



SAN DIEGO MIRAMAR COLLEGE

2014-2015
STUDENT ATHLETE
HANDBOOK



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Dear Student-Athlete:

On behalf of the entire staff and faculty, welcome to San Diego Miramar College. Congratulations on your selection to attend Miramar to continue your academic and athletic careers. We are confident that you will be proud to be part of Miramar College and will take advantage of the many benefits that come with our academic and athletic programs.

While you are here, your education will focus on the fulfillment of your educational plan which upon completion will help you transfer to many institutions. Miramar College offers many support programs and services on campus. Please take advantage of these programs and services as they will help your matriculation process.

We take great pride in the intercollegiate athletics of our student-athletes. With the addition of several new academic, exercise science, and athletic facilities, Miramar College has some of the best facilities in all of California.

I look forward to meeting each and every one of you, and I wish you a very successful Academic and Athletic Career here at Miramar College.

Sincerely,

Patricia Hsieh, Ed.D.

President
San Diego Miramar College



Dear Student-Athlete:

I am pleased to welcome you to San Diego Miramar College. The administrators, faculty, staff, and coaches are excited that you have chosen to pursue your academic and athletic goals at San Diego Miramar College. Please take advantage of the exciting opportunities we have to offer through a wide range of campus clubs and events, academic programs and services, and athletic programs.

As a student-athlete you have the responsibility of developing and working toward an educational goal, as well as training hard in your respective sport. It is essential for student-athletes to be organized, have good study skills, and proper time management, as these are essential ingredients to being successful now and in your future. We want to help you develop and achieve your educational, athletic, and personal goals.

The staff at San Diego Miramar College is dedicated to helping each of you attain academic and athletic success.

GO JETS!

Nick Gehler
Athletic Director



ABOUT SAN DIEGO MIRAMAR COLLEGE

Mission

The mission of San Diego Miramar College is to prepare students to succeed in a changing world within an environment that values excellence in learning, teaching, innovation and diversity.

Values

We at San Diego Miramar College value...

- Student access, learning and success for students from basic skills through college level.
- The preparation of students from degrees, jobs, careers and transfer, as well as personal growth and career advancement

Vision

- Student learning and success will continue to be the focus of all we do
- San Diego Miramar College will continue to develop as a college that identifies student access, learning and success as the touchstone to guide planning, set priorities and measure effectiveness.
- Miramar College will have an inviting and accessible campus that attracts students
- Miramar College will continue to be a hub of education, diversity, recreation and services to the community

SAN DIEGO MIRAMAR COLLEGE STRATEGIC GOALS 2007-2012

Goal 1:

Provide educational programs and services that are responsive to change and support student learning and success.

Goal 2:

Deliver educational programs and services in formats and at locations that meet student needs

Goal 3:

Enhance the college experience for students and the community by providing student-centered programs, services and activities that celebrate diversity and sustainable practice.

Goal 4:

Develop, strengthen and sustain beneficial partnerships with educational institutions, business and industry, and our community.

DEGREES AND CERTIFICATES

San Diego Miramar College offers more than 250 Associate Degrees and Certificate Programs, as well as community development and personal enrichment classes for life-long learning. We have transfer agreements with the California State University classes fully prepare our students for success at four-year colleges and universities. Our academic schools are Arts and Humanities; Business, Math and Science; Technical Careers and Workforce Initiatives, Public Safety; and Health, Physical Education.

INTERCOLLEGIATE ATHLETICS

MISSION STATEMENT

San Diego Miramar College Intercollegiate Athletics strives for academic and athletic excellence by offering model programs that fit the needs, interests, and abilities of our male and female student-athletes. Excellence is focused on the physical, emotional and intellectual well being to develop meaningful standards of character, respect, responsibility, integrity, leadership, and sportsmanship within the educational social environment through highly qualified educators, coaches, and state-of-the-art facilities.

INTERCOLLEGIATE ATHLETICS PROGRAM

The intercollegiate athletics program at San Diego Miramar College consists of a combined two men's and two women's intercollegiate sport teams, including: men's basketball, women's soccer, men's and women's water polo.

The objective of the Miramar College Intercollegiate Athletics Program is to represent the educational mission of the institution, as well as the many communities of Northern and Southern San Diego County, in spirited athletics competition with other



community colleges. The program shall provide competitive opportunities for both men and women students in a wide variety of sporting endeavors.

GOALS OF THE INTERCOLLEGIATE ATHLETICS PROGRAM:

- a. Ensure all student-athletes are provided with opportunity and support in their efforts to achieve their academic and athletic goals;
- b. Provide the best possible environment to enable each student-athlete to compete to the fullest extent of his or her capabilities;
- c. Establish support systems enabling student-athletes to develop into well-rounded, responsible, successful and mature individuals; and
- d. Encourage student athletes to assume positive leadership roles both on campus and in the community.

GOVERNING AUTHORITIES

CALIFORNIA COMMUNITY COLLEGE ATHLETICS ASSOCIATION (CCCAA)

Miramar College is a member in good standing of the Community College League of California's California Community College Athletics Association (CCCAA, formerly Commission on Athletics or COA). As authorized by the State Legislature, the Education Code provides the CCCAA with the authority to establish the rules and regulations to administrate the intercollegiate athletics activities of the California Community Colleges.

The California Community College system, which is composed of 72 districts and 109 campus sites, annually enrolls nearly 1.5 million students and employs over 70,000 citizens of the state. Nearly 25,000 student athletes participate annually in intercollegiate athletics at California's Community Colleges and the CCCAA oversees nearly 100 regional and state-final events that produce champions in 20 men's and women's sports each year.

PACIFIC COAST ATHLETIC CONFERENCE

Miramar College is also an affiliated member of the Pacific Coast Athletic Conference, which provides league completion in the following sports; baseball, basketball (M/W), volleyball (W) and water polo (M/W), soccer (M/W), softball, tennis (M/W), volleyball (W), and water polo (M/W). Along with Miramar, the PCAC membership includes Cuyamaca College (El Cajon), Grossmont College (El Cajon), Imperial Valley College (Imperial), Mira Costa College (Oceanside), San Diego City College, San Diego Mesa College, Palomar College (San Marcos), and Southwestern college (Chula Vista).

STUDENT-ATHLETE CONDUCT AND ETHICS

GENERAL CONDUCT

- Understand and abide by the Miramar College "Student Conduct Code," which is available in its entirety in the Office of Student Affairs, room S101 and appears the Miramar College Catalog.
- Obey all federal, state and local laws.
- Do not use tobacco products, alcohol and/or non-therapeutic drugs.

ATHLETICS PARTICIPATION

In agreeing to join the Miramar College Intercollegiate Athletics Program, student athletes must be willing to accept personal responsibility above and beyond that of other students. Any failure to meet these responsibilities may result in a periodic suspension or total loss of intercollegiate athletics participation privileges.

Please keep in mind that participation in the intercollegiate athletics program is a privilege, not a right. These obligations include, but are not limited to, responsible conduct in the following areas:

- Abide by all team, department, college district, conference and California Community College Athletics Association (CCCAA) rules.
- Personal commitment to the policies, procedures and regulations of the Department of Intercollegiate Athletics as specified in this Student-Athlete Handbook.
- Maintain qualifying academic standards, as outlined in this publication



- Achieve and maintain optimum physical conditioning and athletics preparedness
- Attend all organized meetings, practices and competitions, unless officially excused.
- Follow through on training and rehabilitation recommendations of the athletics trainer and sports medicine practitioners.
- Take proper care of equipment and return it in good condition; report lost or stolen items immediately.

STUDENT-ATHLETE RESPONSIBILITY

Miramar College students, who wish to participate on the institution's intercollegiate athletics teams are expected to accept, practice and project the following list of responsibilities in representation of the institution:

1. An unconditional acceptance and understanding of the concept that participation in intercollegiate Athletics is a privilege that must be earned, not a guaranteed "right" of entitlement.
2. Represent the San Diego Community College District and community with class, integrity and the highest ideals of good sportsmanship in all completion.
3. Maintain the highest standard of civility and positive image in daily functions away from athletics preparation and completion.
4. Follow to the letter all rules and regulations for completion, practice session, team meetings, training, travel and equipment management as well forth by the Department of Intercollegiate Athletics and/or the head coach of your specific sport program.
5. Understand and adhere to the academic eligibility requirements of the sport conference and California Community College Athletics Association.
 - Accept personal responsibility for adherence to eligibility standards and academic standing.
 - Display respect for teammates, coaches, administrators, contest officials and Athletics Department personnel at all times.

DRESS CODE

Head coaches may set specific dress code standards for their student -athlete when traveling as a team. Coaches may also specify what constitutes appropriate dress while representing the institution at other times.

SPORTSMANSHIP

Sportsmanship conduct means more than the absence of negative actions in public. Through discussions with their coaches, student-athletes are expected to know what constitutes inappropriate behavior and to conduct themselves in a manner that avoids such behavior.

Unacceptable behavior on the playing field, court or track includes, but is not limited to, the following:

- Physically abusing officials, coaches, opponents, or spectators
- Engaging in any public criticism of game officials, conference personnel, another institution or its student-athletes or personnel
- Throwing objects; damaging equipment
- Seizing equipment of contest officials and/or the news media
- Inciting players or spectators to negative actions or to any behavior that insults an opponent (e.g. taunting an opponent, official or spectator)
- Using obscene or other inappropriate language or gestures
- Making public statements that are derogatory, controversial or outside the colleges accepted media policy
- Engaging in areas that constitute harassment (verbal, physical, sexual, or any combination thereof)
- Participating in any action that violates generally recognized ethical standards of intercollegiate athletics participation
- The Department of Intercollegiate Athletics maintains a right to investigate incidents of un-sportsmanlike conduct and any other misconduct involving a student-athlete and may sanction or discipline a student-athlete(s)



accordingly, consistent with college, conference and/or CCCAA rules.

STATE (CCCAA) DECORUM POLICY

Beyond the above written codes of conduct for Miramar college student athletes is the CCCAA state decorum policy, which is specific in its intent and resulting sanctions. To the letter, the policy reads as follows:

As a student athlete participating in intercollegiate athletics at a California community college, I understand the following offenses will result in the stated discipline:

- A. My first offense (ejection) in a contest will result in a suspension from the following game.
- B. My second offense (ejection) will result in a suspension from all remaining contests including post-conference competition.
- C. Striking or attempting to strike an official is an immediate ejection and disqualification from participation in California community college athletic activities for 60 months.
- D. Participant(s) entering the field of play from the bench in reaction to a confrontation shall be ejected and disciplined as in points A and B above.
- E. The use or possession of any form of tobacco, alcohol and/or any other controlled substance during a California community college-sponsored activity shall initiate a suspension and be disciplined as in points A and B above.

GAMBLING AND BRIBERY

The NCAA has established specific guidelines concerning involvement in gambling and bribery at the collegiate level. Although the CCCAA constitution and Bylaws do not broach the subject, the standards also apply to student athletes at the community college level. In fact, any violation of the NCAA code in this area will affect a community college student athlete with four-year college transfer ambitions well beyond his or her community college years.

Gambling and bribery threaten the integrity of intercollegiate athletics as well as the student-athlete's eligibility to participate. Participation in gambling or bribery activities will result in disciplinary action by the department of intercollegiate athletics and ultimately the NCAA. In addition, the likelihood exists for local, state and/or federal prosecution of the individuals(s) involved. In regard to gambling and bribery issues, student-athletes are responsible for the following:

1. Immediately reporting to the head coach any offers of gifts, money or favors in exchange for supplying team information or for attempting to alter the outcome of any contest.
2. Maintaining a clear understanding of what constitute gambling and bribery activities and reporting any suspected infractions
3. Contacting the head coach or director of athletics when questions occur concerning an inappropriate release of team information.

INSTITUTIONAL, CONFERENCE AND CCCAA VIOLATIONS

Violations of the Miramar College "Student Conduct Code" are reported to the vice president of student services, who will forward information regarding the violation to the Department of Intercollegiate Athletics in accordance with institutional policy. Violations of conference and/or CCCAA conduct are reported to the conference commissioner of athletics, the director of athletics and student-athlete's head coach.

If a student-athlete is found to be in violation of a team, institutional conference or CCCAA rule or regulation, the penalty imposed is dependent upon the severity of the offense and may include one or more of the following sanctions:

1. Oral Warning
2. Written Warning
3. Disciplinary probation
4. Suspension from the squad/team
5. Dismissal from the squad/team
6. Intervention and/or counseling requirement; and/or
7. Suspension or expulsion from the college

STUDENT-ATHLETE INITIATIONS

The Miramar College Athletics Department has in force a zero-tolerance policy for team and/or individual student-athlete initiation activities in any form.



Unsanctioned Initiations for first-year team members fall under the category of “harassment” and/or “hazing” and are strictly prohibited. All student athletes, whether a first-year freshmen, a first-year transfer or a returning sophomore is entitled to be treated with equality and respect by the coaches and other team members at all times.

Any Miramar College student athlete or group of student athletes engaging in any practice perceived to constitute an initiation or harassment of another student athlete or athletes risk severe sanction in regard to their intercollegiate athletics privileges. Any first-year student athlete who willfully participates in such activity is also subject to sanction.

Activities perceived to constitute team initiation or individual harassment associated with team membership shall be reported immediately to the director of athletics.

CRIMINAL VIOLATION

When a student-athlete is charged with violating a local, state or federal law and the misconduct involves a violent action, illegal drugs, gambling, and weapons) and/ or any felony charge(s), the student athlete may be suspended from practice and /or completion in the intercollegiate athletics program until the charges have been addressed and/or adjudicated by the legal system. If such action is taken, the student-athlete will be provided with written notification of the decision. Reinstatement or continuing suspension will be pre dated upon the actions taken by the legal system. Student-athlete support services such as use of the physical fitness lab (PEL), athletics training room and/or academic support services for student athletes may or may not be utilized by the student-athlete under such suspension, as determined by the director of athletics, based upon the severity of charges.

DISCIPLINARY APPEALS PROCESS

In the interest of due process, the student-athlete may request reconsideration of decision to impose a disciplinary sanction or suspension with the director of athletics. Such request must be made in writing and submitted to the director of athletics within (5) five days after receipt of the notice of suspension. Based on information available to the director of athletics, the sanctions and/or suspension may be reversed or modified.

DRUG AND ALCOHOL POLICY

It is the expectation of the Miramar College Department of Intercollegiate Athletics that student-athletes perform at optimum standards, both academically and athletically. Consistent with this fundamental expectation, participating student-athletes are prohibited from abusing anabolic steroids, cocaine, amphetamines, marijuana, crack cocaine, heroin {or any form thereof}, alcohol beverages and/or any other controlled substance as proscribed by federal or state law.

Such use by any member of an intercollegiate athletics team is expressly prohibited. Whether occurring before, during or after the team's season of sport, the only exceptions are for medication prescribed by a licensed physician for the individual student-athlete. Unauthorized use of drugs, underage consumption of alcohol and citations of drug and/or alcohol abuse, such as (but not limited to) disorderly conduct and/or DUI (driving under the influence) constitute an abuse of the privilege of practicing for and representing the institution in intercollegiate athletics events.

Coaches, trainers, athletics department personnel and student athletes are charged with the responsibility of reporting student athletes who are suspected of alcohol and/or drug abuse to the director of athletics. Cases involving known or suspected alcohol and/or drug abuse will undergo administrative fact-finding. A recommendation of disposition will be rendered to the student athletes, the coach and any other appropriate authority of the institutions.

Coaches are extended the professional prerogative of increasing sanctions and/or interventions that may be recommended for offending student-athletes. Further, individual team policies may preclude any consumption of alcohol or have certain restrictions as determined to be appropriate by the coach of that team.

Intervention may include any one or combination of the following:

- A. Working in collaboration with the Student Health Services Center, the coach and student-athlete will develop a confidential action plan to address the needs of the student-athlete relative to the substance abuse, if warranted
- B. Random and routine drug testing (paid for by the offending party) prescribed to address individual circumstances
- C. Student-athletes provided the opportunity to self-report or self-disclose in a confidential manner to the head coach and/or director of athletics in order to receive evaluation and subsequent counseling and/or rehabilitative services.



Sanctions in drug and/or alcohol abuse cases may include any one or a combination of the following:

1. Suspension from all team activities, to include practice, competition and travel
2. Permanent dismissal from the intercollegiate athletics program
3. Referral to local authorities for prosecution



4.



