



RUSH UNION

Welcome! Rush Union Update

We are very excited to start of our Fall 2022 Season. Our Recreational, Academy and SCCL seasons all start on Saturday September 10 at our various locations. We have been extremely busy preparing for the Fall 2022 Season, including conducting orientation meetings for parents in our Recreational, Pre-Academy and Academy Programs which provided a high-level overview of the program structure. Individual team meetings were held for all SCCL teams, and many Academy and Pre-Academy groups also held their own group meetings. If you need any information to help prepare for the Fall Season, please reach out to us.

Many of our competitive teams took part in tournaments during August. We had 22 teams make their respective finals, many of which are featured in this newsletter below. Congratulations to all our Rush Union teams who represented us in local Pre-Season tournaments.

On the theme of tournaments, we are planning to host two events this fall. Our Fall Blast 3v3 Tournament will be played on October 8th at Brook Run Park. This falls during Fall Break for many teams, and we have 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 this November. For more information on our November Rush Cup please visit the following link: [Rush Academy Cup \(sincsports.com\)](https://sincsports.com)

Our partner Positive Coaching Alliance is holding in person workshops for our parents on September 6th at Brook Run Park. PCA is a wonderful resource for parent and coach education. We hope parents will take advantage of this opportunity to help better support their athletes by becoming more aware of techniques and strategies to do so. To sign up for the workshop please visit this link: [Parents: PCA Workshop \(signupgenius.com\)](https://signupgenius.com)

We are very excited about our upcoming Jr Referee Classes. The class will be offered at each location on September 6 in Milton and September 7 virtually for Dunwoody. Our Jr Referee Program has been a great success in helping work towards solving the referee shortage in Georgia. Many of our Jr Referees are getting real game experience and then moving on to be formally certified officials. The Jr Referee program is aimed at players born in 2010-2012 this fall season. To sign up for one of the upcoming classes please email Juliet Melvin for Brook Run jmelvin@rushunionsoccer.org and Cara Murray for Milton cmurray@rushunionsoccer.org

Rush Union was also 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)

September 2022

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Our Adult Programs kick 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. Our adult programs are a great way for parents and adult athletes to stay connected with the game of soccer.

There are a couple of articles included in this newsletter. Doc Terry Parker has been a long time Athletic Trainer in the Community. Doc has sent us an article on Biology and Birthdays which helps explain relative age effect and the impact it has on soccer. We hope you enjoy the article. The second article is in recognition of our Milton Technical Director, Juan Castellanos. Juan has served the Milton Community for over 12 years and it is both exciting and deserved that he is being acknowledged for his commitment to the Milton Community. Congratulations Coach Juan.

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



OCTOBER 8
So much fun, it's scary!



FALL BLAST
3v3

ASK YOUR FRIENDS TALK TO YOUR TEAMMATES

FUN FAST-PACED GAMES
4-GAME MINIMUM



FORM YOUR TEAM TODAY AND JOIN US FOR THE 3V3 FALL BLAST!

WHERE
Brook Run Park 4770 North Peachtree Rd Dunwoody, 30338

WHO CAN PLAY
Anyone can play! The tournament is unrestricted and open to all players ages 7 - 18

FORMAT
Two 12-minute halves separated by a 2-minute break. No goalkeepers or offsides

ENTRY FEE
\$165 per Team (\$185 after Sept. 24th)



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Social Media

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

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Biology, Birthdays and Youth Soccer Player Development & Selection: A Coaches Brief

Terry 'Doc' Parker
Rush Union SC Player Health & Safety Program
404.421.7174 or socdoc2@aol.com

With the intent of having a successful season and maybe advancing to a higher playing classification or the State Cup, youth coaches spend considerable time evaluating prospective players in hopes of finding the right skills needed to select a competitive team. Not always a simple task, the actual selection process takes into account several factors, two of which may not be so obvious--biology and birthdays. Let's take a closer look.

Biology

Puberty, the time period in which major biological changes begin to take place, usually aligns with the middle school years (ages 11-14). Pubertal onset may also begin as early as age 8 in girls and age 9 in boys. Regardless, genetics accounts for about 70% of pubertal timing and tempo—when it begins and how quickly one passes through it. During this rapid time of change, there is an increase in height, weight, strength and reproductive capacity, all of which form the basis of adulthood. Growth spurts for girls average age 12, for boys, age 14. However, when is 12 not always 12 and 14 not always 14? Given that growth and development are highly influenced by genetics, changes that take place for many may not take place for all. This explains why there are usually large differences in size, strength and selected skills among players on the same team. These differences wane with time.

Birthdays

How does a player's birthday positively influence their maturity and soccer skillset? Another not so well known factor that provides an advantage for some players' development and team selection is referred to as relative age effect (RAE). First studied in Europe in the 1980s, RAE implies that players born in the first quarter of a selection year have increased maturity and playing experience over those players born later in the selection year. For example, players born in January-March have an advantage over those born later in the same year, and are more likely to be selected than their relatively younger peers. This effect has been seen in players as young as age 9 at the U9 European Championships, as well as at the senior level European Championships in the U17, U19 and U21 age groups. Two recent studies showed that RAE held true for Scottish youth academy players and a Canadian RAE study predicted team selection in multiple sports. The one exception for younger players in all studies is for those whose biology dictates earlier maturation than their later born peers.

