

WI WEST TIMES

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



Spring is Approaching!

by Kyle Lownds / February 1st 2020

I know it may not seem like it, but spring will be here before you know it! Now is a great time to take advantage of all of the indoor sessions that are available to the players. All age groups have opportunities each week to improve their game! The first official date of spring training with your coach is March 16th! I know many of the coaches want to start out the spring season strong with us going to two tournaments back-to-back weekends in the beginning of May and for many teams, those will be the first games played since the fall season! Looking forward to the spring season and warmer temperatures!



Save the Date!

by Kyle Lownds / February 1st 2019

With spring being a crazy time for everyone, keep these dates in mind as we approach the start..

March 16th- Spring training begins! Because of the unpredictable nature that is spring in Wisconsin, we are putting together an indoor training schedule for all teams. Once that is completed, it will be shared with you. Hopefully we will be outside in plenty of time before the teams play their first games!

May 1st-3rd: Teams will be traveling to participate in the Wausau Tournament. Hotel information will be distributed to you so book ASAP to ensure you'll have a room for the weekend!

May 8th-10th: Teams will be traveling to Moline IL to participate in a tournament. That's right! Back to back tournaments giving teams plenty of opportunities to work on implementing ideas prior to league play.

May 15th-17th: Participating teams will be traveling for President's Cup. Hoping to continue our good form in this as we look to make the finals again!

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Coach Update!

by Kyle Lownds / February 1st 2020

Many of you may remember Coach Mark Carrk from last year. He recently moved to New York to pursue a coaching career at the collegiate level and I had the opportunity to catch up with him about how his first season went.

RWW: "How'd your first season of collegiate soccer go?"

Coach Mark: "The season was amazing, but at the same time very sad. We went undefeated in conference play and got the #1 seed for conference play-offs. We had an amazing offense with 3 of the top 6 goal scorers in conference on the team. One of which was a senior who broke the all-time goal scoring record at The Mount with 47. We advanced to our third straight conference championship after a double OT win over Farmingdale State 2-1 with 53 seconds left in the game. Unfortunately, we ran into Maritime, the 6th seed, in the championship who had just beaten the #3 and #2 seeds to get to us. We lost to them 3-2 in double OT with about 3 minutes left. Very sad and disappointing considering the season we had, but we only lost two starting seniors so I think everyone is excited for what can happen next season."



RWW: "How have your previous coaching experiences prepared you for the next level?"

Coach Mark: "I think my previous coaching experiences have helped me out greatly in what I've been able to do here. The way I have learned to communicate with young players has definitely been prevalent. I haven't had much trouble in the past with that but I was able to connect with the players on the team and now feel like I'm one of them. Also, my ability to read the game has been more important than ever. I don't think I could have adapted so quickly if I hadn't spent so much time coaching previous to this."

RWW: "What have you enjoyed most about coaching at the collegiate level?"

Coach Mark: "The aspect of the college level I have enjoyed the most is the intensity of our team and the overall passion for the game. I think we have a very unique culture here and play a style that many other teams don't shoot for. The standard is high and our expectations are even higher. Our attack first mentality mixed with great possession and interchanging of positions leads to some amazing soccer to watch. There wasn't a game that we didn't control for a good chunk, and we had some difficult teams on our schedule."

Continue reading on the next page!

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 continue your education!

National Signing Day

by Kyle Lownds / Feb. 1st 2020

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.

CONGRATULATIONS TO Braydon K. AND Kyle P.! Kyle and Braydon have made commitments to play in college. Kyle has decided to stay local and play at Saint Mary's University Winona. Braydon has committed to continue his playing career at Carroll College in Waukesha. Congrats and good luck to both of you in your academic and athletic careers!

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
- Juniors: ACT prep! This is the time to focus on doing well on make sure you are preparing effectively. There are many options you can choose from to be prepared and if you have questions on any of those just let me know!

Coach Update!

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RWW: "What were you surprised about the most regarding the college game?"