SAN DIEGO MIRAMAR COLLEGE

EXERCISE SCIENCE/ATHLETIC DEPARTMENT PHONE LIST

<u>NAME</u>	<u>TITLE</u>	<u>PHONE #</u>
Dr. Paulette Hopkins	Dean Business, Math, Science, Athletics	619-388-7750
Nick Gehler	Athletic Director Department Chair, Health, Exercise Science Head Men's Basketball Coach	619-388-7715
Sean Bowers	Head Women's Soccer Coach	619-388-7232
Rod Porter	Professor / Fitness Specialist Coordinator	619-388-7442
John Landicho	Head coach, Men's volleyball	619-388-7893
Amy Jennings	Head Women's Water Polo Coach	619-388-7373
Troy Merkel	Head Men's Water Polo Coach	619-388-7374
Tosh Tepraseuth	Athletic Trainer	619-388-7758
Jessica Matthews	Assistant Professor	619-388-7767
Kathryn Ferraro	Assistant Professor	619-388-7925
David Navarro	Athletic Counseling	619-388-7560
Martin Moss	Athletic Counseling	619-388-7565
Marc Hollman	Athletic Counseling	619-388-7561
Lezlie Allen	Health Services	619-388-7735
COLLEGE POLICE	POLICE	619-388-6405
EMERGENCY	EMERGENCY	911
Melanie Cordero	Senior Secretary	619-388-7749
Aster Keleta	Athletic Senior Clerical	619-388-7369
AnnaLiza Soriano	HourGlass Park Supervisor	619-388-7712
Marc Aquino	Equipment Attendant	858-382-6850
Athletic Department	FAX	619-388-7765

~members of the pacific coast conference~



MIRAMAR COLLEGE MEN'S BASKETBALL

Athletic Department Director Head Basketball Coach



Nick Gehler enters his ninth year at San Diego Miramar College as Department Chair, Professor of Exercise Science, Athletic Director, and eighth season (Thirteenth overall) as Head Men's Basketball Coach. As a professor Nick's expertise lies in health education, exercise science, fitness specialist, and intercollegiate athletics. Nick has helped develop and implement the exercise science program as well as the intercollegiate athletic programs at San Diego Miramar College to fit the needs of the students and student-athletes in conjunction with the new facilities.

In 2005 Nick was appointed the lead faculty person in the development of the San Diego Miramar College Field house. He was instrumental from the groundbreaking to completion. The college recently opened those doors to the new 54,000 square foot facility and the Jets have now played four full seasons in the athletic field house. The facility houses the academic and athletic programs for Miramar College. Coach Gehler, along with other faculty members, was very instrumental in the program development and equipment purchases. The facility has a gymnasium, two lecture halls, fitness centre, dance studio, training room, and team locker rooms.

As Director of Athletics Nick has developed and implemented two new intercollegiate programs at San Diego Miramar College as well as jump started the men's and women's water polo teams. The basketball team played its first basketball game in the 2006-2007 where they compiled 5 wins. The women's soccer team (Coached by Sean Bowers) played their first game in 2007 and they won eleven games.

The following basketball season (2007-2008) the Jets won 13 games and fell one game short of the state playoffs. In the 2008-2009 campaign (Third Season) the Jets rallied to 23 (12 in a row) wins and a regional playoff win at Fullerton College. The Jets then travelled to San Bernardino Valley College for a regional final (Sweet Sixteen) showdown. The 2009-2010 campaign celebrated another successful year and back-to-back state playoff appearances. The Jets won 12 out of 14 games down the stretch and were one of the hottest teams in the southern section.

The 2010-2011 season ended on another exciting note with the Jets defeating their district rival Mesa College. Coach Gehler also saw four of his sophomores and one freshman matriculate onto four year colleges.

The 2011-2012 season was an exciting season with back-to-back wins against a district rival, a couple buzzer beaters, two freshmen earning all-conference awards, and two sophomores earning scholarships to four year universities.

The 2012-2013 season was the first year of the Don Gehler Memorial Tournament with an opening round tip in win at the buzzer for the Jets. The Jets would go on and have a very successful season with a double overtime win at district rival San Diego City and an overtime win at district rival San Diego Mesa. The 2012-2013 season ended with the Jets winning seven out of their last nine games and one win shy of the state playoffs. This season also had all five sophomores move onto four year colleges and three of the five receiving scholarships.



In seven seasons Coach Gehler has led the Jets from 5 wins in the first season to 23 wins and a couple trips to the California Community College Men's Basketball State Playoffs.

During these seven seasons Gehler has sent twenty players onto four year colleges to continue their education and their basketball careers. He has tutored several players such as Alberto Ganis (Sacramento State), Jorey Scott, Le'Sean

Galbreath (First Team All Pacific Coast Athletic Conference) , Peter Wirsing (San Diego Christian University), Weston Ehlers (Point Loma Nazarene University), Breen Weeks, (Second Team All Pacific Coast Athletic Conference), Regis University, Denver, Colorado; David Porter, Mexico City; Symeon Taylor, Pacifica University in Riverside, California; Pat Eveland a two-time First Team All Pacific Coast Conference, as well as California Community College First Team All-State Selection, and eventual signee of the University Of The Pacific and Big West Sixth Man of the Year; Ian Larsson, Sonoma State; Bryant Taylor and Steven Jones All-Pacific Coast Conference for two years running, McMurry University, Texas.

Nick began his coaching career as an assistant coach at Palomar College, followed by five years as an assistant coach at Mira Costa College (1994-1999), mentoring under long-time head coach and California Community College Hall-of-Famer Clete Adelman. In those five seasons Mira Costa posted most wins in school history at 27-4 and three trips to the Southern California Regional Finals. Nick helped more than ten student-athletes matriculate on to four year colleges as students and as student-athletes.

For the 1999-2000 season, Nick worked at the University of California, Irvine under Head Coach Pat Douglass.

In the fall of 2000, Nick accepted the Head Men's Basketball Coaching position at Imperial Valley College and spent five seasons rebuilding the men's basketball program, developing and implementing summer camps, and developing an Imperial County High School All-Star Basketball Game.

In those five seasons Nick guided Imperial Valley College to the California Community College State Playoffs, had two California Community College Men's Basketball All-State Selections, sent eight student-athletes on to four year institutions, and was named Pacific Coast Athletic Conference Coach of the Year.

Nick spent his collegiate playing career at Palomar College where he was a two time team captain as well All Pacific Coast Conference. He then moved on to the University of Northern Colorado where he finished his playing career.

Nick earned a Bachelor's of Arts in Social Science from California State University San Marcos and a Master's of Arts in Health, Physical Education from Saint Mary's College of California.

Nick and wife Tara live in Poway and are the proud parents of daughter Bailey, 12 years old, Charlie, 10 years old, Samantha, 5 years old, and Maggie 1 year old.



THE HEART OF A JET



I AM A JET. I WILL BE ON TIME. I WILL BE PREPARED. MY BAND OF BROTHERS CAN COUNT ON ME TO SHARE ALL OF MY ABILITIES AND ALL MY HEART TO THE FULLEST. WHEN TIMES BECOME TOUGH, I WILL BE MY TOUGHEST. NO ONE WILL EVER HEAR ME WHINE, COMPLAIN OR MAKE EXCUSES. MY WORK ETHIC AND ENTHUSIASM WILL INSPIRE THEM TO GREATNESS. YOU SEE I AM A JET AND WE JETS ARE CHAMPIONS.



A TRADITION OF EXCELLENCE



Ray Purtle	2006-2007
Pat Eveland	2007-2008
Pat Eveland	2008-2009
Steven Jones	2009-2010
Carl hauke	2010-2011
Alberto Ganis	2011-2012
Le'Sean Galbreath	2012-2013



REASONS A STUDENT-ATHLETE CHOOSES A COLLEGE

San Diego Miramar College Basketball Player of the Year

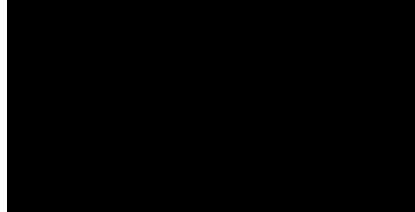
Andrew Shantz	Mt. Carmel High School / Mesa State College (Division II)
Michael Graves	Mt. Carmel High School / Southwest Missouri State (Division II)
Toby Tollack	Carlsbad High School / Humboldt State (Division II)
Jesus Galindo	Northern California / Sacramento State (Division I)
Ryan Dmerdjian	Carlsbad High School/ San Diego State (Division I)
Ozan Korkut	Turkish National Team
Jonathan Williams	Oceanside High School / Grand Canyon University (Division II)
Adam Vandervort	Vista High School / Portland State (Division I)
Brad Humphries	San Digueito High School / Albertson College (NAIA)
Marek Ondera	Northern California / University of California, Irvine (Division I) / Pro Europe
Nick Alexander	Hollywood High School / Cal Poly Pomona (Division II) / Pro-Europe
Victor Michaels	Fallbrook High School / Humboldt State (Division II)
David Korfman	Boulder City, NV. / University of California, Irvine (Division I)
Patrick Conahan	San Digueito High School / University of California, San Diego (Division II)
Conan Moore	El Camino High School / Minot State University (NAIA)
James Gould	Oceanside High School / Mary University State University (NAIA)
Matt De La Pena	San Digueito High School / Pacific University (Division I)
Nabil Mebarki	Pro-Europe
Michael Jayne	Seattle, Washington / Cal State Dominguez Hills (Division II)
Brandon Warner	Mission Bay High School / Biola University (NAIA) / Pro-Europe
Anthony Scott	San Diego High School / Dakota State University (NAIA)
Ian McKeithen	Orange Glen High School / Dakota State University (NAIA)
DJ Brown	Horizon High School / San Jose State University (Division I) / Pro-Europe
Frankie Calles	San Diego High School / Dakota State University (NAIA)
Lafayette Lofton	Brawley High School / Georgia Southern University (Division I)
Pat Eveland	San Pasqual High School / University of the Pacific (Division I)
Ian Larsson	Westview High School / Sonoma State University (Division II)
Erik Hartvigson	Bothel High School, WA / Notre Dame De Namur (Division II)
Tyler Fricke	Mt. Carmel High School / Notre Dame De Namur (Division II)
Bryant Taylor	Great Oak High School / McMurray University (Division II)
Steven Jones	Long Beach Wilson High School / McMurray University (Division II)
Sean Hinkley	West Torrance High School / Japan National Tea (Overseas)
David Porter	Universidad De Las Pueblas / Mexico
Symeon Taylor	Temecula Valley High School / Pacifica University (NAIA)
Breen Weeks	Cathedral High School / Regis University (D II)
Peter Wirsing	University City High School / San Diego Christian University
Weston Ehlers	Blue Valley North (KS) / Point Loma Nazarene University
Carl Hauke	Pro-Australia
Francis Ortega	Pro-Philipines



REASONS A STUDENT-ATHLETE CHOOSES A COLLEGE

LIST OF PLAYERS THAT COACH NICK GEHLER HAS COACHED AND HELPED MOVED ON TO FOUR YEAR COLLEGES:

NAME:	COLLEGE / HIGH SCHOOL:
Alberto Ganis	California Polytechnic State University, San Luis Obispo / Udine, Italy
Jorey Scott	California State University Monterey Bay / Douglas, Nevada
Francis Ortega	Professional-Philippines / Mira Mesa High School
Bryce Meier	San Diego State University / Ranch Bernardo High School
Carl Hauke	Professional-Australia / Rancho Bernardo High School
Weston Ehlers	Point Loma Nazarene University / Blue Valley North (KS)
Peter Wirsing	San Diego Christian University / University City High School
Breen Weeks	Regis University / Cathedral High School
Symeon Taylor	Pacifica University / Temecula Valley High School
David Porter	Universidad De Las Pueblas / Mexico
Sean Hinkley	Professional, Japan National Team / West Torrance High School
Steven Jones	McMurray University / Long Beach Wilson High School
Bryant Taylor	McMurray University / Great Oak High School
Tyler Fricke	Notre Dame De Namur / Mt. Carmel High School
Erik Hartvigson	Notre Dame De Namur / Bothel High School, WA
Ian Larsson	Sonoma State University / Westview High School
Pat Eveland	University of the Pacific / San Pasqual High School
Lafayette Lofton	Georgia Southern University / Brawley High School
Frankie Calles	Dakota State University / San Diego High School
DJ Brown	Professional-Europe / San Jose State University / Horizon High School
Ian McKeithen	Dakota State University / Orange Glen High School
Anthony Scott	Dakota State University / San Diego High School
Brandon Warner	Pro-Europe / Biola University / Mission Bay High School
Michael Jayne	California State University Dominguez Hills / Seattle, Washington
Nabil Mebarki	Professional-Europe
Matt De La Pena	University of the Pacific/ San Digueito High School
James Gould	Mary University / Oceanside High School
Conan Moore	Minot State University / El Camino High School
Patrick Conahan	University of California, San Diego / San Digueito High School
David Korfman	University of California, Irvine / Boulder City, NV
Victor Michaels	Humboldt State University / Fallbrook High School
Nick Alexander	Professional-Europe /California Polytechnic State University, Pomona /Hollywood HS
Marek Ondera	Professional-Europe / University of California, Irvine
Brad Humphries	Albertson College / San Digueito High School



SAN DIEGO MIRAMAR COLLEGE 2014-2015 MEN'S BASKETBALL SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
THUR.-SAT.	NOV. 6, 7, 8	DON GEHLER MEMORIAL TOURNAMENT	SAN DIEGO MIRAMAR COLLEGE	TBA
FRI.	NOV. 14	ORANGE COAST COLLEGE	ORANGE COAST COLLEGE	5:00
WED.	NOV. 19	RIVERSIDE COLLEGE	SAN DIEGO MIRAMAR COLLEGE	5:00
TUES.	NOV. 25	CHAFFEY COLLEGE	SAN DIEGO MIRAMAR COLLEGE	6:00
FRI.-SUN.	NOV.28-30	PALOMAR COLLEGE TOURNAMENT	PALOMAR COLLEGE	TBA
THURS.-SAT.	DEC.11-13	SANTA BARBARA COLLEGE TOURNAMENT	SANTA BARBARA COLLEGE	TBA
SUN.-TUES.	DEC. 28-30	IMPERIAL VALLEY COLLEGE TOURNAMENT	IMPERIAL VALLEY COLLEGE	TBA
WED.	JAN. 7	*PALOMAR COLLEGE	SAN DIEGO MIRAMAR COLLEGE	7:00
FRI.	JAN. 9	*MIRA COSTA COLLEGE	MIRA COSTA COLLEGE	5:00
WED.	JAN. 14	*GROSSMONT COLLEGE	GROSSMONT COLLEGE	6:00
FRI.	JAN. 16	*MT. SAN JACINTO COLLEGE	SAN DIEGO MIRAMAR COLLEGE	7:00
WED.	JAN. 21	BYE	BYE	TBA
FRI.	JAN. 23	*IMPERIAL VALLEY COLLEGE	SAN DIEGO MIRAMAR COLLEGE	7:00
WED.	JAN. 28	*CUYAMACA COLLEGE	CUYAMACA COLLEGE	5:00
FRI.	JAN. 30	*SAN DIEGO CITY COLLEGE	SAN DIEGO CITY COLLEGE	5:00
WED.	FEB. 4	*SOUTHWESTERN COLLEGE	SAN DIEGO MIRAMAR COLLEGE	7:00
FRI.	FEB. 6	*PALOMAR COLLEGE	PALOMAR COLLEGE	6:00
WED.	FEB. 11	*MIRA COSTA COLLEGE	SAN DIEGO MIRAMAR COLLEGE	7:00
FRI.	FEB. 13	*GROSSMONT COLLEGE	SAN DIEGO MIRAMAR COLLEGE	7:00
WED.	FEB. 18	*MT.SAN JACINTO COLLEGE	MT. SAN JACINTO COLLEGE	7:00
FRI.	FEB. 20	*SAN DIEGO MESA COLLEGE	SAN DIEGO MESA COLLEGE	5:00
WED.	FEB. 25	REGIONAL PLAYOFFS ROUND 1	TBA	TBA
FRI.-SAT.	FEB. 27-28	REGIONAL PLAYOFFS ROUND 2	TBA	TBA
WED.	MAR. 4	REGIONAL PLAYOFFS ROUND 3	TBA	TBA
SAT.	MAR. 7	REGIONAL PLAYOFFS ROUND 4	TBA	TBA
FRI.-SUN.	MAR.13-15	FINAL FOUR	TBA	TBA
SAT.	MAR. 14	SOPHOMORE SHOWCASE	TBA	TBA

BOLD DENOTES HOME GAMES

*** DENOTES PACIFIC COAST ATHLETICS CONFERENCE GAMES**

ATHLETIC DIRECTOR/HEAD COACH:	NICK GEHLER	619-388-7715
ASSISTANT COACH:	KWAKU AMOAKU	619-388-7767
ASSISTANT COACH:	TYLER WALSH	619-388-7767
ATHLETIC TRAINER:	TOSH TEPRASEUTH	619-388-7758

ATHLETIC DEPARTMENT * 10440 BLACK MOUNTAIN ROAD * SAN DIEGO, CA 92126 * (619) 388-7715 * FAX (619) 388-7765
 ~Members of the Pacific Coast Athletic Conference~



MIRAMAR COLLEGE WOMEN'S SOCCER

Head Coach

Sean Bowers



Sean Bowers came to Miramar College in 2007 (their inaugural season) with a wealth of knowledge and experience to help build Miramar Women's Soccer program. He has built the Jets soccer program from the ground up and has accomplished this with hard work, passion and commitment. Over the first 7 years of the program, Sean has led the Miramar Women's Soccer team to an astounding 109-26-13 overall record. The last five years Coach Bowers has lead the Jets to the Play-offs and in 2013 the team achieved a #7 ranking (NSCAA) in the nation. Several of his players have moved on to other top soccer schools to continue their careers or academics.

