

Hi Fam...

During this difficult time, you can lean on us...

Our mission at the Internationals Soccer Club is to provide a **safe, healthy, and fun** environment for every individual to learn life-skills through the game of soccer in order to develop to their full potential on and off the field.

We will continue providing our members the opportunities to grow. We will train and maintain our players' technical skills, physical attributes and keep them engaged for their overall mental health, while pushing/pulling/urging them to improve during these unusual circumstances. Our coaches are prepared to adapt to the new conditions and to use all our available resources that are safe and connected to our mission as an elite club.

- **Virtual Coaching - Individual Approach** : within the next few days, each of our teams and individual members will be hearing directly from one of our coaches. Players will have the opportunity to sign up for a virtual meeting with their coach via phone call or video conferencing during the next 14 days. We will coach our players through her plan and provide individual feedback with instructions based on her specific needs across all 4 pillars of the game.
- **ISC Individual Self Training:** We are providing the linked [GUIDED ACTIVITY PLAN \(GAP\)](#) for the next 14 days with different types of sessions that will help us achieve our team and individual goals.
- **Other ISC Development Opportunities:**
 - SportsRecruits Platform – this is a great time to use this platform to gain a better understanding of which colleges would be a good fit for their academic and soccer ambitions. Players should continue to refine their college wish list and reach out to individual coaches. Many college coaches will also have more office time to focus on recruiting. Reminder to do this through the platform so you club coaches can remain up to speed on your progress. Your club coaches will review & discuss your progress during your individual meetings.
 - NCAA recruiting update: the NCAA announced an immediate ban on in-person recruiting until April 15 (at the earliest). College coaches are still able to communicate with athletes and club coaches according to NCAA communication rules.
 - HUDL / ONE-DRIVE Platform – members can use these tools for studying ISC games, team-group-individual performance analysis, assembling and editing individual clips to create highlight videos to show her profile as a player which can then be shared with the college coaches through SportsRecruits.

We have an outstanding team of coaches that are flexible and creative and will adapt quickly to these 'work from home' times. Until we are able to train together again, we will adjust our plan as needed and continue to offer NEW and additional resources to help inspire and foster our player's love and passion for our beautiful game.

"During trying times, the ball is a source of comfort and the ball can be a temporary escape."

STAY ACTIVE and STAY HEALTHY!

Your Internationals Coaching Staff