

WI WEST TIMES

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



A look ahead!

by Kyle Lownds / July 1st 2019

July Camp: Open for all 2011-2001 boys and girls players. Come out and get some extra touches and play some soccer with your friends! Dates are listed below:

July 9th, 10th, 11th, 16th, 17th, 18th, 23rd, 24th, and 25th from 5:30-7PM

Rush Pre-Season Camp: Come and get ready for the fall season! Camp dates are August 5th and will run from 5-7PM. All Academy and Competitive players are encouraged to attend.

Coulee Region High School Boys Pre-Season Camp: This is a camp specifically for high school boys players looking to get ready for their seasons in the fall. This camp will be run by Coach Luke Dunn and Coach Corbin Bowers. The camp will run August 12th-15th from 7-9PM.

Fall Training: Fall training begins on August 12th!

Rush Fest!

by Kyle Lownds / July 1st 2019

Rush Fest 2019 is here! Players from Rush WI West will once again travel to Colorado to participate in one of the premier events on the Rush calendar. Players get the opportunity to participate in a one of a kind event. They will meet players from other Rush clubs and experience what being within the club is all about. Last year, we took home the coveted spirit award. The spirit award goes to the club that best represents the Rush values and shows the best spirit at the event! No pressure for those that are going this year and hope you'll be able to bring home the spirit award for the second year in a row!

I personally had the opportunity to travel for Rush Fest two years ago and it was a truly remarkable experience. As a coach, I had the opportunity to work with other coaches. We shared coaching philosophies, stories from our club, and why we all enjoy coaching in this club. It was a lot of work but I enjoyed every moment and will never forget the experience I had while I was there. I wish all of the coaches and players luck as they head to Colorado in a couple weeks! Go Rush WI West!



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Get to know Coach *Luke*!

One of the many faces at Rush WI West

by Kyle Lownds / July 1st 2019

Many of you may already know Coach Jake but I wanted to let you all get to know him on a deeper level. I had the opportunity to ask Jake some questions so you can understand who he is beyond the soccer field.

RWW: "What do you enjoy most about living in the Coulee Region?"

Coach Luke: "For me, the best parts are the people and just the overall way of life. I moved here from a suburb about 25 minutes from downtown Chicago, so the way of life here is much different. The people here are friendlier and I enjoy that. I also grew up in Northeast Indiana and spent a lot of time outdoors and on the lakes there, so the Coulee Region feels a lot like home."

RWW: "What do you enjoy most coaching?"

Coach Luke: "My favorite parts are the relationships and memories you form with the people on the team. For me, I remember the fun times and the players a lot more than I remember the wins and losses, especially the more time that passes."

RWW: "What made you want to go into coaching as a full time profession?"

Coach Luke: "I am just not sure if I could picture myself doing anything else to be honest. Aside from people (and my dog, of course) I don't think there is anything I love as much as soccer. I just have to be involved in it. I would say I'm obsessed with it and it has just been something that I have known that I want to do for some time."

RWW: "What do you enjoy most about coaching at Rush WI West?"

Coach Luke: "The people. The players, parents, and staff have all been very friendly and welcoming. It has made for a very easy transition."

RWW: "

Coach Luke: "I would probably pick New Zealand if I had to only pick one place. I think I would pick it because I don't think I have ever seen a picture of it that doesn't look incredible. I have never been there either so it would be great to experience something new."

RWW: "Who is your all-time favorite player?"

Coach Luke: "Even though I was never able to see him play live and have only watched re-run games, I would say Roy Keane. He was a very good player (and his skill is underrated in my opinion) but even more impressive was his hunger, determination, and leadership he showed. For me, no player comes close to Keane in those areas and that is something I looked up to as a player, and now even more so as a coach."

RWW: "Who do you have winning the women's world cup?"

Coach Luke: "Who else, the US of course!"



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!