Below is a list of accomplishments of Sean's coaching and playing career:

2013 Coached the Miramar Women's Soccer team to a 16-3-3 record and made a State playoff run to the "Elite 8".

- 2013 ranked #7 in NATION by NSCAA
- 2010-2013 4 time PCAC Champion
- 2012 Miramar Women's Soccer team ranked #3 in the NATION by NSCAA
- 2011 Miramar Women's Soccer team ranked #7 in the NATION by NSCAA
- 2011 Coached the Miramar Women's Soccer team to a 17-1-2 record and made a State playoff run to the "sweet 16".
- PCAC Female Coach of the Year 2012
- 3 time PCAC Women's Soccer Coach of the Year
- 2010 was member of the SD Sockers who won the PASL Championship and the US Open Cup.
- In 2009 was ranked #17 most influential soccer persons in San Diego by XKSandiego.com
- Inducted in Quincy University Soccer Hall of Fame 2007
- Head Coach San Diego SeaLions - Women's Semi-Pro Team 2006-2008
- Head Coach Cal Baptist University 2006, Asst. Coach CBU 2003-2005
- Head Coach Vista Murrieta HS Varsity Girls Program 2005-2006
- Playing Experience
- San Diego Sockers. 2003-2006, 2009-2010
- Kansas City Wizards 1996-1999, Team Captain and "Defender of the Year" for 2 seasons
- U.S. Futsal National Team 1995-present, 36 caps
- 1996 & 2004 Futsal World Cups. Lead USA to 2nd round in 2004
- US Futsal Captain 1998-2006. All-Time cap leader 36caps

Bowers played for the Wizards from 1996-99, and earned the team's Defender of the Year award twice. He also served as team captain for the 1999 season. Bowers recently retired as a member of the San Diego Sockers of the Major Indoor Soccer League. He is the only person in NPSL/MISL history to achieve at least 1000 blocks and 1000 points. He was a

2002/2003 MISL All-Star and the league's Defender of the Year with the Baltimore Blast. During 2002-03, he also served as the team's interim head coach. Bowers is a 3 time Defender of the Year in the MISL.

Bowers has also been a member of the U.S. National Futsal Team since 1995, earning 36 international caps. He has been the team captain since 1998. The team won the 2004 CONCACAF gold medal and played in the 2004 World Cup in Taiwan in November. He also saw time with the Detroit Rockers of the National Professional Soccer League from 1991-95 and 2000-01. In 1991, he was the league's Rookie of the Year as the Rockers won the NPSL championship. He was a four-time All-Star and three-time Defender of the Year.



In addition to his coaching stint with the Baltimore Blast, Bowers' resume includes extensive coaching experience. He was an assistant coach for the Detroit Rockers of the NPSL in 2000-01. He was a head coach and assistant coach of the Michigan Hawks, Under-23 women's select team that won the 2001 U.S. Open Cup. In 1999, he was an assistant coach for William Jewell College, and NAIA school in Liberty, Mo.

When Sean was traded to SD Sockers he became the Asst. coach for the Women's Soccer Team at California Baptist University in 2003-2005 and last year became Head Women's Soccer coach at CBU and led the team to a #9 ranking in NAIA. He has recently coached the San Diego Sealions (semi-pro) to their first Final Four appearance in 2006.

A native of San Diego, Bowers graduated from Quincy (Ill.) College in 1991 with a bachelor's degree in political science. He also has earned his Masters in Exercise Science from California University of Pennsylvania and his Performance Enhancement Specialist certificate from NASM. Sean is married to Maria for the past 15 years and has three wonderful kids Aydan (14), Isabella (12) and Gracie (10).

Assistant Coaches



Mike has been a Goalkeeper Coach for 20 years, and has been in all aspects of the San Diego soccer scene since 1986 (coach, referee and player) and now brings his knowledge to Miramar College. His coaching experience comes from elite clubs such as Colorado Rush, San Diego Soccer Club, 12 years of local High School coaching and 20 years of soccer camp staff. Mike received his National "C" in 2000, USSF Goalkeeper License in the inaugural course in 2006 and NSCAA Goalkeeping Diploma in 2011. This will be his fifth year with Miramar. During his tenure the goalkeepers have been named Goalkeeper of the Year once, achieved four 2nd team Pacific Coast Conference awards

as well as Player of the week four times.

Anya Bohun-Chudymiv



Coaching Experience:
License Held: USSF National 'E'
12 years coaching experience from youth to college levels including current assistant coach at San Diego City College.
Vermont ODP Program
Head Coach at Charlotte Central School
Playing Experience: More than 18 years playing experience for teams including the Vermont Amateur Soccer League, the University of Vermont, and the University of Pittsburgh
Regional Pool ODP Player from 1993-96 --- Accomplishments: All County 1994-98

Monique Brass



Position: Assistant Coach
Played Center midfield at Orange Coast College in 1984-1985 and was named MVP of the Orange Empire League and won a state title.
- Transferred and played at CSU Long Beach in 1986.
- Graduated with a BA in physical education from CSU Long Beach in 1989 and a MA in 1994.
- Coached from 1987-1990 as an assistant at Orange Coast.
- Was Head Coach at Irvine Valley College 1991-2001 before they dropped the program.
- Have been teaching at the Community College level since 1991 at Irvine Valley College. Mt. San Jacinto College since 2005 and Miramar College this year.



- Lives in Murrieta with my husband Colin of 18 years and two boys, Kyle (16) and Trevor (13).

Bree Duckworth



Bree Duckworth is a San Diego native who grew up playing soccer for Hotspurs USA. A West Hills High School Alumni, Bree went on to continue her education at the University of California, San Diego. She graduated Magna Cum Laude with a Bachelor of Science degree in Management Science, and a Minor in Mathematics. She currently works for an Actuarial firm in San Diego and has been married to Brian Duckworth for 5 years. Bree also serves as Director of Operations for 619 Futsal, the largest futsal league in San Diego, sanctioned by US Soccer.

After recovering from an ACL injury, Bree went on to play soccer for Miramar College and helped lead the Lady Jets to a 19-2 record and their first Conference Championship title. Along with being a team captain, Bree was named 1st Team All- Conference in both 2009 & 2010.

Bree has played for the San Diego SeaLions WFC from 2006-Present. The SeaLions compete in the Women's Premier Soccer League (WPSL) and also do a great deal of charity work within the community.

Bree's Coaching Experience Includes: Hotspurs USA, Miramar College, La Jolla Impact, and Santee AYSO. She has also been a counselor at the Cal Baptist Residential Team.

Stephanie Hale



Stephanie is from Murrieta, CA. Graduated from Vista Murrieta High School in 2010. Went on to play soccer at San Diego Miramar College in 2010 and 2011 where she made first team all-conference both years. She then went onto play at Columbia College in Columbia, MO. In 2012, she was named Newcomer of the Year in the American Midwest Conference and was awarded First Team All-Conference. In 2013, Hale lead the NAIA with assists and scored 24 goals on the season. She was awarded Female Athlete of the Year at Columbia College, Conference Player of the Year in the American Midwest Conference, received First Team All-Conference Honors, was an NAIA Scholar Athlete, and Honorable Mention All American in the NAIA. She graduated from Columbia College with a Bachelor of Arts in Psychology.



WOMEN'S SOCCER TEAM STATS

Goals in a season			Career Goals		
Ninfa Ramirez	31	2012	Ninfa Ramirez	58	2012
Nikki Petracca	28	2010	Nikki Petracca	51	2009-10
Ninfa Ramirez	27	2013	Paulina Salazar	33	2011, 13
Celina Graves	26	2007	Danielle Deeb	29	2011 - 12
Paulina Salazar	24	2013	Celina Graves	26	2007
Nikki Petracca	23	2009	Monique Yabarra	24	2008 - 09
Kristen Kapitzke	17	2010	Stephanie Hale	23	2010 - 11
Danielle Deeb	15	2012	Danica Caudillo	22	2008 - 09
Allie Hailey	14	2012	Kristen Kapitzke	22	2010 - 11
Marisa Matkin	13	2007	Marisa Matkin	21	2007 - 08
Monique Yabarra	13	2009	Kayla Welch	17	2009 & 11
Stephanie Hale	13	2011	Ashley Moore	16*	2008 - 09
Samantha Stiles	12	2010	Allie Hailey	14	2012
Kayla Welch	12	2011	Samantha Stiles	14	2010 - 11
Danica Caudillo	11	2008	Jessica Carrillo	14	2011 - 12
Danica Caudillo	11	2009	Bree Duckworth	11	2009-10
Monique Yabarra	11	2009	Jessica Sappington	8	2007-08
Stephanie Hale	10	2010	Alexa Lonsdale	8	2011,13
Danielle Deeb	10	2011			
Paulina Salazar	9	2011			

*Ashley Moore played with Grosmont College in 2008

Total Points in a Season	(2pts goal & 1 pt assist)		Point in a Career		
Ninfa Ramirez	76	2012	Ninfa Ramirez	150	2012 - 13
Ninfa Ramirez	74	2013	Nikki Petracca	136	2009-10
Nikki Petracca	73	2010	Paulina Salazar	76	2011, 13
Nikki Petracca	63	2009	Danielle Deeb	74	2011 - 12
Celina Graves	59	2007	Monique Yabarra	69	2008 - 09
Paulina Salazar	56	2013	Stephanie Hale	69	2010 - 11
Danielle Deeb	46	2012	Celina Graves	59	2007
Kristen Kapitzke	40	2010	Marisa Matkin	58	2007 - 08
Monique Yabarra	37	2008	Danica Caudillo	56	2008 - 09
Marisa Matkin	36	2007	Kristen Kapitzke	56	2010 - 11
Stephanie Hale	36	2010	Kayla Welch	46	2009 & 11
Allie Hailey	34	2012	Ashley Moore	45	2008 - 09
Stephanie Hale	33	2011	Samantha Stiles	42	2010 - 11
Monique Yabarra	32	2009	Jessica Carrillo	41	2011 - 12
Samantha Stiles	31	2010	Allie Hailey	34	2012
Kayla Welch	31	2011	Bree Duckworth	32	2009-10
Danica Caudillo	30	2009	Jessica Sappington	25	2007 - 08
Danielle Deeb	28	2011	Carly Walters	20	2007 - 08
Danica Caudillo	26	2008	Jessica Schumaker	23	2012
Jessica Carrillo	24	2012	Jennifer Rodriguez	19	2010 - 11
Jessica Schumaker	23	2012	Chantelle Meshack	16	2008
Marisa Matkin	20	2008	Ashley Fero	16	2008



Ashley Moore	20	2009	Lindsay Tackett	16	2009
Paulina Salazar	20	2011	Alyx Hampton	14	2011 - 12
Bree Duckworth	16	2009			

Most Assists in a Season			Career Assists		
Nikki Petracca	18	2009	Nikki Petracca	34	2009-10
Nikki Petracca	16	2010	Danielle Deeb	24	2011 - 12
Stephanie Hale	16	2010	Stephanie Hale	23	2010 - 11
Danielle Deeb	16	2012	Monique Yabarra	22	2008 - 09
Ninfa Ramirez	14	2012	Marisa Matkin	16	2007 - 08
Monique Yabarra	11	2008	Samantha Stiles	15	2010 - 11
Monique Yabarra	11	2009	Jessica Carrillo	15	2011 - 12
Marisa Matkin	10	2007	Ashley Moore	14	2008 - 09
Jennifer Rodriguez	10	2010	Ninfa Ramirez	14	2012
Jessica Carrillo	10	2012	Danica Caudillo	12	2008 - 09
Lindsay Tackett	9	2009	Kristen Kapitzke	12	2010 - 11
Jessica Schumaker	9	2012	Kayla Welch	12	2009 & 11
Danica Caudillo	8	2009	Jennifer Rodriguez	11	2010 - 11
Lilia Pintado	8	2010	Briana Duckworth	10	2009 - 10
Danielle Deeb	8	2011	Jessica Sappington	9	2007 - 08
Samantha Stiles	8	2011	Lindsay Tackett	9	2009
Krystal Morgenstern	8	2012	Jessica Schumaker	9	2012
Celina Graves	7	2007	Carly Walters	8	2007 - 08
Ashley Moore	7	2009	Lilia Pintado	8	2010
Samantha Stiles	7	2010	Krystal Morgenstern	8	2012
Stephanie Hale	7	2011	Alyx Hampton	8	2011 - 12
Kayla Welch	7	2011	Celina Graves	7	2007
Alyx Hampton	7	2011	Holly Gamester	7	2010 - 11
Danielle Kashou	7	2012	Danielle Kashou	7	2012



Saves in a Season			Saves in a Career		
Shelly Morgan	110	2008	Shelly Morgan	218	2007- 08
Shelly Morgan	108	2007	Sandra Castro	98	2010 - 11
Kelsey Warner	81	2009	Kelsey Warner	81	2009
Sandra Castro	56	2011	Lauren Ray	40	2012
Sandra Castro	42	2010	Cathrine Miller	28	2009-10
Lauren Ray	40	2012	Celia Barger	12	2012
Cathrine Miller	15	2009	Kelly Clow	9	2008
Cathrine Miller	13	2010	Aleksandra Grba	9	2011
Kelly Clow	9	2008			
Aleksandra Grba	9	2011			

Least Goals Against	(Season)		Goals Against Average	(Season)	
	Minimum 360 minutes			Minimum 360 minutes	
Catherine Miler	0	2010	Catherine Miller	0	2010
Sandra Castro	4	2010	Lauren Ray	0.2296	2012
Lauren Ray	4	2012	Sandra Castro	0.273	2010
Sandra Castro	6	2011	Sandra Castro	0.394	2011
Kelsey Warner	11	2009	Kelsy Warner	0.4948	2009
Shelly Morgan	19	2008	Shelly Morgan	0.95	2008
Shelly Morgan	31	2007	Shelly Morgan	1.544	2007

Minutes Leader in Goal		Career	G.A.A. Career	Minimum 800 minutes
Shelly Morgan	2007 - 08	3490	Catherine Miller	0.216
Sandra Castro	2010 - 11	2685	Lauren Ray	0.2296
Lauren Ray	2012	1568	Sandra Castro	0.335
Catherine Miller	2009-10	830	Shelly Morgan	1.238
Aleksandra Grba	2010	340		
Kelly Clow	2008	110		

Team Goals For in a Season (Includes Play-offs)		Team Goals Against in a Season (Includes Play-offs)	
98	2010	8	2010
97	2012	9	2011
74	2011	9	2012
73	2009	11	2009
57	2008	19	2008
53	2007	31	2007

Best Overall Team Record	(Includes Play-offs)	BEST CONFERENCE RECORD	
17 - 1 - 2	2011	12 - 0 - 2	2011
19 - 2 - 1	2012	14 - 1 - 1	2012
19 - 2 - 0	2010	15 - 1 - 0	2010
16 - 4 - 1	2009	14 - 2 - 0	2009
11 - 6 - 4	2008	7 - 5 - 4	2008
11 - 8 - 2	2007	9 - 6 - 1	2007



Best Conference Finish		Best Regional Finish	
1st	2010	6th	2012
1st	2011	8th	2011
1st	2012	10th	2010
2nd	2009	13th	2009
5th	2007	21st	2007
5th	2008	22nd	2008

Best State Finish		Play-off Record	
13th	2011	2 - 1 - 0	2012
16th	2010	1 - 1 - 0	2011
22nd	2009	0 - 1 - 0	2010
32nd	2007	0 - 1 - 0	2009
35th	2008		

Player of the Week		First Team Selections	
Nicole Petracca	2010	Celina Graves	2007
Kristen Kapitzke	2010	Marisa Matkin	2007
Ashley Tousignant	2010	Monique Yabarra	2008, '09
Danielle Deeb	9/25/2011	Nicole Petracca	2009, '10
Sandra Castro	10/23/2011	Briana Duckworth	2009, '10
Jontae Cambell	11/27/2011	Sydney Nichols	2009
Samantha Stiles	11/27/2011	Britney Chesney	2010
Ninfa Ramirez	9/9/2012	Kristen Kapitzke	2010
Lauren Ray	9/30/2012	Samantha Stiles	2010, '11
Allie Hailey	9/30/2012	Holly Gamester	2010, '11
Danielle Deeb	10/21/2012	Lauren Ray	2012
		Jontae Campbell	2012
		Jessica Carrillo	2012
		Danielle Deeb	2012
		Ninfa Ramirez	2012



Player of the Year		Defender of the Year	
Carly Walters	2007, '08	Britney Chesney	2010
Nicole Petracca	2009, '10	Jontae Campbell	2011
Samantha Stiles	2011		
Ninfa Ramirez	2012		

Goalkeeper of the Year	
Kelsey Warner	2009
Lauren Ray	2012



2007-2013

LIST OF PLAYERS THAT HAVE PLAYED FOR MIRAMAR COLLEGE WOMEN'S SOCCER TEAM AND HAVE MOVED ON TO A FOUR YEAR COLLEGE.

