

RIU

RUSH UNION

Welcome! Rush Union Update

We are at the midway point of the season, and this may have been one of the wettest starts to any season I can remember. We lost a lot of games due to several weekends of rain. Our staff is working diligently to make up as many games as possible so we expect April and May to be busy as we finish our spring soccer season.

Planning for the summer has been ongoing, and there will be a large variety for summer programs available during June and July. We will have 7v7 leagues, camps, weekly clinics, team training options, and more available. Of course, we will have our signature Camp at the end of the Summer which is newly named the "Complete Player Camp". This weeklong camp will offer everything the complete player needs from soccer, to Yoga, to strength training, and video analysis. For more information on the Complete Player Camp and all the summer programs options available please visit our website.

Rush Union is an organization that cares about our players and families on and off the field. We have implemented a series of Mental Health workshops that are open to players, parents, and coaches to participate. We are proud to partner with Rush National to offer this to our community. The first of this workshop series was held on March 20 and the second one will be coming up later in April. More information will be shared shortly.

We have added two more USSF Grassroots Courses in April as part of our commitment to coaching education. We will host the 7v7 and 11v11 courses at Brook Run Park. Many of our coaching staff are also taking advantage of the Rush Way certification pathway which is unique to Rush Soccer and was released earlier this year.

We also, continue to take advantage of the additional programs and opportunities offered by Rush National. I will be headed to Port St Lucie, Florida in July for the Rush Summit, and will be joined by our 2011B who will be participating in Rush Fest. We are working with Rush National to push many of our higher level players into the Rush Select Program, and to increase the participation of our players in the College Advisory Program (CAP). All of these additional programs are only available to Rush families and help set us apart in the community.

We are striving to make our organization the best that it can be for our members. We are very excited to announce that we have partnered with The Collective, a consulting firm, that will lead us through a strategic planning process over the next several months. The Collective has a history of working with soccer clubs like Rush Union.

April 2023

R | U RUSH UNION R | U IN ?

Rush has 11 core values, and each month we will feature a core value in this newsletter and on our social media channels. The core value for April is Advice. We encourage everyone to seek advice if you need some support, and also to offer advice to those that may need help from you.

The Milton Neighbor recently posted another article that I wrote about the difference youth sports make in the upbringing of our children. I have shared the article below; we hope you enjoy it. I would like to take this opportunity to thank everyone behind the scenes at Rush Union for making a difference everyday so our children can play a game they enjoy.

If you have any questions about Rush Union, our programs or anything soccer related please reach out to our staff at any time.

Thank you for being part of our Rush Union family. We look forward to seeing you back on the field soon.

R|U Ready?



