you play when you get your shot. You also control what you do to help you get a shot. Do you work out on your own to develop weaknesses in your game? Do you do extra fitness after the game if you didn't play much? Are you having a pity party and trying to make it about you or are you thinking of the team first.

I have a teammate who is constantly on me what does that mean? We are a team, if one person is not performing to the best of their ability we will not have success. Your teammate is demanding excellence, they want to win and they want you to help the team win. This is a good thing; they do not hate you most likely they feel you are better than you are performing.

I am having trouble with a teammate how do I handle it? Confront your teammate away from the field and talk about it. It may just be your perception or they may not even be aware of it. If this doesn't work talk to the team captains and have them try to intervene. If you still have problems come to the coach.

Expectations: I have high expectations and if I feel you are not living up to those expectations, I will let you know! If you cannot handle those expectations let me know and I will lower them for you. Rule of thumb: if I am on you to be better at a part of your game, I think you are capable of doing better at it. If you accept the challenge you will get better. If you fight it we will both become frustrated.

Self-Concept-If you take constructive criticism and do not own it, you will never get better. If you accept it and truly want to get better, you will. You have to see yourself needing to improve so that you can make the transformation.

Need a pick me up?

- Are you struggling to deal with stress? Try Yoga
- Need some Inspiration:
 - How great I am- <http://youtu.be/V6xLYt265ZM>
 - <http://youtu.be/YxjqWa0P6xU>
 - Pain is temporary- <http://youtu.be/Oa1j2kBIYOw>
 - Michael Jordan- <http://youtu.be/CgW48mBQJ14>
 - <http://youtu.be/8Bv3rKsRaJk>
 - <http://youtu.be/TTCX9YLV8AA>
 - <http://youtu.be/LGWd1adICiM>
 - Gk saves- http://youtu.be/ZD_NWvYLPGo
 - 2011 WC Goals- <http://youtu.be/8PqjNmftiFM>
 - US Algae goals- <http://youtu.be/WoZL5s4HhFI>
 - Mia Hamm- http://youtu.be/sIXxCn459_g
 - Team Chemistry Mia Hamm- http://youtu.be/sIXxCn459_g
 - Women's USA- <http://youtu.be/mnbYhFpr8kg>
 - USA vs Brazil- <http://youtu.be/SO4KzoitJ-M>



Technical Work with the Ball

I. Dribbling through cones:

Space cones 1 yard apart, place about 8 cones

- a. Right foot 15 times
- b. Left foot 15 times
- c. Both feet 15 times

II. Juggling:

- a. Any soccer body part: feet, thighs, head
- b. Feet only
- c. Head only
- d. Alternating body parts
- e. Bounce juggling

III. Coerver move sequence:

Create a pattern with the moves build up to a 20 move pattern alternating from an attacking move to a space move. Also, alternate feet with the moves as you progress. It is important to master the move and do the sequence as fast as possible.

a. Attacking Moves

- i. Van Baasten: scissors
- ii. Rivelino: step-over
- iii. Puskas: pull-push with laces or inside of foot
- iv. Hamm: touch with outside of foot and then immediate cut across front of defender with inside
- v. Shimmy: lunge - fake in front of defender with one foot and take the ball in opposite direction
- vi. Matthews: drag ball inside with inside of foot, and then push out with outside of same foot
- vii. Reverse Matthews: same as Matthews but scissor the ball and take opposite direction
- viii. Maradona: helicopter
- ix. Ronaldo (Brazil): roll over to an immediate Rivilino
- x. Rivilino-Scissors: step over to an immediate scissor
- xi. Zidane: "V" to a Pullback Cruyff
- xii. Conti (or "V"): reach for ball w/ right, pull back to center and take with outside of opposite foot

