



OMAHA UNITED SOCCER CLUB

PLAYER DEVELOPMENT

#UnitedAsOne
#OneTeamOneHeart

What's New?

Omaha United Accepted into the ECNL Regional League

A New Chapter for Omaha United Soccer Club

We are excited to announce a major milestone in the growth of **Omaha United Soccer Club** — our club has officially been accepted into the **ECNL Regional League (ECNL RL)**!

This is an incredible opportunity for Omaha United and an important step forward in our continued commitment to providing high-level development and competitive opportunities for our players.

The ECNL Regional League provides clubs with a strong platform to compete against some of the top teams in the region while giving players the opportunity to continue developing in a challenging and competitive environment. This new opportunity will allow our athletes to compete at a higher level, gain valuable experience, and continue working toward their individual and team goals.

What This Means for Omaha United

Joining the ECNL Regional League represents more than simply adding another league to our club. It reflects the hard work, dedication, and growth of our players, coaches, families, and entire Omaha United community.

This opportunity will help us:

- Provide our players with a higher level of competition.
- Create additional opportunities for player development.
- Challenge our teams against strong clubs from across the region.
- Continue building pathways for players who aspire to play at the collegiate level.
- Strengthen the overall development structure within Omaha United.



We are incredibly proud of the progress our club has made and grateful to everyone who has played a role in getting us to this point.

Looking Ahead

As we enter this exciting new chapter, our focus remains the same: developing players, building confident teams, and creating a positive environment where athletes can reach their full potential.

We are looking forward to representing Omaha United in the ECNL Regional League and continuing to raise the standard for player development and competitive soccer in our community.

Omaha United Soccer Club eNewsletter (continued)

2013G Black Competes at Nationals in Tennessee

A Strong Showing on the National Stage

Our Omaha United 2013G Black team recently traveled to Tennessee to compete at Nationals, taking on some of the best competition from across the country.

The girls put together a strong showing throughout the three-day event and made a great run during group play. While they ultimately fell just short of advancing to the next round, their performance was something to be proud of.

The team faced challenges beyond the competition on the field, including extreme heat and long weather delays that made an already demanding weekend even more difficult. Despite these obstacles, the girls continued to compete, stayed committed to one another, and fought hard until the final whistle.

Most importantly, the team demonstrated the determination, resilience, and competitive spirit that Omaha United is proud to represent. Competing on a national stage provided the players with valuable experience that they can carry forward into their continued development.

We are incredibly proud of the 2013G Black players and coaches for their effort, preparation, and commitment throughout the event. Their run at Nationals was a great accomplishment, and we look forward to seeing what this group accomplishes next!

Congratulations, 2013G Black! We are proud of you!



PREMIER CAMP 2026!



Premier Camp Recap

Three Days of Learning, Competition & Development

What a great three days at our Omaha United Premier Camp! We are incredibly grateful to all of the players who attended and gave their best effort throughout the camp. The players worked hard, competed, and continued to learn and develop despite the challenging summer heat.

One of the highlights of this year's Premier Camp was the opportunity for our players to train with college coaches from several outstanding programs. Over the three-day event, our players had the chance to learn from coaches representing University of Omaha, Wayne State College, Doane University, and Briar Cliff University.

Each coaching staff brought a unique perspective and approach to the field, providing our players with valuable training sessions focused on improving their technical skills, tactical understanding, decision-making, and overall confidence.

We are extremely thankful to all of the college coaches who took the time to work with our players and provide such high-quality, engaging sessions. Their experience and knowledge gave our players an opportunity to see the game from a different perspective while learning what it takes to compete at the next level.

Most importantly, we want to thank all of our campers and their families for making the Premier Camp such a success. The commitment and effort shown by the players throughout all three days was impressive, especially while battling the summer heat.

We are proud of everyone who participated and hope the players walked away with new skills, new experiences, and even greater motivation to continue working toward their goals.



Getting Ready for a New Soccer Season

Start the Season Strong: Prepare Your Body, Mind & Game

A new soccer season is just around the corner, and there is no better time to start preparing! Whether you are returning to Omaha United or joining us for the first time, getting ready for the season is about more than simply showing up to the first practice. The habits players build now can help them have a healthier, more successful, and more enjoyable season.

