



# TOUCHLINE

Quarterly Newsletter  
Winter 2017



“Where the trails of passion and purpose meet, begins the path to victory.”

## Did you know?

Idaho Rush Gave Scholarships:

2014-15 = \$38,197

2015-16 = \$34,211

179 Player total

46 Competitive

72 Select

61 Recreation

Thank you for your generous support.

Donations to Rush Soccer Club, a 501(c)(3) entity, are tax deductible!!!

## In Idaho, Soccer is a Source of UNITY

Nations United, an Idaho Rush Select Program Co-ed JV High School team, garnered attention in the local press (click photo or [link](#) for full Idaho Statesman story and photos). Spearheaded by Rush mom Mary Karol Taylor, coached by Rush alum Fawad Saheb-Khan, the Idaho Rush Soccer Club facilitated the dream-come-true opportunity by hosting the team in its own Select league and providing scholarships for the team's players. Idaho Rush is committed to providing positive, life-changing experiences to all of Boise's children through soccer.



Sydney Post of the Boise High Co-ed Team congratulates Patience Ishimwe of Nations United after the Fall Select Classic in 2016. Nations United won the final 1-0.

Full [results for the Fall Select Classic 2016](#). See stories and videos by [KBOI](#) and [KTVB](#).



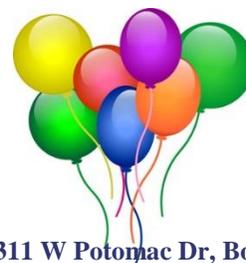
The Annual Rush Alumni game was played indoors this year on 12/27/16 due to the extreme weather. **ENJOYMENT all the same!! #RUID**

## 11<sup>th</sup> Annual Rush Gala – Feb. 10<sup>th</sup> @ 6:30 pm

Come celebrate with us - Fun, Food, Friends

Dessert Auction, Live/Silent Auction

Live Entertainment & No Host Bar: Clubhouse Event Center, 7311 W Potomac Dr, Boise





**RECREATION Reg.**  
**for Spring is OPEN!**

- Regular Reg. \$90
- Late Reg. \$110 after March 1<sup>st</sup>
- Practices start 3/20/17  
First Game 4/1/17  
Last Game 5/6/17
- Uniforms only \$18 (if needed)
- 3 convenient locations:  
Simplot Sports Complex,  
Lewis & Clark M.S., and  
Optimist Fields (Spring only)

Proudly sponsored by:

**FredMeyer®**



## Idaho Rush Sends Record Number of Players to Rush Soccer Select XI

Rush Select XI teams are formed by scouting top players from Rush clubs around the continent. "All-star" teams then participate in domestic and international events. The Select XI program is like a national team program only better. Players and coaches don't know each other at the start of each event but by the time it's over, life-long bonds will have been forged and a new level of play will have been discovered. Players return to their home Rush clubs with a new understanding of the Rush Way, the Rush Core Values, and an understanding of exactly what it means to be a part of the largest youth soccer organization in the world. Select XI staff include top coaches in the Rush organization.

This year's Select XI camps consisted of 60 elite players from Hawaii to Connecticut, as well as international Rush clubs from Canada and Mexico. From the camps, only half the players were chosen for the domestic and international events. The domestic events include the Desert Classic and Presidents Day Tournament (PDT), both held in February in Phoenix, Arizona.

Teams going to Europe will play in a tournament or play exhibition matches against host clubs ranging from local outfits to top professional club academies. This year's teams will travel to Italy, Switzerland, Germany and Costa Rica!

Idaho Rush is proud to have the following players represent the club this year:

- Boys 2004:** Chase Kluksdal – PDT (AZ) & Italy  
Johnny Camacho – PDT (AZ) & Italy
- Boys 2003:** Logan McKendrick – Desert Classic (AZ)
- Boys 2001:** Sam Zimmer – Desert Classic (AZ)  
Carson Cadwell – PDT (AZ)
- Girls 2004:** Hayden Wilsey – Desert Classic (AZ) & Italy/Switzerland  
Cailey Mae-Hodkins – Desert Classic (AZ)
- Girls 2003:** Kendra McDaniel – PDT (AZ)  
Payton Dion – Desert Classic (AZ)
- Girls 2002:** Justine Humphry – Desert Classic (AZ)  
McKenzie Kluksdal – Desert Classic (AZ)  
Jade Maldonado – Desert Classic (AZ)
- Girls 2001:** Maeve Pierson – Desert Classic (AZ)

**Congratulations to them for their hard work, PASSION and TENACITY!!!**



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## Competitive Teams

### Find Success at home:

#### IYSA D3 League:

The following Idaho Rush squads finished top of the table in their respective divisions in league play:

‘06 BU11 Rush Blue

‘04 BU13 Premier

‘06 GU11 Rush Black

‘05 GU12 Rush Black

‘04 GU13 Premier-Div. 1

‘04 GU13Nero-Div. 2

‘03 GU14 Premier

‘02 GU15 Premier

*Congrats and Best of Luck this Spring!!!*

Idaho Rush proudly partners with:



