

Southwestern College Football



Spring
2014

Southwestern College **Jaguar**Football



WE OPEN AUGUST 2014:

The FIELD HOUSE, a center piece for the Prop R bond voted in by our neighbors is pictured below. When finished, the facility will be the top in Community College athletics.



Bigger, Faster, Stronger. A 6,000 square foot weight room in the new facility. On the right is what our **Team Meeting Room** will look like when completed.

Southwestern College **Jaguar Football**



SPRING FOOTBALL 2014

ES/A 110 - ATHLETIC STRENGTH & POWER FOR FOOTBALL (Jan thru March)

MTWTH - 2:00 - 3:15

110 A (1st Time) 110 B (2nd Time)

110 C (3rd Time) 110 D (4th Time)

ES/A 190 - WEIGHT TRAINING (Mid March thru May)

MTWTH - 2:00 - 3:15

190 (1st Time) 191 (2nd Time)

192 (3rd Time) 193 (4th Time)

ES/T 114 - THEORY AND APPLICATION OF CONDITIONING:

FOOTBALL - MW 3:30 - 4:45

114 (1st Time) 115 (2nd Time) 116 (3rd Time)

ES/T 114 01 CARBERRY... ALL OFFENSIVE PLAYERS

ES/T 114 03 MONARREZ... ALL DEFENSIVE PLAYERS



The JAGS returned to train with the Navy SEALs this past spring. A great leadership day as well as team building.

Southwestern College **Jaguar** Football



2013 PATRIOTIC BOWL CHAMPIONS



Southwestern College **Jaguar**Football



2012 MOUNTAIN CONFERENCE CHAMPIONS
AMERICAN BOWL CHAMPIONS



Southwestern College **Jaguar** Football



2008 MOUNTAIN CONFERENCE CHAMPIONS



Southwestern College **Jaguar Football**



6 REASONS TO CHOOSE SOUTHWESTERN COLLEGE

BE RECRUITED: Over 100 players and counting have moved on to a university in the last 6 seasons. Three to the PAC 12 and one to the ACC. No other San Diego community college can match that.

WIN: 2008 and 2012 Conference Champions.

BEATING OUR NEIGHBORS: We have beaten S.D. Mesa the last 4 years in a row and have beaten Grossmont 2 of the last 4 years.

IMPROVE: The best Community College strength & speed program in California will get you ready for our season and the next level.

WE RECRUIT SAN DIEGO COUNTY: Our recruiting focus is on San Diego players. Although we do have out of state players on our team, the heart of our team will always be San Diego County players.

COMPETE FOR PLAYING TIME: The best players play.

BEST FACILITIES IN CALIFORNIA: Construction began in the spring of 2012. The “Field House” will have state of the art locker rooms, a 6,000 square foot weight room, class rooms, including a large lecture hall and staff offices.

JAGUARS

Southwestern College *Jaguar* Football



Division I Universities and Conferences that recruit
SOUTHWESTERN COLLEGE.



Southwestern College *Jaguar* Football



Division I Universities and Conferences that recruit
SOUTHWESTERN COLLEGE.



Southwestern College *Jaguar* Football



THE PAC 12 LOVES TO RECRUIT SOUTHWESTERN



WR GEORGE BELL
Community College
All American
1st Team All Conference
San Diego HS
Scholarship to DI
Pac 12 Arizona State University



LB THOMAS TUTOGI
1st Team All State
1st Team All Conference
Chula Vista HS
Scholarship to
Pac 12 University of Washington
AFTER ONE SEASON



OT MARC POUVAVE
1st Team All State
1st Team All Conference
Monte Vista HS
Scholarship to
Pac 12 University of Utah
1st Team All Pac 12 Academic

WHO'S NEXT

Southwestern College Jaguar Football



2012 SCHOLARSHIPS



QB Brett Nelson

Scholarship to
DI Louisville University
California State Region 5
Offensive Player of the Year



