



# TOUCHLINE

Quarterly Newsletter

Winter 2017-2018



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

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## **Another Historic Year for Idaho in the Rush Select XI**

23 players have been invited to represent Idaho Rush on the United States Rush Select XI. What a huge honor for these players who comprise the largest Select XI group in Idaho Rush history.

The Rush Select XI is a unique opportunity for Rush players because of the international reach and scope of Rush Soccer, the largest youth sports club in the world.

**2001 Boys** – Sam Zimmer (R) and Lennyn Solis (I)

**2002 Girls** – Justine Humphrey (R + Int'l), Isabella Brickner (R + Int'l), Jade Maldonado (R) Audrey Sand (R) Mariah Albin (R)

**2003 Boys** – Logan McKendrick (R)

**2003 Girls** – Kendra McDaniel (R + Int'l), Emmerson Cooper (I+ Int'l), Madeline Colborn (R + Int'l) and Chloe Flynn (R + Int'l)

**2004 Boys** – Chase Kluksdal (R), Liam McLain (R) and Jonathan Camacho (R + Int'l)

**2004 Girls**— Hayden Wilsey (R) Sam Wind (R) Afton Rasco (R)

**2005 Girls** – Annie Liebich (R + Int'l), Aivry Adams (R + Int'l), Pressly Taylor (R+ Int'l) Kennedi Bennion (I+ Int'l) Kathrine Sand (i+ Int'l)

Key: “I” means “invited to” and “R” means “registered for” the President’s Day Tournament in Phoenix, AZ on February 16th-19th, 2018.

“Int'l” means “invited” to travel overseas with a Rush Select XI squad to Germany, Italy, Spain or Costa Rica in March 2018. (International invites are ongoing)

**Congratulations and best of luck to these fine ambassadors for Idaho Rush Soccer!!!**



12th Annual Rush Gala:      **CASINO NIGHT**

**All Profits Raised go towards Rush Scholarship Funds**

February 2nd, 2018 7:00 to 10:00 p.m.      Adults Only

Buy tickets [here](#).      The Clubhouse 7311 Potomac Dr, Boise

# REC PROGRAM GOING STRONG IN 2017-2018

Simplot Fields roared with 6 weeks of pure joy again this fall as over 600 kids from U3 through U10 played soccer in Idaho Rush's Recreational program. The Rec program teaches players fundamental skills of the game, and is the perfect option for beginning soccer players and kids who want to play without the pressure of winning. Rec is a non-competitive program, meaning we do not keep score of games or standings. Teams do not travel outside the Boise/Meridian/Eagle area and there are no extra fees for referees, coaching, etc.

Families choose to participate in either the fall or spring seasons, or BOTH. Teams usually play six games over the course of seven to eight weeks. Practices are limited to no more than twice a week for no more than an hour and a half at a time.

Practices generally begin two weeks before the first game. Players are guaranteed at least 50 percent playing time during the season. **THANK YOU** to our title sponsor **Fred Meyer** for their continued support.

Idaho Rush Soccer Club ~ 2017

We would like to thank Fred Meyer for their support of our recreational program and all our young athletes.



PARTNERS ON AND OFF THE FIELD

Did you know? Idaho Rush gives college scholarships to players who've played their entire competitive career with Rush! Check out the DREAM page.

## Idaho Rush Elite Academy;



The Idaho Rush Elite Academy bridges the gap between select and competitive for players who have the ability and desire to eventually play at the competitive level. Elite academy provides a glimpse of what competitive soccer entails as well as exposing kids to potential teammates and future coaches. The Elite Academy will develop a special group of players and give them the tools to play at their highest level. The Elite Academy is by invitation only and has been very successful over the last 8 years in developing players. We are excited to announce that the Select Elite Academy for 2008-2010 birth year players will now start in late August and run until mid-May.

If you feel like your player has the talent and drive to compete in our Elite Academy. Please contact the Idaho Rush Technical Director (Jens Haustein) [jhaustein@idahorush.com](mailto:jhaustein@idahorush.com)

Seen the Idaho Rush Promotional Video ?  
Check it out & share with friends. Click Here  
Keep up-to-date with Idaho Rush Soccer  
Club activities through social media!





