



TWIN CITIES RUSH SOCCER CLUB



WELCOME PACKET

WHERE THE TRAILS OF PASSION OF PASSION AND PURPOSE MEET,
BEGIN THE PATH TO VICTORY.

2012 GIRLS EDT 1 TEAM PLAN



TWIN CITIES RUSH

LEAGUES

Fall: TCSL

Winter: TCSL Jamboree

Spring/Summer: TCSL

TOURNAMENTS

Fall: TCSL Autumn Festival

**Spring/Summer: Iowa Rush Spring Champions Cup,
2 NSC Tournaments**

****Tournaments confirmed at first team meeting***

**COACH: CHARLIE ZUBAL - CHARLIE@TWINCITIESRUSH.COM
DIRECTOR: JARED RICE - JRICE@TWINCITIESRUSH.COM**

TWIN CITIES RUSH SOCCER CLUB

Welcome to the Rush!

Thank you for your interest in the Twin Cities Rush Soccer Club. Enclosed in this packet is information regarding our Developmental Academy and Competitive programs.

We take much pride in all of the accomplishments the club has attained as the Blaine Soccer Club. Now we are looking forward to building on that success as we start our first season as Twin Cities Rush. Never satisfied, we are looking to press forward and conquer more than ever for our players and teams as Twin Cities Rush. We are very excited about what the future has in store for all our members.

Our intent is to be the best soccer club in the Twin Cities and to compete with the best within Minnesota, and among quality competition throughout Midwest! This takes more than just hard work. It takes vision, the right attitude, the right players, good coaching, the right atmosphere, and a little bit of luck. Nevertheless, it is a journey, and when you bring the right people together, the sky is the limit! We believe, with your support, Twin Cities Rush will continue to develop into one of the top soccer clubs in the State of Minnesota.

Rush believes in striving for excellence. As players progress, they are constantly put in new situations to be provided with a greater challenge, if that is what the player desires. For our top players, their goals include playing on the state teams, regional teams, national teams, college teams, professional teams, etc. As a club, we want to push our players to “the next level”. This “next level” may be different for every player.

The coaching staff at Twin Cities Rush is looking forward to making this season your player’s best soccer experience yet. Go Rush!

Sincerely,

Patrick Prindle
Executive Director
Twin Cities Rush Soccer Club



WHO IS RUSH SOCCER

Formed in 1997, Rush Soccer began in Littleton, Colorado with Colorado Rush. From there it expanded to more states across the U.S. to where it is now... with over 70 clubs across 35 states! Rush is also in over 48 countries across the world, making it truly a worldwide soccer brand. Twin Cities Rush desires to give all players an equal opportunity to explore their potential and pursue positive outcomes on and off the field.

YOU are one of over 45,000 youth soccer players globally!
We are glad to have you as part of the club and culture of the Rush!



OUR MISSION

A Global brand committed to providing an unparalleled soccer experience:

Progressive
Ambitious
Comprehensive

OUR VISION

Partner with like minded clubs everywhere in the world to eventually represent one of the most recognizable brands in the world.

PASSION & PURPOSE

WHO IS THE TWIN CITIES RUSH SOCCER CLUB?

The Twin Cities Rush Soccer Club will take the field for the first time in 2021. The Twin Cities Rush Soccer Club, formerly known as the Blaine Soccer Club, will be based out of the National Sports Center in Blaine, MN. Twin Cities Rush is committed to providing exceptional development for its players. In order to achieve this, the club offers year-round training and playing opportunities for any player who is committed to improving. It doesn't matter if you are on a top team or are just starting out; Players of all abilities will have access to high quality development opportunities throughout the year to help them reach their full potential.



WHY TWIN CITIES RUSH SOCCER CLUB?

- ★ ACCESS TO TOP QUALITY TRAINING AND PLAYING FACILITIES
- ★ HOME SOCCER CLUB OF THE NATIONAL SPORTS CENTER
- ★ FULL TIME PROFESSIONAL STAFF SUPPORT FOR ALL TEAMS
- ★ RUSH SOCCER RESOURCES AND CONNECTIONS ALL OVER THE WORLD
- ★ A CLEAR PLAYER PATHWAY
- ★ UNIQUE PLAYING OPPORTUNITIES FOR ALL LEVELS
- ★ COLLEGE ADVISORY PROGRAM
- ★ SCHOLARSHIP OPPORTUNITIES

....AND MANY MORE REASONS!

PASSION & PURPOSE

RUSH CORE VALUES

ACCOUNTABILITY: Be accountable for your actions and hold others accountable for their actions. Who am I ultimately accountable to, and who judges my work?