NAME:

Alyssa Harris
Carly Walters
Marisa Matkin
Nicole Talcott
Allison Ward
Noelle Delgado
Danica Caudillo
Jessica Sappington
Monique Ybarra
Ashley Moore
Lindsey Tacket
Briana Duckworth
Britnee Chesney
Ashley Tousignant
Sydney Nicholas
Sammie Mendoza
Sandra Castro
Holly Gamester
Kristen Kapitzke
Morgan Ellis
Stephanie Hale
Cathryn Heinen
Jenny Rodriguez
Danielle Deeb
Jessica Carrillo
Jontae Campbell
Chanel Loudon
Ninfa Ramirez
Olivia Laverdeire
Paulina Salazar
Danielle Kashou
Samantha Schmidt
Alexa Lonsdale

COLLEGE/YEAR

Cal Lutheran University/2007
California Baptist University/2008
University of San Diego/2008
San Diego State University/2008
San Diego State University/2008
San Diego State University/2008
Northwest Minnesota State/2008
California State-Fullerton/2008
UC Riverside/2009
San Diego State University/2009
Concordia University/2009
UCSD/2010
UCSD/2010
Arizona State University/2010
CSU-Humboldt/2011
San Diego State University/2011
San Diego Christian College/2011
Concordia University/2011
San Diego State University/2011
CSU-San Marcos/2011
Columbia University/2011
San Diego Christian College/2011
Long Beach State/2011
Mercer College /2012
Mercer College/2012
San Diego Christian College/2012
San Diego Christian College/2012
Minot State/2013
Mercer College/2013
Regis University/2013
San Diego Christian College/2013
San Diego Christian College/2013
Regis University/201



ATHLETIC DEPARTMENT * 10440 BLACK MOUNTAIN ROAD * SAN DIEGO, CA 92126 (619) 388-7715 * FAX (619) 388-7729



PCAC CHAMPIONS 2010-2011-2012-2013



SAN DIEGO MIRAMAR COLLEGE 2014 WOMEN'S SOCCER SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
FRI	AUG 15	SAN DIEGO CHRISTAIN COLLEGE#	SAN DIEGO MIRAMAR COLLEGE	10:00AM
FRI	AUG 22	GOLDEN WEST COLLEGE #	SAN DIEGO MIRAMAR COLLEGE	1:00PM
THU	AUG 28	RIO HONDO COLLEGE%	VENTURA COLLEGE	6:00pm
FRI	AUG 29	PASADENA COLLEGE%	VENTURA COLLEGE	5:45pm
FRI	SEPT 5	SADDLEBACK COLLEGE	MIRA COSTA COLLEGE	2:00PM
FRI	SEPT 12	NORCO COLLEGE	SAN DIEGO MIRAMAR COLLEGE	1:00PM
THUR	SEPT 18	COLLEGE OF THE DESERT	SAN DIEGO MIRAMAR COLLEGE	3:00PM
MON	SEPT 22	VENTURA COLLEGE	SAN DIEGO MIRAMAR COLLEGE	3:00PM
TUES	SEPT 30	PALOMAR COLLEGE*	SAN DIEGO MIRAMAR COLLEGE	7:00PM
FRI	OCT 3	SAN DIEGO MESA COLLEGE	SAN DIEGO MIRAMAR COLLEGE	1:00PM
TUES	OCT 7	MIRA COSTA COLLEGE*	MIRA COSTA COLLEGE	3:15PM
FRI	OCT 10	GROSSMONT COLLEGE*	SAN DIEGO MIRAMAR COLLEGE	1:00PM
TUES	OCT 14	MT. SAN JACINTO COLLEGE*	MT. SAN JACINTO COLLEGE	3:15PM
FRI	OCT 17	PALOMAR COLLEGE*	PALOMAR COLLEGE	3:15PM
TUES	OCT 21	MIRA COSTA COLLEGE*	SAN DIEGO MIRAMAR COLLEGE	1:00PM
TUES	OCT 28	SOUTHWESTERN COLLEGE	SAN DIEGO MIRAMAR COLLEGE	1:00PM
FRI	OCT 31	SAN DIEGO CITY COLLEGE	SAN DIEGO CITY COLLEGE	3:00PM
TUES	NOV 4	MT. SAN JACINTO COLLEGE*	SAN DIEGO MIRAMAR COLLEGE	1:00PM
FRI	NOV 7	IMPERIAL VALLEY COLLEGE	IMPERIAL VALLEY COLLEGE	3:00PM
TUE	NOV 11	GROSSMONT COLLEGE*	GROSSMONT COLLEGE	3:00PM
FRI	NOV 14	CUYAMACA COLLEGE	SAN DIEGO MIRAMAR COLLEGE	1:00PM
SAT	NOV 22	1 ST ROUND REGIONALS	TBA	TBA
TUE	NOV 25	2 ND ROUND REGIONALS	TBA	TBA
SAT	NOV 29	3 RD ROUND REGIONALS	TBA	TBA
FRI & SUN	DEC 6-7	STATE CHAMPIONSHIPS	TBA	TBA

DENOTES A SCRIMMAGE

%DENOTES VENTURA COLLEGE CLASSIC TOURNAMENT

* DENOTES DIVISION GAMES

BOLD DENOTES HOME GAMES

ATHLETIC DIRECTOR

HEAD COACH:

ASSISTANT COACH:

ASSISTANT COACH:

ASSISTANT COACH:

ASSISTANT COACH:

ASSISTANT COACH:

NICK GEHLER

SEAN BOWERS

ANYA MILLER

MIKE GENTRY

MONIQUE BRASS

BRIANA DUCKWORTH

619-388-7715

619-388-7232

619-388-7232

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619-388-7232

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(619) 388-7715 * FAX (619) 388-7729



MIRAMAR COLLEGE MEN'S VOLLEYBALL



Head Coach

JOHN LANDICHO

Fresh off two consecutive CIF California State Championships and CIF-San Diego Section Coach of the Year honors in 2012, John Landicho joins the jets' athletic program to lead its new volleyball program.

An accomplished teacher of the sport, Landicho spent five years as Head Coach of the men's volleyball program at San Diego Mesa College, where his last team (2013) was Mesa's first Pacific Coast Athletic Conference (PCAC) playoff-contending team in eight years. He was also an assistant in the women's program at Mesa, helping the 2011 Lady Olympians to a PCAC championship in 2011. Landicho is also known for his time in the championship volleyball program at Francis Parker School, where he was the girls head coach for two seasons (2012 & 2013), the longtime top assistant coach in the girls program led by Olympic gold & bronze medalist Eric Sato, and also logged 10 seasons as an assistant coach in the School's boys program. In his 23 seasons at Parker he helped Lancer volleyball teams to 57 championships, including 16 CIF-SD Championships, six Southern California regional titles, girls CIF State Championships in 1998, 2004, 2005, 2012 and 2013, and four season-ending #1 rankings in San Diego County. Landicho's efforts as girls head coach resulted in a 64-7 record and the School's 7th and 8th CA state championships, and earned him Coach of the Year honors from CIF-SDS and the High School Sports Assn. of San Diego County. He is a three-time inductee into the Parker Athletic Hall of Fame, as part of the school's standout 1998 boys volleyball team, as a member of Parker's 1998 girls state championship-winning squad, and as a member of the Lancers' 2005 boys volleyball team (CalHiSports.com's 2005 State Team of the Year).

Landicho was an assistant coach & technical coordinator for the 2007 UC San Diego men's team, helping the NCAA Division-II Tritons to wins over two D-1 Top-15 teams. Landicho has been an active staff member of USA Volleyball's High Performance program since 2001. He has coached in the USAV HiPo Holiday camps, helping train members of the 2010 and 2011 USA Men's Youth National Teams, and also coached in three HP A3/Youth Training camps. He is a past member of the coaching staff at Epic Volleyball Club, where his last team (boys 17-1) earned a top-10 Open Division finish at the 2007 USA Volleyball Junior Olympics. Landicho served as a technical advisor to the 1996 USA Men's Olympic Team, putting together the defensive scouting tapes the team used in the Atlanta Olympic Games. He helped Grossmont College's 2001 women's squad to a 12-0 PCAC championship as the team's assistant coach. Landicho has also coached for San Diego, Starlings, and Seaside volleyball clubs, helping two teams to USAV Junior Olympic Silver medals along the way, and has also coached at numerous volleyball clinics since 1991.

Landicho holds a Master's degree in Coaching and Athletic Administration from Concordia University and a Bachelor's degree in Physical Education from U.S. International University. He is a member of the American Volleyball Coaches Association and has earned CAIP Level 1 certification through USA Volleyball's Coaching Accreditation Program. Landicho and his wife Sandi are the proud parents of a daughter, Kimi, and reside in the east San Diego County community of Santee.

JETS MEN'S VOLLEYBALL

Miramar's new men's volleyball program will join the fastest-growing sport in the state. The Jets will be the second men's volleyball program to start in the last two years, with two more colleges looking to join soon. Miramar will compete as a member of the Pacific Coast Athletic Conference (PCAC), whose members have won three of the last five CCCAA State Championships.



California community college men's volleyball is home to some of the best college-level men's volleyball players in the United States, and our alumni have gone on to find great success at NCAA and NAIA universities, as well as the USA National Team.

Olympic gold medallists Bob Ctvrtlik, Pat Powers, Riley Salmon, and Steve Timmons, as well as Olympic gold and NCAA champion coach Marv Dunphy, all began their college playing careers at a California community college. More recently, Long Beach City's Chris Austin led UC Irvine to two consecutive NCAA Championships in 2012 and 2013, after joining the Anteaters from LBCC.

The California Community College Men's Volleyball Coaches Association (CCCMVCA) is comprised of some of the finest teachers of the sport in the nation—men and women incredibly passionate about the sport of volleyball, and in the personal and athletic development of our student-athletes. Legendary coaches such as Rick Olmstead, Ken Stanley, and Tom Pestolesi have contributed to the success of our student-athletes, both on and off the court.

The 13 community colleges that are home to our teams share an outstanding commitment to men's volleyball and to the players and coaches who comprise our programs. Our member institutions work exceedingly hard to maximize valuable financial resources, to create and operate programs that successfully impact and develop the student-athletes who represent our colleges.

Miramar MVB players take advantage of the following:

- + Strong coaching staff- Miramar's coaching staff possesses nearly 60 years in the sport, including multiple championship experiences.
- + The latest techniques and strategies in the sport- Coach Landicho's continuing relationship with USA Volleyball and NCAA contacts ensure Miramar's players receive training that includes the latest advances in the sport from the USA National team and NCAA Division 1 programs.
- + Technology – the Miramar MVB program utilizes the latest technology in the sport to help players improve their skills, including TiVO video recording, and Data Project statistics and video editing programs.
- + Academic support—as a former admissions counselor at a four-year university, Coach Landicho is well-equipped to provide academic counseling which supplements Miramar's outstanding Counseling office. In addition, Coach Landicho is well-versed in NCAA and NAIA transfer requirements, helping the program's players prepare for transfer to the next level.
- + Saving money—going to Miramar offers tremendous savings, compared to a four-year institution. Based on a 12-unit full-time student load with fees, California residents pay \$1,217.00 for a two-semester academic year at Miramar, compared to the California State University (CSU) average of \$6,766.00 for the same academic load. Out-of-state students pay at a higher rate (\$183.00 per unit), but even with the increased fees a two-semester year at Miramar is \$4,491.00, compared to the CSU average of \$11,660.00 for non-California students. In both cases, Federal and CA state financial aid can significantly lessen the cost.
- + New facilities for students- Miramar College is in the midst of a construction boom, with nine new facilities opening to benefit its students since 2009, including a new Fieldhouse and Athletics complex, Student Services Center, Library Learning Resource Center, and Student Resource & Welcome Center.
- + PHYE 255A/B Theories & Strategies classes- in these classroom-based courses, Miramar MVB players receive additional off-court training, including volleyball strategy, vision training, video review, and personal development & leadership training. A two-unit course, the Theories & Strategies-Volleyball courses are transferrable to four-year institutions and thus counts towards the player's nine academic unit (12 unit overall) eligibility requirement during the playing season. This enables Miramar MVB players to take a lesser load of their core academic classes during the season.
- + Outstanding school- Miramar College offers over 120 certificates, associate degrees, and comprehensive transfer programs to students transferring to University of California campuses, California State Universities and other public & private universities. Each semester, around 13,000 students of all ages, ethnicities and backgrounds attend Miramar College classes. Partnerships with local industry and the City and County of San Diego prepare students for high demand and well-paying careers in the highly



competitive labor market, including biotechnology, paralegal (ABA approved), aviation (FAA-certified), automotive, diesel, and alternative fuels technologies.

Miramar College is home to the Southern California Biotechnology Center, the Advanced Transportation and Energy Center, and the San Diego Regional Public Safety Institute. Since 1969, the college has provided training for nearly all law enforcement officers and firefighters within San Diego County. The Institute also trains EMTs and offers the only open water lifeguard degree in the world.

+ First-class apparel-Miramar MVB players are fully outfitted with full practice gear, and classy game day uniforms, backpacks, and warm-ups. We proudly feature gear from ASICS; a supporter of Miramar MVB and California Community College men's volleyball.

+ Daily laundry for practice gear, provided by Miramar Athletics support staff.

+ Meal money for away matches.



MIRAMAR COLLEGE WOMEN'S WATER POLO



HEAD WOMEN'S WATER POLO COACH

Amy Jennings



Amy Jennings is a local San Diegan graduating from San Pasqual High School in 1998. She played volleyball, softball and participated in the first CIF sanctioned girls water polo season in 1996. Amy played two years of water polo, two years of swim, and one year of softball at Palomar College. She was awarded All Conference and All American honors for Water Polo in 1998 & 2000. While at Palomar, Amy was coached by Olympic Silver Medalist Gubba Sheehy. The 2000 Women's Water Polo team was awarded Conference Champions and placed 4th in State.

Amy started coaching water polo in 1998 as the Novice coach for Vista High School. She continued coaching there as JV, and Assistant Varsity Coach for 8 years. In 2003 Amy returned home to Palomar College as Women's Assistant Water Polo coach for 4 years.

