



Colorado Rush

U9 - U10 Programs

*“ Where the trails of passion and purpose
meet, begins the path to victory ”*

About Rush Soccer



Based in Littleton, Colorado, the **Colorado Rush Soccer Club** is a non-profit charity 501 (c)(3) organization established to provide an unparalleled personal growth experience through the game of soccer and to promote life-long participation in the sport. Formed in **1997**, the Rush now services over 5,000 youth players on an annual basis. As a member of the United States Youth Soccer Association and US Club Soccer, the club offers **recreational** and competitive programs for players of all ages and abilities from 3 years old to adults.

The **recreational branch** is an exciting, fun and energetic program for players U6-U18. In addition to organizing teams and handling league operations for this neighborhood-based program, the Rush also provides players with a solid knowledge and love for the game of soccer. Rush aims to foster a safe, fun and educational experience for your child, as well as a solid foundation for a lifetime game.

Welcome from the **Rush President**



Tim Schulz

President & CEO

Tim attended Air Academy High School in Colorado Springs where he earned Parade High School All-American honors. At Age 18, he was drafted and played ten years professionally. During that time, he was recognized as a U.S. National Team Player, Team Captain, and Defender of the Year. Tim currently serves as a State and USSF National Instructor.

He holds a USSF National "A" license, a NSCAA National Advanced license, and a National Youth license. He served as the Women's U-20 National Team Head Coach in 2005 and 2006. He was an assistant with the U18 U.S. Men's National Team. Tim has been with the club since 1991 and was the founder of Rush since its inception in 1997. During his tenure, Rush grew from 1,300 players to 42,000 players representing players from 41 states and 32 countries.

Meet our **Directors Of Coaching**



Katy Oehring

Director of Player Development



Mackenzie Morris

Intermediate Academy Director



Megan Lindholm

DOC Roxborough



Alana Smith

DOC Parker

U9-U10 Program Coordinator



Alana Smith

Hello Rush Families. My name is Alana Smith, and I am the U9-U10 Program Coordinator. I grew up in Colorado Springs where I played soccer competitively growing up and then in high school, where I also played basketball, volleyball and tennis. After High School, I pursued tennis in lieu of soccer, and played at Colorado State University for 4 years while earning my degree in psychology.

I have coached and taught children both in the classroom, on the court, and on the field in some aspect for over 20 years and have a true passion for working with and coaching children to their fullest potential. I particularly love the U8-U10 developmental years. After having 3 children of my own, I have returned to the sport I loved growing up, where I coached U7-U10 teams in Parker for 7 years before making the move to the Colorado Rush. My oldest daughter plays in the Developmental Academy and my youngest is in the Intermediate Academy.

Rush's vision, mission statement and core values are extremely important to me and I am incredibly excited to work with this age group while continuing to promote the Rush Way with our players through the development of character and the excitement of competition, while emphasizing the importance of pure enjoyment of the game. I look forward to working with your child to further their growth inside the game and out.

Rush Mission & Vision

Mission Statement

A global brand committed to providing an unparalleled soccer experience:
Progressive. Ambitions. Comprehensive.

Vision

Our aim is to partner with like-minded clubs around the world and create a player base which is unmatched in both quality and quantity. Elite players developed within this base will eventually feed into a Rush professional team representing one of the most recognized brands in the world.