- xiii. Rummenigge: 4-6 small scissors in front of ball and then explode in any direction
- xiv. Wave: sprinting w/ball - fake a pullback with sole and explode forward with laces
- xv. Scoop: small scoop under ball to avoid a players foot and explode
- xvi. Blanco: ball stuck between feet and hop
- xvii. Step-Kick: reach and pull ball back with one foot and pop it forward with other foot
- xviii. Kanu: wrap-around-self pass to one side of defender and run past defender on opposite side
- xix. Fake Shot: fake as if shooting and explode with outside of same foot

b. Space Moves

- i. Beckenbauer: cuts with inside and outside of foot)
- ii. Twisting Pullback: traditional pull back
- iii. Shielding Pullback: pull ball back in front of body to shield ball from defender
- iv. Cryuff: plant foot next to ball, turn hips and play ball underneath body with inside of foot)
- v. Pullback Cruyff ("L" turn): roll ball underneath body to an immediate Cryuff
- vi. Twist Off: 3/4 turn in 2 touches with outside of foot
- vii. Zico: step-over ball, spot ball, turn hips and take with inside of opposite foot)
- viii. Litboskie: sprinting with ball, top with sole, hop over and change direction
- ix. Outside Cut Fake Pass: fake a pass with inside of foot, roll foot over ball, cut with outside

IV. Passing over distance with a partner

- a. Make sure you attack the ball and try to receive at its highest point
- b. Concentrate on hitting different types of balls
 - i. Driven
 - ii. Flighted
 - iii. Chipped
 - iv. Bent

V. Make up your own game with passing

- a. Horseshoes
- b. Soccer tennis

- i. Tennis courts
- ii. Barricade

VI. Small sided games

- a. Use the pugs or cones

VII. Vitamins:

Someone throws you the ball, use both feet

- a. Volleys
- b. Thigh- volley
- c. Chest- volley
- d. Heading
- e. Do the same but take down to ground.

VIII. Turning

- a. Dribble out to a cone and work on different turns
- b. Have someone pass you the ball and turn with the pass

IX. Shooting

- a. Use the Coerver goals and place a small marking that you are shooting at. Try to do things at pace.

X. Passing against a wall

- a. The harder you pass the harder it comes back
- b. Work on taking touches to directions

See if you can combine some of these exercises to get more than one thing out of it.



Fitness on your own

- I. The game of Soccer is meant to be played at a high speed and under a high level of physical fitness to compete at this level you need to be aerobically fit and have a level of fitness that will allow you to beat your opponents. Below is a list of things you can do to gain a competitive advantage and allow you to have success on the field and prevent injuries.
 - a. Anaerobic Fitness
 - i. 100 yard dash repeats: Sprint 100 yards then jog back to the start
 - ii. 50 yard dash repeats: sprint 50 yards then jog back to the start
 - iii. Doggies: grab some cones place 3-5 yards and sprint to build up. Rest with a 1-1 ratio and then take a break after 5, repeat after break.
 - b. Aerobic Fitness
 - i. Fartleks: Go for a run for distance 3 miles. During your run speed up for 10 meters then go back to your distance pace; vary this up over the course of your run.
 - ii. Stairs: find a parking structure and sprint up the stair and then jog down.
 - iii. Long steady Distance: Go for a run over distance and build up aerobic fitness has to be longer than 10 minutes and under 70 minutes.
 - iv. Hill repeats: Run up the hill at a sprint then jog back down, repeat. Break into sets



Sierra College Strength Program

The following strength program is designed to be done three times a week. As you start to learn the techniques you will start to learn about your body and what your body can handle with weight. To see any change in strength we will need to introduce the overload principle. The program manipulates weight and reps to create that so if you are following the plan and challenge yourself with weight you will become stronger.

- I. Warm up, you will need to warm up through aerobic work and movements for 10 minutes prior to hitting the gym.
- II. Track it; make sure you are tracking your weight and reps on the sheets provided for the work out. This way we can better manipulate your training program in the future.
- III. Get in and get out, Get through the exercises as fast as possible so we can get back onto the field or have time for school work.
- IV. **Link to the strength Program:**

Ask questions, if you do not know what we are wanting out of you for an exercise ask a teammate or ask the coaching staff.

Choose a teammate that will challenge you but be somewhat on the same level to make changing weight easier.

Good luck and make sure you are doing your fitness aspect too; this alone will not prepare you to play a game of soccer.