Coach Mark: "The thing that surprised me the most about the college level was the speed. Everyone told me it was going to be fast, but I honestly had no idea until I got to our first scrimmage. I found myself getting lost and missing some things that I found easy at the youth and high school levels. I took extra time to watch film, ours and opponents, and I found myself catching up with the game. I was able to point things out to the head coach that I wasn't able to do earlier in the season, and because of this I found him coming to me more and more to ask questions about the game."

RWW: "What are you excited about most for next season?"

Coach Mark: "I am very excited for next season! We have an amazing group of guys who absolutely love playing the game. They are all intelligent players who read the game well and have the fortitude to hold up against tough teams. As a program, our goal is to always make a run in the national tournament. The entire team is on board with this and anything less than that will be a disappointment."

RWW: "What have been some of the unexpected challenges of coaching collegiate soccer for you?"

Coach Mark: "The biggest challenge for myself has been on the recruiting side. I knew I could be a good coach and connect with the players, but I've never been in a situation where I'd go out and scout young players to bring to our school. Since we are a small Division 3 school, it is definitely difficult to find the right players for our program. Not only do you need to be smart in the classroom, but we need you to be smart on the field. The head coach is very particular about our style and the players we want in that system. I haven't gotten my first commit yet, but I've gotten many players to visit and stay overnight. I am hoping I get my first commit very soon!"

Thanks Mark and best of luck in your career as a college coach and future seasons! Keep representing RWW well!



Parent Article:

How Do I Balance my WHY with the Demands of the Youth Sports Culture?

Written by Reed Maltbie and published on the Changing the Game Project blog

July 31st 2018

"This season was a disaster." A former colleague of mine said to me recently.

"We had a ton of fun, the kids learned a lot of new skills and gelled as a team, but we didn't win as many games as last season."

"Fun and learning are the two primary things we always wanted out of the experience." I reminded him.

"Yes, but tell that to my parents. The parents of my best players basically staged a revolt. They came to me at the end of the season and demanded I do away with the equal playing time rule, let a few of my weaker kids go for more experienced players, and do whatever it takes to win more games. They're 11-years-old."

"That is not our club," he continued. "This flies against our mission and values, but if I don't make some kind of change, those kids will leave. I need those kids for the numbers and to help the team win. Without them, we won't win anything."

"Since when did trophies become your purpose? Your mission has always been about giving kids a place to have fun, a place to develop, and a place to fall in love with the game," I asked him.

"Agreed. But let's be honest, if we don't do something, we lose those kids to the clubs who do focus on winning. Then what do I do? *There has to be a way to keep a competitive team by serving those kids and parents driven by the current youth sports 'win at all costs' culture while still serving the kids who are here to have fun and learn. How do I balance my mission with the demands to win more?*"

The answer I gave the coach was this: "**You do not balance anything. If you cater to those few who only want to win, it isn't a balance. It is abandoning your principles. Instead, you get really clear on who you are and what you do. You write down your WHY! You educate yourself on best principles of training, leadership, and of positive team dynamics. And then you let everyone know what you stand for, and you coach to the best of your ability!**"

We coach for a reason. We have a mission. We do what we do, day in day out, bad weather and good, early in the morning and late at night for a very good reason. We don't sacrifice all our values and mission so a few people can get their trophies. We stick to our guns and follow our "WHY".

Sticking to our "WHY" is not always popular, but we have to play the long game. This is not a sprint. It's a marathon, and sticking to our why means what we do now will change a life later. That matters more than winning games so a few kids don't leave for a different club.

Director's Notes: We continuously do things at our club for a specific reason. It is to develop players both on and off the field through various programs and what Rush represents.

Examples of on the field development mean possibly playing at a different age group. Challenging their skills against potentially tougher opponents but also putting them into different roles by being on a different team.

An example of off the field development includes using the Rush core values that coaches touch on each month to develop the player from a personal standpoint.

While we all WANT to win, we NEED to stick to our WHY.