ADVICE: Seek out advice and aspire to be the best. In order to learn, we must be open to learning and consider the advice of others. Are you coachable?

EMPATHY: Empathy is at the core of solid relationships.

ENJOYMENT: Enjoy your work, this is a gift. The desires of diligent workers are satisfied.

HUMILITY: Apologize when you make a mistake. Forgive others and do not look back.

LEADERSHIP: Leaders strive to be trustworthy, honest and sincere. They possess traits such as integrity and honor. They are willing to serve others and sacrifice their own interests. Leaders are constructive and hardworking.

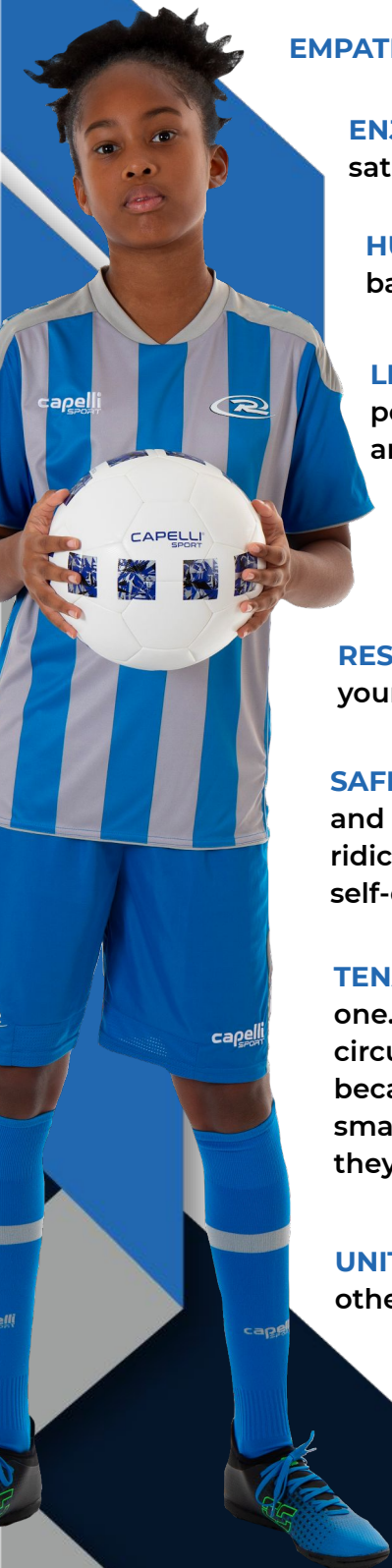
PASSION: Passion always trusts, always hopes and always perseveres. Passion never fails.

RESPECT: Respect everyone. Respect the opponent, the rules, your colleagues, your superiors and subordinates. Be thoughtful and considerate.

SAFETY: Our environment is safe. This includes the office, our travels, the fields and our bodies. Safety is not only physical safety from harm, but safety from ridicule and attack. We are comforted and encouraged in the club. We portray self-control and kindness to our staff, our colleagues and players.

TENACITY: To be successful, persevere.... persevere but do not be anxious. Fear no one. Be strong and courageous. Work when no one is looking, even when the circumstances are not right and everyone else quits. Diligence never loses because it never quits. Outwork your opponent, and most importantly, work smart. Don't wait for external inspiration. The people who go far do so because they motivate themselves and give life their best, regardless of how they feel.

UNITY: Together all things are possible. When your teammates are down, bear each other's burdens; conversely, celebrate your teammate's successes.



PROGRAMS & SERVICES

Our programs are what makes us unique...



CE

Coaching Education - We teach our coaches how to coach players the Rush Way,



RS

Rush Select - our scouting network is unmatched. Eyes around the world to identify top talent.



COLLEGE ADVISORY PROGRAM

CAP

College Advisory Program - we help those that don't make it pro get into elite colleges.



REACH

Rush Equipment Assisting Children - all old uniforms get donated to those in need around the world.



PL

Player Loan - be loaned out to compete within any Rush Club. Experience the world.

& Many More...

TWIN CITIES RUSH SOCCER PLAYER PATHWAY



With professional teams at the top of the pyramid, the player pathway for our male and female players is clear.

RUSH WAY PHILOSOPHY

RUSH WAY TO PLAY

Purpose & Passion

The Rush Way to Play is based upon movement and activity by both player and ball. Possession-oriented does not fully describe how we play; attack-oriented does. Whether in possession or in defense, we are attacking. Rush Players play with freedom yet understand the importance of responsibility and the balance between the two. Rush teams are flexible and adapt to varying circumstances. The Rush Way to Play represents both passion and purpose.

