

Hi All -

Here we go... Starting week 3 of our ***“Virtual Club Experience”*** ! Hard to believe it has been more than 2 weeks since we suspended our in-person activities. On one hand, I am exhausted and it feels like a long 2 weeks ; and on the other hand, it feels like time has flown by as I continue to be inspired by the **“ WE CAN DEAL WITH IT ”** reaction of our members! The consistent feeling from our staff is that we will be even bigger, better and stronger than ever as our members are proving that when we’re **IN IT TOGETHER**, we can deal with any type of adversity!

Our “pass the ball” team challenges have been AWESOME ... we have older sisters inspiring younger sisters and we have younger sisters showing the older ones that the club’s future is in good hands (and feet) !

NEW since last week’s update:

- **Upgraded GUIDED ACTIVITY PLAN (GAP):** The response from our players and parents has been overwhelmingly positive and that has inspired your coaching staff to provide you with even more ways to guide your self-training sessions!

U15-U19 GAP linked here for the Week of March 30-April 5

U13-U14 GAP linked here for the Week of March 30-April 5

- **Take the time to review, in detail, the plan for the week. Ask questions via TM APP, or during your team meetings if there is something you do not understand!**
- We have added some **VIDEO DEMOS** to give virtual coaching points for certain activities.. watch the video to see how to properly execute prior to the session. We noticed some common *mistakes* in many of your individual video submissions so this is our attempt to *teach* and *correct* virtually!
- All activities are designed for players to do on their own, or with a partner (preferably a family member). We understand it’s more exciting to train with others but we will continue to encourage all of our members to follow *Ohio’s Stay at Home Orders*, and practice ***physical distancing***. This is why you do not see any “contact” (1v1, 2v2, etc) activities in our plan. And this is why you do not see any of our coaches holding individual or small group sessions in person ... we remain committed to **DO OUR PART TO HELP FLATTEN THE CURVE! LET’S BE A MODEL CLUB FOR OTHERS TO FOLLOW ... are you IN ?**
- 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. When you click **GOING**, your coaches automatically know that you have completed the session, therefore you do not need to also message us that you have completed. **ONE CLICK** takes care of it!
- We want to see videos and photos of players actually **DOING the GAP activities!** Selfies are nice and we love to see our player’s smiling faces but we like to see them in **ACTION** even more! Note: posting photos/videos on TM is *not a daily requirement* but does help keep us connected and gives us content we can use on our club’s social channels and website.

- Virtual HIGH FIVES to our U17 ECNLers!!! The only team to have 100% compliance for 2 weeks straight – Completing the GAP sessions and checking in via TM App... well done!
- [NEW Goalkeeper specific Plan](#): We are excited to offer this additional resource to our GKs! (of course, anyone can try – regardless of position). Special Thanks to Gabby Kouzelos for putting this together for our GKs! **GK GAP Plan linked here with video demos!**
- [TeamACTIV App](#): As a supplement to your GAP and IDP plans, we have teamed up with ACTIV to provide you with an additional resource to supplement your at-home training! These workouts help to prevent injuries as well as preparing your body to perform - movement prep, overall strength, flexibility, and fitness. [Click here for all details](#) - sign up today!



- [ISC Virtual Training Web Page](#): We have launched a [new page on our website](#) 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. **Bookmark the page and check back frequently for updates!**



- [TeamManager App](#) : we are now fully up and running with all teams and player pools utilizing the TM App daily for communication, connection and accountability: **Please help us help you!** We want to be sure all parents and players are on the app and each player should check the app daily as this will be where we share important items and updates with all members.
- [Virtual Meetings](#): utilizing phone, FaceTime, Skype, Zoom, and Google Meet we have held 300+ Individual Virtual Coaching Meetings during the past 2 weeks, 12 Virtual Team Meetings plus multiple staff meetings with coaches and managers. More team meetings are scheduled for this coming week for U13-19.
 - **ISC Virtual Team Meeting Priorities :**
 - Connect with teammates and share thoughts, ideas, struggles and successes
 - Staying SOCIAL & CONNECTED while practicing **PHYSICAL DISTANCING**

- GAP Guidance and soccer-specific, self-training education – how to plan your weekly load, time management, etc
 - College recruiting advice and TO DO LIST
 - CONTROL the Controllables
 - Coaches Seeking feedback from players
- **Virtual Office Hours:** Our coaches are here for you and available to serve our members in a variety of ways. We will be announcing Office Hour times for each coach ... stay tuned for full details coming later this week.
 - **Club Fees:** as you know, Spring Club Fees and ECNL/ERL base fee #4 were to be due on March 30. We will not be invoicing for full spring fees but we are in the process of evaluating our fee structure and will have a detailed update for you later this week. These are extraordinary times and we are working hard to ensure that we make decisions in the best interest of our members, staff, and the future of the club. We have already paid for many of the fixed costs associated with the spring season and there are also fixed, monthly costs required to operate the club. Obviously, there are still significant variables to work within and we are exploring all options of how to manage it in a fair and appropriate manner for all involved. As such, we do desperately need you to pay any past, outstanding dues immediately.

Through all of the challenges, we remain focused on our mission of developing players development by providing 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'RE ALL IN THIS TOGETHER
WE ARE THE IT
#inITtogether

COVID-19 Resources:

- [OH Stay at Home Order FAQs](#) :
 - **Can I leave home to exercise?** Yes. Outdoor exercise like running or taking a walk is perfectly acceptable; however, exercise gyms, fitness centers and associated facilities are closed to reduce the spread of coronavirus. While exercising outside, you should still practice social distancing by running or walking at least six feet away from other people. (*this includes playing soccer*)
- [ODH: COVID-19 Website](#)
- [CDC: COVID-19 Website](#)

Be well and be safe,
 Keri