Checklist Freshman Year (1st year)

Name: _____

Student ID# _____

Sierra Email: _____

Password: _____

Date:

1-	<u>Application</u> - Apply for Summer/Fall.	
2-	Student ID # enter here	
3-	Activate <u>Mysierra</u> (login information emailed to you)	
4-	Take Orientation in <u>Mysierra</u>	
5-	<u>Complete Assessment</u>	
6-	Meet with a <u>Counselor</u> - obtain copy of SEP (4 semester)	
7-	SEP- (4 semester) give a copy to Jason (Oct. 15)	
8-	<u>Register online</u> - Summer/Fall 12units (Mysierra)	
9-	Pay your fees	
10-	<u>Athletic Physical Form</u>	
11-	<u>Insurance Form</u>	
12-	Consent for Minors (if under 18)	
13-	Eligibility Meeting/ paperwork	



Name: _____

Continuing student

Date: _____

	Fall Freshman year (1st Semester)	
1-	Check Registration date for Spring:	
2-	Register for Spring Classes	
3-	Check Grades for Fall	
	Spring Semester (2nd Semester)	
1-	Meet with a Counselor- Copy of SEP to Jason	
2-	Apply for <u>FAFSA</u> for next year	
3-	Apply for Sierra Scholarships	
4-	Create Highlight video of Frosh season- create list of schools you want to transfer to.	
5-	Check Registration dates for Fall/Summer	
6-	Register for Fall/ Summer 12 units for fall	
7-	Pay fees	
8-	Declare a major	
	Summer Semester	
1-	Eligibility Meeting and paperwork	
2-	Physical with Athletic Trainers	
	Fall Semester (3rd Semester)	
1-	Meet with Counselor- Copy of SEP to Jason	
2-	Apply to 4 year Schools (CSU Oct.-Nov. & UC-Nov.)	
3-	Email coaches at 4 year Schools with Highlight video/visit	
4-	Check Registration date for Spring Semester	
5-	Register for Spring	
6-	Pay fees	
	Spring Semester (4th)	
1-	Meet with a Counselor	
2-	Degree Petition (deadline spring/summer grad- March 1)	
3-	Apply for FAFSA and Sierra Scholarships	
4-	Obtain Final transcripts	

Class Schedule for the Fall Semester:



	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am					
7:30am					
8:00am					
8:30am					
9:00am					
9:30am					
10:00am					
10:30am					
11:00am					
11:30am					
12:00pm					
12:30pm					
1:00pm					
1:30pm					
2:00pm	ATHL 156 Soccer practice	Soccer Game	ATHL 156 Soccer practice	ATHL 156 Soccer practice	Soccer Game
2:30pm	xxxxxxxxxxx	xxxxxxxxxxx	xxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxx	xxxxxxxxxxx
3:00pm	xxxxxxxxxxx	xxxxxxxxxxx	xxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxx	xxxxxxxxxxx
3:30pm	xxxxxxxxxxx	kickoff	xxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxx	kickoff
4:00pm	xxxxxxxxxxxxxxxxxxx	xxxxxxxxxxx	xxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxx	xxxxxxxxxxx
5:00pm		xxxxxxxxxxx			xxxxxxxxxxx
6:00pm		Soccer Game			Soccer Game

Class Schedule for the Spring Semester:



	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am				ATHL 109 Soccer training	
7:30am				XXXXXXXXXXXXXX	
8:00am				XXXXXXXXXXXXXX	
8:30am					
9:00am					
9:30am					
10:00am					
10:30am					
11:00am					
11:30am					
12:00pm					
12:30pm	Soccer Training ATH 109		ATHL 109 Soccer Training		
1:00pm	XXXXXXXXXX		XXXXXXXXXXXXXXXXXX		
1:30pm	XXXXXXXXXX		XXXXXXXXXXXXXXXXXX		
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm					
5:00pm					
6:00pm					



Transfer's from another College or Junior College

- I. All transfers need to complete the following:
 - a. Official transcripts from all colleges you have attended (Have them sent to your home address and give Jason Gantt a Copy, do not open!)
 - b. Meet with Jason to have a Tracer filled out.
- II. Played at another College
 - a. Must have completed 24 units from last season of competition and have a 2.0 GPA.
 - b. If you did not play soccer you only need a 2.0 for your 1st season of soccer.
 - c. If competed at another Junior College
 - i. Complete residency by successfully completing 12 units at Sierra College.
 - ii. Of those 12 units a maximum of 8 can be completed during the summer session or winter session.