## Idaho Rush Select Program



### 2017 Fall Idaho Rush Select Classic Tournament

The Idaho Rush Select program had another successful season, which culminated with the Select Fall Classic Tournament sponsored by Peterson Chevrolet. The one hundred participating teams could not have asked for better weather during the week as they battled it out on the pitch. On the final day of the event, 17 champions were crowned. Congratulations to all the teams that competed in the tournament. The Idaho Rush Staff would like to thank all the Select membership for being a part of the Rush family.

Please click [here](#) to view the fall Select Classic Champions and Finalist.



Idaho Rush Soccer Club ~ Select Classic 2017  
Peterson Chevrolet,  
Thank you for your support of our Select Program  
and all our young athletes.



### Select Program Key Dates:

- Coaches meeting Jan 31st @ 6pm @ St Al's
- Practice begins Feb 12th
- First Game: March 3rd
- No Games March 31st
- Final Game: April 28th
- Select Classic: May 8th - 12th
- All Spring games at Optimist Fields

### Idaho Rush Select Program Thrives On:

The Select program provides balanced, competitive play while developing players, coaches and referees without the additional costs and commitment of time required by highly competitive leagues. There is no travel out of town, although some travel in the Boise metro area for practices and games will be required. Players are guaranteed 50 percent playing time during the season and tournament play.

### 2018-19 Early Bird Registration:

**Opens May 15th**

**Ends July 1st 2018**

Questions ? Email [Sfrederick@idahorush.com](mailto:Sfrederick@idahorush.com)

### Idaho Rush Select All Star Game

The Fall Select All Star Games were held on Nov 11, 2017. Congratulations to the players that earned an All Star nomination.

The All-Star game is a bi-annual event for Idaho Rush U8-U10 players. All-stars are nominated for the honor by their team coaches and the Select Academy Directors (Armando Sosa & Jon Garrard). Coached by the Rush competitive staff, the games are an opportunity for staff to identify players that have the talent and drive to go to the next level. Distinguished players are then invited to join our fantastic Idaho Rush Elite Academy program. This year, the coaches were very impressed with the talent level of the players. The best part of the day, was watching the excitement in the players faces before, during and after the game.



## Competitive—Boys Program Update

(see extended Girls update on page 6):

The '04 boys Premier team continued their winning ways after being crowned State Champions and proved the team don't rely on individuals. With key players missing in both travel events, the '04 boys proved there is no "I" in team as they were crowned champions at the Davis Legacy Northern Cal tournament at the end of September. The team then went on to finish their fall season-ending travels by winning the prestigious Mayor's Cup International tournament in Las Vegas at the end of October.



### Other boys highlights include:

'08 boys Blue Silver champions at Nova Fall tournament  
'07 boys Black champions in Gold Div at Gem State  
'07 boys Blue crowned champions Silver Div at Gem State  
'06 boys Blue took 2nd place at Davis Legacy tournament in Northern California  
'05 boys Premier took 2nd place at Gem State in Boise  
'05 boys Nero 2nd place in Jackson Hole WY

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

**Fred Meyer**



**Saint Alphonsus**

SPORTS MEDICINE



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AUTO GROUP

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

## Idaho Rush Announces New Partnership for College Advisory

Idaho Rush is pleased to announce a new partnership with the leading college placement program "[College Fit Finder](#)" to further connect our players with college soccer. The college recruiting process can be daunting and confusing for players and families. This exciting new program provides the best access to college programs across the country, and the new partnership recognizes how important it is to be educated, organized, and have a game-plan to find the right fit.

This partnership adds to Idaho Rush's existing CAP efforts, and will offer this benefit to all our members, which includes two general "College Advisory" info nights, advisory emails, updates, expert tips and more!! Idaho Rush is constantly seeking new ways to help players showcase the fruits of their labor through college showcases and getting the attention of the right college for them. College Fit Finder is the next step in allowing the players to find every piece of information possible about a college, and it allows you to keep track of your contacts in one place.

We believe this partnership will help take our players to the next level, particularly with the new ability to create highlight videos, which is now an essential part of the recruitment equation.