Neil McNab Jr.
CEO Rush Union



R | U RUSH UNION

SUMMER PROGRAMS

MILTON AND DEKALB LOCATIONS

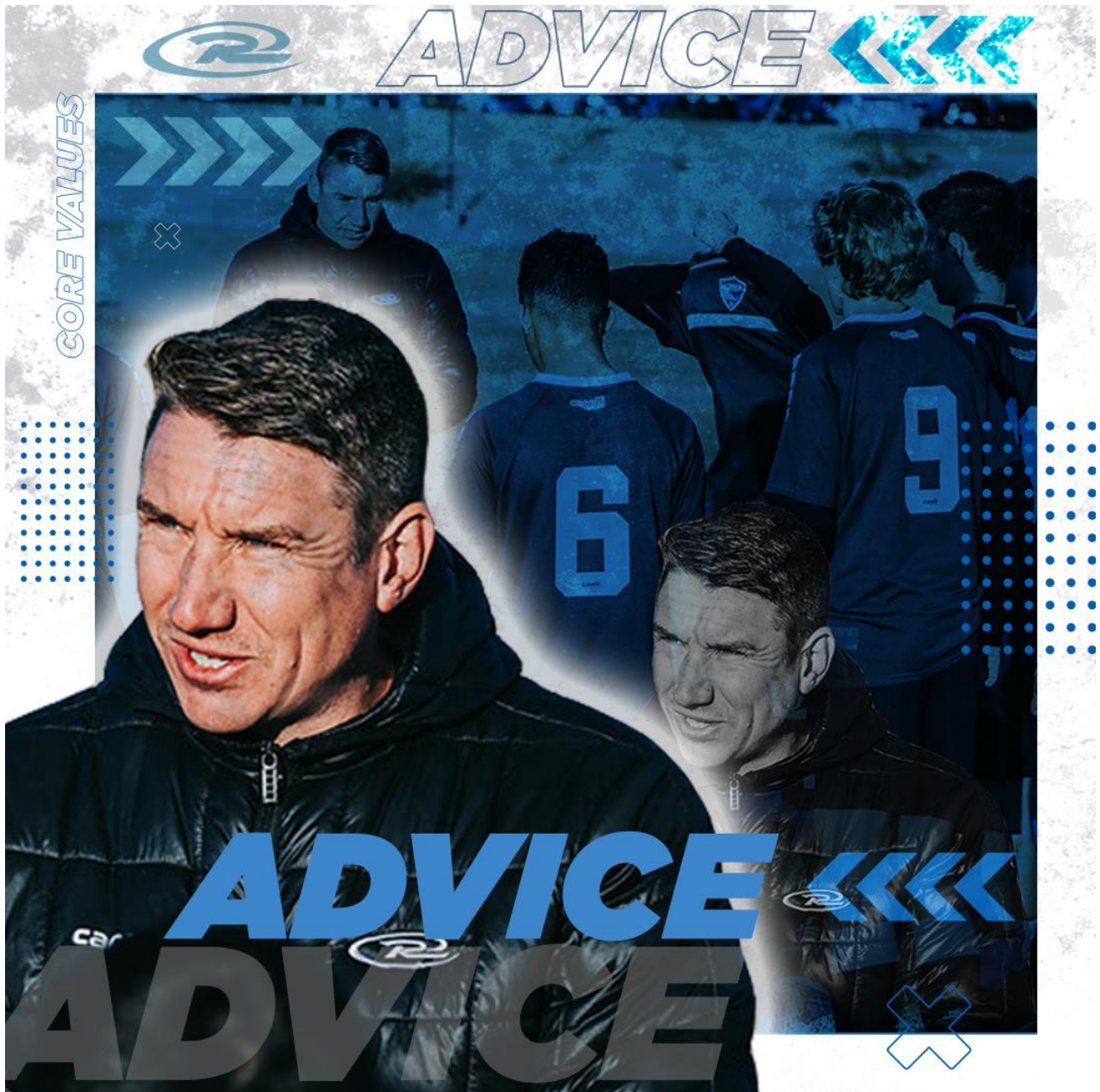
Including • Recreational Skills • Goal Keeper Training • Pre-Academy Skills Camps & Complete Player Camp

PLAN FOR YOUR ATHLETE NOW AND #KEEPIKICKING ALL SUMMER LONG!

TSOS

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One of 11 core values, Advice is the core value for April!

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Social Media

Like us on Facebook and follow us on Instagram & Twitter

Rush Union

[www.Facebook.com/rushunionsoccer](https://www.facebook.com/rushunionsoccer)

Instagram: @RushUnion

Twitter: @Union_rush

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SUPERSTORM LINE 2023

AWAY



The new Fall 2023 uniforms are a big hit already for Rush Union Soccer!

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EXPERT CONTRIBUTOR

Youth Sports Make a Difference!



BY NEIL MCNAB, EXECUTIVE DIRECTOR, RUSH UNION
PHOTOS BY RUSH UNION

Game day...there's nothing quite like it. I remember waking up as a young child and being so excited for those days. Rushing to get my grass-stained uniform on, getting my pregame cereal and packing up my ball and water bottle. The ritual, the excitement, the anticipation... it's as vivid as if it were yesterday, and boy, did I love it.

Fast forward many years, after a long-time youth career, a professional playing experience, multiple continents, championships and years of memories that feel like yesterday, I'm even more grateful to work in youth sports full-time. While my professional playing experience made my resume shine, it was my years playing in youth leagues that really laid the foundation for what was to come. The coaches who invested knowledge, the administrators who spent countless hours

organizing, the referees who gave up their weekends, and the parents who manage not only youth sports schedules but also family life in general, made it so awesome for me...and so many others. Youth sports taught me about commitment and sacrifice. We all know soccer means dinner in the car sometimes, missing sleepovers and late-night runs to the store for a school project!

