

Hi All -

Wow... What a week! I hope that you are able to spend this weekend taking care of your physical and mental health and can find a way to relax in the midst of all that is happening. The strength of this club has never been more evident as we see and feel the positivity, support and sense of community, culture and family from all directions!

Our club's priority this month is focused on **Member Outreach**... our staff has been working diligently to connect with our members throughout the week and our players have impressed us by finding creative ways to stay connected themselves!

We have utilized different resources to stay engaged as a club:

- We have provided **Guided Activity Plans (GAP)** to every player tailored to their age group. Check out our [ISC YouTube Channel](#) for videos of our GAPers getting after it... we will be posting new content frequently!
- The **TeamManager App** has been an amazing tool providing a platform for us to share photos, videos, workouts, and to track progress. This has become our "**Accountability App**" as we see who has completed the GAP workout each day.
 - Our **U17 ECNLers** have led the way, being the only team to have every player to complete the workout each day. Please continue to RSVP by clicking 'going' each day after you have completed the workout to get credit for yourself and inspire your team!
 - Our **U13 ECNLers** have been the most active on the app with video and photo posts
- **Virtual Meetings**: utilizing phone, FaceTime, and Skype, we have held 80+ Individual Virtual Coaching Meetings during the past 2 days as well as 1 Virtual Team Meeting. More meetings are scheduled next week and don't forget to sign up if you have not already : [Virtual Meeting Sign UP](#) (U19 ECNL: Schedule directly with ZP). We have been so impressed with our player's approach, commitment, attitudes and positivity during our discussions... a big to the parents for your approach with your children!
 - **Our primary messages to our players :**
 - **Take care of YOURSELF** and answer the call for practicing **social distancing** (this includes workout partners and selfies!)
 - **Establish a routine** for a productive day with focus on Health, Education, Soccer, and Helping at home
 - **Control what you can Control**: Individual improvement (IDP, GAP); Being pro-active with your college recruiting
 - **Common Questions from our players :**

- **Q When will we train together again ?** *A: we don't know. We are taking it one day at a time and we know we will be together again but just don't know when.*
- **Q Will we continue to receive GAP Plans and Guidance from our coaches ?** *A: YES! we are committed to continue offering additional self-training plans and tools, team/group meetings, team/individual challenges, Individual Virtual Coaching. Stay tuned for updates !*
 - *We do not have any further scheduling updates regarding games or events. We are awaiting Decisions from our leagues and governing bodies.*
- **Q What should we do About College Recruiting ?** *A: Be Pro-Active utilizing SportsRecruits, Highlight Videos, Emails, as well as Phone Calls & Texts (for Junior's and Senior's)*
- **Social Media:** we are utilizing our social media channels to share club messaging and inspiration internally as well as outside of our club. We have an amazing group of teams, players, families, and coaches and we want to everyone to feel the **ISC LOVE!** Consider following/subscribing ! Even if you don't use the Apps, you can view our content on the web without an account. We will be posting new content frequently... wear ISC Gear & keep your distance for the best chance to have your photos/videos posted.
 - [ISC Twitter](#)
 - [ISC Instagram](#)
 - [ISC Facebook](#)
 - [ISC YouTube Channel](#) – **check out today's new message from April Heinrichs!**
 - Related : consider taking the [ECNL Shoe Flip Challenge](#) to help others in need!

Sports Recruits Resources (for our U15-19s):

- As you know, The NCAA suspended in-person recruiting until April 15th. Visit Sports Recruit's deep dive on this update from the NCAA [here](#). They will update this post as things develop.
- SR's [library of webinars](#) is a treasure trove of knowledge about the college search and recruiting process.
- On **Tuesday, March 24th at 7pm EST**, SR will be holding a members-only webinar for student-athletes where they will discuss how COVID-19 is affecting the recruiting process. You can register [here](#).
- With in-person recruiting events suspended for the foreseeable future, video has never been more important... If you have video, you can email help@sportsrecruits.com and they will help you load the video to SportsRecruits and share it with your teammates.
- See attached Tips from ScoutingZone (ignore references to SZ Accounts ... we will continue to use SportsRecruits)

COVID-19 Resources:

- A good read on what we can do to help [FLATTEN THE CURVE](#) with easy-to-understand infographics. Let's do our part!
- [ODH: COVID-19 Website](#)
- [CDC: COVID-19 Website](#)

As always, **we are here for you**, please reach out to any of our staff members should you have any needs, questions or concerns.

It's not about ME and I, it's about WE and US!

Take Care,
Keri