

**IARUSHEDGE Video Challenge** – Each Select and Academy team will have the chance to compete each week with video submissions of their soccer workouts at home. Recreation, including Kicks 4 Kids and Iowa Rush PRIME will have two groups for competition.

- Each Academy and Select team will be competing against their teammates listed on TeamSnap
- Recreation challenge will include two groups of competition; 3U-8U and 9U-16U
- Iowa Rush Staff will choose videos based on criteria below and will be announced through social media the Monday after each week starting Monday, April 6<sup>th</sup>.
- The announcement will be a polished video collage show off our participants and their passion for the game and club
- Criteria being considered -
  - Any skill/workout/training will be considered
  - Quality and execution of skill attempted
  - Showing Rush spirit; get creative!
  - Use of ANY family members, especially parents
  - Practice Social Distancing
  - Posting the video on your social media platform and tagging Iowa Rush Soccer Club – [Facebook](#); [Instagram](#); [Twitter](#)
    - Submission link for videos – [Iowa Rush Central](#); [Iowa Rush North](#); [Iowa Rush South](#)
    - Please Include First Name, Last Name, Level or Program, and Birth Year in the video files you submit
    - You may directly message Iowa Rush's (Central, North, South) social media platforms with your video submissions
- **Daily Activities** – Starting Monday, March 30<sup>th</sup>, Iowa Rush will be communicating through social media, stack sports, and teamSnap of the activities to focus on for the day of training. The activities will include video demonstrations for players to follow and use at their discretion.
  - For almost all activities, you will need just a properly inflated ball. We encourage players to be creative when having to use substitutes for any cones needed
  - Players are expected to complete the activities the DAY OF