

Hello **INTERNATIONALS** !

As I sit here during the first weekend of May I cannot help but think of where all of our teams would have been playing on this weekend... instead, we are hopefully enjoying the spring weather outside with our families and preparing for the start of another week of virtual learning and self-training. I also cannot help but think back to March 12 when the suspension of sport was first announced and all of the uncertainty that followed... “how long will it last?”, “when can we play again?” and so on... If someone told me on that day that we would still be running the club virtually 8 weeks later, I would have asked “HOW?” Well, we know the answer ... **TOGETHER!** So here I sit, planning for virtual soccer in May and I cannot find words to express depth of my gratitude so all can say is, once again, **THANK YOU** ... thank you to our parents for trusting in us, our players for believing in us and our staff for finding new and creative ways to carry out our mission!

Week 7 was, arguably, the best week of our virtual club experience yet! We saw members continuing to find ways to help others, we had the most amount of engagement on TM, our players rose to the challenge by completing our hardest week of the GAP so far, we held our first virtual gym session and welcomed back alumni who provide great inspiration for our players! We have more great things planned for week 8 and 9 and cannot wait to see how you respond to the challenge! **KEEP GROWING!!**

#### Week 8 GUIDED ACTIVITY PLAN (GAP) + GK Specific GAP:

- [U13-U19 GAP linked here for the Week of May 3-May 10](#)
  - [Click for Printer Friendlier Version – 2 slides per page](#)
- [U9-12 GAP linked here for the Week of May 3-May 10](#)
  - [Click for Printer Friendlier Version – 2 slides per page](#)

#### Updates and Week 8 Action:

- **Parent Meetings:** We held virtual parent meetings last week for some ages and will get though the remaining teams this week. We will discuss summer and fall planning as well as providing a forum for you to ask questions! **If there is something on your mind, please reach out to me and send me your questions via TM or email *prior to the meetings*.** Additional age-group specific details have been shared on our TeamManager App.
- **Guest Speakers & Mentoring:** Our first guest in our **ISC ALUMNI Series** was Taylor Leach and she was fantastic! Our players came away motivated and inspired to “DREAM BIG and FOLLOW YOUR HEART”! **This week we are excited to welcome current college student-athletes [Gabby Kouzelos](#), [Sydney Dawson](#) and [Jess Radice](#).** Click on their names to learn

more.



- **College Recruiting Corner:** Check out our new college recruiting section on [our virtual training page](#) . This week, we have added our first edition of our [Recruiting Times Newsletter](#). Check it out!
- **Juggle Club:** We have been inspired by seeing so many of our players juggling on their own so we decided to re-vamp and re-launch our Internationals Juggle Club (IJC). The purpose of the IJC is to encourage our players to get more meaningful touches on the ball and practice on their own while providing them with a fun objective. The goal is to get them to use **all different surfaces** of the body and **compete** with themselves by [climbing the Juggle Club Ladder](#). *How high can you go?*
- **Senior Spotlight:** Throughout the month of May, we will be featuring our **Senior Class of 2020**. We have 18 seniors in this year's class who will moving on to continue their athletic and academic careers at the #NextLevel. Follow our social media channels to learn about and celebrate our amazing Seniors!



#### Additional Club Resources:

- **Schedule Updates & Additional Club Resources:** Visit [our virtual training page](#) regularly to keep up to date with all club-wide communications, resources, schedule updates and virtual training info during the COVID-19 restrictions.
- **Member's Business Spotlight & Directory:** If you would like your business to be in the spotlight, please visit our virtual training website to [fill out the form](#)! **We want this to be a resource for all club members, even beyond the COVID-19 situation.** So, if you have a business or service that our members could benefit from, please share!
- **Social Media:** reminder to follow us and **re-post/share our stories!** 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: [ISC Twitter](#) ; [ISC Instagram](#) ; [ISC Facebook](#)
- **Alumni Network:** our **Internationals Alumni76 network** has been launched! If you are an alumni or the family member, former teammate of an alumni or if you know of one - Please share our [ISC Alumni questionnaire](#) ... We are hoping to reach as many alumni as possible!
- **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](#) !

- **Player-Centered Webinars:** There are some very good online resources/webinars being hosted by various organizations free of charge. There are many good player-centered topics addressed: college recruiting, sports psychology, goalkeeping, leadership, time management, individual training, Q&A with former Professional and National Team players, etc. We encourage players and parents look through the topics and pick a few that resonate with you – what are you curious about? What would you like to learn more about? Visit the links below to browse the topic listings & learn something new today!
  - [US Club Soccer – Player’s First](#)
  - [Ohio North Youth Soccer Association](#)
  - [AmericaScores – United Coaches Summit](#)
  - [SportsRecruits](#)



# PASSION...LOVE...RESPECT

Stay Safe,  
Keri