Amy became the Girl's Head Water Polo Coach at West View H.S in 2006. Her team made CIF appearances in 2007, 2009-12 and finished 3rd in CIF Division 1 in 2013. Amy was also Assistant Swim coach for West Veiv in 2007,

In 2007, Amy accepted the Head Coaching position for Women's Water Polo at Miramar College. In her first year heading up the Jets, she was honored with Pacific Coast Conference Coach of the Year. For the last 3 seasons the



JETS have been growing in reputation and in rankings finishing 4th for the second time in 2011. Amy attended San Diego State University where she earned a Bachelor's Degree in Kinesiology. She earned her Master's Degree in Physical Education from Azusa Pacific University in 2008.

Today, Amy continues to compete on the OMBAC Women's Water Polo Masters team. Her team is 2 time Master's National Gold Medalists. In her free time she provides private swim lesson for children and adults. Amy currently resides in Clairemont with her husband Billy and daughters Coral and Shelby.

Assistant Coach

Christa Edwards



Christa was a 1998 graduate of San Pasqual High School in Escondido. She earned four letters in swimming and water polo, was twice named MVP in water polo, named swimming MVP as a senior and earned first-team All-CIF for 1997-1998 water polo season.

Christa was awarded an athletic scholarship to play water polo at the University of Hawaii, Manoa. While playing for Rainbow Warriors, she was the team captain for 3 years. Along with being a repetitive scholar athlete, Christa was honored with the All-Time Rainbow Wahine Award at the 30 year celebration of Wahine Athletics.

Christa began coaching with the Jets Water Polo program in 2010 as the Assistant Goalie Coach. Her expertise in the training of the goalie position has been a big part of the program success.

Christa graduated in 2002 with a degree in Psychology and went on to earn a master's degree in School Counseling from National University. She currently plays with OMBAC women's water polo team. She also works as a substitute teacher and lives with her husband Eric and son Collin by Lake Hodges.

TEAM HISTORY

2002 was the first year for Women's water polo at Miramar College. Coached by Carla Gilmore and Gubba Sheehy from 2002-2004. The program was canceled the following two seasons 2005 and 2006. In 2007 Amy Jennings signed on for the Jets to restart the water polo team. Unfortunately the team was dropped the following year 2008 from Miramar College's athletic schedule. With the past behind her, Amy Jennings continued with Miramar to once again restart the Women's Water Polo program in 2009. The program hasn't looked back since and has continued to grow in reputation and ranking. The Jets placed 4th in PCAC for 2010 and 2011.



WOMEN'S WATER POLO STATS

No stats have been found for the 2002-2004 seasons. *Career stats are based on completion of 2 seasons.

Most Goals in a Season		
Sara Onweller	68	2010
Arianna Womack	64	2013
Natalie McCann	53	2013
Kelly Mammen	44	2011
Anjuli Palos De La Rosa	42	2007
Alicia Foresman	40	2013
Marissa Papet	40	2012
Amanda Tome	35	2007
Marilyn Papet	34	2011
Arianna Womack	32	2012
Marissa Papet	32	2011
Alda Gonzalez	24	2012
Kelsie Telson	24	2011

Most Goals in a Career		
Arianna Womack	96	2012-13
Marissa Papet	72	2011-12
Marilyn Papet	50	2010-11
Ruth Cain	23	2010-11
Chely Ruvalcaba	15	2009-10
Jessica Drake	19	2012-13
April Hunt	9	2009-10
Nicole Vander-Vooren	8	2009-10
Jenny Williams	7	2011-12
Jessica Scott	3	2009-10
Sarah Jameel	1	2011-12



Most Assists in a Season			Most Assists in a Career		
Arianna Womack	44	2013	Marilyn Papet	64	2010-11
Marilyn Papet	38	2011	Arianna Womack	62	2012-13
Kelsie Telson	30	2011	Jessica Drake	55	2012-13
April Lembi	29	2010	Marissa Papet	39	2011-12
Jessica Drake	28	2013	Ruth Cain	22	2010-11
Jessica Drake	27	2012	April Hunt	20	2009-10
Natalie McCann	26	2013	Chely Ruvalcaba	18	2009-10
Kelly Mammen	26	2011	Jenny Williams	9	2011-12
Marilyn Papet	26	2010	Nicole Vander-Vooren	3	2009-10
Alicia Foresman	24	2013	Sarah Jameel	1	2011-12
Sara Onweller	22	2010	Jessica Scott	1	2009-10
Amanda Tome	22	2007			
Marissa Papet	20	2011			
Marissa Papet	19	2012			
Ruth Cain	19	2011			
Arianna Womack	18	2012			
April Hunt	18	2010			

Most Steals in a Season			Most Steals in a Career		
April Lembi	81	2010	Marissa Papet	92	2011-12
Alicia Foresman	67	2013	Arianna Womack	89	2012-13
Anjuli Palos De La Rosa	58	2007	Marilyn Papet	77	2010-11
Kelsie Telson	53	2011	Jessica Drake	56	2012-13
Arianna Womack	48	2012	April Hunt	45	2009-10
Marilyn Papet	48	2011	Ruth Cain	37	2010-11
Marissa Papet	47	2012	Chely Ruvalcaba	27	2009-10
Marissa Papet	45	2011	Jenny Williams	12	2011-12
Arianna Womack	41	2013	Jessica Scott	11	2009-10
Natalie Womack	40	2013	Nicole Vander-Vooren	7	2009-10
Sara Onweller	36	2010			
April Hunt	35	2010			
Lenea Smith	34	2010			
Jessica Drake	30	2011			
Ruth Cain	30	2011			
Marilyn Papet	29	2010			



Most Goalie Saves in a Season		
Darci Self	227	2013
Candace Ryan	179	2011
Jaclyn Beaupre	143	2010
Dani Voorhees	123	2012
Kelsey Granquist	116	2009
Amber Daniels	82	2007

ALL CONFERENCE PLAYERS

2002-2004 – Unknown

2007 – Anjuli Palos De La Rosa, Amanda Tome

2009- Kelsey Granquist

2010 – Sara Onweller, April Lembi, Lenea Smith

2011- Marilyn Papet, Marissa Papet, Kelly Mammen, Kelsie Telson

2012 – Marissa Papet, Arianna Womack, Alda Gonzalez, Jessica Drake

2013 – Arianna Womack, Natalie McCann, Darci Self, Alicia Foresman

PROGRAM INFORMATION

Women’s Water Polo competes during the fall semester. It is a 2 unit intercollegiate athletic class. Practices are held Monday through Friday with games once a week. Miramar College competes in the Pacific Coast Conference.

We offer water polo recreational/training classes open to all students during the spring and summer semesters.

The coaching staff is dedicated and committed in the establishment of a successful program. Providing opportunities to our student-athletes for successful transfer is a priority. The women’s water polo team is looking for athletes that want to make an immediate impact on the program.





SAN DIEGO MIRAMAR COLLEGE 2014 WOMEN'S WATER POLO SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
WED.	SEP. 3	*BYE		
WED.	SEP. 10	*SD MESA COLLEGE	MIRAMAR COLLEGE	2:00 PM
SAT.	SEP. 13	LA VALLEY COLLEGE MINI TOURNAMENT	LA VALLEY COLLEGE	TBA
WED.	SEP. 17	*SOUTHWESTERN COLLEGE	SOUTHWESTERN COLLEGE	2:00 PM
MON	SEP. 22	GROSSMONT COLLEGE	GROSSMONT COLLEGE	2:00 PM
WED	SEP. 24	PALOMAR COLLEGE	MIRAMAR COLLEGE	2:00 PM
WED	OCT. 1	*BYE		
FRI.-SAT	OCT. 3-4	SD WOMEN'S CLASSIC TOURNAMENT	MIRAMAR COLLEGE	TBA
WED.	OCT. 8	*SD MESA COLLEGE	SD MESA COLLEGE	2:00PM
FRI.-SAT.	OCT. 10-11	VENTURA COLLEGE TOURNAMENT	VENTURA COLLEGE	TBA
WED.	OCT 15	*SOUTHWESTERN COLLEGE	MIRAMAR COLLEGE	2:00 PM
THUR.	OCT 16	SADDLEBACK COLLEGE	MIRAMAR COLLEGE	2:00PM
FRI.-SAT.	OCT 17-18	CITRUS COLLEGE TOURNAMENT	CITRUS COLLEGE	TBA
WED.	OCT. 22	*GROSSMONT	MIRAMAR COLLEGE	2:00 PM
WED.	OCT. 29	*PALOMAR COLLEGE	PALOMAR COLLEGE	2:00 PM
FRI.-SAT	NOV. 7-8	PCC CHAMPIONSHIPS (Grossmont Host)	MIRAMAR COLLEGE	TBA
THUR-SAT	NOV. 13-15	SO CAL CHAMPIONSHIPS	CITURS COLLEGE	TBA
FRI.-SAT.	NOV. 21-22	STATE CHAMPIONSHIPS	AMERICAN RIVER	TBA

BOLD DENOTES HOME GAMES

*** DENOTES PACIFIC COAST CONFERENCE GAMES**

HEAD WOMEN'S COACH:
ASSISTANT COACH:
ASSISTANT COACH:
ATHLETIC TRAINER:
ATHLETIC DIRECTOR:

AMY JENNINGS 760-809-1625
KATRINA THORESON 858-472-9924
CHRISTA EDWARDS 760-994-3855
TOSH TEPRASEUTH 619-388-7758
NICK GEHLER 619-388-7715

ATHLETIC DEPARTMENT * 10440 BLACK MOUNTAIN ROAD * SAN DIEGO, CA 92126 * (619) 388-7715 * FAX (619) 388-7765
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MIRAMAR COLLEGE MEN'S WATERPOLO

Head Coach



Troy L. Merkel

The 2014 season will be led by head coach Troy L. Merkel. This is his second year with Miramar College and is dedicated to strengthening and building a winning season. Troy is no stranger to building successful water polo programs.

As head coach for the Mission Bay High School Varsity and Jr. Varsity boy's and girl's water polo and swim teams. Troy brings with him eight seasons of head coaching success. He led the boys team through two central league championships in 2008 and 2012 with six CIF appearances, and an overall record of 91-70. He also led the girls' team to six consecutive league championships with seven CIF playoff appearances dating from 2007 to present. The girls finished with a 35-0 league record and an overall record of 120-76. Troy was awarded San Diego CIF girl's water polo "Coach of the Year" in 2010. He is responsible for building a thriving aquatics program awarding Mission Bay High School its first banners for water polo in school history; a total of eight. His players have gone on to play at the collegiate level for institutions like Harvard, Whittier, Cal Maritime, Cal Lutheran and various college club teams.

Troy is a native of San Diego and has significant experience in competitive sports himself. He graduated from Patrick Henry High School in 1994 where he played water polo, basketball, track and field, and swim. After high school, he played water polo for Grossmont College in 1995 where the team competed in the State finals, only narrowly losing in triple overtime. Troy was also part of the swim team for Grossmont College in 1996, joining the team in the State qualifiers. After that season Troy transferred to Azusa Pacific University where he walked on to the track team in 1998 and was part of the relay team that finished fourth in the Nation awarding him All American honors.

Troy graduated Azusa Pacific University 1999 with a bachelor's of science degree in social science, has worked as a manager and area manager in sales, assistant director of a business improvement district and is a Realtor. Troy plans to convey his excellent work ethic and determination to Miramar College where he strategically prepares to develop a winning team while having fun doing so!

ASSISTANT COACH

Joey Kienle

-High School (Mission Bay High School 2004-2007), 4 year Varsity starter, 2004 Newcomer of the Year, 2nd team All-League in 2005 and 2006

-2006 Defensive Player of the Year, 1st team All-League in 2007, 2007 MVP

-College (Grossmont College 2008-2009), Won PCACs in 2008 and 2009, Placed 3rd at Socals in 2008, State Semi-Finalist in 2008, 2nd team All-PCAC in 2009

-College (Whittier College 2010-2011), SCIAC Championship Finalists 2010, Whittier Ranked 20th nationally in Division 1 in 2010, 3rd Team All-American in Division 3 in 2010

Coaching Resume: High School

-2008-2009: Assistant Girls Water Polo Coach at Mission Bay High to Troy Merkel, League Champions 2008 and 2009

CIF Division 3 Quarter Finalists 2008 and 2009



Coached 3 girls who now play Division 1 NCAA water polo

-2012: Assistant Girls Water Polo Coach at Torrey Pines High to Heather Langridge and Rob Tilburg
League Champions 2012

CIF Division 1 Finalists 2012

Coached 2 girls who now play Division 1 NCAA water polo

-2013-Present: Head Coach of Clairemont High School Boys and Girls Water Polo

Won Clairemont's first ever League Championship for boys (2013) and girls (2014)

Won Clairemont's first ever CIF game (girls, 2014)

Coaching Resume: High School Club

-2012-Present: Sunset Water Polo Club

Head Coach for Sunset's 18U and 16U girls teams

Assistant Coach for Sunset's 18U and 16U boys teams



MEN'S WATER POLO STATS

MIRAMAR TOTAL PLAYER STATS

Cap	Name	Games Played	Goals	Misses	Scoring%	Assists	Steals	Turn Overs	Sprints Won	E+	E-	Blocks
1	Andrew Renton	15	1	2	33.3%	15	16	12	2	1	2	138
2	Tim Wilson	16	9	33	21.4%	20	21	54	0	3	15	10
3	Will Spencer	20	5	22	18.5%	3	12	24	0	1	13	39
5	Jack Kazako	14	10	43	18.9%	8	8	32	0	8	13	14
7	Justin Lopez	21	21	80	20.8%	9	29	35	1	2	9*	13
9	Derek Sultz	16	47	98	32.4%	16	62	26	12	44	12	3
10	Nathaniel Carter	22	73	115	38.8%	36	63	80	3	86	17	12
11	Tom Martinez	16	43	85	33.6%	30	54	44	26	9	12	33
15	Angel Maldonado	17	27	75	26.5%	16	28	46	0	27	16	5
17	Drew Mills	22	0	12	00.0%	1	9	8	0	4	4	0

MIRAMAR GOALIE STATS

Name	Minutes	Shots Faced	Blocks	Save %
Andrew	394	447	137	30.6%
Tim Wilson	29	15	5	33.3%
Will Spencer	143	155	38	24.5%
Jack Kulgeyko	52	48	12	25.0%
Justin Lopez	8	11	4	36.4%
Nathaniel Carter	8	6	3	50.0%
Toni Martinez	56	48	24	50.0%
Drew Mills	3	3	0	00.0%

MIRAMAR TOTAL TEAM STATS (Offense)

Games Played	Goals	Misses	Scoring %	E+	E+ Goals	E+ Convert %	Assists	Sprints	Sprint %
22	236	566	29.4%	185	66	35.7%	150	44/88	50%

Total Turnovers → 361 (16.4/Game)

Goals per Game → 10.73/Game

MIRAMAR TOTAL TEAM STATS (Defense)

Goals Against	Shots Against	Opp. Scoring %	E-	E- Goals	E- Defended %	Steals	Blocks
400	808	49.5%	112	51	54.5%	304	268



MIRAMAR RESULTS

Date	Opponent	Game Notes	Score	Record
9/4	SD Mesa	Conference	L 24 – 8	0 – 1 (0 – 1)
9/11	Southwestern	Conference	L 13 – 12	0 – 2 (0 – 2)
9/13	Santa Ana	<i>Citrus Tourney</i> SoCal Opponent	L 16 – 4	0 – 3 (0 – 2)
9/13	Citrus	<i>Citrus Tourney</i> SoCal Opponent	L 21 – 11	0 – 4 (0 – 2)
9/14	Chaffey	<i>Citrus Tourney</i> SoCal Opponent	L 20 – 9	0 – 5 (0 – 2)
9/14	LA Trade Tech	<i>Citrus Tourney</i> SoCal Opponent	W 20 – 5	1 – 5 (0 – 2)
9/18	Grossmont	Conference	L 20 – 10	1 – 6 (0 – 3)
9/23	Palomar	Conference	L 21 – 16	1 – 7 (0 – 4)
9/27	Santa Monica	<i>Miramar Tournament</i> SoCal Opponent	L 26 – 8	1 – 8 (0 – 4)
9/27	Santa Ana	<i>Miramar Tournament</i> SoCal Opponent	L 20 – 11	1 – 9 (0 – 4)
9/28	El Camino	<i>Miramar Tournament</i> SoCal Opponent	L 11 – 10	1 – 10 (0 – 4)
9/28	Chaffey	<i>Miramar Tournament</i> SoCal Opponent	L 15 – 9	1 – 11 (0 – 4)
10/2	SD Mesa	Conference	L 16 – 12	1 – 12 (0 – 5)
10/9	Southwestern	Conference	L 14 – 12	1 – 13 (0 – 6)
10/16	Grossmont	Conference	L 20 – 9	1 – 14 (0 – 7)
10/23	Saddleback	SoCal Opponent	L 20 – 10	1 – 15 (0 – 7)
10/30	Palomar	Conference	L 37 – 15	1 – 16 (0 – 8)
11/1	El Camino	<i>Saddleback Invite</i> SoCal Opponent	W 13 – 10	2 – 16 (0 – 8)
11/1	Citrus	<i>Saddleback Invite</i> SoCal Opponent	L 26 – 10	2 – 17 (0 – 8)
11/2	Santa Ana	<i>Saddleback Invite</i> SoCal Opponent	L 17 – 10	2 – 18 (0 – 8)
11/2	Santa Monica	<i>Saddleback Invite</i> SoCal Opponent	L 17 – 10	2 – 19 (0 – 8)
11/8	Southwestern	PCAC Quarter Finals	L 11 – 7	2 – 20 (0 – 8)