WR BRYANT MITCHELL

Mount Miguel HS
2nd Team All Conference
D1 Northwestern State
Louisiana



DB RASHAD GREENE

Warner Christian HS
1st Team All Conference
Div I Western Kentucky



DB DONTÉ HADDOCK

Eastlake HS
1st Team All Conference
D2 Humboldt State

CLASS OF 2012

LEVEL	NAME	UNIVERSITY	
DI	Brett Nelson	Louisville University	St. Francis HS
DI	Bryant Mitchell	Northwestern State University	Mount Miguel HS
DI	Rashad Greene	Western Kentucky University	Warner Christian HS
DII	Frank Foster	Offered at Ft. Lewis University, Colorado	Valhalla HS
DII	Charles Westbrook	Offered at Ft. Lewis University, Colorado	Coronado HS
DII	Eric Burhop	West Liberty University, West Virginia	Beaumont HS
DII	Mike Chance	West Liberty University, West Virginia	Mission Bay HS
DII	Nick Fehoko	Offered at multiple D2 schools	Chula Vista HS
DII	Kellan DelaRosa	East Central Oklahoma University, Oklahoma	Bonita Vista HS
DII	Cassy White	Humboldt State University	San Diego HS
DII	Jason Perez	Offered at multiple D2 schools	Montgomery HS
DII	Donte Haddock	Offered at multiple D2 schools	Eastlake HS
NAIA	Jake Kemp	Benedictine University	Bonita Vista HS
NAIA	Carlos Murana	Benedictine University	Morse HS
NAIA	AJ Benson	Doane College, Nebraska	Morse HS
	Jeremy Burgos	December Grad	Notre Dame HS
	Jovann Gonsalez	May Grad	Olympian HS
	Khaalid Abdullah	May Grad	Mount Miguel HS
	Kyle Doton	May Grad	Otay Ranch HS
	Robin Johnson	May Grad	Eastlake HS
	Jordan Jacobs	May Grad	Coronado HS
	Vernon Johnson	May Grad	Brewster HS
	Eddie Vega	May Grad	Eastlake HS

Southwestern College Jaguar Football



2011 SCHOLARSHIPS



OT MARC POUVAVE

1st Team All State

1st Team All Conference

Monte Vista HS

Pac 12 Conference

DI University of Utah



RB AARON HARRIS

1st Team All State

1st Team All Conference

Granite Hills HS

Offered at

DI University of Cincinnati



DB JAKE COOGAN

Mater Dei Catholic HS

Big Sky Conference

DI University of Montana

CLASS OF 2011

LEVEL	NAME	UNIVERSITY
DI	Marc Pouvave	University of Utah
DI	Nick Floyd	Duquesne University
DI	Jake Coogan	University of Montana
DI	Daniel Akpa	Bethune-Cookman University
DI	Aaron Harris	Offered at Univ of Cincinnati
DI	Berkley Lutu	Offered at Weber State
DII	Cameron McGee	Northwoods Univ. Michigan
DII	Marcus Clements	Chowan State University
DII	Marquise Deadwiler	Humboldt State University
DII	Patrick Jarin	Carson-Newman University
NAIA	Fabian Varela	Doane University
NAIA	Frankie Kascinta	Signed Central Methodist
NAIA	Anthony Leota	Signed Central Methodist
NAIA	Kevin Phillips	Signed Central Methodist
NAIA	Keith Phillips	Signed Central Methodist
NAIA	Sergio Martinez	Signed Central Methodist
NAIA	Christian Espiritu	Ottawa University
NAIA	Hollis Hullin	Benedictine University
NAIA	Zak Butts	Benedictine University



DB NICK FLOYD

2nd Team All Conference

Grossmont HS

Metro Atlantic Conference

DI Duquesne University

Southwestern College **Jaguar**Football



2010 SCHOLARSHIPS



QB VICTOR PEREZ

Chula Vista HS
Scholarship to
DI Eastern Kentucky
AFTER ONE SEASON



WR BEN IAJA

Murrieta Valley HS
Div I Texas State University
AFTER ONE SEASON



WR ANDREW GRIMES

Bonita Vista HS
Div I University of San Diego
AFTER ONE SEASON

CLASS OF 2010

LEVEL	NAME	UNIVERSITY
DI	Thomas Tutogi	University of Washington
DI	Victor Perez	Eastern Kentucky University
DI	Aaron Lazaro	University of Idaho
DI	Andrew Grimes	University of San Diego
DII	Ramsey Iapala	Tusculum College
DII	Rob Jones	Southern Nazarene University
DII	Ryan White	Southern Nazarene University
DII	Melvin Johnson	Southern Nazarene University
DII	Derold Walls	Multiple Offers
NAIA	Tama Hugo	Central Methodist University
NAIA	Owen Breeden	St. Mary's University
NAIA	Chester Radoc	St. Mary's University
NAIA	Ricardo Felix	Ottawa University
NAIA	Eric Gilbert	Midland Lutheran
NAIA	Luis Burgoin	Midland Lutheran
NAIA	Spencer Hunter	Offered at Kansas Wesleyan



