

RIU

RUSH UNION

Welcome! Rush Union Update

The Fall Season is kicking off in style with some amazing success on and off the pitch for Rush Union. Congratulations to all our teams who competed in Pre-Season events at SSA, GSA, NTH, AFC and Steamers during August. We had 20 teams make their respective finals, many of these teams are highlighted in the newsletter below.

We are proud to inform you that Rush Union will be offering a Futsal Program, along with other new indoor program options this fall season. More information on our exciting new programs is available now via our website: [Rush Union Soccer | Home](#)

August saw us wrap up our parent orientation meetings that we conducted for families in each of our programs. We also held a Parent Workshop that was hosted by our partners at Positive Coaching Alliance (PCA) on August 30th which was well received by those in attendance. We are hosting another Mental Health Webinar for our players on September 15th and more information is below on that opportunity.

Rush Union will host two more USSF Grassroot Courses for Coaching during September, more than any club in the area. Our continued effort to support our coaching staff does not end there. Our coaches have gone through their own group meetings, 1-1 meetings and are all on the Rush Way License Pathway to support their ongoing educational needs.

Our long-awaited indoor renovation project is complete, and a Grand Reopening ceremony was held on August 23rd. Thank you to all those who were able to celebrate with us. There are some amazing photos included in this newsletter. We are now offering adult play and are planning to expand winter program opportunities for our members.

We will host our second annual Fall Blast 3v3 Tournament on October 7th at Brook Run Park. For more information and to register a team please visit our tournament website. Although we are just getting our fall season started, planning for our November Rush Cup began a long time ago. We are looking forward to making our November event the biggest and best Rush Cup yet. We look forward to hosting teams from all over Georgia and the Southeast on November 11-12 of this year.

We had previously mentioned in an earlier newsletter that we have partnered with The Collective Global, a consulting group who is leading Rush Union Soccer through a strategic planning process. In the coming weeks and months this process will engage more members in the form of surveys and focus groups. We already have two focus groups called "Local Committees" that meet periodically to discuss ways we can improve our organization and the families experience. If you would like to get more involved in Rush Union, please reach out to us.

September 2023

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We have our annual Atlanta United night coming up on September 23rd at Mercedes Benz Stadium. Some of our players will be participating as player escorts, flag bearers and even part of the high five tunnel. The evening provides a great opportunity for our players and teams to support our local MLS team and have a great evening out.

Doc Parker, who has been a resource in the past, sent me a very informative article about players and overuse injuries. Player safety is very important to us. I am happy to share the article below and hope you find the information helpful. Thank you, Doc!

I was invited to talk with Stacey Pohler as part of the Good Neighbor podcast which was recorded last month. It is always fun to discuss what is going on at Rush Union and the ways we are growing soccer in the community. A link to the recording is below for anyone that is interested in checking it out.

We have placed a great emphasis on our Referee development and Jr Referee Program. We held two new Jr Referee courses in August and will have a new batch of Jr Referees working this fall season. Many of our Jr Referees have now graduated from the program and are fully certified referees, which is extremely exciting for the program. I also want to note one of our former players, current referee, and recent referee supervisor, Sarah Fraser, was recently named Young Female Referee of the Year for Georgia Soccer. Great job Sarah!

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 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 a larger 'R' logo. The background is dark blue with white clouds, a purple heart with hands in prayer, a purple figure in a yoga pose, and a string of prayer beads. The central graphic features two overlapping human head silhouettes, one red and one blue, with various symbols inside: a tangled grey line, a blue gear, a white heart, and a grey spiral. The words 'MENTAL HEALTH' are written in white, arched, serif font across the top of the heads. Below this, a teal rounded rectangle contains the text: 'BALANCED LIFE' in white, 'RUSH UNION SOCCER ONLINE WORKSHOP' in white, and 'SEPTEMBER 15TH, 6:30 PM EST' in white. At the bottom right is a circular portrait of Coach Santi, a man with a beard, wearing a blue shirt with 'elli' and 'ca' logos. Below the portrait is the text 'Coach Santi' in white.

Join Coach Santi on September 15th for the next Mental Health Workshop!

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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

RIU RUSH UNION RIU IN?



Congratulations to all our teams who had success in their Pre-Season tournaments!

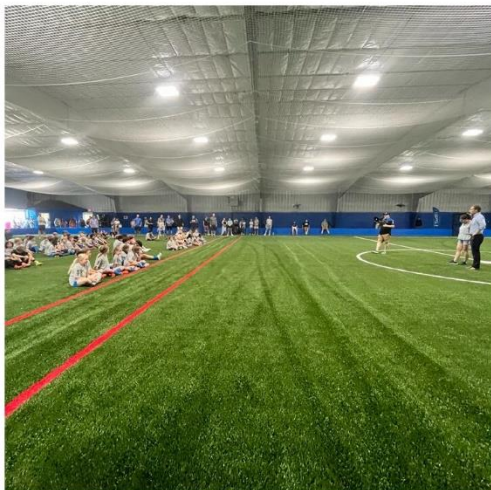
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Indoor Renovation Update!!!

