



# TOUCHLINE

Quarterly Newsletter

Spring 2017



“Where the trails of passion and purpose meet, begins the path to victory.”

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## STATE CUP RECAP—IDAHO RUSH CROWNED KINGS OF IDAHO

2017 was the most successful State Cup tournament for Idaho Rush with 5 championships, 2 second place trophies and 4 third place finishes. All 11 Idaho Rush teams that entered the tournament finished in the top 3. For CEO Lee Riley, the success was not a surprise given the club had 7 squads in the finals of last year's State Cup, including 5 boys, and 2 girls teams. All 5 of the youth teams lost in the finals last year by a single goal. So what made the difference this year? The “fine details” according to Riley, including nutrition, classroom sessions, and expert recovery information from St. Al's Sports Medicine. One example: the '03 boys team this year took ice baths after every game during the season. “At the highest levels, it's always the fine details that make the difference,” said Riley. Read the [Idaho Statesman article with video](#) and [photos here](#). The 5 State Cup champions from Rush will try to implement the lessons they've been learning at the next level—the USYS Far West Regional Championships—in Seattle, Washington starting Monday, June 19th. [Follow the action here](#).



### State Cup

### Champions

- '04 Boys
- '04 Girls
- '03 Boys
- '03 Girls
- '97-'98 Boys



## Rave Reviews for First Annual Idaho Rush Juniors Cup

This year, Idaho Rush hosted its first annual Idaho Rush Juniors Cup, a competitive level tournament for players in the U10-U12 age groups. The tournament was well received and drew entrants from around the State because of its focus on younger players. The club looks forward to growing this youth tournament year after year. The Rush Juniors Cup is held in the Spring.

## SELECT CLASSIC

The Idaho Rush Select program has enjoyed another successful season with more than 1400 players this past spring. This number continues to grow especially with the popularity of our High School Coed program.

The Select Classic tournament was held May 9-14 at the Optimist sports complex and was sponsored by Peterson Chevrolet of Boise. Last fall we changed the tournament bracketing, so there was more parity adding gold and silver division in each age groups with 8 or more teams. The result was fantastic, 17 teams were crowned champions. The Idaho Rush staff would like to thank all the players and their families for being a huge part of the Rush family.

-Steve Frederick Idaho Select Director



[Click Here](#) to see photos of the Champions and Finalists for Spring 2017

### Congratulations to the class of 2017!

Currently, eleven players are continuing their soccer careers while playing at the collegiate level. This is a huge achievement and a testament to their hard work, diligence and discipline both on the field and in the classroom! We wish everyone of you all the best as you go forward in Higher Education, we are proud of your accomplishments and we look forward to reading about many more! For more information click [here](#)

Did you know? Most of the Idaho Rush State Cup Champions at the '03 and '04 age groups played in the [Elite Academy](#) when they were 8 and 9 years old. Elite Academy bridges players from the Select to the Competitive level, and is one of many supplemental programs and opportunities provided by Idaho Rush. This coming year, Elite Academy is being extended to include 7 and 8 year-old players. For more info click [here](#).

### Interview with Rob Hill, Girls Director of Coaching:

**Q. How are you feeling about the club after 4 months on the job?**

**RH:** I'm excited about the talent level in the club overall and very impressed by the level of talent in the younger girls in the Elite Academy. The overall passion for soccer throughout the club at every level is clear. I am BIG into the Rush way.

**Q. The '02 Girls loss in State Cup was a heartbreaker. How is everyone coping?**

**RH:** That's sports in general - sometimes you get the bounces, sometimes you don't. The girls created chances and the difference came down to "shooting" instead of "finishing" on 3 or 4 really good chances. Nova scored their lone goal on a set-piece corner, so it's not like they outplayed us in the game. Dealing with a loss is always about your mindset. Lessons to learn include defending set pieces better, being braver, finishing with composure. The State Cup loss was a setback but also a learning experience, that's how you get better. The girls were gutted, some tears were shed, which shows you how invested they are in the game, in the team.

**Q. What were your expectations for State Cup 2017 on the girls side?**

**RH:** Going into State Cup we expected success. I thought we had really good draws going into the games and thought Rush could've had 4 cups on the girls side. We're all extremely proud of how the girls played at State Cup. Our girls program is extremely strong. [Former Girls DOC] Carlos [Correa] and Olly [Frick] have done an incredible job. Now, we want to compete at the next level - success at Regional leagues and tournaments. I would love for us to compete with the Cal North and Cal South clubs that are always so tough.

**Q. What are your goals for the summer and upcoming seasons?**

**RH:** I want Idaho Rush to be the place where college coaches come first. I think Idaho Rush really is the king of soccer in Idaho. I think other clubs need to catch up. Rush is not results based, instead, the wins are a product of doing the process correctly.



