

RIU

RUSH UNION

## Welcome! Rush Union Update

We are kicking off our spring season for our competitive programs and recreational leagues. Schedules are set, the first few weeks of practice are behind us, and the children are ready for play. As we begin this season let's do it with a good first impression. Let's be the best soccer parents we can, the most supportive coaches, and show respect to opponents and referees alike. We want this to be the best season yet, and we control our attitude as we set forth on the journey.

At the end of February, we hosted our Rush Union Spring Cup. We had over 175 teams, playing over 6 venues, including 37 divisions. This equated to almost 300 games played and over 2500 players. This was our third annual Spring Cup and was our largest to date. We would like to congratulate all of the teams for a great tournament and the eleven Rush Union teams who made the finals, six of which were crowned champions. For more information on our Spring Cup please visit our tournament website here: [Event Details - Rush Union Spring Cup \(sincsports.com\)](https://sincsports.com)

In addition to the Rush Cup tournament success, we had various other tournament successes during February. We had teams participating in the Lanier Shootout, SSA Spring Classic, RYSA Spring Kickoff, Steamers Spring Classic, Concorde Challenge Cup, and the Knoxville Spring Kickoff. Many of the Tournament Champions and Finalists are highlighted below in this newsletter and on our social media handles.

We also have a variety of adult programs starting March. Adult indoor at our Stars Athletic Complex, Adult 7v7 and 11v11 at Legacy Park in Milton, and Adult 8v8 leagues at Brook Run Park in Dunwoody all kick off in March. For more information on our adult programs please visit our website.

During the last month our coaching staff has been working hard to prepare for the upcoming season. We held two USSF Grassroot licenses, one in Milton and one in Dunwoody. In addition to this we held age group and program meetings to discuss best systems for practice organization and structure. We are taking advantage of tools provided to us by Rush National through The Coaching Manual platform that provides our coaches access to a comprehensive curriculum and lesson plans. We hope you see this translating to the field this spring season as our coaches continue to strive to be the best that they can be. We held program orientation meetings throughout February and into early March for anyone that wants to learn more on these initiatives.

As part of the Positively Soccer Program offered by Georgia Soccer, we held two more Jr Referee classes with nearly 40 new Jr Referees participating. We want to emphasize one of the most important elements of referee development is parent and coach behavior on the sidelines. This is a new season, and we encourage everyone to have a new focus on supporting all participants of the game, including the referees. Sign up for the Sideline Project and be a positive change for good. More information is below in this newsletter. We were also the host organization for the Positive Soccer Promotional video, see below for a link to that video.

March 2023

# R|U RUSH UNION R|U in?

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 are implementing a series of Mental Health workshops that will be open to players, parents and coaches alike to participate. We are proud to partner with Rush National to offer this to our community. The first of the workshop series will be held on March 20, 8:30pm. More information is available below.

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 on the field soon.

R|U Ready?



**Neil McNab Jr.**  
CEO Rush Union



# RIU RUSH UNION RIU in?

EMPATHY EMPATHY EMPATHY



# EMPATHY

*One of 11 core values, Empathy is the core value for March!*

# RIU RUSH UNION RIU in?



## 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

# RIU RUSH UNION RIU IN?

## SUPERSTORM LINE 2023

**AWAY**



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

# RIU RUSH UNION RIU IN?



***Rush Union Spring Cup Tournament Success, congratulations to all teams who participated.***

# RIU RUSH UNION RIU in?



*More Rush Union Spring Cup Success!*

# RIU RUSH UNION RIU in?



***Our Jr Referee Program has been a huge asset to our organization and is being mimicked at the state level now.***



# RIU RUSH UNION RIU in?

RIU  
RUSH UNION

PROUD PARTICIPANT OF



JOIN THE MOVEMENT  
*Sideline Behavior*  
SIGN THE PLEDGE!