SAN DIEGO MIRAMAR COLLEGE 2014 MEN'S WATER POLO SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
WED.	SEP. 3	*BYE		
SAT	SEP. 6	MINI TOURNAMENT	CHAFFEY COLLEGE	TBA
WED.	SEP. 10	*SD MESA COLLEGE	MIRAMAR COLLEGE	3:30 PM
FRI/SAT	SEP. 12/13	CITRUS TOURNAMENT	CITRUS COLLEGE	TBA
WED.	SEP. 17	*SOUTHWESTERN COLLEGE	SOUTHWESTERN COLLEGE	3:30 PM
MON	SEP. 22	GROSSMONT COLLEGE	GROSSMONT COLLEGE	3:30 PM
WED	SEP. 24	PALOMAR COLLEGE	MIRAMAR COLLEGE	3:30 PM
FRI/SAT	SEP 26/27	SOUTH OF BORDER TORNAMENT	MIRAMAR COLLEGE	TBA
WED	OCT. 1	*BYE		
WED.	OCT. 8	*SD MESA COLLEGE	SD MESA COLLEGE	3:30PM
WED.	OCT 15	*SOUTHWESTERN COLLEGE	MIRAMAR COLLEGE	3:30 PM
THURS..	OCT 16	SADDLEBACK	MIRAMAR COLLEGE	TBA
WED.	OCT. 22	*GROSSMONT	MIRAMAR COLLEGE	3:30 PM
WED.	OCT. 29	*PALOMAR COLLEGE	PALOMAR COLLEGE	3:30 PM
FRI.-SAT	NOV. 7-8	PCC CHAMPIONSHIPS (Grossmont Host)	MIRAMAR COLLEGE	TBA
THUR-SAT	NOV. 13-15	SO CAL CHAMPIONSHIPS	CITURS COLLEGE	TBA
FRI.-SAT.	NOV. 21-22	STATE CHAMPIONSHIPS	AMERICAN RIVER	TBA

BOLD DENOTES HOME GAMES

*** DENOTES PACIFIC COAST CONFERENCE GAMES**

HEAD MEN'S COACH:
ASSISTANT COACH:
ASSISTANT COACH:
ATHLETIC TRAINER:
ATHLETIC DIRECTOR:

TROY L. MERKEL 619-316-4829
JOEY KIENLE 858-869-4183
JOSH COLLETT 858-699-9204
TOSH TEPRASEUTH 619-388-7758
NICK GEHLER 619-388-7715

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Tosh Tepraseuth, MS, ATC, CES

Athletic Trainer

Tosh Tepraseuth is a certified Athletic Trainer who joins the Miramar athletics family in Fall 2013. He spent the last 7 years working in the same capacity at UC San Diego Intercollegiate Athletics, working primarily with soccer, water polo, volleyball, track and field, and crew. Prior to UCSD, he also served as an athletic trainer at UC Riverside and Riverside Community College, as well as interning with the San Francisco 49ers.

Tosh earned his Bachelor of Arts degree in sports science from the University of the Pacific in 2002, before heading to Utah State University, where he served as a graduate assistant athletic trainer, and earned his master's of science degree in exercise science in 2004. Tosh is a member of the National Athletic Trainer Association (NATA), the California Athletic Trainers Association (CATA), and is a Preceptor for the SDSU Athletic Training Education Program. In addition, he is a certified 1st aid, CPR, and AED instructor with the American Heart Association.

A native of the Bay Area, CA, he roots for the San Francisco 49ers, Oakland Athletics and Golden State Warriors. He currently resides in San Diego with his wife and two children.



MIRAMAR COLLEGE SPORTS MEDICINE

Sports Medicine Department Policies and Procedures

The San Diego Miramar Sports Medicine Department specializes in injury and illness prevention, assessment, treatment, and rehabilitation services and athlete education for every student-athlete. The sports medicine staff is committed to pursuing the changing needs of the student-athletes and the sports medicine community.

I Mission Statement for the Sports Medicine Department

Consistent with the mission of San Diego Miramar Intercollegiate Athletics, every student-athlete at San Diego Miramar College is entitled to the best medical care available while participating as a Jet. It is the responsibility of the Sports Medicine Department to coordinate and deliver professional, comprehensive and innovative treatment, care, and rehabilitation to all of Miramar's student-athletes. There are specific guidelines that the athletic department, sports medicine department, coaches, and student-athletes must follow, to comply with the CCCAA, PCAC, the College, and Athletic Department Rules and Regulations. The goal of the Sports Medicine Department is to keep each student-athlete injury free, or in the unfortunate case of an injury, to provide the best medical care possible to enable the student-athlete to return to safe participation.

II. Sports Medicine Philosophy

The San Diego Miramar College Sports Medicine Department will provide the highest quality health care for all student-athletes attending and visiting the College. The underlying philosophy for the sports medicine department is that the medical needs of the student-athlete shall always be the first consideration for all members of the sports medicine staff.

All traditional sports medicine/athletic training services will be provided. The sports medicine staff will exist to assist student-athletes during their athletic participation and return to play in the event of an injury. The focus of the sports medicine department is the care and prevention of athletic injuries, as well as recognition, evaluation, and immediate care of injuries. Basic rehabilitation of athletic injuries will be provided by the certified athletic trainers per guidelines set forth by the overseeing physician. Proper rehabilitation of athletic injuries can help to expedite the student-athletes return to play and to decrease the chance of re-injury.

All health care administration will be completed as accurate as the information provided and within 24 hours of the incidents reporting time. All records will be detailed, kept in a secure area, and confidential.

The Sports Medicine Department is committed to using the technology and resources available in the delivery of these services.

The Sports Medicine staff will stay current in the fields of sports medicine and athletic training by attending sponsored conferences, attaining continuing education units, and remaining current with up-to-date literature and research. The Head Athletic Trainer will remain certified in good standing with the National Athletic Trainers' Association Board of Certification, remain current with a recognized agency in First Aid/CPR/AED certification, and retain membership in the National Athletic Trainers' Association and the California Community College Athletic Trainers Association.

III. The Sports Medicine Department

The Sports Medicine Staff works out of the athletic training room is located on the first level of the J-2 building in room J-202 adjacent to the Hourglass Fieldhouse (Gym). The facility contains equipment specifically for the prevention, treatment and rehabilitation of athletic injuries. All treatment and rehabilitation are performed in the main athletic training facility under the supervision of certified athletic trainers.

A. Sports Medicine Staff

The San Diego Miramar Sports Medicine staff is comprised of certified athletic trainers and team physicians, working in conjunction with the San Diego Miramar Student Health Services Department, the Athletic Department, and the College Administration.

B. Role of the Certified Athletic Trainer (ATC)

The Certified Athletic Trainer is a recognized allied health care professional specifically educated and trained in the total health care of the student-athlete. They are required to have a college/university degree from a recognized institution. All athletic trainers



are required to be nationally certified by the National Athletic Trainers Association Board of Certification, in good standing, and practicing in accordance to the NATA Code of Ethics. SD Miramar's Certified athletic trainers (ATC's) are responsible for the health and welfare for all San Diego Miramar Intercollegiate student-athletes. Athletic trainers are required to remain current on their certification through mandatory continuing education courses and holding current certification in first aid/CPR/AED training. The domains of the athletic training profession can be viewed at www.nata.org

C. Student Health Services

Student Health Services provides services for illnesses or injuries to students enrolled at the College on a walk-in or appointment basis during the hours of operation. The staff includes trained medical professionals that are contracted through the San Diego Community College District. The Sports Medicine Department works in conjunction with the Student Health Services Department in order to maintain consistency of care with the student-athletes. The Head Athletic Trainer works to collaborate with the Health Services staff to help provide the student-athletes with services such as follow-up care, appropriate referrals, education on personal and community issues for awareness, and initial assessment that caused the referral.

San Diego Miramar College's Sports Medicine Department will not be responsible for any bills or expenses for medications and/or services at Student Health Services.

IV. CCCAA Medical Guidelines

Bylaw 9 in Commission on Athletics/California Community College Athletics Association Constitution and Bylaws covers the minimum standards for medical care. Constitution and Bylaws can be viewed at www.cccaasports.org. San Diego Miramar Sports Medicine will adhere to all CCCAA medical guidelines.

V. Privacy Rights and Confidentiality

The San Diego Miramar College Sports Medicine Department takes the privacy of all student-athletes seriously. All information that is collected in regards to any student-athlete is kept in a secure area with controlled access to documents. At any time if the Sports Medicine Department feels a student-athlete's private information has been accessed without permission, the student-athlete will be notified in writing. All records in the athletic training room, including but not limited to participation physicals, insurance information, injury reports, etc, are protected under the Federal Education Rights and Privacy Act of 1974, as amended (FERPA) and the Health Insurance Portability and Accountability Act (HIPAA).

A. Communication of Medical Information

Medical information/documents pertaining to student-athletes at Miramar College will not be disseminated without authorization from the student-athletes. As allied health care professionals, the athletic training staff is privy to private and confidential medical information pertaining to student-athletes at Miramar College and must protect that medical information.

Prior to participation in intercollegiate athletics, each student-athlete authorizes the release of medical information to the intercollegiate athletics department personnel, which allows for the dissemination of medical information from the Sports Medicine staff to intercollegiate athletics administrators, coaches, strength and conditioning specialists. For the release of all other protected medical information, i.e. insurance, news media, professional sports teams, etc., the student-athlete must sign the "Authorization for Release of Health Information," which can be obtained in the athletic training room.

VI. Student-Athlete Sports Medicine Recognition Requirements

A San Diego Miramar College student-athlete is an enrolled student at San Diego Miramar College and is recognized as a member of their intercollegiate athletic team. This includes officially rostered and red-shirt student-athletes. In order for a student to be considered a student-athlete, to qualify for use of the athletic training room and access to the sports medicine staff, and to be covered by the San Diego Miramar excess injury policy, the following must be complete:



1. San Diego Miramar College Athletic Pre-Participation Exam by a Physician
2. San Diego Miramar College Health History Questionnaire (New or Returner)
3. San Diego Miramar College Emergency Medical Contact form
4. San Diego Miramar College Treatment of Consent/Awareness of Risk/Statement of Insurance Coverage form
5. San Diego Miramar College Authorization/Consent for Disclosure of Protected Health Information form
6. San Diego Miramar College Concussion Waiver
7. San Diego Miramar College Athletic Training Room Policies form
8. San Diego Community College District Waiver of Liability, Assumption of Risk, and Indemnity Agreement

A. Pre-Season Physical Examinations

All student-athletes, including new students, returners, walk-ons, red-shirts, and transfers, must have a San Diego Miramar Sports Medicine approved physical examination form on file prior to the start of their intercollegiate athletic career. **AT NO TIME WILL A STUDENT-ATHLETE IS PERMITTED TO PARTICIPATE IN ATHLETIC ACTIVITY, CONDITIONING ACTIVITIES, OR TRAINING ACTIVITIES WITHOUT PROOF OF A PHYSICAL EXAM.**

All student-athletes will be given an opportunity to complete an approved physical exam before the start of their season, or the student-athlete may choose to take the appropriate paperwork to a physician of the student-athletes choice and at the expense of the student-athlete. Before going outside the College to complete a pre-participation exam, check with the Head Athletic Trainer to make sure that the medical provider is approved for signing off on intercollegiate athletic physicals. No participation will be allowed until a completed copy of an approved physical exam is in the student-athletes' medical file.

B. Disqualification due to Pre-Existing Injuries or Conditions

Disqualification to participate at San Diego Miramar College Intercollegiate Athletics due to a pre-existing injury or condition is at the discretion of the San Diego Miramar Sports Medicine Staff. **FAILURE TO REPORT AND DOCUMENT ANY PRE-EXISTING PROBLEMS RELEASES SAN DIEGO MIRAMAR COLLEGE'S ATHLETIC DEPARTMENT FROM ANY LIABILITY IN THE EVENT OF ANOTHER PROBLEM CAUSED BY THE INITIAL INJURY.** San Diego Miramar College's Athletic Department will not be financially responsible for medications of long-term pre-existing conditions including, but not limited to, allergies, diabetes, acne, asthma, etc.

C. Medical Insurance

We strongly encourage that each student-athlete be covered by medical insurance in the event of an accident or non-sports related injury or illness. The San Diego Miramar excess injury insurance policy only covers injuries sustained during an SD Miramar Intercollegiate sport activities. San Diego Miramar College requires all students that attend the college to pay a Student Health Services fee each semester. This will cover for general illness and any potential injuries that occur during class time.

1. Student-Athlete is covered under a private policy

Although the Sports Medicine/Athletic Department may receive a copy of bills, in no case will the Athletic Department be the primary place for incurred bills to be sent. If a bill is sent to the student-athlete's residence or their permanent address, the bill needs to be forwarded to the primary insurance company for consideration. However, most times the bill is forwarded directly from the medical provider to the primary insurance company. It is the responsibility of the student-athlete and/or parent/legal guardian to verify with the primary insurance that a copy of the bill has been received for processing. If the insurance company has not, please forward the bill and keep a copy for your records. If a balance remains after the primary insurance has contributed towards the claim or did not honor the claim, IMMEDIATELY forward the Explanation of Benefits and Itemized Statement of the charges to the San Diego Miramar Athletic Training Room care of the Head Athletic Trainer and to the San Diego Miramar secondary insurance company for consideration of payment. Failure to act in a timely manner can cause the claim to go to collections and appear on the student-athletes credit report.

2. Student-Athlete is not covered under a private policy



In the case that a student-athlete is not covered under a private insurance policy, the San Diego Miramar College excess insurance plan then becomes the primary coverage for any injuries that fall under the guidelines. Any medical bills that are sent to the student-athlete and/or the parent/legal guardian need to be forwarded to the excess insurance plan and to the San Diego Miramar College Athletic Training Room care of the Head Athletic Trainer for consideration. Please make sure to keep a copy for your records.

Throughout the process the student-athlete and/or the parent/legal guardian may receive letters from the excess insurance plan asking for additional information that is needed in order to resolve the claim. Do not automatically forward this letter to the Athletic Training Room without opening and addressing the issues within them. These letters are being sent in order to obtain additional information that can only be provided by either the student-athlete and/or the parent/legal guardian. If these letters are taken care of promptly it will allow the insurance company to pay the claim in a timely fashion. This helps to deter a claim going to collections and adversely affecting the student-athletes credit report. For specifics on the excess insurance plan, contact the Head Athletic Trainer.

VII. Athletic Training Room Hours and Reporting Time

The San Diego Miramar College Athletic Training Room is located in J-202 on the first level of the J-2 building adjacent to the Hourglass Gymnasium and the Ned Baumer Aquatic Center. From August through April the athletic training room staff will do it's best to post hours of operation weekly. A general guideline is that the athletic training room is open one hour before a home competition and half an hour prior to scheduled daily practices. It will remain open until approximately 30 minutes after completion of the last competition or practice for the day. The athletic training room is closed on Saturdays and Sundays, except for schedule practices or game that has been cleared by the Head Athletic Trainer.

The Athletic Training room has an appointment system for student-athletes that need services for their injuries during certain portions of the day. Those with appointments will have priority. Any missed appointments will be reported directly to the Head Coach of their sport. Outside of appointment time frames, student-athletes will be seen on a first come, first serve basis and should sign in and notify the certified athletic trainer upon arrival. Note that student-athletes coming in for services before a competition will take priority, unless there is a serious injury. All student-athletes are expected to be at practice on time. All treatment and taping must be completed within ten minutes of the start of meetings or practices. Exceptions will only be made in the case of a class conflict.

