

WI WEST TIMES

YOUR CLUB. YOUR NEWS. ALL THE HAPPENINGS AT RUSH WI WEST!



WHATS YOUR NUMBER?

Kyle Lownds / October 1st, 2019

A player's first touch is vitally important in soccer. Just think...each time they receive the ball, how they receive it will determine what happens next. Games are won and lost at every level because of a player's ability to control the ball or not. We here at Rush WI West understand this concept and have a program specifically designed to help players in this area. Welcome to the juggling club! How do you become a member? The first level is obtaining 100+ juggles without the ball hitting the ground. Sound easy? Try 250. Still easy? The next two levels are 500 and 500+. What level will you get to? See how far your game can go by becoming a member of the juggling club!

DIRECTOR SHOUT OUT!

I personally want to make a shout out to the 08 boys' parents. We received compliments from the MC United President about their positive sideline behavior in this past weekend's game. Thank you for being a great example for our club! Keep up the good work.

ODP: OLYMPIC DEVELOPMENT PROGRAM

Kyle Lownds / October 1st, 2019

Have you heard of the Olympic Development Program? This is a soccer specific program in each state to help identify players. This player identification system creates a pool of players by birth years. If players are selected, they receive some of the best coaching in the state and train along other top players in their age grouping. From the player pool a Wisconsin State Team is then formed. The Wisconsin State Team then goes to compete at Regional Camp. During Regional Camp, players are then identified for a Regional Pool. From the Regional Pool, a Regional Team is then formed. The Regional Team then competes and from their players are selected for the National Training Pool. Of course, that is not the only way to find yourself in the National Pool.

Have you considered participating with ODP? Do you want to test yourself against some of the best players in the state and see where you compare? Talk with your coach and see if they think ODP would be a great next step for you to take your game to the next level. This is yet another way you can continuously improve yourself outside of regular club training and programs. If you are selected for the state player pool – many of the training days will be on Sundays during the winter.

WINTER TRAINING SCHEDULE WILL BE RELEASED SOON!

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Get to know Coach...

**Something
for Everyone**

CAP Updates

THE COULEE CUP IS COMING! WE ARE EXCITED TO BE HOSTING OVER 120 TEAMS FROM 7 DIFFERENT STATES! WE ARE PROUD TO HOST THE AREA'S BIGGEST SOCCER EVENT.



Get to know Coach *Kourtnei!* One of the many faces at Rush WI West

Kyle Lownds / October 1st 2019

Coach Kourtnei has been coaching with Rush for three years now. She played on the UW-L women's soccer team and is using that experience to help the young soccer players in the area! Take the opportunity to get to know more about coach Kourtnei!

RWW: "What have you enjoyed most about the season to this point?"

Coach Kourtnei: "Watching the girls grow and develop along with seeing them implement what we have gone over in practice has been really exciting! I am looking forward to see where they can get to."

RWW: "What are you hoping to accomplish with your team this season?"

Coach Kourtnei: "I hoping to help the girls gain a better understanding of the game and grow as a team both on and off the field."

RWW: "What do you enjoy most about coaching?"

Coach Kourtnei: "I enjoy getting to know the players and families within Rush. Getting to work closely with the rest of the staff and collaborate on all things coaching has been awesome."

RWW: "What do you do outside of coaching to occupy your time?"

Coach Kourtnei: "I am a big crime show enthusiast. So much so that I am actually going on a ride along this October! Traveling is something I also enjoy doing and being able to do that along with coaching is a plus!"

RWW: "What do you enjoy about the La Crosse area?"

Coach Kourtnei: "I am a very active person and I enjoy being able to do many different activities outside. The size of the community is perfect for me. It is also close to my family so I am able to see them regularly."

RWW: "If you could have dinner with any three people dead or alive, who would they be and why?"

Coach Kourtnei: "Megan Rapinoe, Ellen DeGeneres, and my Grandpa Earl. Megan because I admire who she is as a person and as a soccer player. Ellen because I think she is funny, and she is also a very kind and generous person. We have a similar sense of humor and I would love to attend one of her shows. My grandpa because he unfortunately passed when I was young, and I would love to get the opportunity to get to know him."

RWW: "What team do you root for?"

Coach Kourtnei: "Minnesota United! I have been to several games and I consider them to be the local team"

RWW: "Who are your coaching idols?"

Coach Kourtnei: "My dad. The way he carries himself as a coach and the way he makes his teams feel like a family really resonates with me. He also has a strong passion for the game which I look to try and have whenever I coach."



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!