Get Your Body Moving

If you have had some time away from soccer, ease back into training rather than trying to do too much too quickly. Start with light activity such as jogging, running, biking, or playing soccer with friends. Gradually increase the amount and intensity of activity as the season approaches.

U.S. Soccer recommends a structured approach to training that allows players to gradually build fitness while also giving their bodies enough time to recover. Too much training too quickly can increase the risk of injury and burnout.

Hydration Matters

Summer training can be demanding, especially here in Nebraska. Players should make hydration part of their daily routine—not something they think about only when they arrive at practice.

Drink water throughout the day and make sure you arrive at training already hydrated. Continue drinking water after practices and games to help your body recover. Proper hydration also helps the body regulate temperature and maintain performance.

Fuel Your Athlete

Players need the right fuel to train, compete, and recover. A balanced diet with carbohydrates for energy, protein for muscle development and recovery, and plenty of fluids can help young athletes get the most out of their training.

U.S. Soccer's youth nutrition guidance emphasizes consistent daily habits, hydration, fueling before activity, and recovery after training and games.

Don't Forget About Sleep

One of the most important—and sometimes overlooked—parts of preseason preparation is rest.

As training begins to increase, players need adequate sleep and recovery time. Being well-rested helps athletes stay focused, energized, and ready to learn. Recovery is just as important as training when it comes to long-term development.

U.S. Soccer also recommends properly fitted footwear and shin guards as important parts of injury prevention.

Prepare Your Mindset

A new season is a fresh opportunity to improve.

Set a few personal goals for the season. Maybe you want to become more confident with the ball, improve your fitness, communicate more with teammates, become a better defender, score more goals, or simply become a better teammate.

Remember: development takes time. Focus on getting a little better every day rather than worrying only about the final result.

Be Ready for Omaha United

As we begin another season, we encourage all of our players to come prepared to work hard, learn, compete, and have fun.

Come to training ready to listen to your coaches, challenge yourself, support your teammates, and make the most of every opportunity.

The season starts with preparation. Let's get ready, Omaha United!



The flyer is a colorful graphic for the Omaha United Micro soccer program. At the top left, the title 'OMAHA UNITED MICRO' is written in large, bold, pink and black letters, with a pink star above 'OMAHA UNITED'. Below the title is the tagline 'PLAY. LEARN. HAVE FUN!' in black. To the right is a black shield logo with 'OMAHA UNITED SOCCER CLUB - EST. 2019 -' and a soccer ball. A pink speech bubble on the right says 'PERFECT FOR OUR YOUNGEST PLAYERS!'. In the center-left, a white box with a black border contains details: a calendar icon for 'DATES: August 25, September 1, 8, 15, 22, 29'; a clock icon for 'TIME: 6:30 - 7:30PM'; a location pin icon for 'LOCATION: Lake Zorinsky'; and a dollar sign icon for 'COST: \$100 (Shirt Included!)'. Next to the cost is a pink soccer jersey. Below this box, a girl in a pink jersey and a boy in a black jersey are running on a green field with a soccer ball. A black speech bubble on the left says 'BUILD SKILLS. MAKE FRIENDS. LOVE THE GAME!' with a pink heart. At the bottom, a pink banner says 'COME KICK IT WITH OMAHA UNITED!' with a heart. Below the banner is a black bar with four icons and text: two people for 'POSITIVE COACHING', a smiley face for 'FUN ENVIRONMENT', a soccer ball for 'LEARN THE GAME', and a star for 'CONFIDENCE & TEAMWORK'.

OMAHA UNITED MICRO

PLAY. LEARN. HAVE FUN!

DATES:
August 25
September 1, 8, 15, 22, 29

TIME:
6:30 - 7:30PM

LOCATION:
Lake Zorinsky

COST:
\$100
(Shirt Included!)

PERFECT FOR OUR YOUNGEST PLAYERS!

BUILD SKILLS.
MAKE FRIENDS.
LOVE THE GAME!

COME KICK IT WITH OMAHA UNITED!

POSITIVE COACHING | FUN ENVIRONMENT | LEARN THE GAME | CONFIDENCE & TEAMWORK

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