DL AARON LAZARO

All Conference

Otay Ranch HS
Scholarship to
DI University of Idaho

Southwestern College Jaguar Football



2009 SCHOLARSHIPS



K ABEL PEREZ
1st TEAM ALL STATE

Castle Park HS
Scholarship to DI
SDSU



DE JARED JACKSON
ALL CONFERENCE

Bonita Vista HS
Scholarship to DI
University of Nevada Reno



WR GEORGE BELL
Community College

All American
San Diego HS
Scholarship to DI
Pac 12 Arizona State University

CLASS OF 2009

LEVEL	NAME	UNIVERSITY
DI	George Bell	Arizona State University
DI	Abel Perez	San Diego State University
DI	Andrew Feaster	San Diego State University (walk on)
DI	Jared Jackson	University of Nevada Reno
DII	Steven Carroll	Chowan State University
DII	James Holmes	Ft. Lewis College
DII	Andrew Robinson	Ft. Lewis College
DIII	Scotty Miller	University of Redlands
DIII	Blake Zamora	Cal Lutheran University
DIII	Deron Spivey	Whitter College
NAIA	Mike Johnson	Benedictine University
NAIA	Ian Watters	Benedictine Univeristy
NAIA	Brendan Carter	Missouri Valley University
NAIA	Brad Carter	Central Methodist University
NAIA	Jeff Kaisa	Central Methodist University
NAIA	Eric Carrillo	Central Methodist University
NAIA	David McGuire	Dakota Wesleyan
NAIA	Victor Lucas	Bacone College
NAIA	Bobby Owens	Bacone College



STEVEN CARROLL QB
(Oceanside HS)
Chowan State Univ.

Southwestern College Jaguar Football



2008 SCHOLARSHIPS



QB RYAN NELSON
ALL CONFERENCE

Loyola HS
Scholarship to DI
Northern Arizona University



RB KENSLOW SMITH
ALL CONFERENCE

Helix Charter HS
Scholarship to DI
Sacramento State University
transfer to USD



DB TAEOR WORRELL
ALL CONFERENCE

El Capitan HS
Scholarship to DI
Northern Arizona University

CLASS OF 2009

LEVEL	NAME	UNIVERSITY
DI	Kenslow Smith	University of San Diego
DI	Ryan Nelson	Northern Arizona University
DI	Taelor Worrell	Northern Arizona University
DI	Demitrius Grant	Idaho State University
DII	Jose Baez	West Liberty University
DII	Tevita Fehoko	West Liberty University
DII	Sheldon Galloway	Mid Western States University
DII	Wayman Casey	Upper Iowa University
DII	Philip Yandall	Delta State University
DII	Josh Sipho	Henderson State University
DII	Daivd Ortega	Lindenwood University
DII	Hakim Thomas	Lindenwood University
NAIA	Alex Morales	University of Sioux Falls
NAIA	A.J. Vines	Midland Lutheran University
NAIA	Jeff Waters	Midland Lutheran University



OT PHILLIP YANDAL
ALL AMERICAN

Leone HS / AS
Scholarship to D2
Delta State University

Southwestern College **Jaguar**Football



2007 SCHOLARSHIPS



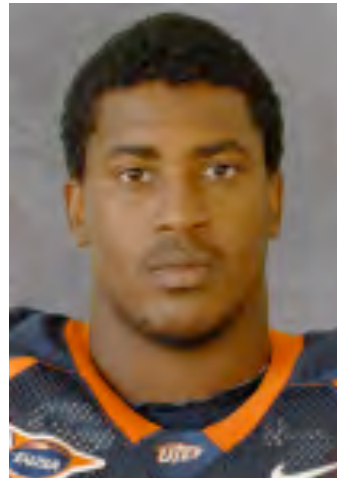
QB DREW WESTLING ALL CONFERENCE

Aliso Niguel HS
Scholarship to DI
SDSU
ONE SEASON



DE LJ BROWN

Hawthorne HS / FL
Scholarship to DI
University of Texas El Paso



DL TOREY ROBINSON ALL CONFERENCE

Mt. Miguel HS
Scholarship to DI
University of Texas El Paso

CLASS OF 2007

LEVEL	NAME	UNIVERSITY
DI	Drew Westling	San Diego State University
DI	L.J. Brown	University of Texas El Paso
DI	Tory Robinson	University of Texas El Paso
DI	Curtis Mitchell	Texas A & M University * Track
DII	Mike Page	Humboldt State University
DII	Alex Ouji	Missouri Southern / Redlands
DII	Brian McInnish	Offered at Texas A & M Commerce
DII	Jimmy Vidano	New Mexico Highlands (walk on)
DII	Ramar Watson	Pittsburgh State University
DIII	Shawn Shaw	Chapman University
NAIA	Kevin Pike	Central Methodist
NAIA	Alex Thomas	Lincoln University
NAIA	Marcus Love	Missouri Valley University