We will be having our first general meeting on October 8th from 8-9PM. This is an opportunity for us to get together and discuss anything you may have questions about or specific topics you'd like to receive more information on. Look for the google form in your inbox to sign up for the meeting!

COLLEGE ADVISORY PROGRAM (CAP) IN THE FALL!

Kyle Lownds / October 1st, 2019

Attention all 05 players and up! Here is a list of objectives to accomplish this fall depending on your age group:

Freshman: Focus on your academics! This IS the most important part of getting into the school of YOUR choice. Many schools have strict academic guidelines, so I recommend getting off to a good start during your first year of high school!

Sophomore: Continue to focus on your academics. Hopefully you had a great freshman year so continue to build on that. Begin to make unofficial visits to schools. Start to understand what you like and don't like about campuses. Continue to work on your weaknesses in your game and continuously evaluate your performances. Talk to your coaches and see what they feel your strengths and weaknesses are and then work on those!

Junior: This is the year to really hammer out your academics. Get off to a strong start this fall. Prep for the ACT!!! Continue to make unofficial visits. You can now also begin to make official visits to NCAA schools that have shown interest in you. Continue working on your skills! Develop your timetable on when you would like to make a commitment. Each player is different so figure out what will work for you.

Senior: This is the year you've been waiting for! You'll decide where you continue your academic, and possibly your athletic careers. This doesn't mean you slack off academically though. Narrow down the schools you want to go to and make the decision that will suit you the best. What school is the BEST FIT for you?

Something for the Coaches, Players, and Parents: *Stay Motivated in the Difficult Moments in Soccer*

Article from Z-Winning Mindset Blog (September 26th, 2019)

No matter how bad you want to accomplish your goals, you are likely to have days where you just don't want to do the right things to work towards them. Everyone has those days when they feel lazy, tired, or just downright unmotivated. The best soccer players find a way to overcome these feelings and put a solid day of work when they don't feel like it.



Knowing what motivates you will be critical for those days where you're struggling to do the right things – whether it's getting an extra workout in that you know you benefit from, your unfocused and don't feel like giving you're all at practice, or you're tempted to enter into a social situation that you know isn't good for you, knowing and pressing you're motivation buttons in those moments will be critical. If you can master your motivation and harness it in the right moments, success will come more easily.

I remember one of my college coaches telling us to write down our goals in the moments of temptation on the weekends when many people, even athletes would go out to parties. This was great advice, but only one example of a "motivation button" or trigger.

By creating motivation buttons or triggers you will have a concrete strategy to help you do what is best for yourself in the difficult moments.

- Start by identifying the things that motivate you – songs, movies, Bible verses, quotes, role models, failure, success, your goals, etc. Make a list of these things on paper so you don't forget them.*
- Now think about the times when you feel the least motivated and can benefit from the feeling of motivation inside you. This can be when you are tired, bored, tempted, before practice, during conditioning or a drill you don't like, when you're with certain people, etc.*
- The third step is to actually push your motivation buttons when you need them, or else the first two steps were pointless (knowledge without action is worth nothing).*

Like anything else, this will require practice. It may sound weird but take a few days a week at home, when you are alone, to practice feeling motivated. Build the habit of pushing your motivation buttons by setting aside consistent blocks of time each week at home to stimulate the feelings of motivation inside you. This will help you to motivate yourself more naturally in the difficult moments when motivation will be most beneficial. Master your motivation and you're one step closer to maximizing your potential in soccer, school and life!

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The key to motivation though is that it needs to come from within. The more you depend on others for motivation, the less motivated you will actually be in the long run. This short story is a perfect example:

Each day an elderly man endured the insults of a crowd of ten-year-olds as they passed his house on their way home from school. One afternoon, after listening to another round of jeers about how stupid and ugly and bald he was, the man came up with a plan. He met the children on his lawn the following Monday and announced that anyone who came back the next day and yelled rude comments about him would receive a dollar. Amazed and excited, they showed up even earlier on Tuesday, hollering epithets for all they were worth. True to his word, the old man ambled out and paid everyone. "Do the same tomorrow," he told them, "and you'll get twenty-five cents for your trouble." The kids thought that was still pretty good and turned out again on Wednesday to taunt him. At the first catcall, he walked over with a roll of quarters and again paid off his hecklers. "From now on," he announced, "I can give you only a penny for doing this." The kids looked at each other in disbelief. "A penny?" they repeated scornfully. "Forget it!" And they never came back again.

Doing something for yourself and not for anything outside of that will yield the greatest results and continued success not only in soccer, but in school and life as well.