Keep up-to-date with Idaho Rush Soccer  
Club activities through social media!



## IDAHO RUSH RECREATIONAL PROGRAM THRIVES:

The Rec program (U6-U10) is the heart of Idaho Rush where it all starts for many players in the Rush family. With game locations in east Boise, Meridian and Eagle (Spring only), Rec soccer provides fun for kids and convenience for parents. The revamped Mighty Mites program (3-5 year-olds) doubled its registration this past Spring. Program director Jen Stuckel attributes this fantastic growth to parents promoting the high quality of the experience.

Click [here](#) to find out more.

[Registration for the Fall 2017 season is OPEN](#)



Recreation Director Olly Frick sends a special thanks to all the Rec coaches and our title sponsor Fred Meyer. With almost 900 players in the Rec program, the volunteer coaches make it all possible. In addition to their time and love for soccer, Rec coaches provide positive role models and help instill the [Rush Core Values](#). This Spring every Rec player received a participation medal.

## SUMMER SOCCER CAMPS:

Idaho Rush offers a variety of summer camps for boys and girls from 3-5 years old all the way up to 18 year-old young men and women. Camps are affordable and run throughout the summer.

Click [here](#) to find a camp that's right for you!



*Idaho Rush takes the time to acknowledge our partners and sponsors:*



*Thank you for supporting the youth of Idaho Rush Soccer Club in their efforts to play soccer.*



## **Camp McCall—Annual Highlight for U11+U12 Competitive Players:**

For over 10 years, Idaho Rush boys and girls have started their Competitive seasons with a long weekend at Pilgrim Cove on Payette Lake in early August. Conditioning and skills training in the morning. Tactics and teamwork in the afternoon. Swimming and bonding in the evening. All the while learning and practicing the Rush Core Values. Many of the '03 and '04 State Cup 2017 champions were playing in the final-day 4v4 tournament in the 2014 photo to the right. Rush players never forget the experiences they had at Camp McCall. (Click on image for more.)

## Did You Know?



You can follow our 5 State Cup Champs as they compete in the USYS Region IV tourney in Seattle starting June 19th.

(Click on the images for more info)



You can also follow our 02 Girls Premier team as they compete in the prestigious NPL Finals, July 13-17 in Indiana.

US Club Soccer's social media:

[Facebook](#), [Twitter](#), [Instagram](#)

and [YouTube](#). #NPLFinals.

## Other Updates.....

Saint Alphonus has agreed to extend its partnership with Idaho Rush for at least another two years. Athletic trainers will be onsite at both Simplot and Optimist during each season. Rush members can also benefit from free injury evaluations.

Over the years, the Idaho Rush donates money to help develop the Optimist Sports Complex. We recently donated \$25,000 to have a restroom facility built on the west side of the complex. The facility will be open for the 2018 spring select season.



## "BLUE TOE"

## FUNDRAISER

### HELPS BOYS & GIRLS CLUB:

Every Spring, Idaho Rush coaches at all levels bare their feet and paint their toes Rush blue to help raise money for the Boys & Girls Club of Ada County. Some coaches even offered to let their players color their hair in a show of support for the community and an opportunity to bond as a club. This year, Idaho Rush families raised \$1,505.00, which goes directly to the Boys & Girls Club.

Idaho Rush continues to enjoy a wonderful partnership with the B&G Club including hosting teams from the Boys and Girls Club in the Select program. The soccer club uses the spacious gym at the Moseley Center in Garden City for its winter futsal and indoor training sessions.



## Saint Alphonus SPORTS MEDICINE

Saint Alphonus Sports Medicine is excited to offer Sportsmetrics™ the first and largest ACL injury prevention program **SCIENTIFICALLY PROVEN** to decrease serious knee ligament injuries in athletes. **What is Sportsmetrics™? Proven to increase jump height and reduce the risk of serious knee injury!**

Sportsmetrics™ is a scientifically proven, six-week jump training program that incorporates proper stretching, special plyometric exercises and weight training. It focuses on **developing overall leg strength** as well as **improving balance in strength** from the front to the back of the thigh. Through specialized progression of jump/plyometric drills, athletes learn **proper techniques for jumping and landing**; increase overall leg strength; improve symmetry in right-to-left leg power and **improve vertical jump**.



A solid foundation of strength, coordination and overall physical conditioning is required for athletes to attain their highest potential in their sport-specific skills. **Train with Sportsmetrics™** to reduce your risk of injury AND enhance competitive athletic performance. Sportsmetric will be available to our athletes soon. Contact Katie Helm at (208) 367-3761