## Five Members Added to DREAM Club

This exclusive club honors players who are Devoted, Reliable, Enthusiastic, Accountable and Mentors, and rewards those who play their entire competitive career at Idaho Rush. Inductees receive a small scholarship toward their first year of college. This year's

inductees are listed below. Click on the [link](#) to learn more about them and see what they have to say about their time spent with Idaho Rush:

**Emily Rigsby** (Whitman College), **Eric Lyon** (Evergreen State University), **Luke Murdock** (University Puget Sound), **Sam Rucklos** (Seattle Pacific University), and **Zach Fishburn** (Idaho State University)

Here is an excerpt from Eric Lyon's essay:

“Time is an unforgiving force of nature that is the cause of all the pressures we face in our lives. Choosing how we spend our time is something that we all must deal with and all have certain regrets about. I myself am no exception. I waste my time scrolling through social media or improving my FIFA skills more often than I would like to admit. Even so, I still find the drive within myself to not play that next game or explore just one more hashtag, and to go out and do something productive. This drive, passion or desire may seem as though it is just a personality trait I claim as my own and that no external force could have influenced me to be this way. The reality however, is that this mentality was nurtured and grown through my experiences with Idaho Rush Soccer Club.”



## Rob Hill joins Idaho Rush Staff

Idaho Rush is excited to announce that Rob Hill has accepted the role as Asst. Tech. Dir. and will start on March 6th. Rob will take over the good work that Carlos Correa has achieved as

the Girls DOC, and take our [College Advisory Program](#) to a new level. Rob is sure to add another layer of success to our club.

Rob grew up playing the game in England with Sheffield Wednesday and Leeds United youth programs. For the past 7 years, he has been the Head coach at Northwest College (WY) successfully developing the Men's and Women's NJCAA DI Soccer program. Rob previously worked with the Yellowstone Fire Soccer Association as Director of Coaching & Education for eight years. Rob and his wife Candiss and two girls Ella (7) and Mayci (3) are excited about the move to Boise. Please join in welcoming Rob to the Idaho Rush staff!!!

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## Competitive Teams

### Find Success at NWCL:

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The Northwest Champions League strives to take youth soccer to a higher level of professionalism in organization and operation, while creating a unique level of competition for premier youth teams in Oregon, Washington and Idaho.

**Age groups:** Boys and Girls U11 through U15

**Competitive Format:** Six games played over two venue-based weekends. Group winners and runners-up will play in the NWCL finals in March 2017.

**Idaho Rush teams that excelled:**

'04 Boys U13 Premier

'03 Girls U14 Premier

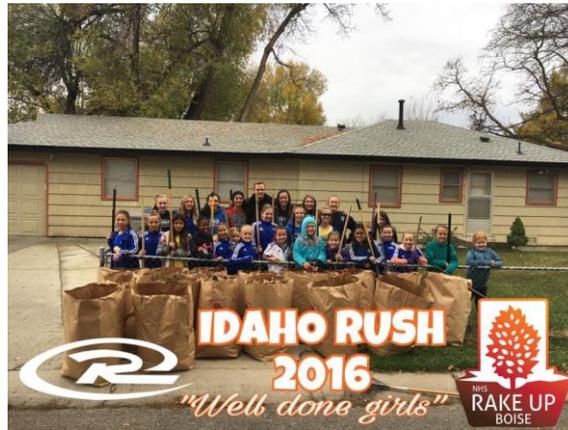
'02 Girls U15 Premier

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Congratulations to Idaho Rush '02 Girls Premier team who have advanced to the NWCL finals in Seattle on March 4th 2017

**Best of luck Girls!!**

**GO RUSH**



the Rush Core Values of EMPATHY, HUMILITY and RESPECT. Thanks to everyone who participated and we look forward to an even bigger turnout this coming fall.

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## COMMUNITY OUTREACH

Every year, Idaho Rush players, Coaches and families spend at least one Saturday participating in [Rake Up Boise](#), a local organization that facilitates assistance to residents 65 years or older as well as disabled people. Dozens of players and their families came out again this fall to help rake leaves showing

## IDAHO RUSH SELECT: FALL SEASON

Every season, the Select league concludes with the "Classic" sponsored by our valued partners at



Around 100 teams compete in the annual Idaho Rush Peterson Select Classic. Ranging from U9 to High School Co-Ed. Congratulations to all the teams that made it to the championship game after a long week of soccer.

(Click on the logo to see photos of Champions and Finalists.)

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## Did you know?