THE RUSH PLAYER

Player's Sideline Behavior

Players are encouraged to support other Rush teams and give their full-hearted support. Learn the Rush song; be as loud but respectful as possible and help educate the rest of the country in the way soccer should be supported, as it is in the rest of the world.

Practice & Game Attendance

Practice and game attendance is optional for all levels of player within the Rush Organization. Playing other sports and multiple sports at the same time is the choice of the family and zero repercussions will be administered the coaching staff. Players who wish to become better and succeed within the game will attend all practices and games with the attitude of wanting to leave a better player.

Acknowledgement

When a coach addresses a player during training or competition, it is important the player acknowledges. Communication is two-way.

Greeting

Players are expected to greet the Staff with a handshake for all staff local, national and international. The Rush staff across the country expect their players to shake their coaches hand each time they meet. Why?...respect, build social skills, break down barriers, learn culturally accepted behavior, the list goes on.

PLAYER PLACEMENTS & TRYOUTS

TWIN CITIES RUSH COACHING STAFF

Developing soccer players is the primary objective of our coaches, but what cannot be underestimated is the importance of coaches shaping lives. Gone are the days when coaching responsibilities consist of working solely with X's and O's. Today's coaches must be able to motivate and build self-esteem in their players. All this simply means is that we need quality, well-rounded men and women to lead our youth to success both on and off the field. Twin Cities Rush is proud to boast the largest well developed and certified staff in the Twin Cities Region. To learn more about our coaching staff please visit our website at www.twincitiesrush.com

2021-2022 coaching staff assignments will be announced in late July 2021.

PLAYER TRYOUTS & PLACEMENTS

Players are members of Twin Cities Rush as a club, not individual teams within the club. Players selected for the competitive program not only join Twin Cities Rush but 45 other Rush clubs around the country. You are joining the largest soccer club in the world with around 45,000 members!

CAN RUSH COMPETITIVE PLAYERS PARTICIPATE IN OTHER SPORTS?

Yes, we support other activities such as: volleyball, baseball, basketball, dance, etc. The only request the Rush has in regards is for the player and family to communicate other sports the child plays and commitment level for each sport. This information will help us place your child on the proper team and environment within the club. The player must also understand that his/her individual development is in his/her hands and consistent participation within the Rush aids in player development.

TWIN CITIES RUSH SOCCER CLUB

DEVELOPMENT ACADEMY

U7-8 DA (Development Academy) BOYS & GIRLS TEAM

The Twin Cities Rush Development Academy is the bridge between our recreational and competitive program introducing players to a more committed level of soccer development. The Development Academy identifies players who desire a greater commitment to improve upon their skills with the guidance of a professional coach. Limited amount of roster spots available in the Developmental Academy.

[For more specific DA seasonal plan information please visit the website here.](#)

COMPETITIVE DIVISIONS

The Competitive Program offers year-round player development opportunities for the most enthusiastic, committed and talented soccer players, ages U9-U19. The goal of the Competitive Program is to develop players to their highest level both on and off the field.

Twin Cities Rush is committed to providing exceptional development for its players. In order to achieve this, the club offers year-round training and playing opportunities for any player who is committed to improving. It doesn't matter if you are on a top team or are just starting out; Players of all abilities will have access to high quality development opportunities throughout the year to help them reach their full potential.

Twin Cities Rush prides itself on offering a level of play for every committed soccer player with a strong emphasis on work rate, desire to learn and personality. As such, every Competitive team, regardless of level, has a professional coach and U9-U15 age groups are lead by a full-time Age Group Director.

TWIN CITIES RUSH SOCCER CLUB

COMPETITIVE DIVISIONS

U9-18 ACADEMY BOYS & GIRLS TEAMS

Chosen players will be placed on a Twin Cities Rush Academy Team.. The Travel Team is the 3rd level team in the age group. These teams will be entered into either the Twin Cities Soccer League (TCSL) or the Minnesota Youth Soccer Association League (MYSA). Players will also travel for selected tournaments. During the course of the season, players may be asked to play up at times, with other Twin Cities teams, to help benefit player development. Instead of having to match a team to a game, we can now match a player to a game so each player gets the maximum development out of the season.

