



QUARTERLY NEWSLETTER

November 29, 2025 | Issue 9



Happy Thanksgiving from all of us at Iowa Rush! We're thankful for our players, families, coaches, and everyone who keeps our club strong, supportive, and fun.

Winter Programs - It's Not Too Late to Sign Up!

Our winter training sessions are in full swing, and there are **still spots available!**

At Iowa Rush Central, we're offering:

- Winter Academy (9U–10U): weekly training led by our technical staff to sharpen skills and decision-making between seasons
- 7U–8U gym training: age-appropriate, fun development in a gym setting
- Rush Edge (9U–14U): 1-on-1 dribbling, possession, and dueling instruction to build

confidence and technique

- Individual & Small-Group Training (ages 6–19) plus our PCL Indoor League, featuring fast-paced 4v4 matches

At Iowa Rush North, we're offering:

- Winter Training on Wednesdays & Fridays (9U-14U), combining skill work with small-sided scrimmages
- Winter Players' League (3v3 / 4v4 at Waverly HS): Sundays, ages 6–19, no keepers, all action
- Winter Camp sessions in January and February for players of all ages

Register now to secure your spot — space is limited, and these programs are a great way to stay sharp and ready for spring.

Iowa Rush Central Winter
Programs

Iowa Rush North Winter
Programs

Iowa Rush Program Spotlight: Premier Challenge League (PCL)



Fast-paced 4v4 Winter Court Soccer

The Premier Challenge League is a high-energy 4v4 indoor league designed to provide players with more touches, quicker decision-making, and constant action in a tight space. Played on basketball courts with small weighted futsal balls, PCL has become a popular winter tradition for Iowa Rush athletes.

Details:

- Ages 7U-19U
- Teams could be assigned to play at either Kingdom Hoops or Prairie Trail on a week-by-week basis
- Teams of 4-6 players
- Register as an individual (you will have an option to request players to play with)
- Games take place from 5:00-10:00 PM with earlier games being reserved for younger

Locations:

Kingdom Hoops
6095 NE Industry Dr, Des Moines, IA 50313

Prairie Trail Sports Complex
2250 SW Vintage Parkway, Ankeny, IA

Cost:

\$65 per player, per session
(If registering as a team, all players should still register individually and list the team name to be grouped correctly.)

Questions?

Contact Ben Dighton – bendighton@iowarush.com

[Learn More](#)



Rush Shoutout: Parents

As we wrap up a long and successful fall season, we want to take a moment to recognize the heart of our Iowa Rush community—our parents. Your support on the sidelines, flexibility through schedule changes, early mornings, late evenings, carpools, encouragement, and unwavering dedication make everything we do possible. Thank you for trusting us with your players' development and for being such a vital part of the Rush family. We are truly grateful for you!



Sponsor Spotlight:

Thank you to Wee's Tees for providing our winter gear apparel store and for being one of our valued sponsors for the 2025-26 season! We appreciate your support!

Iowa Rush Gifts Are Here!

Wee's Tees fan shop (closes Dec. 2nd) available here: iowa-rush-soccer.itemorder.com/shop/home/

\$25 Iowa Rush logo soccer balls available here: iowarush.demosphere-secure.com/_registration

Custom 3D printed Iowa Rush items available here: pcprintz.com/shop/rush



Heartland Invitational Tournament

Braving the cold, finishing strong. Congrats to our HIT champions and runners-up on an incredible end to the season!





State Cup

Congratulations to our 2007/08 Boys for finishing as Runner-ups in the US Club State Cup Premier Group in October!



Iowa Rush Core Value Player of the

Month - Humility

Congrats to Will Guess, from Rush South, our November Core Value Player of the Month!

This month's core value is Humility — Apologize for mistakes and forgive others.

Way to go, Will! Thanks for leading by example and showing what true humility looks like every day.



Congratulations to Cameron Donovan and Charles Kraus for being honored as Iowa Rush Core Value Players of the Month for September and October!



Rush Fest

Rush Fest 2026 - SAVE THE DATE
July 6th-11th
Aurora, Colorado

Rush Fest is back, and it's bigger than ever! For the first time, 12U (August 1, 2014 – July 31, 2015) and 13U (August 1, 2013 – July 31, 2014), will come together for one unforgettable week of soccer, community, and celebration.

- More than 70+ Rush clubs expected from around the world
- More than a tournament...it's a festival atmosphere and celebration



Referee Program

Become a referee!

We would love for YOU to become a referee! We need more referees across the area for league games and additional referees for some of our upcoming events.

Becoming a referee is even EASIER now with local courses being hosted regularly in the Des Moines area.