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

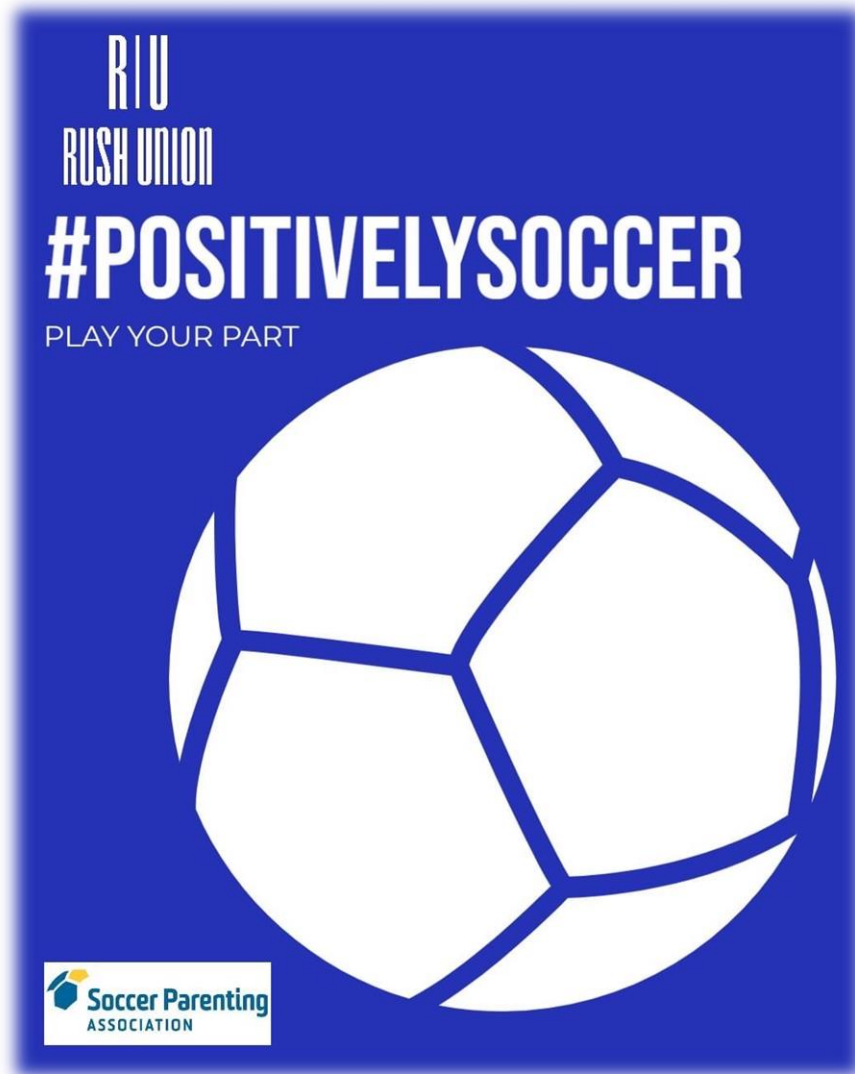
[Take the Pledge » The Sideline Project](#)

# R | U RUSH UNION R | U in?

The poster is for a 'MENTAL HEALTH' workshop. At the top left is the 'RUSH SOCCER DEVELOPMENT' logo with a stylized 'R' icon. The central graphic shows two human profiles facing each other, with a brain, a gear, a heart, and a spiral inside. The text 'MENTAL HEALTH' is arched over the heads. Below this, a teal box 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!'. At the bottom right is a circular photo of Coach Santi with his name below it.

*Join us on March 20, for the first of a Mental Health Workshop series being offered this spring!*

# 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>

# RIU RUSH UNION RIU in?



*More early spring tournament success!*

# R U RUSH UNION R U IN?



*And, even more spring tournament success!*

# RIU RUSH UNION RIU in?



***We held two USSF Grassroots Courses in February for our coaches. Education is very important to Rush Union. Above is the course held in Dunwoody.***

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***We held two USSF Grassroots Courses in February for our coaches. Education is very important to Rush Union. Above is the course held in Milton.***