



Welcome! Rush Union Update



We are at the midway point of our fall season and have a short fall break over October 8-9. We are hosting our Fall Blast 3v3 Tournament on October 8th at Brook Run Park. We added the event for players and teams who will not be traveling during the short school break. For more information on the Fall Blast 3v3 please visit this link: [3v3 Fall Blast Soccer Tournament \(sincsports.com\)](https://sincsports.com). We will also host our annual Rush Cup on November 12th/13th at various locations in the area and are expecting over 160 teams. For more information on our November Rush Cup please visit the following link: [Rush Academy Cup \(sincsports.com\)](https://sincsports.com)

Rush Union was named on the list of 40 clubs in Georgia who are part of the Positively Soccer Referee recruitment and development initiative. You can learn more about this program here: [Clubs announced in Referee Initiative - General News - News | Georgia \(georgiasoccer.org\)](https://georgiasoccer.org). We hosted two more Jr Referee classes in September and have a new batch of Jr Referees filling in on games where we would otherwise have holes. The program has been a tremendous success for us. If you are interested in becoming a Referee or Jr Referee, please reach out to us.

We held a variety for educational opportunities for coaches and parents early this fall season. For parents, we held a Positive Coaching Alliance (PCA) Workshop on September 6th at Brook Run Park. We had over 30 participants and the workshop was very well received by all attendees. For our Coaches we hosted two USSF Grassroot Courses, one at Brook Run September 18-20 and one at Stars Athletic Complex September 18-21. Very recently we sent out information about the Sideline Project, which is spearheaded by another one of our partners, Soccer Parenting Association. The Sideline Pledge is about best practices when it comes to appropriate behavior from all at youth games. More information on the Sideline Pledge is below, for those that may have missed it. We will continue to provide educational opportunities to our coaches and parents during the winter and spring season

Our Adult Programs kicked off at Brook Run Park and Legacy Park (Cox Road) in the middle of September. More information is on our website www.rushunionsoccer.org for both outdoor leagues. We will be hosting programs at both locations this winter. Our adult programs are a great way for parents and adult athletes to stay connected with the game of soccer.

Not just the adults will get to play this winter. We are hosting a variety of program options for all levels and ages of players from December-January. Please visit our website www.rushunionsoccer.org for more information and to register. We have outdoor skills programs, 7v7 leagues both outdoor and indoor, Rec 4v4, Rec skills, a College ID Camp and more. We hope to see you all on the field this winter.

October 2022

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We would like to thank our sponsors for their support to our programs. DirecTV, Allstate, Main Event, Village Ortho, and Premier Sports Medicine make a huge difference for our programs and enable us to do more for our families and community.

Big news out of Rush National recently! Our very own Cara Murray has been appointed as the National R.E.A.CH Director. The program helps players across the world with uniforms and equipment. We are excited that Cara is heading up this program. To read more, please visit [Reaching Out, Giving Back - Rush Soccer](#)

We will be supporting the FX Cup again this year. This local Charity supports Atlanta Soccer families in need during the holidays. This year Milton High School Coach Phil Broome will be amongst the honorees. Coach Phil passed away earlier this year and will be dearly missed by many. For more information on the FX Cup please visit their website at [Home - The Father Christmas Cup \(fxcup.org\)](#)

Finally, I was featured in the October issue of the Milton Neighbor. The most recent article highlights finding the fun in competition for parents. It can be very difficult at times as a parent of a youth athlete to see them compete, struggle, and manage the stress of the sport. It can, however, be very rewarding too. I hope you enjoy the article featured 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 this fall season.

R|U Ready?



