

# WI WEST TIMES

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



## Tryouts...They're Here!

by Kyle Lownds / June 1<sup>st</sup> 2019

Yes, believe it or not, tryouts are just around the corner and registration is OPEN! Have you registered? Have you even thought about it? This is the perfect time to get on and register before it slips your mind again! We continue to grow each and every year and we are hoping for an even BIGGER turn out this time around. You can register online through our website. Below is the tryout schedule:

**08/09 Boys: June 3<sup>rd</sup> and 4<sup>th</sup> 5-6PM**  
**08/09 Girls: June 5<sup>th</sup> and 6<sup>th</sup> 5-6PM**  
**Team Selection: June 14<sup>th</sup>**  
**Academy Registration Opens: June 7<sup>th</sup>**

**06/07 Boys: June 3<sup>rd</sup> and 4<sup>th</sup> 6-7PM**  
**06/07 Girls: June 5<sup>th</sup> and 6<sup>th</sup> 6-7PM**  
**Team Selection: June 14<sup>th</sup>**

**05 Boys: June 3<sup>rd</sup> and 4<sup>th</sup> 7-8PM**  
**05 Girls: June 5<sup>th</sup> and 6<sup>th</sup> 7-8PM**  
**Team Selection: June 21<sup>st</sup>**

**04-02 Boys: June 4<sup>th</sup> and 5<sup>th</sup> 7-8PM**  
**04-02 Girls: June 19<sup>th</sup> and 20<sup>th</sup> 5-6PM**  
**Team Selection: June 21<sup>st</sup>**

### Upcoming Program Highlights

**Eau Claire Tournament: 6/8-9**

Presidents Cup: Rescheduled Pool Play 6/1-2

## May Highlights

by Kyle Lownds / June 1<sup>st</sup> 2019

*May was an extremely busy month for all the teams and players here at Rush WI West! Below are just some of the all the great things that happened over the last month:*

**-06 Boys, 05 Girls, 05 Boys Rush, and 02 Boys all competed in the President's Cup down in Racine. While the first weekend was partially rained out, the next set of games will happen the weekend of June 1<sup>st</sup>/2<sup>nd</sup>. If you see any of these players or coaches, wish them luck in advancing to the next round!**

**-07 Boys and Girls traveled to Appleton to participate in the State Invite. Both teams competed hard in a preliminary experience for what State Cup/President's Cup will be like in the very near future for these groups. This was a great opportunity to get a feel for playing top competition in a short amount of time.**

**-We had a great showing at the South Dakota tournament with the 05 Girls, 06 Girls, 07 Girls, and 02 Boys taking home first place for their age groups. The 05 Boys Nero and 06 Boys teams also competed well and took home second place results. Looking forward to seeing more great results in Eau Claire!**

**-Players selected to ODP teams: Carver Burkhalter (05 Boys Rush), Andre de la Rosa (06 Boys), Sera Speltz (04 Girls), Ryley Winrich (05 Girls), and Amaya Thesing (06 Girls)! Congratulations to all our Rush WI West ODP representatives!**

**-Our Mighty Mites program was a huge success for all of the days they had each Wednesday in May! Rush is continuing to grow!**

## IN THIS ISSUE

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# Get to know Coach *Jake*!

*One of the many faces at Rush WI West*

by Kyle Lownds / June 1<sup>st</sup> 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 coaching?"

**Coach Jake:** "I love being around the game. Whether as a player, a coach, a ref, or a spectator I love being around this game. From coaching I love seeing my players grow as players. I like watching them fall in love with the game like I did when I was younger."

**RWW:** "You've had the opportunity to coach the same team for two years now. What have been some of the highlights of that experience?"

**Coach Jake:** "Winning the South Dakota Tournament was a treat for me as a coach. We've been close in other tournaments and have fallen short. One of our goals this season was to win a tournament and seeing them do that with a dominating performance was special. The following weekend I was able to host a cookout at my parent's house in Grafton when we had games in Milwaukee. I enjoyed having them experience that and I feel like this team is family. The process this team has gone through besides that from U-11 to U-12 has all been special; it's hard to pick one part."

**RWW:** "What are your coaching career ambitions?"

**Coach Jake:** "I'd like to coach as long as I can, at the highest level I can. Hopefully Professionally."

**RWW:** "What are your career ambitions outside of coaching?"

**Coach Jake:** "I love teaching physical education. Soccer is my first love but I have a love for many other sports. Besides that, I would like to become really good at golf."



**RWW:** "If soccer weren't a part of your life, what would you be doing?"

**Coach Jake:** "I'd be involved in other sports- basketball or rugby as I also played those sports in high school and college- maybe professional ping pong player"



**RWW:** "What are your upcoming predictions for the US Women's World Cup?"

**Coach Jake:** "USA takes home the trophy. Germany take second."

**RWW:** "If you could travel anywhere in the world and money was not an issue, where would you go? Why?"

**Coach Jake:** "Dortmund, Germany. It is a dream of mine to watch a Dortmund game in person."



## CAP Update

by Kyle Lownds / June 1<sup>st</sup> 2019

**ATTENTION ALL RUSH WI WEST 05 PLAYERS AND 02 BOYS PLAYERS:** We will be having meetings for your age groups for specific reasons. For the 05s, this is a meeting intended to get you started thinking about the college process as many of you will be entering into your freshman year of high school. You have received information for the details about the event and if you have any questions, contact your CAP Director, Coach Kyle.

