



THE *Healy* EFFECT

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The Healy sisters are a force to be reckoned with on the soccer field. Ashlin '18 and Erin Healy '19 collectively scored 70 out of 100+ goals and assisted 30 more last season, leading the 2016-17 Varsity Soccer Team to CIF Eastern League victory on March 4, 2017.

"That was 100% my favorite moment in high school so far," Ashlin beams. "Especially because the whole school was behind us. Having the whole Flight Crew (at the game) was awesome."



Ashlin lines up to take a shot.

Ashlin and Erin have been playing soccer since they were four and five years old, respectively. Erin plays for the Rebels Soccer Club in Chula Vista while Ashlin plays for the Albion Soccer Club as part of their Development Academy. In fact, the girls have grown up playing on separate teams due to their 19-month age difference – OLP's 2016-17 season was the first time they've ever played for the same team!

Luckily, the transition was easy since they have grown up watching each other play. "We just know where the other is," Erin says. "I don't even have to look. I just pass the ball and she's there."

Finishing the 2016-17 season with a 23-1-1 record and winning 16 games in a row is a monumental accomplishment that can only be achieved with a great coach, and the Healy sisters are quick to give Coach Kevin Soares credit. According to Ashlin, Coach Soares' possession-based style of play has been "the most productive" out of any coach she's ever had, and he doesn't get "overly frustrated" when they struggle with making corrections.

"He's also really focused on making sure his players are good people, not just players," Ashlin says. "I think that also helped our chemistry as a team."

The girls also stress how important it is to be present and work hard at practice. "You can go through the motions if you want to, but if you work hard for that hour and a half, it makes a difference," Ashlin explains.

OLP has been working hard to grow the Athletics program, and the Healy sisters have noticed results. They credit Mr. Gonzalez's morning announcements and Flight Crew for keeping student-athletes in the spotlight, and were shocked when the entire student body sent them off to their State Semifinal Championship game against Claremont High School.



Above from left: Ashlin and Erin pose for a photo. The sisters showing off their CIF Championship patches. The girls in their Gonzaga gear.

WHAT ADVICE WOULD YOU GIVE TO A GIRL WHO WANTS TO PLAY SOCCER IN HIGH SCHOOL?

"I'd say, be confident in your skill. It's almost always obvious when a girl is nervous and when she gets frustrated. Even if you know you're not as good during a tryout, put on a brave face. If you mess up, put it behind you and keep going." - Ashlin

"A lot of people mess up in soccer. Even the pros. You don't want to get down on yourself because it shows and gets in your head. You have to just let it go and keep your mind on what you can do better." - Erin

"At first we thought it was just the Council of 10, and then we saw (the tunnel) swirl around the school and were like 'oh, my gosh!'" Erin recalls.

"The tunnel was the nicest thing. I was emotional," Ashlin says.

With each sister playing about 8-10 hours of soccer a week year-round, balancing academics with athletics has almost become second nature. They know they have to manage their time well and are proactive about doing so.

"Whenever we get a chance to do homework, we do it," Erin explains. "If we have 15 minutes between practice, we do homework. We can get something done!"

So what's next for these powerhouse girls? Ashlin is comfortably undecided on where she wants to go to college and is considering a major in business. Meanwhile, Erin has verbally committed to play soccer at Gonzaga University and wants to become a second grade teacher. Until then, the girls are looking forward to another dynamic season at OLP!



Erin battling an opponent for control of the ball.

..... 2016-17 OLP STATS

ASHLIN HEALY '18		ERIN HEALY '19
scored 37 goals		scored 33 goals
& had 20 assists		& had 10 assists
Jersey #15		Jersey #22

Favorite team: **Barcelona** • Favorite player: **Lionel Messi**

3.05: national average of goals scored in girls' high school soccer
2.21: national average of assists in girls' high school soccer