



Welcome! Rush Union Update

Hello everyone,

We are the midway point in the fall season, and although there is a lot of soccer left to play this fall we are already planning for the Winter and Spring Programs. This year has brought many different challenges for players, parents, and coaches on and off of the field. Our Return to Play Task Force continues to meet very often to review our policies and procedures to ensure we are doing everything we can to keep our players safe. We have had an incredibly positive response from families and coaches alike on the protocols and have been able to mitigate the risks very well. Review the safety protocols and more here: [Safety Protocols](#)

All our winter program registrations are now open. There is a large variety of programs to suit all ages and skill levels. We have Winter Recreational Programs, indoor and outdoor competitive programs, and skill development programs. For more information please visit our website to see what is available at your location this winter.

November 14 and 15 will see us hosting our annual Rush Cup. This year will be an extra special event as a newly expanded organization. We will be using our Milton and Dunwoody locations as well as the City of Milton Cox Road location to host teams from all over the state. We are even expecting Rush Clubs from Florida and South Carolina to send some teams in for the event. More information on our Fall tournament can be found on our tournament website here: [Rush Cup](#)

Our new Adult League began play in September at the City of Milton Cox Road Facility. The program has been a big success with over 160 adult players participating. It has been a fantastic opportunity to partner with the City of Milton and grow the game of soccer in the community. Registration for our winter league will open shortly. Here is a link to more information: [Adult Program at Cox Road](#)

We launched a new program called, RU Active. We understand these times make it challenging to always feel comfortable getting back on the field, playing games shoulder to shoulder. Despite rigorous safety protocols, some players and families may still want to keep distance on the pitch. Rush Union's RU Active program allows players to stay active in the sport they love, while maintaining a level of safety they feel is most appropriate for them. The program will be an in-person, on-the-field offering in Milton and Brook Run Park, and include skills and drills, strength training, core workouts and contests/challenges. RU Active will be administered by our professional coaching staff. We plan to continue to add more dates to this program as the feedback from participants has been very positive.

October 2020

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Last month our very own Coach Lessa was interviewed by Rush National as part of their coaching development program. Coach Lessa has a variety of experiences from all over the world and is currently working with a range of teams at our Milton location. To read the full interview please visit the following link: [Coach Lessa Interview](#)

Our DeKalb location has supported an event called the Father Christmas Cup since 2012 when unfortunately one of our former Chiefs FC coaches was killed in a cycling accident. Rush Union will carry on this tradition in December. The Father Christmas Cup is a local Charity that supports families in need in the Atlanta area. The one day event will be held on December 12, 2020 at Silverbacks Park. For more information on the Father Christmas Cup please visit their website: www.fxcup.org

Finally, we will again be feature in the Milton Neighbor publication in October. Please look out for a great article on the importance of youth sports for parents. Please reach out to us if you have any questions or comments for any of us at Rush Union. We want to hear from our membership, and hope to see you all on the field very shortly.

Thank you for being part of Rush Union.

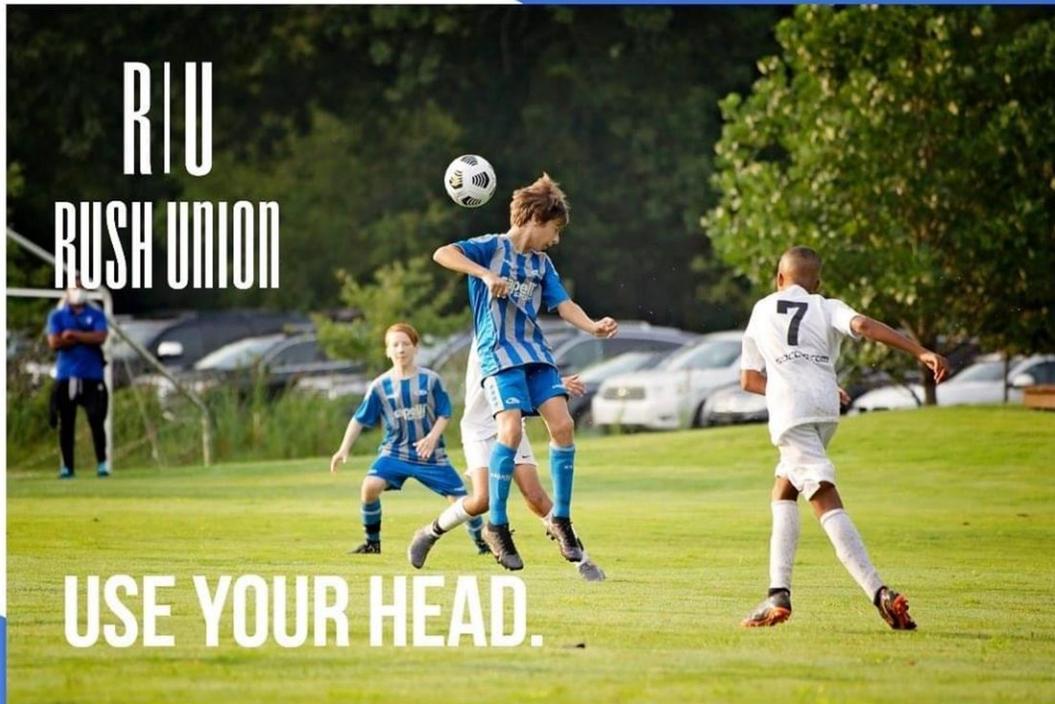
R|U Ready?