Rob Hill, our CAP Director and a former college coach, is excited about this program and the CAP nights that we have coming up throughout the year. Details can be found on the Idaho Rush Calendar at [www.idahorush.com](http://www.idahorush.com) or by contacting Rob Hill, CAP Director, via email at [rhill@idahorush.com](mailto:rhill@idahorush.com).



On November 4th, we held a CAP night for our '99 - '02 players attending college showcases. 42 players and 20 parents attended and were advised how to get the attention of a college coach, how to get them to come and watch you play, how to write an email, and how to prepare both on and off the field for a showcase. It was a very successful night and we wish all the players attending college showcases over the next couple of months (at Silver Lakes, Surf Cup and Portland) the **best of luck!**

## Did You Know?

### Idaho Rush Players Excel in High School Soccer !!!

Idaho Rush was well represented across Treasure Valley high schools in the fall of 2017 as 25 Rush players were named to all-conference teams at the conclusion of the high school season. These players will now shift their focus from school to club as they continue to hone their skills.

Click [here](#) for a list of

#### Idaho Rush School Outreach Program (IRSOP)

Soccer can teach many valuable life lessons. Idaho Rush recently developed a School Outreach Program (IRSOP) to help do just that.

The club is offering a free soccer program for elementary schools with plans to expand to secondary schools in the future.

With this program, Idaho Rush wants to give back to the community, teach life lessons through soccer and raise awareness of the beautiful game. Club CEO, Lee Riley, said "With the IRSOP, we hopefully can spark the interest of the kids and get more kids to play soccer on a regular basis outside of their normal school PE class. The focus of the sessions is on having fun, teamwork, always putting forth one's best effort and individual skill development."

Armando Sosa, who joined Idaho Rush staff in 2017 is the Director of the program. If you are a PE teacher or if you would like him to visit your child's school, please send an email to [asosa@idahorush.com](mailto:asosa@idahorush.com) to schedule a visit.



**Saint Alphonsus**  
SPORTS MEDICINE

#### Our Partner St. Al's Offers Advice for "Recovery"

Post-game recovery plays an important role in preparing the body for future competition. On tournament weekends an athlete's body gets depleted of energy and electrolytes resulting in "delayed-onset muscle soreness" (DOMS) and exhaustion. Following these simple steps can help decrease muscle pain and help improve performance in future games.

- **Cool down**

Doing a proper cool down prepares the body for rest. A proper cool down includes a short jog followed by a walk and stretching. This prepares the body for the return to the resting state. Add dynamic stretching, static stretching, and rolling out either on a foam roller or soccer ball to help decrease muscle tightness and knots that can cause pain.

- **Proper nutrition**

Consuming a carbohydrate-and-protein-rich meal a couple hours after competition will result in muscle recovery as the nutrients help rebuild the tissues and fuel the body. Chocolate milk is a great post-game snack as it provides the necessary carbs and protein to aid recovery. Proper nutrition is difficult to achieve while traveling, but being conscious about snacks on the road can help improve those recovery times. Choose the fruit and veggies over the sour gummy worms and potato chips!

- **Ice**

Ice will help with swelling and the onset of DOMS. Ice baths are ideal as they can cover a large amount of surface area. A proper ice bath is kept between 50-55 degrees and an athlete should spend no more than 12 minutes fully submerged. If an ice bath cannot be achieved, an ice bag for no longer than 20 minutes on an affected area will help reduce the upcoming soreness.

- **Hydration**

Proper hydration will decrease the chances of cramping in further competition and replenish the body. Consuming enough water as well as an electrolyte-based beverages will bring the nutrients needed to aid in recovery. Gatorade or Powerade replace the sodium and potassium lost while exercising bringing the body back into balance. Hydration should occur before and after exercise to be most effective.