Information about Sierra College

- I. [Rocklin Campus](#)
- II. [History of Sierra College](#)
- III. [Health Services](#)
- IV. Academic Divisions (click on the division to see all the departments)
 - a. [Business, Technology, Health, Physical Education, Recreation and Athletics](#)
 - b. [Liberal Arts](#)
 - c. [Science and Mathematics](#)
- V. [Admission forms](#)
- VI. [Campus Parking](#)
- VII. [Book Store](#)
- VIII. Computer [Labs on campus](#)
- IX. [Math Center](#)
- X. Links for transferring
 - a. [CSU Mentor](#)
 - b. [University of California Admissions](#)
 - c. [Assist](#) (lets you see what classes transfer)
 - d. [Higher Education options in California](#)
 - e. [Database for Post-Secondary Education options](#)
- XI. [Transfer Resources](#)
- XII. [Academic Catalog](#)
- XIII. [Women's Soccer Web Page](#)



Wolverine Soccer Records

Be on this page when you leave Sierra College!

Season Records: since 2004

Goals in a Season

2012	Mahannah, Miani	18
2004	Takyu, Kaori	15
2004	Donaldson, Kate	15
2009	Scherrer, Elizabeth	14
2005	Donaldson, Kate	13
2005	Dudley, Adrienne	13

Goals against Average Season

2005	Mancebo, Rhonda	0.4444
2010	Pulliam, Katie	0.5806
2004	Thompson, Jen	0.6326
2007	Ashley Borsh	0.8421
2008	Sami Gray	0.8462

Assists in a Season

2004	Brenneman, Kathleen	16
2004	Addiego, Christina	12
2005	Grayem, Alana	11
2009	Taylor, Anne	10
2012	Stromick, Caroline	9
2012	Griffin, Marissa	9
2004	Takyu, Kaori	9

Points in a season

2012	Mahannah, Miani	41
2004	Brenneman, Kathleen	40
2004	Takyu, Kaori	39
2004	Donaldson, Kate	38
2005	Donaldson, Kate	33
2009	Scherrer, Elizabeth	31

Most Win's: 21- 2002

Playoff Appearances: 1999-2007,2009-2012

Final 4 Appearances: 2001, 2002, 2012



Wolverines that moved on to 4 year schools

2014	Jasmin Lopez	Univ Texas Permian Bay
2014	Carissa Schlessinger	Minot State
2014	Celene Johnson	Minot State
2014	Tiffani Rice	BYU Hawaii
2013	Caroline Stromick	Univ. Hawaii Hilo- Scholarship
2013	Rebekah Anderson	Cal State East Bay
2012	Rachel Sloss	Cal State East Bay
2012	Annie Dunne	Cal State East Bay
2012	Fredericka Brandt	Webster University
2012	Jessica Parker	Minot State - Scholarship
2012	Katie Pulliam	CSU Fullerton –Scholarship
2012	Teresa Ludwig	San Jose State University
2011	Kristina Stammer	Point Park University- Scholarship
2011	Anne Taylor	UC Davis
2011	Lauren Brain	Cal Poly SLO
2011	Angelica Gutierrez-McDonald	UC Davis
2011	Beth Anne Milton	Southern Oregon
2011	Kyleah Rozarrio	San Francisco State- Scholarship
2011	Colleen Myers	San Diego State
2011	Josephine Ruzette	University of Oregon
2010	Audrey Richter	Oregon State
2010	Elizabeth Scherrer	Stanislaus State- Scholarship