A. Rules for the Athletic Training Room

- Below are ATR rules/guidelines that must be followed at all times:
- All injuries must be reported to an ATC immediately! Any delay can result in delay of your treatment and the delay of you being able to be seen by the appropriate medical parties.
- All athletes must be showered and clean, prior to being treated or use any ATR equipment. (exceptions are those injured at practice or game and must be seen immediately)
- All athletes must sign in prior being seen or use ATR equipment.
- ATR will be appointment based outside of pre-practice or pre-game timeframes. Those with appointments will have priority over walk ins.
- NO food, beverages, tobacco, chewing gum, or any other substances into the ATR.
- The ATR is a place of business and considered a medical facility.
 - Please keep conversation at an appropriate volume.
 - Inappropriate behavior or language will not be tolerated.
 - No loitering or "hanging out".
 - Appropriate attire must be worn at all time. This includes shirts and shorts.
 - Proper shoes must be worn. No cleats, athletic shoes for rehab.
 - No shoes on tables.
- Any personal belongings or athletic equipment needs to be left outside of the ATR by the front door.
- No items are to be removed from the Athletic Training Room without prior permission. This includes water bottles, ice chests, heat packs, etc.



- Athletic Training items such as Ace wraps, crutches, ankle braces, etc. will be signed out to you by an ATC. You are responsible for them until returned. Any items not returned will be billed to you immediately.
- Return all equipment to their appropriate areas when finished.
- Prior to meetings, practices, and games; plan to have all taping and treatments completed at least ten minutes before report time. Make sure to take in to account other teams and your teammates when coming in.
- Injured players must report to each practice and game session unless otherwise arranged with your coach.
- Following treatment for an injury that causes limited/missed practice you must be cleared for increased participation by an ATC or from the treating physician. Coaches will be given notice of each player's level of participation.
- If anyone other than the onsite ATC refers you; or if you seek care for any outside medical treatment without the approval of the Head ATC, you will be held financially responsible for all charges. This includes injuries that were sustained during San Diego Miramar sponsored activities.
- Injuries not sustained during sponsored San Diego Miramar athletic functions will not be the responsibility of the College for management, treatment, or financial obligations.
- All Athletic Training Staff, have authority over all conduct and use of equipment, and may remove an athlete from the ATR for failure to follow these policies.

VIII. Expectations of an Injured San Diego Miramar College Student-Athlete

In order to achieve our objective to provide quality medical care, each student-athlete has responsibility to:

- Report all injuries within 24 hours.
- Follow the treatment and rehabilitation plan prescribed for him/her. It is the student-athlete's responsibility to advise the athletic trainers treating him/her if there are any problems or reason why he/she cannot follow the plan.
- Report to the athletic training room daily for treatment appointments until he/she is cleared by a member of the sports medicine staff.
- Report any changes in his/her condition to a staff athletic trainer.
- Be honest and direct with the athletic trainers caring for him/her. Tell them exactly how he/she feels about the things that are happening to him/her.
- Understand his/her health problem and the treatment and rehabilitation program to his/her satisfaction. If the student-athlete does not understand any part of his/her program, he/she should ask a staff athletic trainer or physician.

IX. Report All Injuries and Illnesses

All injuries and illnesses must be reported to a certified athletic trainer as soon as possible. A minor injury or illness often develops into a more significant issue unless properly and immediately treated. Injuries and illnesses must be reported and documented within 48 hours of initial symptoms. **IF AN INJURY IS NOT REPORTED TO A CERTIFIED ATHLETIC TRAINER WITHIN 48 HOURS OF OCCURRENCE, THE SAN DIEGO MIRMAR ATHLETIC DEPARTMENT WILL NOT BE RESPONSIBLE FOR FINANCIAL ACCRUAL.**

A. Injuries on the Road

If a student-athlete is injured or becomes ill while traveling with their team and a San Diego Miramar Athletic Trainer is not in attendance, the coach should first contact the host athletic trainer to be advised on the best route for evaluation and treatment. If a student-athlete is sent to an emergency room or is hospitalized, it is the responsibility of the coach to contact the San Diego Miramar Athletic Director and Head Athletic Trainer for the coordination of medical care and billing. For all other instances it is the responsibility of the coach in conjunction with the host athletic trainer and the injured/ill student-athlete to contact the head athletic trainer to ensure proper documentation and follow-up care.

B. Injuries Outside of Miramar Team Activities



If a student-athlete participates anytime outside of their designated in-season team activities, including out-of-season and/or in summer leagues, and sustains an injury; the San Diego Miramar Athletic Department's excess insurance policy will not be responsible for any medical bills incurred.

C. Injury referral to Physician or other Sports Medicine Practitioner

After the initial evaluation by a certified athletic trainer, if necessary, the student-athlete may be referred to a physician. The physician may be a team physician, health services staff member, team consultant, or a medical professional that is referred through their primary insurance. If the student-athlete or parent/legal guardian desires medical care other than that provided by the San Diego Miramar Sports Medicine Department, he/she may do so and Miramar will cover payment if coordinated through the Head Athletic Trainer ONLY. All records from the visit including the physician recommendations, and any imaging or labs results must be on file with the Head Athletic Trainer before the student-athlete will be cleared to return to participation.

D. Outside Medical Providers

If the student-athlete, their parent/ legal guardian, and/or coach wishes to seek an outside consultation concerning an injury; that consultation **MUST BE CLEARED BY AND APPROVED BY THE HEAD ATHLETIC TRAINER. WITHOUT PROPER APPROVAL, THE ATHLETIC DEPARTMENT WILL NOT BE RESPONSIBLE FOR ANY FINANCIAL OBLIGATION THAT RESULTS.**

E. Scheduling Appointments

Prior to the scheduling of any appointments for a student-athlete, the following procedure is used in order to assure that their primary insurance will be accepted:

1. Once it's determined that the student-athlete needs non-emergency medical attention, their Athletic Insurance Form will be pulled from their medical file.
2. The certified athletic trainer will contact the primary insurance company for authorization to see a medical professional.
3. The primary insurance will notify the certified athletic trainer if a referral is needed and if our team physician or other medical provider is a participant for coverage. Due to federal regulations (HIPAA), some companies may not be able to provide the requested information without the consent of the policy holder (this could be either the student-athlete or the parent holding the policy).
4. Due to the provision's set forth by your policy, the sports medicine department may have to send the student-athlete to a group of medical professionals who are not considered official athletic department providers of care in order to get the best benefits available. If this happens, it may take additional time for a non-emergency appointment to become available. Some policies (such as HMO's) may require the student-athlete to use only their chosen provider, even if out of the area.

In that case the student-athlete may need to return home in order to receive benefits provided by their primary insurance policy.

F. Pre-existing Injuries or Conditions

If the student-athlete suffers an injury prior to attending San Diego Miramar College, this injury is considered to be pre-existing. If the student-athlete continues to have problems with this injury upon their arrival to the college, the athletic excess insurance policy will consider this injury pre-existing and therefore will not provide any benefits should any medical bills be incurred. The sports medicine staff will assist the student-athlete in getting the medical attention they need within accordance of their primary insurance company. If there is no primary insurance the student-athlete will be responsible for all costs. In no way will the San Diego Miramar athletic excess insurance policy be responsible for any payments for these costs.

G. Illness

The San Diego Miramar Athletic Department and its excess insurance policy are not responsible for any illnesses (mental or physical) that affect the student-athlete during their time at the College. The Sports Medicine Department and the certified athletic trainers will help to find appropriate medical care within the confines of the situation.



Remember: In order for the athletic excess insurance to cover any remaining charges, the sports medicine department must follow the provisions set forth by the student-athletes primary insurance policy. If those regulations are not followed, and then the athletic excess insurance will not provide any benefits on the student-athlete's claim.

X. Medication

San Diego Miramar College Athletic Training does not stock over-the-counter (OTC) or prescription medication for dispensing.

A. Non-Prescription / Over the Counter (OTC) Medication

The Athletic Training Room does stock small amounts of non-steroid anti-inflammatory (NSAIDS) medications, which will be kept in a secure area of the athletic training room for use in emergency situations. These can only be given out with the direction of a medical professional and with appropriate documentation of use.

B. Prescription Medication

The San Diego Miramar College Sports Medicine Department does not dispense or carry prescription medication. If a student-athlete has prescription medications it is their responsibility to have them available during practices and competitions.

Student-Athletes should NOT share medications at any point. Do not take anything that is not prescribed specifically for you.

XI. Supplements

Performance supplements use is not promoted or condoned by the Miramar Athletics Dept. or Sports Medicine staff.

Performance supplements are loosely regulated by the US Food and Drug Administration, therefore may contain substances that are hazardous to your health and put you at risk of failing drug tests.

XII. Counseling

Occasionally, the student-athlete may need to seek counseling services for stress management, general counseling, or other types of psychological, social, or psychiatric services. San Diego Miramar College's Sports Medicine Department will work with the student-athlete in order to help them receive the services that they need. The Sports Medicine Department will not be responsible for any fees that occur from these services. They are the responsibility of the student-athlete.

XIII. Pregnancy Policy

The San Diego Miramar College Sports Medicine Department uses the guidelines set forth by the NCAA on the matter of pregnancy. With these guidelines in mind, the following policy was developed:

A. San Diego Miramar College's Athletic Department does not provide medical coverage for gynecology and obstetrics conditions/problems. It is, therefore the responsibility of the student-athlete to seek and be financially responsible for medical coverage related to suspected or realized pregnancy.

B. The pregnant student-athlete must be under the care of an obstetrician and provide written proof of such care in order to remain as a student-athlete.

C. Termination of participation in practice and competitive events because of pregnancy will be at the discretion of the student-athlete and on the recommendation of the attending obstetrician and team physician.

The San Diego Miramar College Athletic Department will abide by the attending obstetrician and team physician recommendations regarding participation prior to, during, and following pregnancy but assumes no responsibility for complications due to continued participation that may result in permanent damage to the fetus or termination of pregnancy before term.

XIV. Motor Vehicle Accidents



A common non-athletic injury that brings student-athletes to the athletic training room is a motor vehicle accident. Unlike other non-athletic injuries, motor vehicle accidents need to be handled in a certain fashion in order to establish sound medical-legal practices.

Any student-athlete who suffers an injury from a motor vehicle accident must be seen by a physician prior to being treated by the athletic training staff and returning to activity.

Failure to be seen by a physician prior to returning to team activities can result in the individual not being covered by his/her insurance company for injuries sustained during the accident. Therefore, in an effort to make sure the student-athlete can be covered and compensated for losses by the individual's insurance company, the injured student-athlete must see a physician before being evaluated and treated by an athletic trainer.

XV. Contest and Practice Coverage

A. Tradition Season ATC coverage:

- 1. Home contest:** All traditional season home contests (regular or post-season) involving the San Diego Miramar College Intercollegiate Athletics teams will have a certified athletic trainer on site for the duration of the event. If there are overlapping competitions, the athletic training staff will try to hire an hourly certified athletic trainer to assist in coverage of the events. If unable to do so, priority goes to the event with the highest rate of risk. The other sport(s) will have direct line communication in case of any injuries in which the certified athletic trainer will be no more than ten minutes away.
- 2. Away contest:** The Miramar College Athletic Trainer is not required to attend traditional season away contests with teams, unless he/she chooses to do so. All away contests should be covered by the host athletic trainer. During post-season away contest, the MC athletic trainer will try to travel with team(s) unless there are conflicting home contests to be covered.
- 3. Practice:** The Miramar College Athletic Trainer will try to be available for coverage of all traditional season practices that falls within traditional work hours. There may be instances where the certified athletic trainer is not available for coverage (ie travel with post-season team, personal illness, dept. meeting, or practice doesn't fall within traditional work hours), in which case the coach will be responsible for responding to medical emergency situations. The athletic trainer needs to be notified at least 48hrs in advance to any practice schedule changes, if the team wants coverage.

B. Non-Traditional ATC coverage:

Non-traditional season practice/classes and contests will not be officially covered by a certified athletic trainer. However, if non-traditional contest does not conflict with traditional season sports and fall within the athletic trainer's traditional work hours (no nights or weekends); the athletic trainer may choose to cover the contest.

Non-Traditional Contest Medical Clearance policy:

Per CCCAA Bylaw 3.17: "Participants must be enrolled at the college he/she is representing and have a current medical physical on file". Each participant in a non-traditional contest must have a medical physical on file with the certified athletic trainer. The physical must be completed by an MD or DO, preferably using Miramar College's Athletic Training forms.

XVI. Sexual Harassment Policy

The San Diego Miramar College Department of Intercollegiate Athletics has a zero-tolerance policy in regard to sexual harassment. Any athletic training room situation that creates an uncomfortable feeling should be reported to the head athletic trainer, the head coach, and/or the director of athletics immediately. It must be understood by all concerned that there are numerous situations in sports medicine that make sexual harassment a particularly sensitive issue.



Certified athletic trainers are required to touch athletes in order to perform an evaluation and determine the best remedy and/or treatment process. Professionalism and sensitivity are of the utmost importance in this regard. Social interaction between student-athletes and certified athletic trainers is highly discouraged.

The San Diego Miramar College Sports Medicine Department observes and adheres to the sexual harassment policy of San Diego Miramar College, identified as San Diego Community College District Board Policy.

XVII. Falsifying Information

All student-athletes must provide the San Diego Miramar Sports Medicine Department with all the pertinent information on the Athletic Forms. Information must include, but not limited to, all medical history and medical insurance information. If there is no information provided and it is stated that there is no medical insurance coverage, the San Diego Miramar athletic excess insurance policy may request verification from the student-athlete and the parent/legal guardian that coverage does not exist. No payment will be issued until this is resolved to the satisfaction of the excess insurance company. Failure to comply with any requested information will cause delays in the processing and payment of the medical bills and therefore could lead to the bills being sent to collections.

XVIII. Emergency Action Plans

An emergency action plan will be established for each on-campus venue where an athletic team practices and/or competes. Prior to the start of the season, the athletic training staff will draft and/or make revisions to the emergency action plan for every athletic venue at Miramar College. This plan will include the initial actions of the individual responding to the situation (which will then vary depending upon the situation); a safe place in the event lightning occurs and the contest is postponed; the accepted procedure for contacting emergency medical personnel; phone numbers for campus police; phone numbers, addresses, and directions for local hospitals; phone numbers for pertinent Miramar College Athletics staff; and the location of the nearest AED.

Each year, a current emergency action plan will be distributed to each coach so that he/she is familiar with the emergency action plan for his/her corresponding venue. All coaches should have this information prior to the start of practices so that the emergency action plan can be discussed and questions can be answered.

XIX. Concussion Management Plan

The Sports Medicine team has developed a detail concussion management plan to better assist with the evaluation and care for student-athletes who suffer concussions/mild traumatic brain injury. A protocol for responding to possible concussions, under the discretion of a physician, is in the best interest of student-athlete's well-being and can lessen the chances of further harm to a student-athlete's health. It is the student-athlete's responsibility to report all symptoms pertaining to any possible head injury to the Athletic Trainer. The Sports Medicine staff will provide student-athletes with information about concussions and its signs and symptoms. In addition, all student-athletes are required to sign a concussion waiver stating that they received information regarding concussion and that they will report any symptoms related to head injuries.



TIPS FOR SUCCESS

Words of Wisdom

Attack each day with an enthusiasm unknown to mankind.. The Harbaugh Family Many have the will to win, but few have the will to prepare.

Joe Paterno, Head Football Coach, Penn State University
2-time NCAA National Championship coach

The harder you work, the harder it is to surrender.

Vince Lombardi, 5-time NFL Championship coach

Winning a championship is a one-time event, while being a champion is a lifestyle. Unknown

Weakness of attitude becomes weakness of character. Albert Einstein

Discipline yourself, and others won't need to.

John Wooden, 10-time National Championship Head Coach, UCLA Men's Basketball

The most important play is the next one.

Dr. Marv Dunphy, Head Men's Volleyball Coach, Pepperdine University 1988 Olympic Gold Medal coach/4-time NCAA Champion

Sports do not build character. They reveal it. Heywood Broun, Sportswriter

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how you do it. Lou Holtz
NCAA football National Championship coach

I don't want a handout. Just open the door and I'll get it myself. James Brown

Simplicity is the ultimate sophistication. Leonardo DaVinci

Insanity: doing the same thing over & over again and expecting different results. Albert Einstein

I saw some Dream Teamers dog it in practice before the Olympics. I looked at them and I knew that's what separates me from them. Michael Jordan

The investment is high, the risk heavy in the pursuit of excellence. Those who find it within themselves to make the ultimate commitment stand to gain the greatest victories.

