



## **11U AND ABOVE RECREATIONAL PROGRAM - SPRING 2020**

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**Key components of the 11U and above recreation program are highlighted below.**

- Fun but competitive
- Training sessions twice per week (varies from coach to coach)
- Compete within central Iowa

### **Team Trainings/Practices –**

Volunteer parent coaches assigned to each team will be responsible for setting up training dates, times, and location for their team trainings throughout the season. Trainings may take place on available Iowa Rush fields at Prairie Ridge Soccer Complex or at another park in the local Ankeny community.

### **Teams/Games –**

11U and above teams will be included in the Iowa State League Level 3 Central League (ISL Level 3) and play 7 games spread out throughout the season. For the Fall season, 13U and 14U will play on Saturdays. 11U, 12U, 15U-16U, and High School will play on Sundays. Game times are as follows; 1:00, 3:00, and 5:00pm. Iowa Rush Soccer Club has no influence over the scheduling decisions. More information regarding the league can be found at [www.iowasoccer.org](http://www.iowasoccer.org).

- **TEAM FORMATION POLICY:** Once teams are formed at 11U and above, every effort will be made to keep teams together from season to season. Some exceptions to this policy may be:
  1. Returning players who do NOT register during Early Bird registration dates forfeit team placement.
  2. True age players take priority to players who have played up in past seasons.
  3. Number of registrants may cause for teams to reshuffle.
  4. There may be situations where co-ed teams will be formed in order to create sufficient roster sizes.
  5. Player did not participate the previous soccer season and is returning to play. Example: Player played Spring 2019, did not play Fall 2019, and is returning to play Spring 2020.
  6. A 'new' player and is not guaranteed a spot on his/her previous team. A new player is defined as:
    - 1) A player new to the club
    - 2) A player that has not played one or more seasons consecutively, including the past season (for any reason)\*SEE EXCEPTION NUMBER 5\*
- Parents may request that their child play up one age group. Requests to move up an age group will require a review from the Recreational Program committee; please submit a request to the Director of Coaching- Recreation at [RecDOC@iowarush.com](mailto:RecDOC@iowarush.com).
- Schedules will be made available approximately two weeks prior to the start of season.
  1. First week of practice: **April 6th**
  2. First weekend of games: **April 18-19**
  3. Last weekend of games: **June 6-7**
  4. Make-up games will be played: **June 13-14**
  5. **Bye weekend: May 23-24**
  6. Games will be refereed by certified referees.
    - Please click [HERE](#) for rules of the game for U9 and Above Age Divisions



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### **WE NEED Volunteer Parent Coaches every season!!**

11U and above teams: we would like to assign one volunteer parent head coach and two volunteer parent assistant coaches. Please follow the steps below to get registered:

- Visit <http://iowarush.iowasoccerlive.org/home.php>
- Scroll down Coach Registration (CENTRAL)
- Click on Recreational-Coaches and create an account if you haven't done so already
- Proceed to login and complete registration.

### **SKILL, SPEED, SHOOT and PLAY SESSIONS—**

60-minute circuit training opportunities for Recreational Program players which are organized and led by members of the Iowa Rush Select Coaching Staff. This is followed by 30 minutes of free play.

The following is a breakdown of the circuit:

Skill: Technical work with lots of repetition in the areas of dribbling, passing, and receiving.

Speed: Performance training led by Matt Zirretta from Engineered Per4mance.

Shoot: Finishing activities designed to provide plenty of opportunities to score and make saves.

Play: Small-sided scrimmaging.

Things to note:

- Each phase of the circuit will last 15-20 minutes.
- The “Play” and “Shoot” phases will incorporate goalkeepers.
- Players are encouraged to be there for the entire circuit, but it is acceptable to attend only a portion of the session.

#### **SSSP Dates and Times:**

<b>Division:</b> Recreational 11U-15U Boys and Girls	<b>GK Training Sessions:</b>
<b>Dates:</b> TBA	<b>Division:</b> Recreational 11U-15U Boys and Girls
<b>Time:</b> 5:00pm-6:30pm	<b>Dates:</b> TBA
<b>Location:</b> Prairie Ridge Sports Complex, Between field 33 and 35	<b>Time:</b> 6:30pm-7:00pm
	<b>Location:</b> Prairie Ridge Sports Complex, Between field 33 and 35

We are excited to continue to provide a developmentally appropriate, safe, competitive, and FUN playing environment.

Please contact Director of Coaching-Recreation at [RecDOC@iowarush.com](mailto:RecDOC@iowarush.com) with any questions.

See you at the fields! GO RUSH!