

## FEATURE ARTICLES



On December 3-4th, Virginia Rush had the pleasure to host teams from Virginia, Maryland, Delaware, North Carolina and Pennsylvania for our annual Atlantic Cup Tournament!

The competition was fantastic and teams enjoyed a great post Fall season tournament played at the Hampton Roads Soccer Complex in Virginia Beach.

Congratulations to all of the Champions and Finalists for the 2022 Atlantic Cup!





## RUSH FEST!

VA Rush held its first informative meeting on December 14th about the 2023 Rush Fest event this Summer. The meeting took place at the Operation Smile building, as they hosted over 30 attendees. This event will be open for any 2011 player to participate. If your player is interested in attending this fantastic life-changing soccer experience, email coach Harris Titsis ([tharris@varush.com](mailto:tharris@varush.com)) for more details



## ~Alumni~

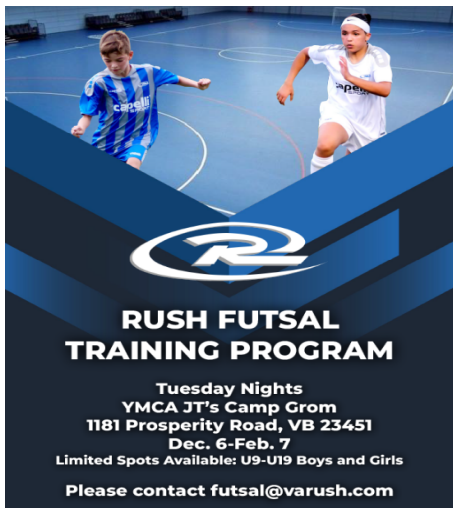


VA Rush's alumni were back in action on December 21st at the VB FieldHouse for VA Rush's annual alumni game. More than 25 players were in attendance and played as old teammates met up to kick around and banter. Parents of players also came out to cheer on their players.

Thank you, Rush Alumni, for your continuous support, and we're looking forward to another successful event next year.

## FUTSAL TRAINING

Futsal Training started Tuesday, December the 6th, and will last ten (10) weeks. These one-hour sessions will primarily focus on the game's technical aspect, This is for players ranging from ages U9-U15. Leading this program are Futsal Level 1 certified coaches Harris Titsis, Chris Whiteside, Rick Smith & Yianni Titsis.



## GENERAL CLUB INFORMATION

Virginia Rush Soccer Club  
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### **Office Hours**

Monday-Thursday	9:00 AM – 4:00 PM
Friday	9:00 AM – 2:00 PM