Neil McNab Jr.
CEO Rush Union



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Singular
social
platforms
coming in
Oct.



Like.
Share.
Follow.

Social Media

Like us on Facebook and follow us on Instagram & Twitter

Rush Union

[www.Facebook.com/rushunionsoccer](https://www.facebook.com/rushunionsoccer)

Instagram: @RushUnion

Twitter: @Union_rush

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ONSITE SAFETY PROTOCOLS

To keep you and your player(s) safe, Rush Union will abide by these onsite safety protocols at all our locations.



Check temperature before arrival (coaches and players)



Wear masks when not playing soccer



Bring hand sanitizer and use often



Maintain 6-ft. social distance

**LET'S STAY SAFE
NOW SO WE CAN
GET CLOSE LATER.**

NO

Player high-fives
Parents on the field
Large group congregation

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Overuse Injuries in Youth Soccer Players: Development & Prevention

Author: Terry 'Doc' Parker

Rush Union Player Health & Safety Program

Given the nature of soccer as a lower extremity sport, players are constantly running, kicking, jumping and quickly changing directions. Over time, this may take a toll especially on players ages 11-14, when significant biological changes are taking place that put them at risk for sustaining *overuse injuries*. These injuries are the most common in this age group, in female athletes, and in athletes who play team sports, such as soccer. Let's take a closer look.

Development of Overuse Injuries

Generally speaking, these injuries develop as a result of on-going overload on lower extremity structures, and not allowing time for the body to adjust and adapt to the constant wear-and-tear on selected musculoskeletal tissues. Factors associated with these injuries include 1) players experiencing a growth spurt; 2) rate of training progression-slow and steady versus too much too soon for the player's age and skillset; 3) adult influences on training progression and regimes; and 4) previous level of conditioning. These are only a few of the many factors predisposing youth soccer players to overuse injuries.

Knowing the causes listed above, it's equally important to be able to recognize the possibility of an overuse injury in a youth player. Most often, players complain of pain in the heel(s), foot, lower leg, knee, hip/pelvis and lower back. This pain is not sudden as overuse injuries develop over time.

Prevention of Overuse Injuries

Knowing that soccer is a game of constant lower extremity wear-and-tear, youth players may develop overuse injuries as a result. Given that, parents and coaches should take equal responsibility in preventing these injuries. Prevention efforts should include 1) allowing players 2 days of rest per week from training and playing times during the season; 2) allowing players 2-3 months of rest time post season; 3) incorporating the age and training rule that suggests that players should not exceed their age in the number of training/playing hours per week.; and 4) discouraging players from specializing in soccer at the exclusion of other activities/sports prior to high school. Preventing overuse injuries is a sound approach given that treating these injuries may mean players spending weeks or months away from the game.

Conclusion

Overuse injuries are common in youth soccer players, especially those ages 11-14. Recognition and prevention are key elements in insuring that players remain healthy and on the field throughout their adolescent playing years.

Recommendations

- ✓ Players should be strongly encouraged to report any pain or injuries to parents and coaches
- ✓ Players experiencing pain should be referred to a sports medicine professional (physician or athletic trainer) for evaluation
- ✓ Players should *never* be encouraged nor expected to 'play through' pain or injuries

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COMING THIS DECEMBER!



www.fatherchristmascup.org
FXC

BECAUSE WE COULD ALL USE A LITTLE
HOLLY JOLLY
RIGHT NOW

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The Father Christmas Cup will be held on December 12, 2020. A charity event benefiting Atlanta Soccer families in need.