



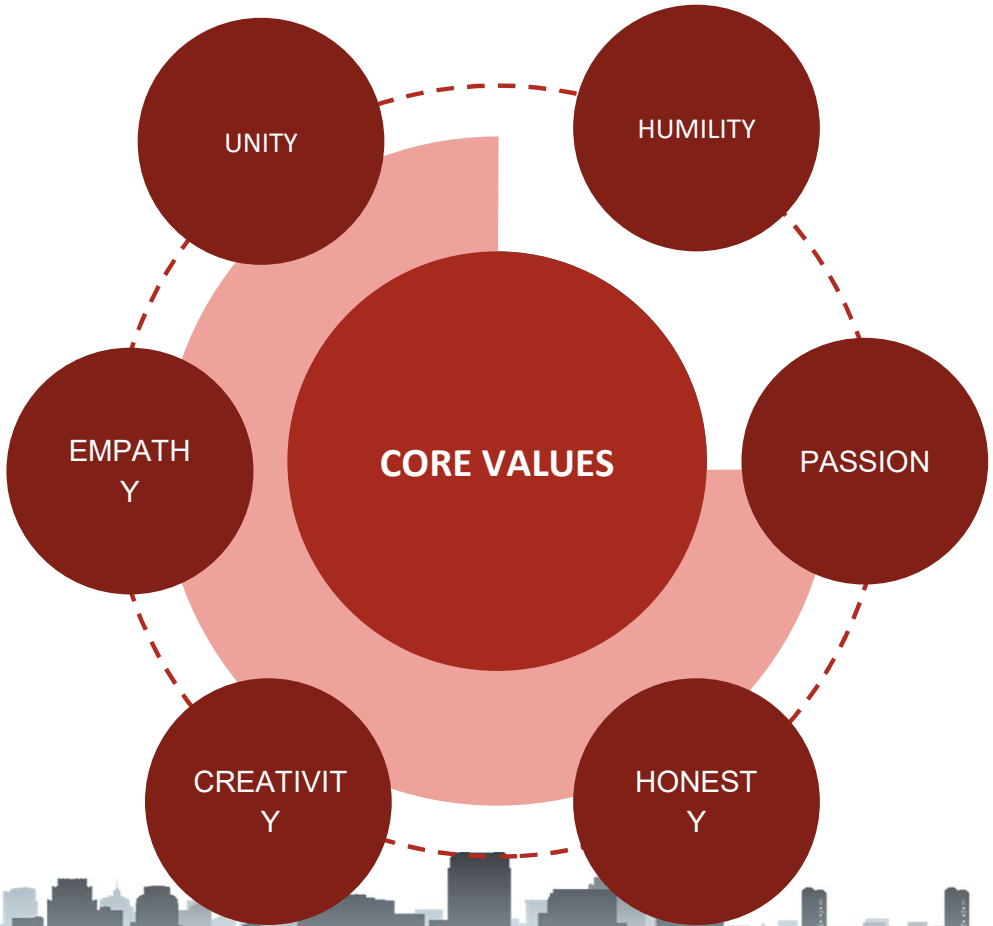
U13-U19 GIRLS PROGRAM

2023-24 SEASON



WELCOME







STAFF

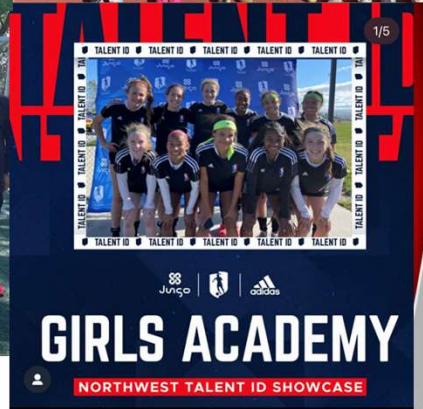


| | |
|--------------------------------|----------------------------|
| 2011 GA - Dianna Hawkins | 2011 Red - Peter Ochoa |
| 2010 GA - Peter Ochoa | |
| 2009 GA - Javier Munoz | 2009 Red - Cole Davey |
| 2008 GA - Ismael Echeverria | 2008 Red - Carlos Morales |
| 2007 GA - Antoine Tramble | |
| 2005/06 - Javier Munoz | 2005/06 Red - Ronil Dwarka |
| Goal Keeper Coach - Jody Silva | |





