

WI WEST TIMES

Your Club, Your News. All the happenings at Rush WI West



Champions League!

by Kyle Lownds / December 1st 2019

With the fall seasons completed, the winter season has begun. Champions League has begun! Champions League is a Futsal competition where we mix the age groups of players together and they compete on Sundays. It is a great way for the older players to learn leadership skills, and for the younger players to learn from the more seasoned Rush players. The season began today, and we are looking forward to seeing who the champion will be this year! Good luck to all of our competing players.

Indoor Sessions

by Kyle Lownds / December 1st 2019

As the cold weather has rolled in, our indoor sessions have begun. These sessions are designed to have your players get extra touches on the ball!! Think of all of the opportunities your player has to improve in the offseason. The schedule is posted on our website and sessions are broken up by birth years. Depending on the week, each will train at least twice a week and up to four times! We want to give our players as many chances to improve as possible and the small space and fast surface allows for the perfect opportunity to build on their first touch. These sessions are also run by our entire staff, so your player has the opportunity to meet and be coached by a variety of coaches and really expand their game. So, remember, just because there is snow on the ground, doesn't mean the ball stops moving!



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Predator vs Prey Mentality

by Kyle Lownds / December 1st 2019

Soccer provides a unique opportunity to build what we sometimes refer to as mental toughness. Mental toughness can be divided into many different categories, but I want to focus on the Predator vs Prey mentality. When I discuss this with my college players, we talk about something similar, but I refer to it as the Victor vs the Victim mentality. Below is a breakdown of the Predator vs Prey mentality and Victor vs Victim mentality and how both can help your players not only in soccer, but in life.

Predator vs Prey: I recently watched a video regarding this by a company called Zwinning Mindset. They touch on a variety of areas regarding mental toughness and this particular video focused on the predator and prey mentalities and how you can apply those to sport and life. Animals are either predators or prey, and each have distinguishing characteristics. Prey have their eyes on the sides. They continuously need to be focusing on what is going on around them, so they are eaten by predators. Predators on the other hand, they have their eyes in the front. Their focus is on their target...on their goal. How does this apply to a soccer player? A student? A person? If you look in a mirror, where are your eyes located? Sure enough, your eyes are located in the front. Which means you're a predator. Focus on your goals. Focus on what you want to achieve. Focus on things you can control: your effort, your attitude, your aggressiveness, etc. You don't focus on things going on around you not in your control: what other people are thinking, how you compare to everyone else, etc. which can lead to negative thoughts and manifest into anxiety or depression. Focus on things within your control and it will lead to greater results.

Victor vs Victim: These are very similar ways of thinking because they focus on how you think. This mentality concept focuses on how you perceive events that occur in your life. In college, the mental battle can be as difficult or even more difficult than the physical which is why we try and teach this to our players. If we can get them thinking in a positive way on the field, they will begin to build thought patterns that will begin to show up in their everyday life. What we emphasize is that your thoughts are your choices. You choose to think the way you do. It is easier to have a victim mentality. It is easy to just give up and not push through. That is when you fail though. You don't finish. You don't put in your full effort. Having a victor mindset over a victim mindset is a way to start thinking positively instead of negatively about events that occur. Below is a chart outlining the differences between the two ways of thinking. We tell our athletes that they are responsible for the choices they make, and the way they think is one of those choices. Positive thoughts lead to positive outcomes.

VICTIM MENTALITY	VICTOR MENTALITY
<i>Powerless</i>	<i>Powerful</i>
<i>Passive</i>	<i>Persistent</i>
<i>Doubtful</i>	<i>Determined</i>
<i>Complacent/Compliant</i>	<i>Committed/Compelled</i>
<i>Avoid challenges</i>	<i>Accept challenges</i>
<i>Seek out scapegoats for problems</i>	<i>Seek solutions for problems</i>
<i>Sees failure as permanent</i>	<i>Sees failure as changeable</i>
<i>Failure defeats them</i>	<i>Failure motivates them</i>

Which mindset will you start to have? Predator or Prey? Victor or Victim?

CAP Update

All players 05 and up need to be continuously updating their college fit finder profile! This service is free to use as a player at Rush WI West and is one of the best services to help figure out where you want to continue your education!

National Signing Day

by Kyle Lownds / Dec. 1st 2019

November 13, 2019 marked National Signing Day when High School Seniors across the country can officially sign a letter of intent to play soccer at their college of choice. Instead of having just one National Signing Day, the NCAA now has a Signing period: players are able to sign for DI & DII Soccer until August 20, 2020.

SENIORS: If you plan on signing and playing collegiately...WE WANT TO KNOW! We want to help celebrate this great accomplishment and recognize all the hard work you put in to make this happen!

Contact me directly with any information and if you plan on being a part of National Signing Day! While this official day is only meant for DI and DII schools, many athletes not playing at those levels use it as a day to confirm where they will be playing.

High School Players

Now that we are in a break period between boys and girls high school seasons, now is the perfect time to evaluate where you are at in your process. If you would like to schedule a meeting to see if you are on the right track, taking the right steps, or just need some questions answered, now is an excellent time to schedule a meeting with me, your CAP director.

The keys for right now:
-Build your Profile
-Be involved in soccer
-Maintain and build your academics

Something for the Parents:

When You Attend Youth Sporting Events, Know Your Role

By: John O'Sullivan / July 10th 2019 / Changing the Game Project

Imagine the perfect summer day. The sun is out, The birds are chirping. And a bunch of 7 year old boys scurry about a baseball diamond, trying to hit, run, throw and catch, all the while smiling and giggling and doing what 7-year-old boys do. But then the game gets tense. Parents and coaches started chirping at each other, at the players, and at the umpire. A call is missed. Then another. The situation worsens.

