



IOWA RUSH SOUTH
PRESENTS



PROFESSIONAL TRAINING SESSIONS
FOR ALL REC PLAYERS AND COACHES

Who: ALL Iowa Rush South REC **Players and Coaches**

Where: Pella Soccer Complex

When: September 18, October 2, October 16

*These are all Wednesday Evenings

Why: REC **players and coaches** have an opportunity to attend a **FREE** professional training sessions. We encourage any and all who are looking to improve their game or coaching to take advantage of this great opportunity.



Training Times



4:30-5:15 Field Session

5:30-6:00 Keeper Session

Question: How do I sign-up for these free professional training sessions?

Answer: Sign-up on our website (www.iowarushsouth.com) and click on the link to register your name so we know you are coming. That's it!