2022-23 SEASON REVIEW



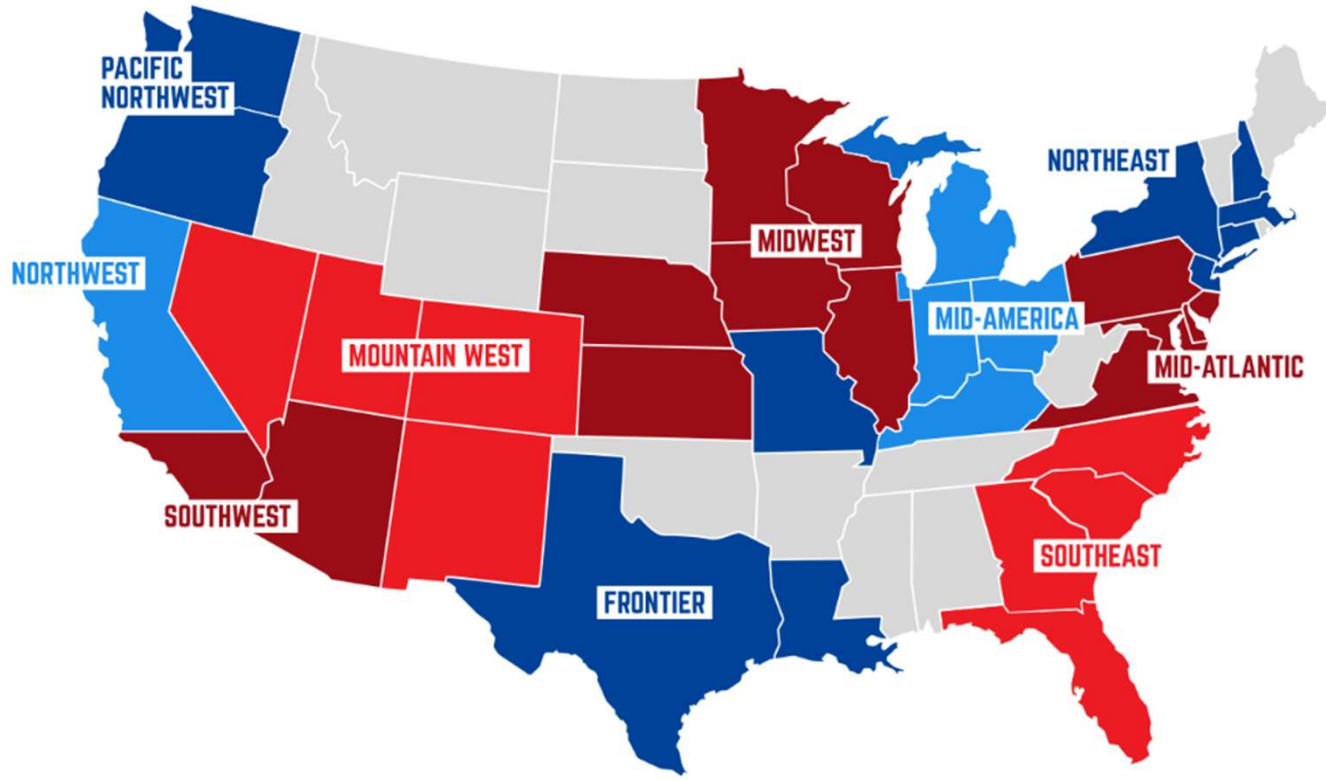


2023-24 SEASON LOOK AHEAD





2023-24 CONFERENCE ALIGNMENT





COMMUNICATION/RSVP's



PARENTS/PLAYER

Sport Engine

- RSVP for ALL team events

Communicate with your Coaches

- Vacations
- School events
- Injuries

COACHES

- Weekly Email Updates
- Monthly Parent Meetings





TRAINING SCHEDULE



GA TEAMS

4 days per week

Classroom Sessions

Red Teams

3 days per week

Classroom Sessions

Expect change:

- August
- October - sunset at 6:30pm
- November - Daylight savings time
- After Thanksgiving
- Mid February
- March - Daylight savings time

**Once a month combined training*





GA TEAMS CALENDAR



- GA Conference Matches - Fall & Spring; U13-U14 also play in Winter
- NPL League Matches -Fall & Spring with support from Red teams
- GA Winter Showcase - Nov 30-Dec 4 - Mesa, AZ (U15-U19)
- GA West Regional - March 1-3 - Mesa, AZ (U13-U14)
- GA Spring Showcase - April 18-22 - Greensboro, NC (U19)
- GA Summer Showcase - June 19-26 - Norco, CA (U15-U17;plus playoff teams)
- Additional Tournaments

Target Number of Games = 30-40

We are looking into group travel for GA events to save money and professional environment





RED TEAMS CALENDARS



- NorCal Fall League
- NorCal State Cup
- NorCal Spring League
- 4 tournaments

Target Number of Games = 30-40





HIGH SCHOOL BREAK



- U15-U19 Teams will break for High School Soccer Season
- For players on these teams that are not playing high school we will look at options for training





PATHWAYS



- US Soccer**
- Youth National Teams
 - Talent ID Center



- NorCal PDP**
- Regional
 - State



- GA Talent ID**
- Conference ID Camp
 - National ID Camp



- Cal North**
- State





GIRLS PANEL



Created by the GA to empower the female athletes in the league.

- Initiatives to improve the league
- Community givebacks

Sac United - All 6 teams represented

- St John's Toy Drive
- Started an Instagram page for the girls program
- Player of the Match
- Post Game Interviews



Fundraising





COLLEGE INFORMATION WEBINAR



WEBINAR

DATE: August TBD

TIME: TBD





PERFORMANCE TRAINING



WEBINAR

DATE: 7/27

TIME: 6pm

TESTING

DATE: 8/2 & 8/3



ONE CLUB
ONE LOVE



NIKESOCGER 