



IOWA RUSH

QUARTERLY NEWSLETTER

February 20, 2025 | Issue 6

February 5th was National Girls & Women in Sports Day, and we proudly celebrated the amazing female athletes, coaches, and leaders who make Iowa Rush stronger!



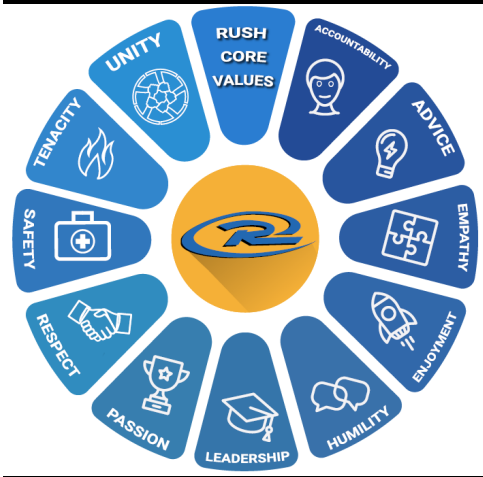
Max Berendzen is a 14U Select player at Iowa Rush North. He is highly regarded by his teammates and



coaches and truly enjoys playing the game! Max was recognized for his relentless drive to get touches on the ball and truly embodies what it means to be a student of the game.

To learn more about our core values, click below.

Iowa Rush Core Values



Congratulations to Emerson Berkenes and Owen Noel for being honored as Iowa Rush Core Value Players of the Month for December and January!



Iowa Rush Program Spotlight: 5U-8U Rush Soccer



What is 5U-8U Rush Soccer?

5U-8U Rush Soccer is designed to foster a love for the game while developing fundamental skills in a fun and supportive environment. The 5U-6U program, themed Fall In Love With The Ball, focuses on building each child's relationship with the ball through 3v3 games and one practice per week, led by parent volunteers with guidance from Iowa Rush coaching staff. As players progress to 7U-8U, the theme shifts to How We Move The Ball, emphasizing ball movement and control through small-sided activities and 4v4 games. With two weekly practices, players experience age-appropriate challenges while continuing to grow their skills in a positive and inclusive setting.

5U-8U Rush Soccer - Spring 2025 Information:

Who: 2017-2020 Boys & Girls

Costs: 2017 & 2018 - \$150/Player | 2019 & 2020 - \$125/Player

Where: Prairie Ridge Sports Complex

When: Training begins March 31, 2025

Training Information:

- Weekly trainings will be planned by the Iowa Rush Technical Director.
- 5U-8U Rush Coaches and Volunteer Parent Coaches will assist with training sessions.
- All trainings take place at Prairie Ridge Sports Complex.
- 7U-8U: 2 training sessions/week
- 5U-8U: 1 training session/week

Game Information:

Games will be played at Prairie Ridge Sports Complex each Saturday between 9:00am - 2:00pm.

7U-8U

Games will be played 4v4 with no goalies. Each game will have 4 quarters of 12 minutes. Occasionally we will have referees at the games but coaches may need to act as both coaches and referees for games.

5U-6U

Games will be played 3v3 with no goalies. Each game will have 4 quarters of 8 minutes. Coaches will act as coaches and referees for the games.

Other questions about 5U-8U Rush Soccer can be directed to the program director:
Ben Dighton (recdoc@iowarush.com)

Sign Up for 5U-8U Rush Soccer!



Rush Shoutout: Celebrating Our Soccer Parents!

This month, our Rush Shoutout goes to the incredible parents of all Iowa Rush players! From late-night practices to early morning game days, your dedication, support, and encouragement make a huge impact. Thank you for being the backbone of our soccer community!



Sponsor Spotlight:

A huge thank you to Roof Iowa for their incredible support as a jersey sponsor and dedicated partner of Iowa Rush! Their generosity has made a lasting impact on our players and programs, helping us continue to provide top-tier soccer experiences. We are grateful for their commitment to our club and community!

Get To Know Iowa Rush: Coach Chris Allen

GET TO KNOW IOWA RUSH



COACH CHRIS ALLEN

FAVORITE PLAYER:

NAOMI GIRMA

FAVORITE TEAM:

US WOMEN'S NATIONAL TEAM

FAVORITE FOOD:

HAWAIIAN FRIED RICE & CHICKEN

FAVORITE QUOTE:

"GO BOLDLY INTO THE DARKNESS AND
BE THE LIGHT" -BJ BARHAM

WHY DO YOU LOVE COACHING AT IOWA RUSH:

I ENJOY THE KIDS & STAFF AT & AM ENERGIZED BY OUR TRAINING SESSIONS. I AM ALSO APPRECIATIVE OF THE DEVELOPMENTAL APPROACH RUSH TAKES. AS PART OF THE 11U-12U PROGRAMS & HELPING WITH ACADEMY, I HAVE SEEN AN EMPHASIS ON VALUING THE BALL & PROVIDING EQUITABLE OPPORTUNITIES FOR KIDS TO TRAIN AND PLAY...HUGE SHOUTOUT TO COACHES JEFF & WILL FOR ESTABLISHING THE EXPECTATION FOR THESE ENVIRONMENTS.

