



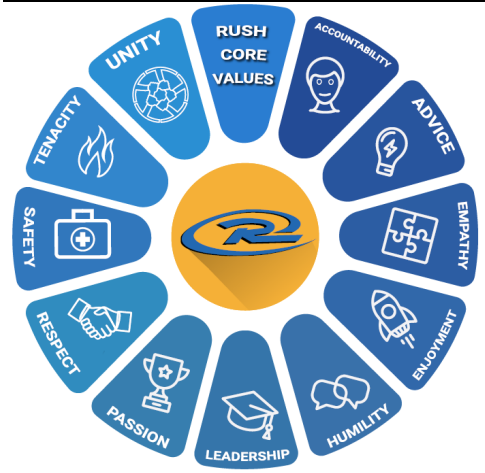
# IOWA RUSH

## QUARTERLY NEWSLETTER

November, 2024 | Issue 5

Thank you to all our Iowa Rush families who shared their amazing photos with us! We're excited to showcase some of these moments and are grateful for your support!





To learn more about our core values, click below.

Iowa Rush Core Values

Congratulations to Peyton Vorrie and Arnel Islamovic for being honored as Iowa Rush Core Value Players of the Month for September and October!



**Iowa Rush Program Spotlight:  
Premier Challenge League (PCL)**



## What is PCL?

The Premier Challenge League (PCL) is a fast-paced 4v4 indoor soccer league designed to maximize touches on the ball in a small, competitive space. Held on regulation-sized basketball courts using small, weighted soccer balls, PCL has been a winter tradition for several years. Teams consist of 4-6 players, with the option to register individually or with friends. Games take place on Friday nights, with two 25-minute games per team, and earlier slots are typically reserved for younger players.

## Where is PCL located?

There are 2 separate PCL programs - Ankeny PCL and West Des Moines PCL. Choose the location you want to be at when registering.

### Ankeny locations:

- **Kingdom Hoops**: 6095 NE Industry Dr, Des Moines, IA 50313
- **Prairie Trail Sports Complex**: 2250 SW Vintage Pkwy, Ankeny, IA 50023

### West Des Moines location:

- **RecPlex**: 6500 Grand Ave, West Des Moines, IA 50266

## Who is PCL for?

PCL is open to 7U-19U boys and girls in Ankeny and 9U-15U boys and girls in West Des Moines.

PCL is open to any player, from any club, of any level. The league is simply another outlet for kids to play soccer during the winter. PCL does not involve league standings, trophies, or advancement into different levels of competition. Our biggest priority in organizing the league is for players to enjoy themselves playing the game while connecting with others.

**Add a personal touch:** Many teams enjoy picking creative names and even choosing their own team uniforms, whether it's matching shirts, fun themes, or coordinated colors!

Other questions about PCL can be directed to the league coordinator:

Antonio Melendez ([antoniomelendez@iowarush.com](mailto:antoniomelendez@iowarush.com))

Sign Up for PCL!



## **Rush Shoutout: Volunteer Coaches: Quinn Millerd, J.P. Pascarella, & Austin Holtebeck**

Shoutout to our amazing volunteer coaches, Quinn Millerd, J.P. Pascarella, and Austin Holtebeck! We're incredibly grateful for their dedication, balancing academics and athletics with Drake Men's Soccer while still giving their time to coach with us. Not only are they great coaches, but they're also role models our players love to be around. Congratulations on a great season!



## **Sponsor Spotlight:**

A huge thank you to Ankeny #1 Hy-Vee (North Ankeny Boulevard) and Ankeny #2 Hy-Vee (Prairie Trail) for their generous donations and continued support of Iowa Rush Soccer Club and our community! This summer, they provided water bottles at our Soccer Extravaganza and have been instrumental in fueling our athletes and sponsoring events. We're grateful for everything they do to help make a positive impact!

**Hy-Vee**  
EMPLOYEE OWNED

**Get To Know Iowa Rush: Coach Erik Fahner**

# GET TO KNOW IOWA RUSH

## COACH ERIK FAHNER

### FAVORITE PLAYER:

EDEN HAZARD

### FAVORITE TEAM:

CHELSEA FC

### FAVORITE FOOD:

TACOS

### FAVORITE QUOTE:

"DISCIPLINE AND CONSISTENT DAILY ACTION CREATES RESULTS."

### WHY DO YOU LOVE COACHING AT IOWA RUSH:

I LOVE THE CONNECTION WITH THE KIDS AND SPREADING THE LOVE OF THE BEAUTIFUL GAME!