Neil McNab Jr.
CEO Rush Union



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Coaching Education is very important to us at Rush Union Soccer. Pictured above is a USSF Grassroots Course hosted at Brook Run Park

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Another Coaching Education Course, pictured above is a USSF Grassroots Course hosted at Stars Athletic Complex

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EXPERT CONTRIBUTOR

Finding the Fun in Competition



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



When kids are young and first start exploring sports, the fun is unlimited. Squeals of joy, sleeping in jerseys (in my house at least), parents watching and snapping giggly pics on the sidelines. Coaches are actually happy to see parents stay for the duration of practice, chatting at the end, talk of ice cream and grass stains. Ahhhhh....the good ole days of fun in youth sports. Finding the fun is easy, as it is apparent and around us all the time. We are also involved in the experience because, let's face it, we are a big part of making it happen.

Whether it's winning the game of sharks and minnows, freeze tag, or being part of a relay race (and coming in last, but who cares?!), we are the curators of our kids' fun. And dang, it's fun.

Continued on page 24 ➤



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&
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Wins are fun, losses can be even more fun with silly star jumps or song singing. It's good clean competition that largely ends in big smiles and chatter the whole way home. Man, we are doing a great job with this kid/sport/life-lesson/competition thing. Super fun.

PUMP THE BRAKES. THEY'RE FIVE.

Why is it as the kids get older, some of the fun disappears? What changed so drastically from watching a 5-year-old playing 4v4 to a 15-year-old playing for a state title? It all flew by. Doesn't seem like 10 years and they still like ice cream. What in the vanilla scoop happened to our fun?

HERE IS IT: PRESSURE.

But let's not give pressure a bad name entirely. Sports can be a great avenue for kids to learn how to deal with the pressure of a big game, the expectations of teammates and coaches; and how to handle a loss with grace. Playing sports can build valuable tools that can help children as they enter their adult lives.

In some cases, pressure can take a turn for the worse and even become a little toxic. Parental pressure is often the source of kids' stress in sports. Going bonkers in a U12 game about an offside call, or a foul they thought should be given, isn't our best look and causes undue pressure on the athlete. This exaggerated and uninvited involvement in the competition by our parents can be a real fun sucker in sports. And c'mon, who wants that title?



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There is also nothing wrong with competition—even stiff competition. It can help us perform beyond our normal capabilities. I was recently coaching my own team in what turned out to be a big loss—like a blowout. After the game, I asked my team if they enjoyed the second half of the game, and one of my boys responded, “Yes, we competed well and made some chances of our own.” His response reminded me that kids crave competition, and the right pressure can bring out elevated play. The boys responded very well that day as the pressure and competition were coming from the learning environment and not being placed upon the team by unnecessary outside forces.

We have many winter program offerings coming up once our season concludes. Low pressure, touch-on-the-ball, keep it kicking programs to maintain skills, see friends, and compete in a fun environment. This is in line with the feedback we receive from parents for off-season play. Why is the off-season so different? The “big game” mentality often creeps in and becomes the fun sucker (thumbs down) while off-season play—often played against or with some of the same “big game” players, is purely fun and pressure-free. An interesting study of psychology.

As parents, let's try to relieve some pressure on our kids during the competitive season. Their natural competitive instincts will be enough internal, positive pressure to drive good competition, elevated play, and most importantly, fun on the pitch. It doesn't matter if it's playing a game of freeze tag or fighting for a state title. Kids naturally compete and enjoy doing so.

Join us this off-season for low-key fun, developing skills and playing because we enjoy the sport. Let's remember to take that forward into next season so we can find the fun in competition, too. And don't forget the ice cream!

R U Ready? Come check us out!



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

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

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The Positive Coaching Alliance workshop (above) and My College Soccer ID Camp information (Below) are just two of the additional programs we are trying to offer more of to our membership!

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The FX Cup will be played on December 10th this year...

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A photograph of an indoor soccer game in progress. Several players in red and blue jerseys are running on a green artificial turf field. The background shows a blue wall with some posters.

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Coming this November 12/13 our Fall Rush Cup!

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We are very excited to be one of the 40 clubs named in the initiative to recruit and develop soccer referees. The initiative is known as Positively Soccer!

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