Being a referee is among the best part-time jobs anyone can have, as you

- World Cup watch parties, socials, soccer, classroom sessions...and FUN!!!
- Enjoy Colorado on your day off with group-discounted activities
- The #1 Rush event your player will remember forever

Learn
More

essentially set your hours and can easily make more than \$20 per hour. Please consider signing up today.

7U-8U Referees:

Iowa Rush is now offering 10-12 year olds an opportunity to be a referee for 7U-8U games at Prairie Ridge in Ankeny!

Learn
More

Team of the Week!

Congratulations to the final girls and boys teams of the week for the fall 2025 season!



TEAM OF THE WEEK
Boys

OWEN SULLIVAN
VSA Rush

B9U BLACK, B10U BLACK, B10U GREEN
VSA

CASEY VOGEL
Iowa Rush

OLIVER DILLING
Iowa Rush

CADEN ANDERSON
Iowa Rush

KARSTEN SOMMERMEYER
Iowa Rush North

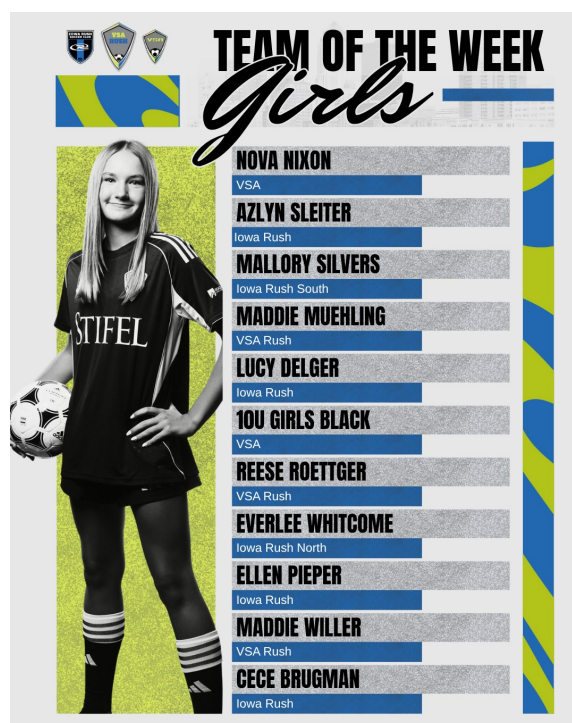
B15U COMPETITIVE BLACK
VSA

AUNG WIN
VSA

ALAN RODRIGUEZ RIVERA
Iowa Rush

BLAKE CAMPBELL
VSA

HARRISON TEMPLE
VSA Rush



TEAM OF THE WEEK
Girls

NOVA NIXON
VSA

AZLYN SLEITER
Iowa Rush

MALLORY SILVERS
Iowa Rush South

MADDIE MUEHLING
VSA Rush

LUCY DELGER
Iowa Rush

10U GIRLS BLACK
VSA

REESE ROETTGER
VSA Rush

EVERLEE WHITCOME
Iowa Rush North

ELLEN PIEPER
Iowa Rush

MADDIE WILLER
VSA Rush

CECE BRUGMAN
Iowa Rush

Spring Soccer

Spring Registration is NOW Open!

Don't miss your chance to join us for Spring Rec, Academy and Kicks for Kids! Sign up today and get ready for an exciting season!

Register Here



SPRING SOCCER!

REGISTER NOW FOR SPRING SOCCER PROGRAMS!

Share Your Story!



Share Your Story with Rush!

We want to showcase the amazing stories from our Rush Soccer family! Do you have a memorable moment about a player, coach, manager, or team achievement? We want to hear from YOU!

Share your game day action, training highlights, or any FUN moments!

Share
Here!

Iowa Rush Policy Reminders/Updates

As we continue to grow and offer top-tier programming, we rely on the support of our incredible Iowa Rush families. Starting next year, we'll be introducing a volunteer fee to encourage and recognize the important role our community plays in making everything we do possible.

Each family will have the opportunity to volunteer their time throughout the year—whether it's helping with events, supporting Kicks4Kids, serving as a team manager, or assisting with field maintenance. If you prefer not to volunteer, that's okay too! The volunteer fee will be applied based on your player's age group.

A full list of opportunities and a simple form to track your hours will be available soon. This is a great way to get involved, meet other families, and help keep Iowa Rush running strong!

[Volunteer Form](#)

Check out some fun moments celebrating Halloween this season!!



Leave a 5-star Google Review:

Share your positive Iowa Rush experience on Google to let others know what makes our club special!

Leave A Review
Now



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