FUN FACT:

I PLAYED COLLEGIATE SOCCER AFTER A TWO-YEAR HIATUS FROM SOCCER. I AM GRATEFUL THE GAME NEVER REALLY LEFT ME THOUGH.



Iowa Rush Alumni - Stay Connected!



We had a great time at the Iowa Rush Alumni Social in December at the Operating Room! Thank you to everyone who joined us - we hope to see you even more of you at our next event! Stay connected - click below to join the Iowa Rush Alumni Facebook group. Click [HERE](#) to learn more about Iowa Rush Alumni and the Script R Hall of Fame.

Reach out to Alumni Coordinator, Anna Forsyth (annaforsyth@iowarush.com) with questions.

[Iowa Rush Alumni Facebook Group - Join Now!](#)

2025 Midwest Festival Recap

MINNEAPOLIS | JANUARY 25-26



MIDWEST FESTIVAL HIGHLIGHTS:

- 1. OPPORTUNITY FOR MORE VARIETY IN COMPETITION**
PLAYERS WILL COMPLETE AGAINST CLUBS FROM AROUND THE MIDWEST REGION
- 2. CAPITALIZING ON THE NATIONAL RUSH NETWORK**
RUSH CLUBS FROM AROUND THE REGION CAN COME TOGETHER TO COMPETE AND CHALLENGE ONE ANOTHER
- 3. YEAR-ROUND PLAYING OPPORTUNITIES FOR 9V9 TEAMS**
AN EXTRA OPPORTUNITY FOR OUR YOUNGER PLAYERS TO STAY SHARP AND FIND HIGH QUALITY 9V9 MATCHES



We're looking forward to another great Midwest Festival in Des Moines on February 28th-March 2nd at RecPlex! Click below to learn more about Rush Midwest Festivals.

[Rush Midwest Festivals](#)

Thank you, Coach Luke McClyman!

After 4 incredible years with Iowa Rush, Coach Luke McClyman is moving on to a new chapter. Luke has been a dedicated part of our full-time select staff, taking on many roles and making a lasting impact on our players and families. His commitment, passion, and investment in our club have meant so much to us over the years.

We're excited to cheer Luke on in his new role as a paraeducator and wish him all the best in this next adventure!



Spring & Summer Programs: Sign up NOW!

[Iowa Rush Central Spring Programs](#)

[Iowa Rush North Spring Programs](#)



Iowa Rush South Spring Programs

Summer Residential Soccer Camp

Register now for the 2025 Summer Residential Camp at Wartburg College! This 3-day overnight camp is perfect for players to develop their skills, connect with teammates, and enjoy an unforgettable soccer experience.

Ages: 2012-2015 Birth Years

Register Today!

Stay tuned for more exciting summer camp programs with registration opening soon!

Iowa Rush Central Board Members



Julie Sander



Chris Garcia

We want to extend a huge thank you to Julie Sander and Chris Garcia for their unwavering commitment and leadership on the Iowa Rush Central Board. Their time and efforts have helped shape the direction of our club, and we are deeply appreciative of all they have done. While we will miss their guidance, we wish them the best as they move on, and their contributions will continue to inspire our club for years to come.

We would like to welcome Jenn Christianson as our newest member of the Iowa Rush Central Board!



Jenn Christianson
Board Director at Large

We also welcome back Matt Borich and Ahmed Agyeman onto the Board of Directors!



Matt Borich Board Vice President



Ahmed Agyeman
Board Director At-Large

The Iowa Rush Central Board of Directors is comprised of volunteers dedicated to youth soccer who oversee the property, affairs, and activities. New board members are elected in January each year. Click below to learn more.



The Rush x Capelli Sport 2025 APEX Collection is here!

Check out the new 2025 kit reveal - the Apex Collection! For years, players have been asking for the Rush uniform in a long sleeve style. The wait is over!





- **Tryout Dates & Registration - released April 1st**
- **Iowa Rush Soccer EXTRAVAGANZA - Friday, August 8th**

Sponsor Iowa Rush!

Please fill out the form below if you are interested in becoming a sponsor.

[Sponsorship Inquiry](#)





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