WR CURTIS MITCHELL ALL AMERICAN

Daytona Beach Florida
Scholarship to DI
Texas A & M Track
NATIONAL CHAMPION

Southwestern College **Jaguar**Football



Southwestern College

Student-Athlete Check List

APPLY FOR ADMISSION AT SOUTHWESTERN COLLEGE

http://www.cccapply.org/applications/CCCApply/apply/Southwestern_College.html

For questions regarding applying at Southwestern College, call the Admissions Office at 619-482-6550.

OUTREACH OFFICE

All freshmen are encouraged to contact our Outreach Office 619-482-6518 for information regarding getting started at SWC. By going through the Outreach Office you are eligible for early registration for classes.

ASSESSMENT

All first-time college students must take a Math and English assessment test at SWC prior to enrolling in academic classes. These assessment results are NOT used to determine admissions, but are used in suggesting courses to be taken. Regarding dates, times and to schedule an assessment appointment, please call the Assessment Center (Student Services Center, 1st Floor) 619-482-6385.

MEET WITH OUR ACADEMIC COUSELOR

After taking the Placement Test you will make an appointment to see our Athletic Academic Counselor, Ed Cosio. Our counseling office located on the second floor of the Student Services Center, or call 619-421-6700 x 5240.

CLASS REGISTRATION

After your meeting with our counselor you will register for classes. To be eligible in season you must be a full time student taking 12 units. Be aware of the GOLDEN FOUR classes you must take to transfer to a university:

1. Communications 103
2. English 115
3. English 116
4. Math 101

TRANSFERING FROM A 2 OR 4 YEAR INSTITUTION

For those of you who are transferring from another community college to Southwestern College you must "re-establish" your athletic eligibility by taking 12 units in the spring/summer session. A maximum of 8 units can be taken in the summer.

If you are transferring from a 4 year university to a 2 year college you become what is called a 4-2-4 (4 year university to a 2 year university back to a 4 year university). As a 4-2-4, to receive a Division I or IAA scholarship you must earn your AA Degree and be enrolled in Southwestern College for one full year.

IF YOU HAVE ATTENDED A COLLEGE OTHER THAN SOUTHWESTERN YOU MUST FILL OUT AN ATHLETIC TRACER TO VERIFY YOUR PARTICIPATION AT THAT COLLEGE. See our Athletic Assistant, Peggy Ball in the Health Exercise Science office for assistance.

Southwestern College Jaguar Football



Financial Aid Programs

Here is a summary sheet of possible Financial Aid support you may qualify for now. If you do not qualify for some of it now, you may qualify in the future. You will never know if you don't apply.

Type of Aid	CA Residency Required	Benefit	Required Application Forms
Board of Governor's Fee Waiver (BOGFW)	YES	Waiver of Tuition	"BOGFW" Application On Line www.swccd.edu
EOPS	YES	<ul style="list-style-type: none"> • Academic / Career / Personal Counseling • Tutorial Service • EOPS Book Services • Transfer Services • Employment Assistance / Internships • Priority Registration • Personal Development • Progress Reports 	EOPS Office Accepting applications
CAL GRANT	YES	Money for Educational Expenses	GPA Verification Form available in Financial Aid Office. FAFSA must be submitted
PELL GRANT	Federal Grant Open to all students that qualify	Money for Educational Expenses	Application On Line www.FAFSA.gov
FSEOG GRANT Federal Supplemental Ed Opportunity Grant	Federal Grant Open to all students that qualify	Money for Educational Expenses	Completed FAFSA
FEDERAL WORK STUDY	Federal Grant Open to all students that qualify	Money for Educational Expenses	Completed FAFSA
STAFFORD LOAN	Federal Grant Open to all students that qualify	Money borrowed must be paid back	Completed FAFSA

- Remember, if you are awarded a GRANT, you **DO NOT** have to pay it back.
- To get assistance with Financial Aid and other concerns with different programs contact the Financial Aid Office at SOUTHWESTERN COLLEGE: To get assistance with EOPS and CARE programs, contact the EOPS/CARE Office at SOUTHWESTERN COLLEGE.