The umpire, a 13-year-old named Josh Cordova – who umpires so he can pay for his own baseball equipment by the way- warns both coaches and their fans. Yet the tension escalates. Parents are dropping F-bombs, and pointing fingers trying to get others thrown out. Finally, all hell breaks loose. Coaches argue. Parents get into it with one another. And it ends in a fight that goes viral across the globe. Five people are arrested. Two are suspended from their jobs. And Cordova, when interviewed after the game, said the following: "I was scared not only for me but the 7-year-olds who happened to be on the field at the time. We never thought anyone would fight at a little league baseball game. I thought maybe by issuing a warning everyone would just chill, take a step back and realize how stupid they were acting ... but [I] guess not."

This isn't made up. This just happened at a youth baseball game in Colorado. A perfect summer day ended in assault charges and public shaming. Why? Why? What is wrong with us when people go to jail over things that happen at a 7-year-old baseball game? Since when did the results of a 7-year-old baseball game matter? Do they even matter? Most of those kids don't even know all the rules of baseball, most cannot even throw from the pitcher's mound to home plate without a bounce, and certainly, most of them wouldn't dare argue with the umpire. Now their season is canceled. They don't get to play baseball, maybe ever again, and some families lives are ruined. It is 7-year-old baseball!

It is time for a zero tolerance policy for official abuse and poor spectator and coach behavior at youth sporting events. It is time for state laws because clearly most leagues and clubs are not able to deal with the issue. They are so afraid of being sued for kicking a parent out of a club or school program that they need the help of state legislators. Officials are so afraid for their safety that many are walking away, and nearly 80% of first-year officials in some places do not return for a second year. We are reaching a tipping point that requires drastic action.

And it starts with every one of us knowing our role.

When you attend a youth sporting event, you can be one of four things:

Coach: leads and organizes the athletes

Athlete: participates in the competition

Fan: cheers on the participants

Official/referee: applies the rules to the best of his/her ability

That is it. You cannot be more than one at the same time. Each one has certain roles and responsibilities, and if you try and be a fan and one of these, things get messy and stress levels increase. For example, I see this a lot at youth sporting events:

The Fan Coach: You all know the parent who keeps a running dialogue with their child and gives instructions on every play. If you are not the team coach, and you have dropped your daughter off at training all week and gone about your business, then do not coach her come game time. It does not help her if you arrive on Saturday and start telling your daughter and her teammates where to run, how to hit, where to pass, or when to shoot. The reason we only have one teacher in school is so kids do not get confused by conflicting instructions in the classroom. Imagine there were twenty-eight sets of parents there each day during math. Come game day, though, oftentimes the head coach is drowned out by the sixteen parent- coaches yelling conflicting instructions to the players on the field. The result, more often than not, is not action but inaction from the player. She doesn't know who to listen to, the adult her parents have told her is the coach and should be respected, or mom and dad screaming their lungs out, living and dying on each play and often contradicting the coach's instructions.

The Fan Official: We all know this person as well. He may be 75 yards away from the play, while the actual umpire or referee is a few feet, but clearly he saw it better. When you go to watch your child's sporting event, you must remember that you are going there as a fan and not to officiate. When you live and die with every call, when you scream in disagreement at an official decision, you not only make the environment a negative learning one for your child, but you set an incredibly poor example for him. I cannot count how many times I have heard parents correct their kids for receiving a yellow card in soccer for talking back to officials, while at the same time they berated that official for ninety minutes from the opposite sideline. We cannot expect young children to respect the officials if they spend the entire game listening to their parents disrespect them. We cannot expect officials to continue refereeing our children's games if all they get is grief. So the next time a ball goes out for a throw-in or a corner kick and you think it is the wrong call, ask yourself "does it really even matter? Will anyone actually remember this game 6 months from now?"

The Coach Referee: Instead of coaching his or her players, the coach-referee lives and dies with every call, argues for pointless strikes or outs, and often makes a fool of himself, embarrasses his players, and gets everyone riled up about nothing. Its youth sports. It's about the kids. If you want to referee, then please by all means referee. You are needed! But if you are going to coach, then coach and leave the refereeing to someone else.

We need to know our role. We can play, we can coach, we can officiate, or we can be a fan. In my experience, every incident that happens at a youth sporting event usually arises when a person, usually an adult, tries to take on multiple roles. It may be innocuous sideline coaching that infuriates a coach or another parent. It may be a seemingly innocent comment directed at an opposing player. It can be vocal disrespect for a referee. It usually starts small, but oftentimes, these things escalate, and next thing you know, you have police at a 7-year-old baseball game, leading dad's away in cuffs. A day that started like any other beautiful summer day ends in a tragedy for those poor kids playing and a young umpire trying to earn a few extra bucks. This day will be remembered forever by all who attended. Sadly, it will be remembered for all the wrong reasons.

Remember the change starts at home. Next time you attend a youth sports event, know your role and stick to it. Let the kids play! Let the coaches coach. And let the officials officiate. The children will appreciate you for it.

Director's Notes: Just like we want our players to know their roles, we as adults also need to understand ours. It is very easy to get caught up in the moment. When that happens to me personally, I always try to think to myself, "No World Cup trophies are being handed out today." This allows me to remind myself what my purpose is at each game. My purpose is to coach. Will I agree with every call the official makes? No. Will the official agree with every coaching decision I make? More than likely the answer again is no. The thought of a referee yelling at me for my coaching decisions during a game doesn't even occur to me. I imagine I would look at the official the same way they look at me when I shout about their refereeing...