

Hello Internationals Family!

As many of us pause to celebrate Easter, Passover, or the start of spring, it is an amazing time of the year to reflect on all of life's blessings. A time of rebirth, renewal, new beginnings... as trees start to blossom, flowers start to bloom and dormant grass comes alive again, we can all use the time to appreciate what we have! Although you may not be able to physically gather the way you normally would on this holiday weekend, I hope you are finding ways to keep traditions alive and continuing to meet adversity with optimism, generosity and faith.



We saw lots of action on TM in week 4! We enjoyed the “get to know your teammates” videos from the U9-12s... so many interesting pets, hobbies and vacation spots! The engagement at U13-19 from our accountability captains and team motivators has been tremendous... we love to see our players inspiring and leading each other. We have so many talented and creative minds in the club... keep sharing!

This week, we encourage you to answer the “Helping Others” challenge and share you projects on TM.

Updates and Reminders for this week:

- **Week 5 GUIDED ACTIVITY PLAN (GAP):**
 - **U15-U19 GAP linked here for the Week of April 13-19**
 - Click for Printer Friendlier Version – 2 slides per page
 - **U13-U14 GAP linked here for the Week of April 13-19**
 - Click for Printer Friendlier Version – 2 slides per page
 - **U9-12 GAP linked here for the Week of April 13-19**
 - Click for Printer Friendlier Version – 2 slides per page

GAP Reminders:

- Review the plan in advance so you can get the most out of it! Ask questions and always watch the **VIDEO DEMOS** *prior to the session*, to see how to properly execute!
 - All GAP sessions will be scheduled in the Team Manager App Calendar. Click **GOING** upon completion of each session; if you did not complete the session that day – click NOT GOING.
- **Goalkeeper GAP Plan:** we will have additional guidance for you by Monday, April 13.

Additional Club Resources:

- **ISC Virtual Training Web Page:** visit [our virtual training page](#) to keep all club-wide communications, resources, schedule updates and virtual training info in one place for easy access and reference during the COVID-19 restrictions.
- **MEMBER'S BUSINESS SPOTLIGHT:** we had 2 members submit info for the business spotlight last week, and we know there are more of you out there! If you would like your business to be in the spotlight, please visit our virtual training website to [fill out the form](#)!
- **Virtual Office Hours:** Our coaches are here for you! In addition to our team meetings which will be held periodically based on team needs, you also have the opportunity to connect individually with our coaches and directors. If in need, [please sign up for a slot](#) !

Be well and be safe,
Keri