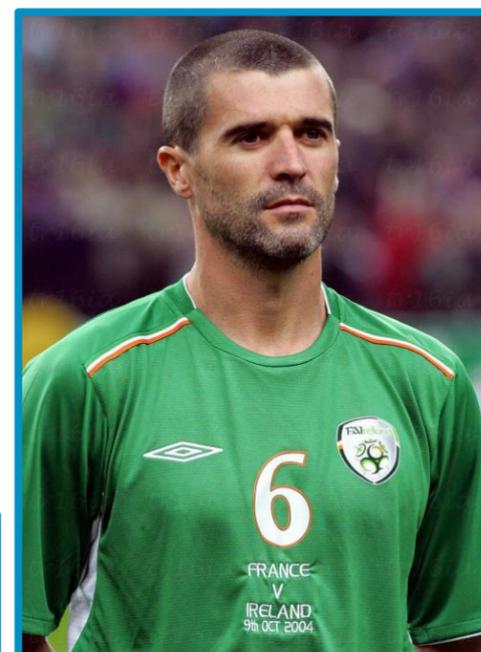
College Exposure Camp (CEC)

by Kyle Lownds / July 1st 2019

ATTENTION ALL RUSH WI WEST PLAYERS ENTERING 9TH-12TH GRADE: Are you looking to play collegiate soccer? Ever wondered what it may be like to play soccer in college? If you answered yes to one or both of those questions, then we have an event for you! We are hosting a College Exposure Camp right here in La Crosse on July 27th. This is a great opportunity for you and your friends to get in front of college coaches and ask them questions you are looking to have answered about the college playing experience.

We currently have representation from colleges on both the men's and women's side. Schools that are currently scheduled to attend include Loyola Chicago, Newman, Winona Saint Mary's, Wisconsin Lutheran, Carthage, Ripon, St. Norbert, Arizona Christian, and others. You can find the link here or on our website to register. Contact Coach Kyle with questions.

<https://rushsoccercamps.com/events/la-crosse/>



Something for the Parents and Players:

The US Women Team's Mental Approach to the 2019 World Cup

Copied from: zwinningmindset.com posted on June 17th 2019

Anyone following the Women's World Cup has heard about it. The hype (positive and negative) surrounding the United States vs. Thailand game. The US team dominated the game 13-0. This is a phenomenal example of the highest level athletes living the second Soccer Mindset principle – I am aggressive and relentless!

The US Women were right to compete how they did (I won't comment on the celebrations). They stepped on the field focused on scoring goals and breaking their opponent's spirits and that's exactly what they did. The US team did the right thing by putting up as many goals as possible on Thailand and here are the reasons why they took the right approach to that game:

- They treated the game like any other competition. Whether you are playing a friendly, scrimmaging at practice, playing an easy group game in the World Cup or playing in the World Cup finals, you should be competing with the same intensity. This way, every time you compete, you are building the habit of playing a certain style – aggressive and relentless!
- They treated Thailand as any other opponent. By treating all opponents the same, you are putting yourself in a position to feel less pressure in the games against the tougher opponents. If you play with the same intensity every game, even in the easiest games, then when the difficult games come around, you won't have to "step up" your performance because you're used to playing all-out every time you step on the field. This can be summarized by the attitude: "Everything is important, nothing special." Treat all games and opponents the same – have fun and play with high intensity.
- The US Women showed mercy on Thailand and respected them as competitors. They treated them as worthy opponents. If the US team would have went easy, they would sent Thailand the message that they are a joke team who isn't on the world level, almost spitting in their faces. The Thailand team knew what they signed up for when they first attempted to qualify for the World Cup. They knew they were going to face the toughest competition in the world. If they weren't fully ready and didn't want to take a beating, they should've stayed home.

No matter who you compete against – teammates at practice, the best team in the tournament or the worst, treat them the same. Put up as many goals as possible and when you see your opponents begin to break, score again and step on their throats (not literally)!

Aggressive and Relentless!

Images from the World Cup!

By Kyle Lownds / July 1st 2019

I, amongst several other members of Rush WI West, had the opportunity to travel to Europe and be a part of the atmosphere! Here are some images of Rush WI West being represented overseas!



2019 Women's World Cup Update

by Kyle Lownds / July 1st 2019

The Women's World Cup has reached the knockout rounds and a champion will be crowned on July 7th! Below is the schedule for the quarter finals and moving on with potential match ups!

Q1: Norway vs England	6/27
Q2: France vs USA	6/28
Q3: Italy vs Netherlands	6/29
Q4: Germany vs Sweden	6/29

S1: England vs USA at 2PM	7/2
S2: Sweden vs Netherlands at 2PM	7/3

3rd Place: 10 AM on 7/6
Final: 10 AM on 7/7