Rush Union is excited that the major renovations have concluded at the Milton Indoor facility. A complete remodel of the indoor field has taken place and is now open for use. The renovation included replacement of the turf, lighting, repair of the ceiling, and walls. New doors and locks have been installed at the facility.

In addition to the Indoor field remodel, we have successfully negotiated an extension of our lease for the Milton facility. We are really excited about the long-term future of the facility and the programming possibilities this brings to our community for both youths and adults.

As always, we thank you for your support of Rush Union and are looking forward to what the future brings for our players, families, staff and the community as a whole.



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EP# 8: RushUnion Soccer with Neil McNab



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Good Neighbor Podcast
Milton & More

*(Above) The Good Neighbor Podcast were great hosts, check out the podcast here:
<https://gnpmilton.com/home/b/ep-8-rushunion-soccer-with-neil-mcnab>*

(Below) We hosted two USSF Grassroots Courses in August and have two more coming up later this month.



Overuse Injuries in Youth Soccer Players: Development & Prevention

Terry 'Doc' Parker - Rush Union SC Player Health & Safety Program

(404) 421.7174 or socdoc2@aol.com

Given the nature of soccer as a lower extremity sport, players are constantly running, kicking, jumping and quickly changing directions. Over time, this may take a toll especially on players ages 11-14, when significant biological changes are taking place that put them at risk for sustaining *overuse injuries*. These injuries are the most common in this age group, in female athletes, and in athletes who play team sports, such as soccer. Let's take a closer look.

Development of Overuse Injuries

Generally speaking, these injuries develop as a result of on-going overload on lower extremity structures, and not allowing time for the body to adjust and adapt to the constant wear-and-tear on selected musculoskeletal tissues. Factors associated with these injuries include 1) players experiencing a growth spurt; 2) rate of training progression-slow and steady versus too much too soon for the player's age and skillset; 3) adult influences on training progression and regimes; and 4) previous level of conditioning. These are only a few of the many factors predisposing youth soccer players to overuse injuries.

Knowing the causes listed above, it's equally important to be able to recognize the possibility of an overuse injury in a youth player. Most often, players complain of pain in the heel(s), foot, lower leg, knee, hip/pelvis and lower back. This pain is not sudden as overuse injuries develop over time.

Prevention of Overuse Injuries

Knowing that soccer is a game of constant lower extremity wear-and-tear, youth players may develop overuse injuries as a result. Given that, parents and coaches should take equal responsibility in preventing these injuries. Prevention efforts should include 1) allowing players 2 days of rest per week from training and playing times during the season; 2) allowing players 2-3 months of rest time post season; 3) incorporating the age and training rule that suggests that players should not exceed their age in the number of training/playing hours per week.; and 4) discouraging players from specializing in soccer at the exclusion of other activities/sports prior to high school. Preventing overuse injuries is a sound approach given that treating these injuries may mean players spending weeks or months away from the game.

Conclusion

Overuse injuries are common in youth soccer players, especially those ages 11-14. Recognition and prevention are key elements in insuring that players remain healthy and on the field throughout their adolescent playing years.

Recommendations

- ✓ Players should be strongly encouraged to report any pain or injuries to parents and coaches
- ✓ Players experiencing pain should be referred to a sports medicine professional (physician or athletic trainer) for evaluation
- ✓ Players should *never* be encouraged nor expected to 'play through' pain or injuries

Readers with questions or wanting additional information may contact the author above.

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More Pre-Season tournament success on the field!

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(Above) Congratulation to Sarah Fraser, Young Female Referee of the Year! Part of our Rush Union family and referee program! (Below) Check out the new Futsal Program in Dunwoody this fall.

FUTSAL PROGRAM



REGISTER TODAY!

RUSH UNION IS EXCITED TO ADD
FUTSAL TO OUR AVAILABLE PROGRAMS THIS FALL!

OPEN TO ALL PLAYERS U9-U19 (2015 thru 2005)

ALL SESSIONS HELD AT DUNWOODY BAPTIST CHURCH GYM

To Register please visit our website at
RushUnionSoccer.org

Friday Sessions starting September 8th.

Multiple session options to choose from:

- Pick 9 (\$160)
- Pick 6 (\$110)
- Pick 4 (\$75) sessions
- Pay by the session (\$20)

Friday night Futsal is led by Coach Jesus Castellon.

Coach Jesus has a background in professional indoor play and brings a wealth of technical knowledge to our players.



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And even more tournament success this August!

R/U RUSH UNION R/U IN?



Exclusive ticket offer for Rush Union players, family, and friends.

Join us for our Rush Union night as Atlanta United takes on CF Montreal on September 23rd at 7:30pm.



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Saturday, September 23 | 7:30 PM

MERCEDES-BENZ STADIUM

EXCLUSIVE
PRICING
STARTING AT

\$36

BUY NOW

To purchase, please visit <https://fevo.me/rushunionoffer>

Promo code: **RUSH23**

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



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Join us in November for our Rush Cup!