



DRESS FOR TRAINING, GAMES, AND TRAVELING TO TOURNAMENTS

2015

As the Iowa Rush, our professionalism and attention to detail continues to make us the destination club of choice in the state for all players. One way in which we are able to accomplish this goal is by the way we present ourselves at all training sessions, games, tournaments, and while we travel to outside events. By carrying ourselves in a professional manner we are able to have a strong presence whenever we are seen, as well as represent ourselves, the Iowa Rush, and Rush Nation as a professional soccer club at all times.

Rush Core Values

Accountability~Advice~Accountability~Empathy~Enjoyment~Humility~Leadership~Passion
Respect~Safety~Tenacity~Unity

Iowa Rush Training Kit:

All Iowa Rush Players are expected to wear their full Rush Training Kit to all Training Sessions.

- Iowa Rush Training T-Shirt (U11-U14 – Grey Top / U15-U18 Black Top)
- Black Training Shorts
- Black Training Socks
- Optional Warm Up Jacket (When necessary due to weather)
- Optional Warm Up Pants (When necessary due to weather)

Iowa Rush Game Day Kit:

All Rush Players are expected to bring BOTH Rush Game Day Kits to all Games to eliminate color conflicts.

Iowa Rush Home Kit (Grey):

- Grey Rush Jersey
- Grey Rush Shorts
- Blue Adidas Socks
- Rush Back Pack
- Players are expected to bring this kit to EVERY Game.

Iowa Rush Iowa Rush Away Kit (Blue):

- Blue Rush Jersey
- Blue Rush Shorts
- White Socks
- Rush Back Pack
- Players are expected to bring this kit to EVERY Game.

Travel Attire:

- Iowa Rush Training Top (U11- U14 – Grey Top / U15-U18 – Black Top)
- Optional Adidas Rush Warm Up Jacket
- Black Adidas Warm Up Pants (or similar black warm up pants).
- Rush Back Pack
- All Players are expected to travel in the above listed gear to all out of town Tournaments.

Spring High School MRL Players ONLY Travel Attire:

- Black Iowa Rush Training T-Shirt
- Optional Black Iowa Rush Travel Polo (High School MRL Players ONLY)
- Black Warm Up Pants
- Travel bag no larger than 12" x 22" x 12" - Duffel Bag Size (When traveling as a team ONLY).
- Rush Back Pack