[For more specific Travel seasonal plan information please visit the website here.](#)

U9-U18 EDT (Elite Development Team) BOYS & GIRLS TEAMS

Chosen players will be placed on a Twin Cities Rush Elite Developmental Team. The EDT Team is the 1st level team in the U9-U12 age groups and the 2nd level team for the U13-U19 age groups. These teams will be entered into either the Twin Cities Soccer League (TCSL) or the Minnesota Youth Soccer Association League (MYSA). Players will also travel for selected tournaments, which can include College Showcase Events. During the course of the season, players may be asked to play up at times, with other Twin Cities teams, to help benefit player development. Instead of having to match a team to a game, we can now match a player to a game so each player gets the maximum development out of the season.

[For more specific EDT seasonal plan information please visit the website here.](#)

TWIN CITIES RUSH SOCCER CLUB

COMPETITIVE DIVISIONS

U13-U19 NPL (National Premier League) BOYS & GIRLS TEAMS

Chosen players will be placed on a Twin Cities Rush National Premier League Team. The NPL Team is the 1st level team in the U13-U19 age groups. These teams will be entered into either the National Premier League (NPL) or the National Twin Cities Soccer League (TCSL)). Players will also travel for selected tournaments which can include College Showcase Events. During the course of the season, players may be asked to play up at times, with other Twin Cities teams, to help benefit player development. Instead of having to match a team to a game, we can now match a player to a game so each player gets the maximum development out of the season.

[For more specific NPL seasonal plan information please visit the website here.](#)



TWIN CITIES RUSH SOCCER CLUB



RUSH SELECT - PLAYER SELECTION

U13-U19 Rush Select Opportunities

The Rush Select program is an international program in which Rush Soccer forms "all star teams" that are comprised of the top Rush players from all across the world. The program starts from age U13 and is available through a players career with Rush Soccer ending at U19. These teams attend various events, both in the US and internationally on a yearly basis. The players get to see new ideas, play with top talent, learn from new coaches and develop as a player in a way most across the country can not.

How can my player make the Select team?

Players are scouted beginning at the Rush Fest with the U13 age group. We also take recommendations from each club's Technical Director to form the pool of players for each age group. The U14 & U15 players will be scouted at the Centers to be selected for a regional team and then later a national team. U16-U18 players will be selected for a national first or second team. The pool of players is constantly evolving and players come and go as the team ages up. Making the Select team once does not mean a player will always be involved and players can be added to the pool at any time with a Technical Director or Scout recommendation.

Who is eligible to play for a Select Team?

Any Rush player between the ages of U13 and U18 who is in good standing with their home Rush club is eligible to be selected.

Who coaches the Select teams?

Top Rush coaches from around the country make up our coaching staff. We currently have coaches from more than 25 clubs around the nation on our staff.

[For more specific Rush Select information please visit the website here.](#)

PLAYER PLACEMENTS & TRYOUTS



TWIN CITIES RUSH

CLUB TEAM GOALS

U7-U10 Boys & Girls

The goal of the Twin Cities Soccer Club within these age groups is develop individuals that have a core soccer skill set and are passionate about the game. Passion always trusts, always hopes and always perseveres. Passion never fails. Pool rostering will be used within our academy to maximize player development and minimize travel.

U11-U19 Boys & Girls

The goal of the Twin Cities Rush Soccer Club within these age groups is to develop players and compete on a local, regional, and national level.. Teams will be formed with this goal in mind. The sky's the limit at Twin Cities Rush and the club aims to make decisions that are best for the club as a whole as well the teams and individuals that make up the club.

HOW DOES THIS CLUB GOAL MATCH THE PLAYER - FIRST MENTALITY OF SOCCER DEVELOPMENT?



Player Development depends on the environment you create, not the teams you form. This type of goal helps the club create the type of environment needed for player development. The goal allows for the club to set a long term goal for players and teams, a long term goal that is the focus of everything that player does for the entire year. The player learns how to compete at the highest level which allows the freedom to move the players around the club with the same goal in mind. Creating strong individual players will create stronger teams.

TWIN CITIES RUSH SOCCER CLUB

GET IN TOUCH!



WE LOVE HEARING FROM YOU!

We are always available to you to hear suggestions or to talk about anything else you may need help with.

Email: communications@twincitiesrush.com

Phone: 763-717-3888

Mailing Address: 1700 105th Ave NE Blaine, MN 55449

Field Address: 1700 105th Ave NE Blaine, MN 55449

Website: www.twincitiesrush.com

Facebook: @blainesoccermn

Instagram: @twincitiesrush

TWIN CITIES RUSH PARTNERSHIPS



TWIN CITIES ORTHOPEDICS

A partnership with the Twin Cities Rush Soccer Club is a highly targeted, multiplatform opportunity to build a meaningful relationship with club members while exposing your brand to local, regional, national, and international communities.