Beyond the commitment lessons, youth sports also developed a resilience in me, allowed me to really value the team, and gave me forever friends with whom I'm still close today. Sports showed me what great coaches and mentors look like (and what some bad ones look like too) and built a passion so lasting that I chose to endeavor into the world of sports as my livelihood. I want to share it with anyone who gets within 30 ft of me. Youth sports made a difference for me, and in me.

Game days are still fun for me but generate a whole new set of emotions, different anticipations, and a very different nervous energy. Now I wake up hoping the rain didn't cause our fields to be washed out; hoping all the referees and teams show up to their games; and thinking how fun it would be if no one yelled at the officials or coaches today! Some things don't change though—pre-game cereal. Always.

In my experience as a player, a coach and now the director of a program, the main goal is to create a culture that drives kids to come back every season. There's an



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MILTON AND DEKALB LOCATIONS

Including • Recreational Skills • Goal Keeper Training • Pre-Academy Skills Camps & Complete Player Camp

PLAN FOR YOUR ATHLETE NOW AND #KEEPITKICKING ALL SUMMER LONG!

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obligation to help create great memories for these young people and even when things go off the rails in a game, adversity can be the best portal for greatness and defining, memorable moments.

We can create this culture through structured developmental, competitive, recreational and referee programs that engage players in the sport—no matter what role they want to take. We want kids to get excited about the sport so that it stays with them through the years. One of the most meaningful signs of that for me is when I see former players come back to coach. I love seeing them leverage their talent and history to help create the next generation of soccer enthusiasts!

I want to thank all the coaches, teachers, administrators, volunteers, referees, and family members who made a difference in my youth sports career. I also want to thank my own staff, coaches, and volunteers for making a difference in the lives of our own children. It's an impact we don't often measure but one that's meaningful long-term.

Although game day is different for me today... I still get to see my own children rushing to get their uniforms on, eating the pregame cereal and packing up their soccer bags beaming with excitement. Youth sports leaves a legacy for the players, parents and spectators. We hope you consider continuing that legacy with Rush Union Soccer.

RU Ready? Come join us!

Don't let injuries slow you down.

We can treat and prevent the injuries that keep you from reaching your full potential.

