



EAGLES SOCCER



The Mendocino College Men's Soccer program finished an amazing INAUGURAL 2014 season with a conference record of **10-1-1** and an overall record of **16-3-3**. The 2014 squad set a HIGH bar for future teams. In their inaugural season the Eagles **WON the Bay Valley Conference** and competed in the State Tournament! The Eagles strung 10 wins in a row and went 11 games without losing. They scored 47 goals on the season and conceded 23. The eagles earned 10 shutouts and had a season GAA of 1.05. The Men ended the season with a **state ranking of 15** and a **Nor Cal ranking of 9**.

There were some great individual accomplishments as well. **1st team all-conference player Oscar Martinez** (Kelseyville) lead the team with **goals scored (15)** and **total points (33)**. **Bay Valley Conference Midfielder of the Year Junior Segura** (Ukiah) lead the team in **assists with 8 and minutes played 1843**. Other Eagle players earning 1st team and 2nd team all-conference:

1st Team

Luis Rodriguez (Kelseyville)

Marcos Aguilar (Ukiah)

2nd team

Cesar Mendoza (Ukiah)

Arturo Alvarez (Ukiah)

Sebastian Farr (Ukiah)

Javier Gonzalez (Ukiah) graduated with his associates degree and is transferring to University of Texas at Tyler and will continue playing the game he loves while finishing his education!

The 2015 schedule is going to be a BIG challenge! The Eagles are training hard and are excited to compete in the fall of 2015! Our goal is to create an environment where our players learn the importance of Commitment, Dedication, Community, and Academics! All four pillars will assist in the development of the **TOTAL** person! Our student athletes are **better prepared for life** and **better prepared to be strong leaders** in their respective communities!



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TEN reasons to become a Soccer Player at Mendocino College

1. Athletic participation has a positive influence on academic achievement and social status: Research has shown student-athletes have higher graduation rates and have higher grades when compared to non-athlete students. Athletics has also shown to encourage the positive development of leadership skills, self-esteem, and a healthy lifestyle. Please visit the link provided that talks about the four-decade literature review on this topic: <http://www2.uwstout.edu/content/lib/thesis/2002/2002schleyv.pdf>

2. High Level of Coaching: Head Coach **Shane Huff** has eight years of collegiate coaching experience. Coach Huff has coached at the NCAA division I and II collegiate levels. Coach Huff holds a USSF “B”, NSCAA Advanced National License, and USYSA National Youth License. His assistant coaches bring a wealth of soccer knowledge. **Joe Munoz** was drafted and played professionally with New York/New Jersey Metro Stars (Redbulls) of Major League Soccer and was NCAA division II National Player of the Year. Assistant coach **Naomi Rhodes** has 7 years collegiate coaching experience and played NCAA Division I soccer at University of Oregon. Our newest team member on the coaching staff is **Larry Schwartz**. Coach Schwartz is our innovative Fitness Coach and he brings a ton of experience. Coach Schwartz competed with the track and field team at Mendocino College and studied Psychology before transferring and competing with the Cross Country team at UC Davis. Coach Schwartz is USA Track and Field Certified (Level II), and he is a certified coach through the Road Runners Club of America. Coach is currently finishing his PhD in Psychology from Grand Canyon University which is complementing his Master’s Degree in Sport Psychology from Springfield College.

3. Facilities: Beautiful stadium field that is natural grass. Field dimensions are 70 by 116 yards. Mendocino College has excellent weight and training room facilities. The team also cross trains on the campus’s challenging cross-country course!

4. Athletic Gear: The Eagles earn and get to keep their practice gear each season. Practice gear includes multiple training shorts, dri-fit shirts, t-shirts, Jacket/Hooded Sweatshirt, and socks. The Eagles wear custom Adidas uniforms that were designed by the Eagles coaching staff.

5. Low cost alternative to UC, CSU, and private university system. Tuition and fees for in-state California Community Colleges are \$1014 for the year. Significantly less when compared with CSU and UC tuition and fees. CSU tuition and fees cost \$7,025 and the UC costs are \$13,200 per year. See <http://www.californiacolleges.edu/finance/how-much-does-college-cost.asp> for more details. Mendocino College offers a combination of 88 associate degrees and certificate programs, perfect for your general education requirements!



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6. Matriculation: In the coaching staff's fourth season and third Women's sophomore class, 10 players have signed and moved on. We've seen scholarship packages range from \$12,500 to \$28,000 dollars! Our players are speaking to universities as far west as Hawaii to as Far East as Maine!

7. Location: Nestled between the foothills and vineyards just north of Ukiah, Mendocino College is a beautiful campus that is two hours north of San Francisco and one hour west of the Mendocino Coast! The college is five-minutes from Lake Mendocino where there is great water sports, hiking, mountain biking, and sun bathing. Historic Montgomery Woods with claims to the world's tallest tree is just 15 miles west of Mendocino College.

8. Academic Support Available: The women's soccer team works with an academic counselor who provides a two-year academic plan for our players. The NEW student-learning center has many academic supports for tutoring, and the soccer team has weekly supervised tutoring. The 2013 Team GPA was a 3.40!

9. Be apart of a professionally run program: Coach Huff and his assistant coaches strongly believe that the foundation to success is HARD WORK! Mendocino College Women's Soccer program trains year round where they lift weights, play futsal, do small group technical and functional training. The team uses a great coaching software system known as HUDL where the players are able to watch game film that has been broken down from the comfort of their homes. Coaches and players can create highlight films of individual players as well as having the option to email games to four-year university programs! Parents can also watch games from their comfort of their homes as well!

10. Creating life long friendships and memories: The Mendocino College Women's Soccer Program prides itself on creating a "family environment." Our team does team building activities that include; Team dinners, Team fundraising events, Team volunteering, pre-season "Beach Day", Fun road trips, and so on! The life long friendships and memories created will be something that the young ladies will be able to cherish.