Conclusion

Both biology and birthdays are key influences on how youth soccer players develop and are selected. Going forward, coaches should consider the recommendations below and use a variety of selection strategies that include *all* players regardless of their physical maturity and date of birth. Skills and talents come in many shapes and sizes.

Recommendations

- ✓ Coaches are advised not to have the same expectations for every player given the often wide differences in their maturity and skillsets.
- ✓ Player selection should not be based entirely on physical attributes and competitive game formats. Assessing *all* players' tactical and technical skills should be included as well.
- ✓ Small-sided games should be considered for assessing *all* players' tactical and technical skills as a part of the overall selection process.

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Some of our Pre-Season Tournament Success, congratulations to all our teams!

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SEPTEMBER ISSUE
MILTON NEIGHBOR
GET T KNOW

Coach Juan Castellanos



Read about our Technical Director, Juan Castellanos who was featured in the September issue of the Milton Neighbor... [Get to know Rush Union technical director, coach Juan Castellanos - BVM Sports](#)



Coach's Corner: JUAN CASTELLANOS

BY MOJI CAMPBELL

A Lifetime of Soccer

Juan Castellanos is the Technical Director at Rush Union. He coaches the Boys 2011, 2008 Rush, the Boys Pre-Academy and the Girls 2005 Rush Select Soccer teams. Castellanos has been coaching for 17 years. His passion and love for soccer began early in life. Moreover, his love for soccer began when he played for the youth divisions of Club Deportivo Los Millonarios and for Lancers Boyaca Fair Play in the Second Division of Colombia. "I had the honor of participating in the 1998 Youth Club World Cup in Argentina, which was an amazing experience. I was then offered a scholarship in 2002 to play soccer in the US at Gordon College," Castellanos proudly admits.

He has played for the Atlanta Silverbacks Reserves and later began coaching for the Rush organization. "Parallel to coaching club soccer, I had the opportunity to work as a strength and conditioning coach for the Atlanta Silverbacks Professional and Reserves Teams and for Oglethorpe University," exclaims Castellanos. When asked who inspired him, he mentions he was motivated by Silvano Espindola, an Argentinian coach that played with Diego Maradona and coached Castellanos in Colombia during his youth club years.

Coach Castellanos is well rehearsed in his strategies and relies on clear communication with his players. During practice, he makes sure that his players understand the different possible scenarios. "They understand the different challenges of the game and can deal with the situations that the game presents," says Castellanos. His passion for coaching radiates as he shares his players' success stories. Castellanos proudly shared some of his most memorable achievements and some of those included: the 2004 Girls Georgia



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FALL COMPETITIVE AND REC PROGRAMS AT ALL LOCATIONS

- SCCL Leagues
- Regional and National opportunities
- Adult Leagues
- Parent workshops with Positive Coaching Alliance
- Partnerships with Playmaker, Atlanta United, and College ID



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State Cup Champions, the 2004 Girls Region III Champions at Baton Rouge, the Louisiana qualifying to Nationals, the 2010-2015 Atlanta Silverbacks Reserves promoted several players to NASL-USL, the MLS leagues, and the National Teams. Furthermore, he was part of the coaching staff that led the qualified reserve team to the 2016 US Open Cup competition and led the 2014 Atlanta Silverbacks (NASL League) to the quarterfinals after defeating MLS participants Real Salt Lake and Colorado Rapids from competition.

A good coach knows how to handle defeat and can turn any loss into a winning lesson. Castellanos describes his method of handling loss with "self-evaluations, honest feedback, and highlighting the positives to build from those situations." His positive reinforcement style and passion for soccer are what make him the ideal coach. Castellanos says, "Preparation and continued education is the key for personal growth as an educator to truly impact the players. I'm proud when I see players play with passion, tenacity, and love for the game."

Castellanos strives to make the sport enjoyable for his players, but he also wants the parents to understand that player development is a process that requires patience.

According to Castellanos, "To grow and progress, players need to stay hungry, understanding that the only way to achieve group and individual goals is to prepare. In many situations, the culture of entitlement reduces the experience and what a player can get from the journey with its failures and successes. Soccer is growing in our community and the focus of competitive athletes needs to shift towards the process and the quality of training." Milton is fortunate to have Coach Castellanos leading our community and future soccer stars. His time and commitment to our youth is very much appreciated.



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September 2022

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Adult programs are starting in September... sign up now!

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STARTS SEPTEMBER 12
CO-ED LEAGUES
REG ENDS AUG. 31
COX ROAD FIELDS/MILTON



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Join us on September 6th at Brook Run Park for a Positive Coaching Alliance Workshop!