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PROUD PARTICIPANT OF

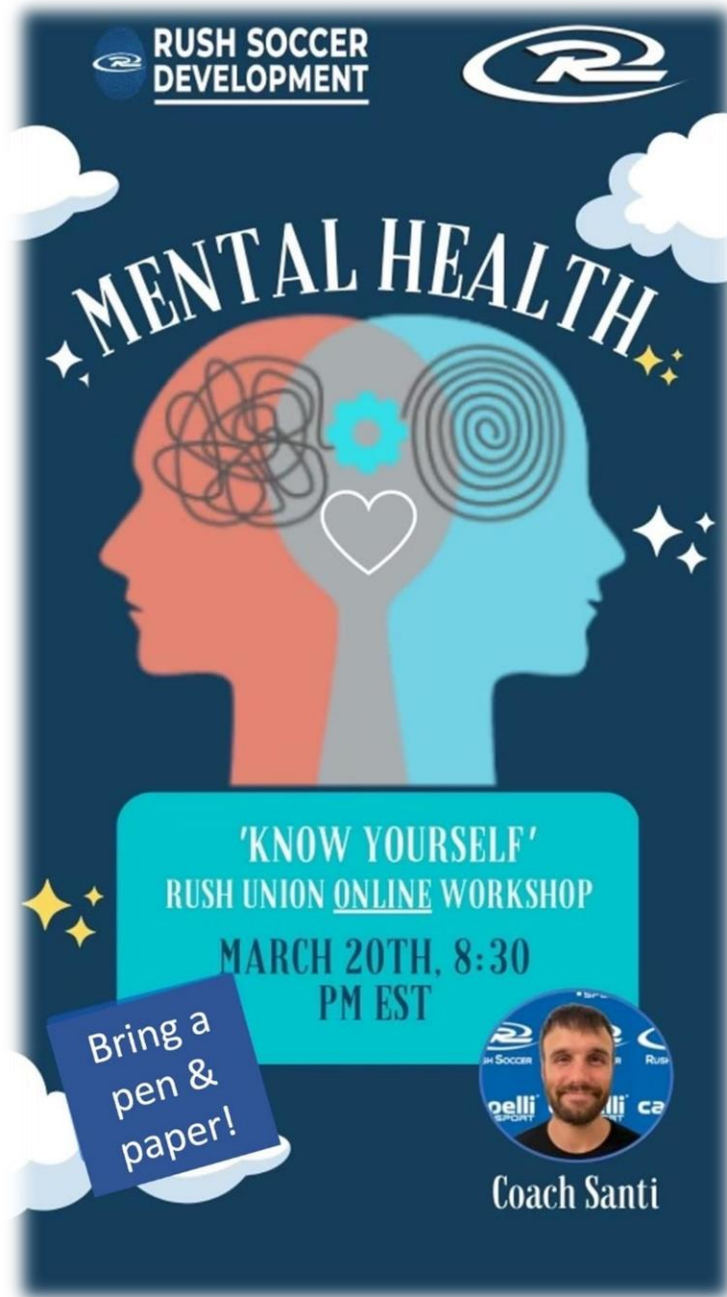


JOIN THE MOVEMENT
Sideline Behavior
SIGN THE PLEDGE!

Take the Sideline Pledge, more information can be found here:

[Take the Pledge » The Sideline Project](#)

R/U RUSH UNION R/U IN?



A flyer for a mental health workshop. At the top left is the 'RUSH SOCCER DEVELOPMENT' logo with a stylized 'R' in a circle. At the top right is another 'R' logo. The main title 'MENTAL HEALTH' is written in a white, arched font across the top. Below the title is a graphic of two human heads in profile, one red and one blue, facing each other. Inside the red head is a tangled scribble, and inside the blue head is a spiral. A grey heart is positioned between the two heads. The background is dark blue with white clouds and yellow stars. A light blue box in the center contains the text: 'KNOW YOURSELF' RUSH UNION ONLINE WORKSHOP MARCH 20TH, 8:30 PM EST. A blue speech bubble on the left says 'Bring a pen & paper!'. A circular photo of Coach Santi is on the right, with his name 'Coach Santi' written below it.

RUSH SOCCER DEVELOPMENT

MENTAL HEALTH

'KNOW YOURSELF'
RUSH UNION ONLINE WORKSHOP
MARCH 20TH, 8:30
PM EST

Bring a pen & paper!

Coach Santi

The first Mental Health workshop on March 20 was a big success, and look for information on workshop two soon in April !

R/U RUSH UNION R/U IN?



Check out the Positively Soccer Promotional video here:

[\(1\) Watch | Facebook](#)

Become a referee, we need your help... Watch this short recruitment video:

<https://youtu.be/hAytYUfQR7o>

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RUSH UNION

COLLEGE ADVISORY PROGRAM

WHAT MAKES CAP DIFFERENT VS OTHER CLUB

- Regional CAP Director assigned to our club**
- Free CAP Navigate Account (Rush's recruitment platform)**
- Free Access to CAP University**
Step by Step, Grade-by Grade
- Free ACT/SAT Prep courses**
- Recruitment Bootcamps**
- Free Honest Game (NCAA/NAIA Eligibility tracker)**
- Guest Playing Opportunities with 80 other Rush Clubs across the United States**
- Two full time video analysts on staff to create highlight videos**

You get the benefits of the Rush Select Program and all of Rush's opportunities such as Regional Showcase Teams, where players are seen by National Scouts and College Coaches.

CAP is one of the programs that makes us different!

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RIU RUSH UNION SUMMER OPTIONS

7 v 7 league
skills training
dekalb location



Lots of great options this summer in Dunwoody, come check us out!

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Rush Union and The Collective will be working together to create a strategic plan for Rush Union as we strive to be the best organization we can be!



RIU RUSH UNION RIU IN?



RIU
RUSH UNION

HELLO

SUMMER

MILTON
CAMPS
REGISTER
NOW

- CAMPS
- COMPETITIVE
- Spring Break Camp
- Recreational Summer Soccer Skills Camp
- Advanced Summer Soccer Skills
- Pre Academy Summer Skills Camp
- Summer Training
- Rush Union's Complete Player Camp
- Goal Keeper Camp

Come check out our summer programs in Milton!