**Idaho Rush Soccer Club makes up 42% of players in the IYSA D3 (Treasure Valley area) playing soccer in the Recreational and Select levels, and 21% of players in the Competitive level.**

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Stay in touch with Idaho Rush Soccer Club on social media:



## IDAHO RUSH CONTINUES PARTNERSHIP WITH ST. AL'S



A note from Idaho Rush CEO Lee Riley:

"I would like to start by saying how proud Rush are to have St. Al's as partners, and that our players' safety and health are paramount. Not only does St. Al's provide professional athletic trainers during game days at multiple sights but also provide "Walk-Up Clinics" specifically for Idaho Rush players and parents on Mondays at Winstead Park from 5pm to 6pm. The spring clinics will start March 6<sup>th</sup> and continue through the end of May.

St. Al's also helps educate Rush coaches by running an annual Concussion Symposium. This year's symposium will be held Wednesday, March 1st from 5:30-7:30pm in the McCleary Room at St Al's.

Idaho is a leader in proactively improving the safety of the game for youth players, and Idaho Rush is committed to putting kids' health and safety first."

## "Energy Drinks v. Sports Drinks"



**Saint Alphonsus**  
**SPORTS MEDICINE**

Saint Alphonsus Sports Medicine is proud and honored to be a part of the Idaho Rush Soccer program. More than our job, it's our PASSION to contribute to each athlete's health and safety. With the time and intensity required for practices and games, athletes must keep hydrated. We want you to know there is a serious difference between "sports drinks" and "energy drinks.

**The National Federation of State High School Associations (NFHS) and Sports Medicine Advisory Committee (SMAC) provide the following information:**

**What are the differences between an energy drink and a sports drink?**

Sports drinks (i.e., Gatorade and Powerade) are designed to provide rehydration during or after athletic activity. While contents vary, most sports drinks contain a 6 to 8% carbohydrate solution and a mixture of electrolytes, such as calcium, magnesium, potassium, sodium, phosphate and chloride. The carbohydrate and electrolyte concentrations are formulated to allow maximal absorption of the fluid by the body.



Energy drinks (i.e., RedBull, Monster, etc.), however, often contain a higher concentration of carbohydrate (usually 8 to 11%), which also means a larger number of calories than sports drinks. Energy drinks also contain high amounts of caffeine, and in some cases, other nutritional supplements. Other ingredients with caffeine-like effects may also be present; yet, typically their caffeine content is not noted. **Energy drinks are not appropriate for hydrating or re-hydrating athletes during physical activity and should not be used in such circumstances.**

**The NFHS/SMAC strongly recommends that:**

1. Water and appropriate sports drinks should be used for rehydration as outlined in the NFHS **"Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness."**
2. Energy drinks should not be used for hydration prior to, during, or after physical activity.
3. Information about the absence of benefit and the presence of potential risk associated with energy drinks should be widely shared among all individuals who interact with young athletes.
4. Athletes taking over-the-counter or prescription medications should not consume energy drinks without the approval of their physician.
5. Energy drinks ARE NOT sports drinks and should not be used by athletes in training or competition.



For more information on Saint Alphonsus Sports medicine please visit [www.starspt.org/services/sports-medicine/](http://www.starspt.org/services/sports-medicine/)



## IDAHO YOUTH SOCCER ASSOCIATION – Vanguard Protecting Young Brains

IYSA is one of only nine state youth soccer associations in the country to adopt a progressive policy that will protect the brain development of our young soccer players. Here is the policy statement:

### More photos from Nations United



ball. The head size to neck strength balance is not sufficient in ages younger than 13

It is further recommended that between the ages of 13 and 17 that heading be limited in practice and that standard coaching methods on how to head the ball be instituted by the Affiliates. IYSA will also assist Affiliates as needed to help teach coaches these techniques to better reduce the risk of heading the ball leading to concussions.

**IYSA are adopting the following recommended playing rule as recommended from USSF:**

*“When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.”*

### ***2017 SELECT ACADEMY***

Select players take part in age-specific training sessions designed for player development. Players also strengthen life skills by learning to play alongside other players from within the Select program and work with different coaches and players. There is no additional cost for the seasonal Select Academy during the season.

- **Dates:** Friday, March 10th, 24th, and Friday April 14<sup>th</sup>, 28th
- **Times:** 6-7:30pm
- **Location:** [Lewis and Clark Middle School](#), 4141 E Pine Ave, Meridian, ID
- **Cost:** The cost is included with the player's Select registration.



### ***SELECT COACH EDUCATION – Ran by TD Jens Haustein***

- **Dates:** Friday, March 10<sup>th</sup> & 24<sup>th</sup>, and Friday April 14<sup>th</sup> & 28<sup>th</sup>
- **Times:** All sessions run 6-7:30 p.m.
- **Location:** [Lewis and Clark Middle School](#), 4141 E Pine Ave, Meridian, ID
- **Cost:** The coach education series is free to coaches in the Select program.

IDAHO RUSH SOCCER CLUB - 270 S Orchard St Boise 83705 – Call (208) 336-6512

[www.idahorush.com](http://www.idahorush.com)