2010	Rachel Myers	Master's College- Scholarship
2010	Macie Kukral	San Diego State
2010	Amanda Contartse	Sacramento State
2010	Kelly McCavitt	Sacramento State
2010	Lauren Rossi	Sacramento State
2010	Jenna Smith	University of Nevada Reno
2009	Morgan Lichtinger	Notre Dame, Ohio -Scholarship
2009	Katie Freeman	Notre Dame, Ohio -Scholarship
2009	Stephanie Jimenez	Sacramento State
2009	Kristina Sprenger	Sacramento State
2009	Genevieve Speas	Southern Oregon
2009	Denaie White	Chico State
2008	Lindsey Mair	University of the Pacific
2008	Kara Stephens	UC Davis
2008	Jillian Witzke	Cal Poly San Luis Obispo
2008	Catie Miller	Sacramento State
2007	Tara Morrison	U.C. Davis
2007	Adrienne Dudley	C.S.U. Stanislaus- Scholarship
2007	Leah Taylor	Sacramento State
2007	Caitlyn Buske	San Francisco State
2007	Lauren Bakke	San Diego State University
2006	Brianna Markstrom	C.S.U. Stanislaus
2006	Amanda Perez	U.C. Santa Barbara



All Conference Selections

Year	Athlete	Position	High School
2012	Marissa Griffin	Forward	Woodcreek HS
2012	Caroline Stromick	Midfield	Rio Americano HS
2012	Miani Mahannah	Forward	Antelope High School
2012	Mackenzie Edwards	Defender	Whitney High School
2012	Monet Filteau	Midfield	Colfax High School
2011	Jessica Parker	Defender	Folsom Lake College/ Folsom HS
2010	Alicia Segura	Defense/Midfield	Vista Del Lago & Folsom
2010	Kristina Stammer	Midfield	Mainland High School, Daytona Beach FL
2010	Fredricka Brandt	Defense	Davis Senior
2009	Macy Kukral	Defender	Rocklin
2009	Elizabeth Scherrer	Forward	Casa Roble
2009	Anne Taylor	Forward	Granite Bay
2006	Adrienne Dudley	Forward	El Camino
2006	Lisa Kimsey	Midfielder	Rio Americano
2006	Tara Morrison	Defense	Rio Americano
2006	Lauren Bakke	Forward	Granite Bay
2005	Alana Grayem - Conference MVP	Forward	Casa Roble
2003	Genevieve Hollis - Conference MVP	Forward	St. Francis
2003	Alexandra Fisher	Midfielder	Del Oro
2003	Rebecca Glaspy	Defense	Red Bluff
2003	Dominique Hansen	Goalkeeper	River City
2003	Kaori Takyu	Forward	Japan

2000	Katie Cummings	Forward	Oakridge/Folsom
2000	Theresa Byrne	Midfielder	St. Francis
2000	Nichole Yoshimura	Goalkeeper	Ponderosa
2000	Michelle Davis	Back	Roseville
2000	Maricela Recendez	Forward	Lincoln
1999	Nichole Yoshimura	Goalkeeper	Ponderosa
1999	Katie Cummings	Forward	Oakridge/Folsom
1999	Brandy Aidnik	Forward	Del Oro
1999	Amanda Groth	Midfield	Del Oro
1999	Leslie Alber	Defender	Placer
1998	Jennifer Costa		Roseville
1998	Tiffany Ommen		Lincoln

All NorCal Selections

Year	Athlete	Position	High School
2003	Genevieve Hollis	Forward	St. Francis
2003	Rebecca Glaspy	Defense	Red Bluff
2003	Kaori Takyu	Forward	Japan
2000	Maricela Recendez	Forward	Lincoln
2000	Theresa Byrne	Midfielder	St. Francis
1999	Katie Cummings	Forward	Oakridge/Folsom
1999	Nichole Yoshimura	Goalkeeper	Ponderosa
1998	Jennifer Costa		

All American -NSCAA

Year	Athlete	Position	High School
2003	Genevieve Hollis	Forward	St. Francis
2012	Miani Mahannah	Forward	Antelope
2013	Brittney Bravo	Forward	Summit