



Women's Soccer Program Philosophy

Coaches' Beliefs

Our number one goal is to help our student athletes become winners. We believe success is not reflected on the scoreboard at the end of the match, nor in the win-loss column. Success is reflected in the hard work, the honesty and the desire the athletes put forth in making themselves better. Even though we cannot always win, we can always be winners.

We believe the soccer program at San Diego City College can help the student athlete become a better citizen, a better student and a better athlete. We are committed to helping our student athletes become the best they can be by developing skills that they can use throughout the rest of their lives. Some of these skills include, but are not limited to the following:

Responsibility – Athletes must learn how to be responsible to themselves by taking care of their health and their studies. In addition, they must be responsible to the team and their teammates by giving a 100% effort all the time. This includes during practice and games, both on and off the field.

Priorities – Student athletes must learn to have priorities and learn to hold themselves accountable to those priorities. We believe our priorities must always be in proper order: School first and then soccer. School always comes before soccer and this order cannot be changed. If a student athlete does not get their work done in the classroom, playing is no longer an option. Not everyone can have a career as a professional athlete, but education can prepare everyone for the productive and successful profession they wish to pursue.

Respect – Student athletes must demonstrate respect for themselves, parents, teachers, coaches, opponents, the game and its rules. It is important to always show respect to opponents, regardless of the opponent's behavior. Respect cannot be demanded; it must be earned! Student athletes must learn how to earn respect from everyone through hard work, honesty, discipline and self-control.

Self-control – Student athletes must demonstrate self-control of mind and body, both on and off the field. Self-control is demonstrated by how we act, what we say and how we say it. Student athletes must demonstrate self-control at home, at school, when we travel, when we practice and when we play.

Sportsmanship – Athletes must learn that there is a difference between winning and losing, winners and losers. Winners have a positive attitude that carries them through even the toughest times. Winners play fair, and they understand that even when they are down, they will always continue to try their best. Winners support their teammates during good times and bad times. Winners recognize and praise their opponents' effort, respecting them as players of the game under all circumstances. They respect officials in their effort to enforce the laws of the game and provide a safe environment for all involved, even when they don't agree with a call being made. Winners recognize that even the smallest success requires hard work.

Teamwork – There is no "I" in Team! We all work for a common goal and we stay united in good times and bad times. We must encourage each other to do our best. Positive praise and attitudes towards each other will help us develop team unity on and off the field. Our individuality comes second to the needs of the team. We are a family united in friendship and work. These ties will endure beyond our college years.

Discipline – To achieve greater goals, athletes must work together to achieve the smaller goals. We can start by helping each other become better students and better citizens. Athletes must understand that even the smallest goals cannot be achieved without discipline, dedication and the help of others. Day in and day out, they must work hard together to achieve the goals they have set for themselves and for the team. Players must be committed to giving their best effort. They must not give less than 100% at school, during practice, during games, on and off the field.

Pride – Athletes in this program will be labeled as "San Diego City College Women's Soccer Players", and everything they do during the season (and off season) will be reflected on their community, their school, their teammates, their coaches, and their soccer program. Athletes must work hard to be sure they bring honor, respect and pride to themselves and everyone involved in the program.

Service – We are not isolated from the world or our community. Anything we have is the result of the opportunities our community and our school have given us. We believe we must show our appreciation to our community by becoming role models to our schoolmates, other students and society as a whole. We can do this by participating in activities that promote education, athletics, drug-free environments, environmentally friendly practices and helping those in the community less fortunate.

★ Participation in athletics is voluntary. Participation is not required for graduation and thus, being on a sports team is a privilege which must be earned, it is not a right. With that privilege comes the responsibility to maintain the established standards of conduct of the San Diego City College Women's Soccer Team, our athletic department, our academic institution, the Pacific Coast Conference, and the California Commission on Athletics.