### FUN FACT:

I HAVE A BROAD RANGE OF HOBBIES THAT I LIKE TO SPEND TIME DOING WHEN I'M NOT COACHING. SKATEBOARDING, ART, PIANO, AND ROCK CLIMBING TO NAME A FEW.



## Iowa Rush Alumni - Stay Connected!

### Calling all Iowa Rush Alumni!

We invite you to join our growing Iowa Rush Alumni Facebook group to reconnect with former teammates, share memories, and stay up-to-date with club news.

Plus, don't miss our Alumni Social this December! Join the group today and mark your calendars for a fun evening!

#### Event Details:

- Sunday, December 22nd at 5:00 PM
- Operating Room - Pinball Bar Arcade: 1631 SW MAIN ST, #105, Ankeny, IA

Reach out to Iowa Rush Alumni Director, Anna Forsyth, with questions: [annaforsyth@iowarush.com](mailto:annaforsyth@iowarush.com)

**Iowa Rush Alumni Facebook Group - Join Now!**

## 2024 Fall Season Tournament Recap

Congratulations to all Iowa Rush teams that finished as tournament champions or finalists!

**2024 Rush Fall Cup**



*Champions*  
*2013 Girls Blue*



*Champions*  
*2006/07 Boys*



*Champions*  
*North 2014 Girls*



*Champions*  
*North 2011/12 Boys*





*Champions*  
380 HS Boys



*Finalists*  
2014 Girls Grey



*Finalists*  
2013 Girls Grey



*Finalists*  
2006/07 Girls



Heartland Invitational Tournament (HIT)



**CHAMPIONS**  
2016 BOYS RAPIDS



**CHAMPIONS**  
2013 GIRLS WHITE



**CHAMPIONS**  
2013 GIRLS BLUE



**CHAMPIONS**  
2012 GIRLS





**FINALISTS**  
2016 GIRLS DASH



**FINALISTS**  
2013 BOYS BLUE



**FINALISTS**  
2012 BOYS BLUE



**FINALISTS**  
2011 GIRLS

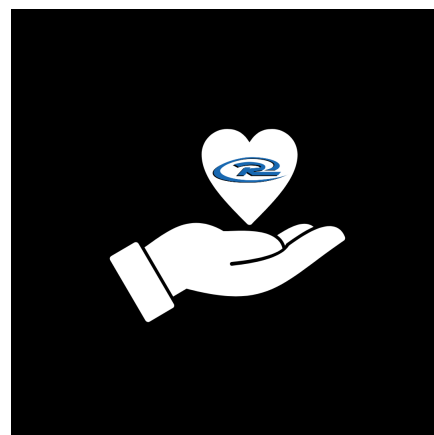




## End-of-Year Campaign: Financial Aid Fund

In alignment with our mission statement, we are proud to have awarded over **\$40,000** in financial aid this year. As we approach the end of the calendar year, we invite you to consider making an end of year gift to our financial aid fund. Your contributions enable us to support families in need and provide opportunities for players who might not have the chance to participate in soccer otherwise. Iowa Rush is a non-profit 501(c)3 organization. To make a donation, click the button below.

[Donate](#)



## Winter & Spring Programs: Sign up NOW!

Explore the exciting programs Iowa Rush has to offer this winter, including indoor leagues and individual training sessions designed to keep players sharp during the off-season. And don't forget—Spring registration is NOW open! Secure your spot early.

Click the buttons below to learn more and sign up today.



[Iowa Rush Central Winter Programs](#)

[Iowa Rush North Winter Programs](#)



[Iowa Rush Central Spring Programs](#)

[Iowa Rush North Spring Programs](#)

[Iowa Rush South Spring Programs](#)

## Get Certified to be a Referee in Iowa!



The Iowa Referee Committee is offering a virtual clinic for new officials on November 23rd at 9:00 AM. The completion of this virtual clinic, as well as the US Soccer Learning components, will provide referees with certification in order to work games across the state. The cost of the clinic and license is \$62.50. Referees only need to attend one session for certification. Click the button below to sign up.

[Sign Up](#)

## Sponsor Iowa Rush!



## ELEVATE YOUR BRAND WITH IOWA RUSH



**BECOME OUR NEXT JERSEY SPONSOR!**

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[@IOWARUSH\\_CENTRAL](https://twitter.com/IOWARUSH_CENTRAL)

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

[Sponsorship Inquiry](#)



Iowa Rush | 209 E 1st #160 | Ankeny, IA 50021 US

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