For the 02 boys, you will be traveling to some showcases and tournaments this summer. You will have a meeting to ensure you know everything you need to before going to these. Making sure you are seen by coaches, getting your profiles complete, speaking with coaches prior to, during, and after the events, etc. We will make sure you are all prepared for the event! Information regarding the specifics for the event has been passed along. If you have questions, contact your CAP Director, Coach Kyle.

For those of you looking for other opportunities this summer to improve your skills and be seen by college coaches, contact Coach Kyle about camp opportunities around the state.

## College Exposure Camp (CEC)

by Kyle Lownds / June 1<sup>st</sup> 2019

**ATTENTION ALL RUSH WI WEST PLAYERS ENTERING 9<sup>TH</sup>-12<sup>TH</sup> 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 27<sup>th</sup>. 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://rushsocceramps.com/event/la-crosse/>

# Something for the Parents:

## *Don't Steal Reps From Your Athlete*

by John O'Sullivan / May 1<sup>st</sup> 2019 Blog Post /  
Changing the Game Project

Imagine you went to your child's algebra class and got to be a fly on the wall. Imagine the teacher was being assessed on your child's test results in two days. Now imagine that instead of teaching your child how to problem solve, and the concepts behind doing algebra problems, she just took out the answer key and said "here are all the answers. I will put these up on the board during the test so if you can't do the problems, just put down what I write on the board." This is a farcical situation, right? It would never be OK for our child's math teacher to do this, as we can all agree that no learning would take place. By the same token, if we do our child's math homework for him every night, we can all agree that he is not learning math, right? The children are getting the answers and solving the problems, but they are not the ones doing the reps. Yet how often does this happen in sports?

I was listening to a fantastic conversation the other day on my new favorite podcast, Train Ugly's "The Learner Lab". It is 10 episodes of pure awesomeness if you are interested in how to cultivate a growth mindset, how to learn better and faster, and how to build great cultures and teams. In episode 6 on neuroplasticity, the hosts raise a great point:

**In any learning environment, be it sports or school or work, if we want learning to take place, parents and coaches need to be aware of stealing the reps from our children.**

They gave a great analogy that bears repeating. Imagine you are in the weight room and doing squats. You put some added weight on the bar, and your goal is to do 10 reps. After three you are really struggling, and your spotter, instead of helping or guiding you, takes the bar from you and does the last 7 on your behalf. It seems like a ludicrous scenario. You needed a spot, perhaps you wanted a bit of assistance, but you didn't want your spotter to take the bar and complete the task. We can all agree that scenario will not make you stronger or any better at doing squats. Stealing the reps does not help in the weight room.

**So why do we think stealing reps helps on the sports field?**

In my experience, I think many coaches and parents think they are being the metaphorical spotter. They think they are guiding the young athlete toward improvement, and by fixing her positioning or yelling the correct decision to make they are promoting development. In reality, in many cases, they have stepped in and taken over the bar. They are doing the heavy lifting, and the athlete has his autonomy and decision making stolen from him.

Joystick coaching and sideline coaching from parents are basically stealing reps from your athletes, and when we steal the reps, it is only an illusion that learning is taking place. We are stealing opportunities to get stronger, smarter, creative, aware, and make decisions. How do we know this? Let's go back to the podcast, and outline four things that research says are necessary components of a great learning environment:

- 1) **The brain is like a muscle; we need some struggle to grow**
- 2) **Growth takes time and patience**
- 3) **We don't learn by watching someone else do it.**
- 4) **We can improve any skill if we do the work**

**By the same token, here is some helpful advice for parents:**

**Be their #1 fan:** start by remembering your kids already have a coach or two, so do they need another one. During games, never coach your child and tell her where to run or what technique to choose. Some parents tell me "well the coach never helps!" Maybe after reading this, you will understand why. The coach is leaving space for your child to learn, and so too must you. If your coach just doesn't know, and you do, then please volunteer and coach yourself. The world needs more good coaches.

**Ask the 3 great learning questions:** Post-practice or competition, when your child asks you 'how did I do?' the door has been opened for you to take them down a path of self-discovery and ask these magic questions: What went well? What needs work? What did you learn today that you can work on in practice in order to improve? If you help your children see the good and the bad of their performance, and help them formulate a plan moving forward, good things happen.

**Embrace the desirable difficulties:** I think this is much harder to do as a parent than as a coach (trust me on that one as I have a lot easier time watching my athletes struggle than I do my own kids!) If your child is in a good learning environment, or even if they are in a poor one and this is an opportunity to learn about what it means to have a lousy coach, if we can keep the focus on "what did we learn from this" it is an opportunity for growth.

**When you are invited in, step through the door:** If you have knowledge of the sport, and your child does not know what to do, it is a great opportunity to go out in the yard or the park and demonstrate. Play catch with them. Engage with them in the sport. Research shows that when parents are able to play with their kids and do so without taking away their child's ownership or enjoyment, those kids are more likely to continue playing.

### 2019 Women's World Cup in France

by Kyle Lownds / June 1<sup>st</sup> 2019

That's right! The Women's World Cup is finally here, and the first kickoff is between the hosts France and South Korea on June 7<sup>th</sup>! This is a great opportunity to watch some of the world's best players and cheer on the USWNT in their quest to defend their title! I have included all of the USWNT group stage matches for you so you can try and watch all of them. All of the games will be on FOX broadcasting channels.

**June 11<sup>th</sup>:** USA vs Thailand 2PM CST

**June 16<sup>th</sup>:** USA vs Chile 11AM CST

**June 20<sup>th</sup>:** USA vs Sweden 2PM CST

Depending on how they do in their group will determine the next set of games!

