



## International Football Club

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## Information Bulletin

**Bulletin #:** IFC2020 – 011  
**Date:** Apr. 24, 2020  
**To:** IFC Membership, Staff  
**CC:** IFC Directors  
**From:** Frank Iaizzo, Athletic Director  
**Subject:** United We Are IFC

Hi Everyone;

Thanks to so many of you who've taken the time to message us and let us know how things are going in your families. Like you, IFC Soccer is adapting and embracing change so we can help make things easier, not harder in the present moment.

Today, I have a totally different message for you all. Consider it a break from all the COVID stuff, something we could all use these days as we get through this together.

### **Four Ways to Boost Happiness In Our Community:**

#### **1. Organize a Virtual Reunion with Other Parents**

The other week I sat in front of my computer in my living room and enjoyed the company of some of my old teammates from the University of Wisconsin over a Webex meeting. It was awesome! I hadn't seen some of my friends and former coaches for over 15 years, and it was great to reminisce and have some good laughs.

Be intentional about setting up a virtual reunion with families on your team. Invite all of them, including coaches! Setting it up is easy, Cisco [Webex](#) is a free platform we are using within the Academy for up to 100 participants. Try a quick round-robin question where each family can give an update on how things have been going during the past few weeks and then call on someone else to speak next. I'd suggest doing this to be sure everyone's voices are heard.



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### 2. Stage a FIFA Night Challenge

Organize yourselves via Playstation and Xbox and do a team-wide bracket draw live on Teamsnap. You can get creative with participation rules for parents and children and even spread the tournament over a few weeks. The final can be streamed live for everyone to watch and the winning player definitely deserves a social media shout-out on the IFC Soccer channels!

### 3. Start a “Good Deed Challenge”

There have been many challenges coming across social media: toilet paper, juggling, bounce passes, etc. Now it’s time for parents to issue a challenge: We’ll call it, the “Good Deed Challenge”.

In the past couple of weeks, parents have been sharing stories with me about siblings helping siblings, doing extra chores around the house, writing nice notes for neighbors, and writing letters to friends and relatives in nursing homes. Let’s help our children learn some additional character lessons during this time, and find a bit of motivation by sharing it with the IFC community.

### 4. Focus on the Happiness of Others

It’s the quickest and surest way of experiencing more happiness in our day-to-day lives. As we focus more on the happiness of others (even in times like this), not only are we benefiting others by having a more open, empathetic mind, but we’re also benefiting ourselves by being more present and experiencing more happiness.

The idea that happiness exists somewhere else – at a later date when this is all over – is bound to come into our minds. Just be aware that when we chase after happiness it is away from the present moment, and when we move away from the present moment, ironically, we move further away from happiness. It’s really important to recognize this that happiness can only exist in this moment – right here, right now.

We all need a little happiness these days, and I hope you’re finding yours. We’re going to keep thinking of more ways to help our student-athletes during this suspension. I hope you will too.

Youth soccer is strong and I am so happy to be part of this great family, Forza IFC!



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Sincerely,  
Frank Iazzo, Athletic Director

One last thing: Check out our latest YouTube video – [United We Are IFC.](#)