THE SECOND-GOAL PARENT®: Developing Winners in Life Through Sports



SECOND-GOAL PARENT

Everyone wants to win. That's the first goal in sports. But in youth and high school sports there is a second, more important goal: teaching life lessons through sports. In this workshop, sports parents learn why and how to focus on that second goal. This workshop conveys the essence of the philosophy and several tips and tools parents can use to help their children get the most from youth and high school sports.

"Parents who attended the PCA parent workshop were overwhelmingly positive on the experience and the value provided. Parents commented that they wished other sports embraced the PCA philosophies."

- Jim Gilbane, Rhode Island Lacrosse

RUSH UNION SOCCER DUNWOODY LOCATION

DATE:

September 6th, 2022

TIME:

6:30-7:15pm & 7:45-8:15pm

LOCATION:

Brook Run Park
4770 N Peachtree Rd
Dunwoody, GA 30338

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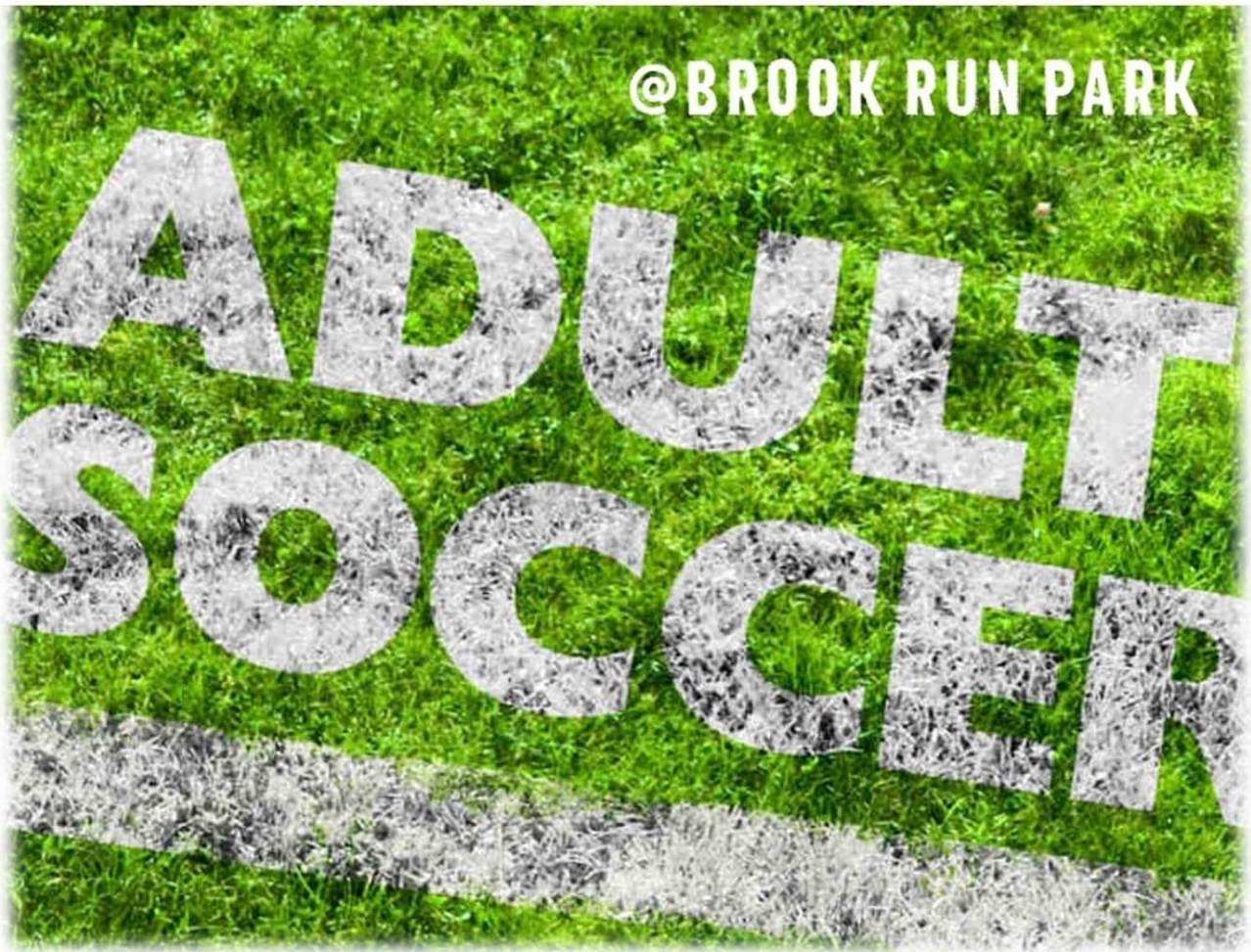
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STARTS SEPTEMBER 12
MEN 40-55 YEARS OLD
CO-ED 18-60 YEARS OLD
8-WEEK SEASON



Adult league play is available in Dunwoody this fall season



Coming this November 12/13 our Fall Rush Cup!

September 2022

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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!