## Players Prospective — Rush Core Values



### Humility

Humility pushes us to be courageous. It pushes us to shy away from the easy path of lying, or blaming things on other people to avoid blame yourself. In soccer, you need to be brave enough to admit when you're wrong, when you've made a mistake. On the field, a player needs to own up to any mistakes they make, whether it involves the game or not. Honesty has played a big role in my life as a player because it reminds me of how seriously I want to be taken. I'm taken seriously when I'm seen apologizing to a teammate, saying when I'm wrong. I'm taken seriously when I tell my coach that I didn't do the homework, not an excuse like "my parents didn't tell me," or "I just didn't have time". I tell my coach that it was my fault, that I was too lazy to get it done. Being honest show humility, it shows if someone has the ability to know when they do something wrong and own up to it.



Felix Filson — 04 Boys Premier Captain

Empathy

Leadership

Respect

Passion

Enjoyment

Accountability

Advice

Unity

Safety

I have learned many valuable lessons playing for Idaho Rush Soccer. Each core value that the club represents is important but the one that has impacted me the most is tenacity. Tenacity means being determined and persistent no matter what. Rush has taught me to believe that if you really want something, you have to work hard for it and you can't give up. In many games the difference between a losing team and a winning team is tenacity. One team shows that they want it more. When I was younger my coach used to work on foot skills with us at every practice. Learning new moves took time and effort but the more we practiced, the better we got. During that season, our foot skills helped lead us to many victories which made all the hard work worth it. Tenacity is also valuable off the field. In a challenging subject in school, if you want to get a good grade, you study and work hard no matter how difficult the class is. In life, in any situation you may run into, determination is key to being successful. Idaho Rush Soccer has shown me that I can do anything by using the core value, tenacity.

Kendra McDaniel

03 Girls Premier Capitan

### Tenacity





## Competitive - Girls Update

This past October and November, many of the Idaho Rush Premier teams traveled to Seattle, Washington to compete in the Far West Regional league where they faced two weekends of strong opposition in difficult conditions. The teams have played five or six games total, each of which tested their skills, tactical awareness and mental toughness. The games were played on artificial turf, which created very fast speed of play and put extra demands on the players' technical skills. The FWRL Northwest Division is comprised of the top teams from Alaska, Idaho, Montana, Oregon, Washington, and British Columbia, Canada.

Champions from each gender & age group of the FWRL Northwest will earn an automatic spot in the US Youth Soccer Region IV (Far West) Championships, part of the US Youth Soccer National Championship Series, the oldest and most recognized youth soccer national championship competition. The FWRL Northwest champions will join the top two finishers from the FWRL California Division, the champion of the FWRL Desert Premier Division and 12 State Cup champions from Region IV at the Far West Regional Championships being held in Honolulu, HI this coming June.

The '04 Girls Premier team record is currently 2W-3L-1D having scored seven goals while conceding six, which is a very good showing for an Idaho team. Idaho Rush Director of Coaching for Girls, Rob Hill, said, "I think there were many valuable lessons the players learned against some very strong opponents in adverse conditions on unfamiliar fields. You cannot replicate these kinds of experiences in the comfort of home."



A highlight of the trip was a visit to the University of Washington. A very knowledgeable UW representative educated the players about admission requirements for and expectations of student-athletes, and the commitment it takes to meet them. The players took the opportunity to walk on the UW stadium field, see the dressing room and other facilities of a major university's athletic department. The Idaho Rush teams seek these opportunities whenever they travel. Coach Hill said, "We see these opportunities as an invaluable part of planting the seed early about the importance of academics. It is also very motivating for the players to see what these opportunities look like in person, and to understand what is required to get there."

Afton Rasco, one of the '04 Premier captains said of her experience, "UW was a really nice school. I liked how they have a nutritionist for the athletes. It seems like playing at UW would be a cool experience. Visiting the campus made me want to go school there."



The '05 Girls Premier team went 2-1 on the first weekend and then 0-3 on the second weekend with the games being very tight - two 1-0 losses and one 2-0 loss against Seattle United Pre-Academy. The trip was extremely beneficial in that the players have different tactical problems to solve than they would see locally, unlocking different team's defenses, and learning to defend different situations. The players' awareness also had to be at a higher level to allow them to make quicker decisions.

The girls program continues to grow strong and by putting our players in a challenging environment like the Far West Regional League, it enhances this development and growth and continues to push the players out of their comfort zone.