Dr. Marv Dunphy, Head Men's Volleyball Coach, Pepperdine University
1988 Olympic gold medal coach/4-time NCAA Champion

Those who don't are no better than those who can't. Brian Billick, NFL Super Bowl champion coach

Never be afraid to try something new. Remember, amateurs built the Ark; professionals built the Titanic. Unknown

The difference between ordinary & extraordinary is that little extra.

Jimmie Johnson, 2-time NFL Super Bowl champion coach

Find a way to win the drill.

Eric Sato, Head Women's Volleyball Coach, West Hills HS
Olympic gold & bronze medallist, 2-time California State Champion coach

It's not enough to be good, if you have the ability to be better.

Dr. Marv Dunphy, Head Men's Volleyball Coach, Pepperdine University
1988 Olympic gold medal coach/4-time NCAA Champion



The greatest ideas are often met with violent opposition from mediocre minds. Albert Einstein

Mental is to physical as 4 is to 1. Bobby Knight, 3-time NCAA men's basketball championship coach

We are what we repeatedly do. Excellence, therefore, is not an act but a habit. Aristotle

Do not let what you cannot do interfere with what you can do.

John Wooden, 10-time National Championship Head Coach, UCLA Men's Basketball

One of the most common problems in our society is unsuccessful people with great potential.

Hubie Brown, former NBA head coach/TV commentator

Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly. Dr. Stephen Covey

I hated every minute of training, but I told myself, "don't quit, suffer now and live the rest of your life as a champion". Muhammad Ali

Practice is a privilege. If you're not here to work, don't come. After all, this isn't a required freshman English course. This is fun & it's elective.

Dean Smith, former Head Basketball Coach, University of North Carolina 2-time NCAA men's basketball champion

We are all faced with a series of great opportunities brilliantly disguised as impossible situations.

Chuck Swindoll

Discipline: doing what you have to do, and doing it as well as you possibly can, and doing it that way all the time. Bobby Knight, 3-time NCAA men's basketball championship coach

There's a difference between interest & commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses; only results.

Dr. Ken Blanchard

"I'm working as hard as everyone else." "But, you told me you wanted to be the best. And if you want to be the best, then you have to work harder than everyone else." After a long pause: "Coach, I understand. You'll see. Watch." Michael Jordan and Coach Roy Williams

Success has many fathers, but failure has none. Unknown

Some people succeed because they are destined to, but most people succeed because they are determined.

Elmer Towns

Man who says it cannot be done should not interrupt man who is doing it. Chinese proverb

You think you can win on talent alone? Gentlemen, you don't have enough talent to win on talent alone. Herb Brooks, 1980 USA Hockey "Miracle on Ice" gold medal coach

We confide in our strength without boasting of it; we respect that of others without fearing it.. Thomas Jefferson

What to do with a mistake: you recognize it, you admit it, you learn from it, and you forget it. University of North Carolina men's basketball

In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.

Theodore Roosevelt

Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives - choice, not chance, and determines your destiny. Aristotle

He who is not courageous enough to take risks will accomplish nothing in life. Muhammad Ali



I must be willing to give up what I am in order to become what I will be. Albert Einstein

To give anything less than your best is to sacrifice the gift. Steve Prefontaine

They didn't know it was impossible, so they did it. Mark Twain

Measure your worth by how hard you play, how smart you play and how well we play together. Steve Fisher

Persons of genius are admired; Persons with wealth are envied; Persons with power are feared but, only persons of character are trusted

Talent is God-given – be humble; Fame is man-given – be thankful; Conceit is self-given – be careful
John Wooden, 10-time National Championship Head Coach, UCLA Men's Basketball

Life is a spiritual journey; and sometimes all you have to do is show up and have a little faith that something completely amazing is possible any day. From *Live Like You Were Dying*, Tim Nichols & Craig Wiseman,

So much in life depends on our attitude. The way we choose to see things or to behave or to respond to others makes all the difference. To do the very best we can, and then to choose to be happy about our circumstances, whatever they may be, can bring peace and contentment. Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same. The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than the past, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past; we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is to change our attitude. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it... We are in charge of our attitudes. We have but one chance at this life. For maximum happiness, peace and contentment, may we choose a positive attitude? Thomas S. Monson



PLANNING AND WRITING AN ESSAY OR COMPOSITION

1. Select a general subject area that interests you.
2. Make a list of your thoughts and ideas about the subject.
3. Use your list to help focus on a specific topic within the subject area.
4. Decide what you want to say about the topic, and write an introductory statement that reflects this purpose.
5. Make a list of details to support your statement.
6. Arrange the list of details into an outline.
7. Do any reading and research necessary to provide additional support for specific areas of your outline. Keep a careful list of all of your sources for your bibliography.
8. Write a first draft
9. Revise your first draft, making sure that:
 - a. The introduction includes a clear statement of purpose.
 - b. Each paragraph begins with some link to the preceding paragraph.
 - c. Every statement is supported or illustrated.
 - d. The concluding paragraph ties all of the important points together, leaving the reader with a clear understanding of the meaning of the essay or composition.
 - e. Words are used and spelled correctly.
 - f. Punctuation is correct
10. Read your revised paper aloud to check how it sounds.
11. Proofread your revised paper two times: once for spelling, punctuation and word usage, and again for meaning and effectiveness.



SUCCESS SKILLS (SUCCESSFUL NOTETAKING)

SUCCESSFUL NOTETAKING

- Taking notes reinforces what we hear in the classroom and requires active listening. Having accurate information makes your outside study and review time much easier. Good note-taking requires practice.
- Be aware of each teacher's lecture style; learning how to adapt to each style takes patience. Take notes as you (attentively) listen to the lecture. Keep notes in an individual notebook for each class or in a loose-leaf binder that has a section for each class. Your teacher may have certain requirements.
- Date each day's notes, and keep them in chronological order. Some teachers provide outlines that tell you how a series of lectures will be organized; other teachers will deliver their lectures and expect you to write the information in your notes. Most teachers will emphasize important points by stressing them or repeating them a few times. Make a note in the margin or highlight any information the teacher specifically identifies as important.
- Write notes in short phrases, leaving out unnecessary words. Use abbreviations. Write clearly so you will be able to understand your notes when you review them.
- If you make a mistake, a single line through the material is less time consuming than trying to erase the whole thing. This will save time and you won't miss any of the lectures. Don't copy your notes over to make them neat; write them neatly in the first place. Don't create opportunities to waste your time.
- Write notes on the right two-thirds of the notebook page. Keep the left one-third free for your follow-up questions or to highlight the really important points in the discussion.
- Listen for key ideas. Write them down in your own words. Don't try to write down every word that your teachers say. Some teachers will use the chalkboard, an overhead projector or a power point presentation to outline these key ideas. Others will simply stress them in their discussion.
- Soon after class, while the information is still fresh in your mind, create questions directly related to your notes in the left column of the paper. Place these questions across from the information to which it pertains, Highlight or underline any key points, terms, events or people. Quiz yourself by covering the 2/3 side of your notes and try to answer the questions you developed without referring to your notes. If you need to refresh your memory, simply uncover the note section to find the answers to your questions. You need to refresh your memory, simply uncover the note section to find the answers to your questions. You need to refresh your memory, simply uncover the note section to find the answers to your questions. You need to refresh your memory, simply uncover the note section to find the answers to your question. Short, quick reviews will help you remember and understand the information as well as prepare for tests.
- Review your notes daily. This reinforces the information and helps you make sure that you understand the material.
- Make sure your notes summarize, not duplicate. The material.
- Devise your own use of shorthand.
- Vary the size of titles and headings.
- Use a creative approach, not the standard outline form. Keep class lecture notes and study notes together.



SUCCESS SKILLS (PLAN FOR SUCCESS)

PLAN FOR SUCCESS

SUCCESSFUL PEOPLE DON'T BECOME SUCCESSFUL BY LUCK. THEIR SUCCESS IS THE RESULT OF SETTING GOALS AND WORKING TO ACHIEVE THOSE GOALS. IN OTHER WORDS, SUCCESSFUL PEOPLE PLAN TO SUCCEED. YOU, TOO, CAN PLAN TO SUCCEED. DON'T PROCRASTINATE. GOOD INTENTIONS WILL NOT HELP YOU SUCCEED. START PLANNING FOR SUCCESS TODAY!

ORGANIZATION- Getting organized is the first step to success.

- Remember that you are responsible for knowing about and completing your assignments and special projects.
- Use your datebook to write down your homework, extracurricular activities, community activities and home responsibilities.
- Make sure you have all the materials you need when you go to class and when you do your homework.

Time Management- Managing time wisely will help ensure that you have the opportunity to do both the things you need to do and the things you want to do.

- Plan a definite time to do your homework.
- Plan time for extracurricular and social activities as well as home responsibilities
- Commit yourself to your time plan, but be flexible. For example, if something happens that makes it impossible for you to do homework during the regularly scheduled time, plan an alternate time to do the homework.

Set Priorities- If you have lots to do, it is important to set priorities.

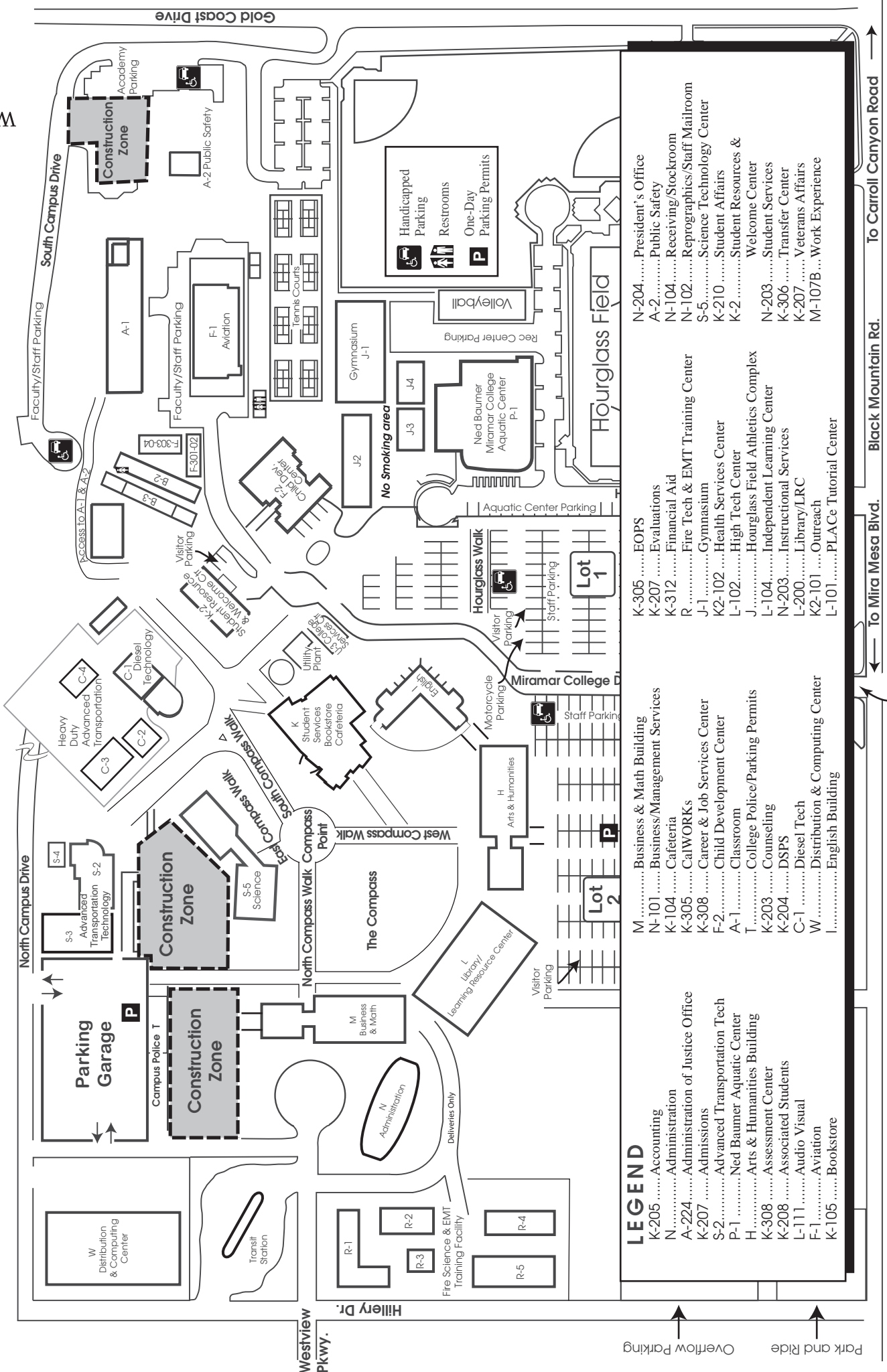
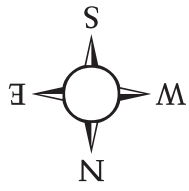
- a. Rank each task in 1, 2, 3 order. Start with #1- the most important task-and continue on down the list.
- b. When doing homework, start with the subject in which you need the most improvement.
- c. Check off finished tasks.
- d. If you frequently find that you cannot finish all the tasks on your list, you may need to prioritize your optional activities and eliminate some that are low on your priority list.

Set Goals- Just wishing to get better grades or to excel in soccer accomplishes nothing. You need a plan of action to achieve your goals. Setting goals will result in better grades and higher self-esteem. Best of all, setting goals will make you feel in control of your life. Some hints for setting goals:

- e. Be specific. List specific goals for each academic subject. Also list goals for other school and home activities.
- f. Set time limits. Your goals can be both short-term (within a month or on the next quiz or test) and long-term (within the semester or within the school year).
- g. Set realistic goals. For example, if math has always been difficult for you, don't aim for an "A" in Algebra at the beginning for the year. If you usually get a "C" in Math, you may want to begin by setting a short-term goal of "C+" or "B-". Reaching that first short-term goal will give you the confidence to raise your goal for the next test or the next grading period.
- h. Draw up a step-by-step plan for action for reaching each goal: then go for it!
- i. Write your goals down, and put them in several places (your locker, your datebook, your bulletin board) so you will see them several times a day.
- j. Share your goals with others-your parents, teachers, good friends, etc. They can give you encouragement.
- k. Keep at it! Be determined, and keep a positive attitude. Visualize yourself achieving your goals.
- l. Reward yourself when you reach a goal.

SAN DIEGO MIRAMAR COLLEGE CAMPUS MAP

Smoke Free Campus - Board Policy 0505



LEGEND

K-205	Accounting	M	Business & Math Building
N	Administration	N-101	Business/Management Services
A-224	Administration of Justice Office	K-104	Cafeteria
K-207	Admissions	K-305	CalWORKs
S-2	Advanced Transportation Tech	K-308	Career & Job Services Center
P-1	Ned Baumer Aquatic Center	F-2	Child Development Center
H	Arts & Humanities Building	A-1	Classroom
K-308	Assessment Center	T	College Police/Parking Permits
K-208	Associated Students	K-203	Counseling
L-111	Audio Visual	K-204	DSPS
F-1	Aviation	C-1	Diesel Tech
K-105	Bookstore	W	Distribution & Computing Center
		L	English Building

N-204	President's Office	K-305	EOPS
A-2	Public Safety	K-207	Evaluations
N-104	Receiving/Stockroom	K-312	Financial Aid
N-102	Reprographics/Staff Mailroom	R	Fire Tech & EMT Training Center
S-5	Science Technology Center	J-1	Gymnasium
K-210	Student Affairs	K2-102	Health Services Center
K-2	Student Resources & Welcome Center	L-102	High Tech Center
N-203	Student Services	J	Hourglass Field Athletics Complex
K-306	Transfer Center	L-104	Independent Learning Center
K-207	Veterans Affairs	N-203	Instructional Services
M-107B	Work Experience	L-200	Library/LRC
		K2-101	Outreach
		L-101	PLAcE Tutorial Center

P Miramar College Drive - campus main entrance
 Subject to change. Check www.sdmiramar.edu for up-to-date information.

SAN DIEGO MIRAMAR COLLEGE

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Patricia Hsieh, Ed.D., President



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Constance M. Carroll, Ph.D., Chancellor

SD Miramar Communications 07/14