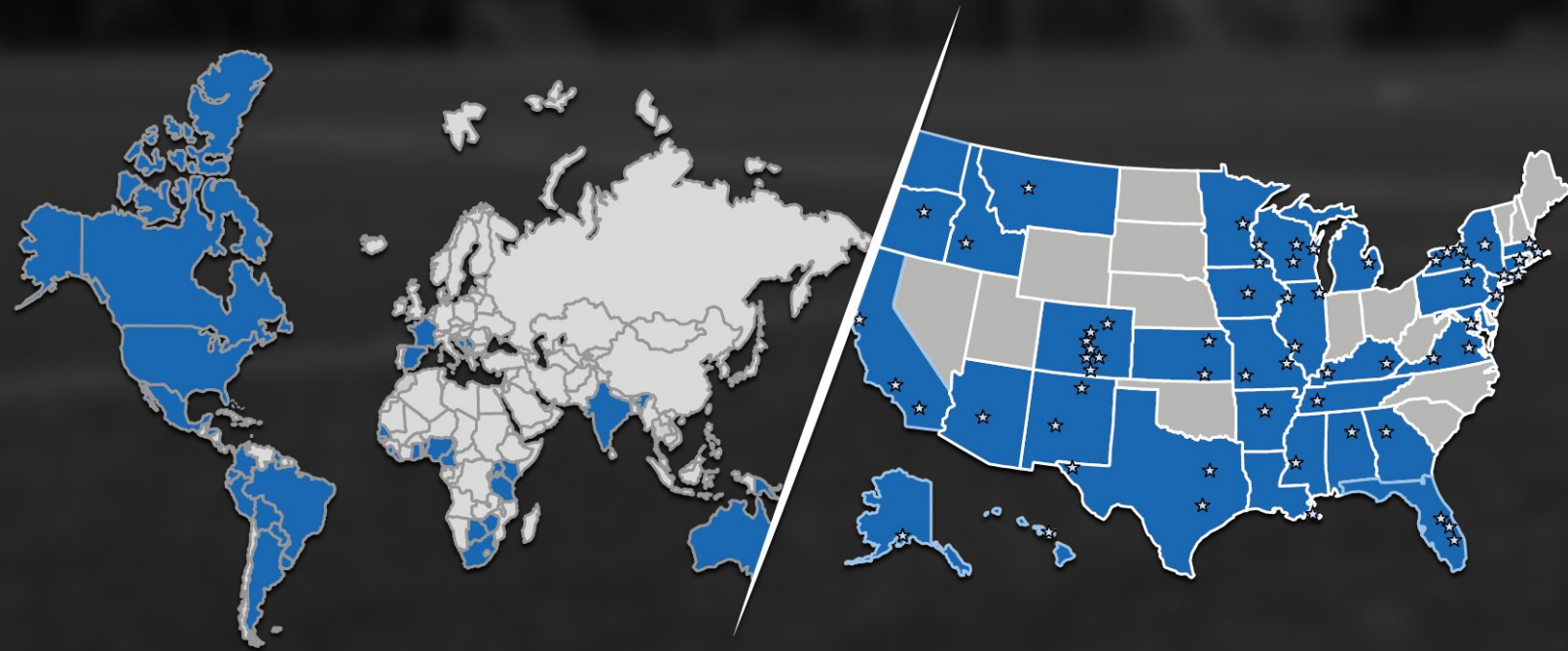
The nature of youth soccer requires that families spend 3-7 days every week participating in club related activities. Between games, practices, camps, and tournaments being part of a youth soccer club requires a major commitment. With that commitment, comes loyalty to the club.

Twin Cities Rush Soccer's Partners experience the benefits of this loyalty.

capelli[®]
SPORT

Interested in becoming a partner? Email us at operations@twincitiesrush.com

RUSH SOCCER GLOBAL FOOTPRINT



GLOBAL FOOTPRINT:

Over 110 clubs World Wide

Located in over 48 countries

Across 6 continents

U.S.A. FOOTPRINT:

Located in 35 states and counting

70 clubs and counting

Continuous year over year growth

Rush Soccer is the largest club in the world. Our aim is to have over 100,000 players with a presence in almost every major country.

WE'RE EXCITED TO HAVE YOU WITH US!



**WE ARE
WE ARE
WE ARE
THE RUSH!**

TWIN CITIES RUSH

QUESTIONS? EMAIL US AT COMMUNICATIONS@TWINCITIESRUSH.COM
FOLLOW US FACEBOOK & INSTAGRAM @TWINCITIESRUSH