The Rush Way

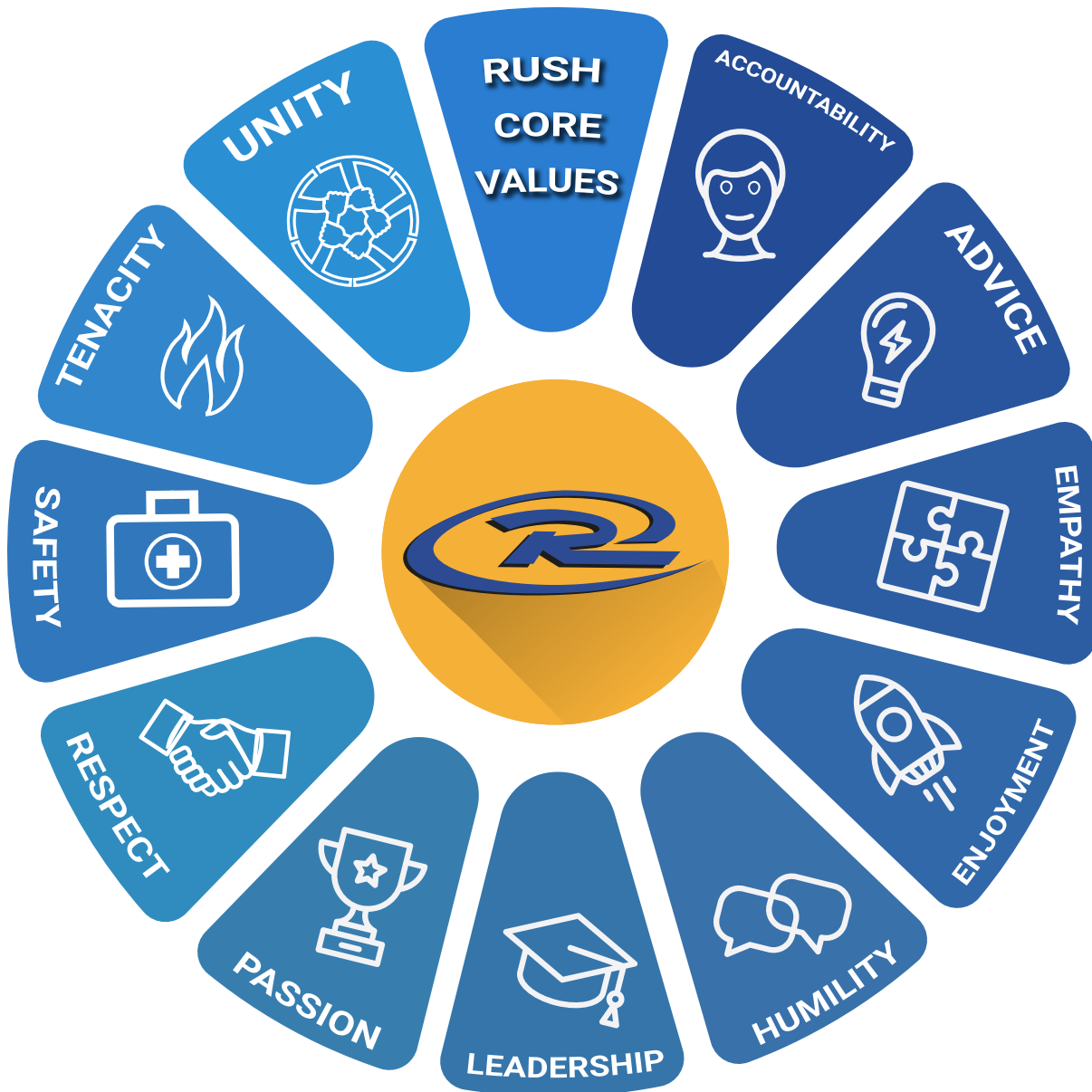
The Rush Way is the embodiment of all that is Rush Soccer. This not only entails what we do and how we do it, but the culture and standard that defines who we are as a Club. The rules and manner in which Rush members hold themselves and how they expect other Rush members to conduct themselves. The Rush Way encourages passion, leadership, respect and, above all, quality. This standard is evident in how administrative organization is handled, the way our coaches instruct their players, and how the players and parents conduct themselves on and off the field. The Rush Way provides a system that supports the most efficient development of our players from the time they join the Club to the time they graduate.

The Rush Way to Play is based upon movement and activity by both player and ball. Possession-oriented does not fully describe how we play; attack-oriented does. Whether in possession or in defense, we are attacking. Rush Players play with freedom yet understand the importance of responsibility and the balance between the two. Rush teams are flexible and adapt to varying circumstances. The Rush Way to Play represents both passion and purpose.

Our **Club mantra** is: "Where the trails of passion and purpose meet, begins the path to victory"



Rush Core Values



Accountability: Be accountable for your actions and hold others accountable for their actions. Who am I ultimately accountable to, and who judges my work?

Advice: Seek out advice and aspire to be the best. In order to learn, we must be open to learning and consider the advice of others. Are you coach-able?

Empathy: Empathy is at the core of solid relationships.

Enjoyment: Enjoy your work, this is a gift. The desires of diligent workers are satisfied.

Humility: Apologize when you make a mistake. Forgive others and do not look back.

Leadership: Leaders strive to be trustworthy, honest and sincere. They are willing to serve others and sacrifice their own interests.

Passion: Passion always trusts, always hopes and always perseveres. Passion never fails.

Respect: Respect everyone. Respect the opponent, the rules, your colleagues, your superiors and subordinates. Be thoughtful and considerate.

Safety: Our environment is safe. Safety is not only physical safety from harm, but safety from ridicule and attack.

Tenacity: To be successful, persevere.... persevere but do not be anxious. Fear no one. Be strong and courageous. Work when no one else is looking.

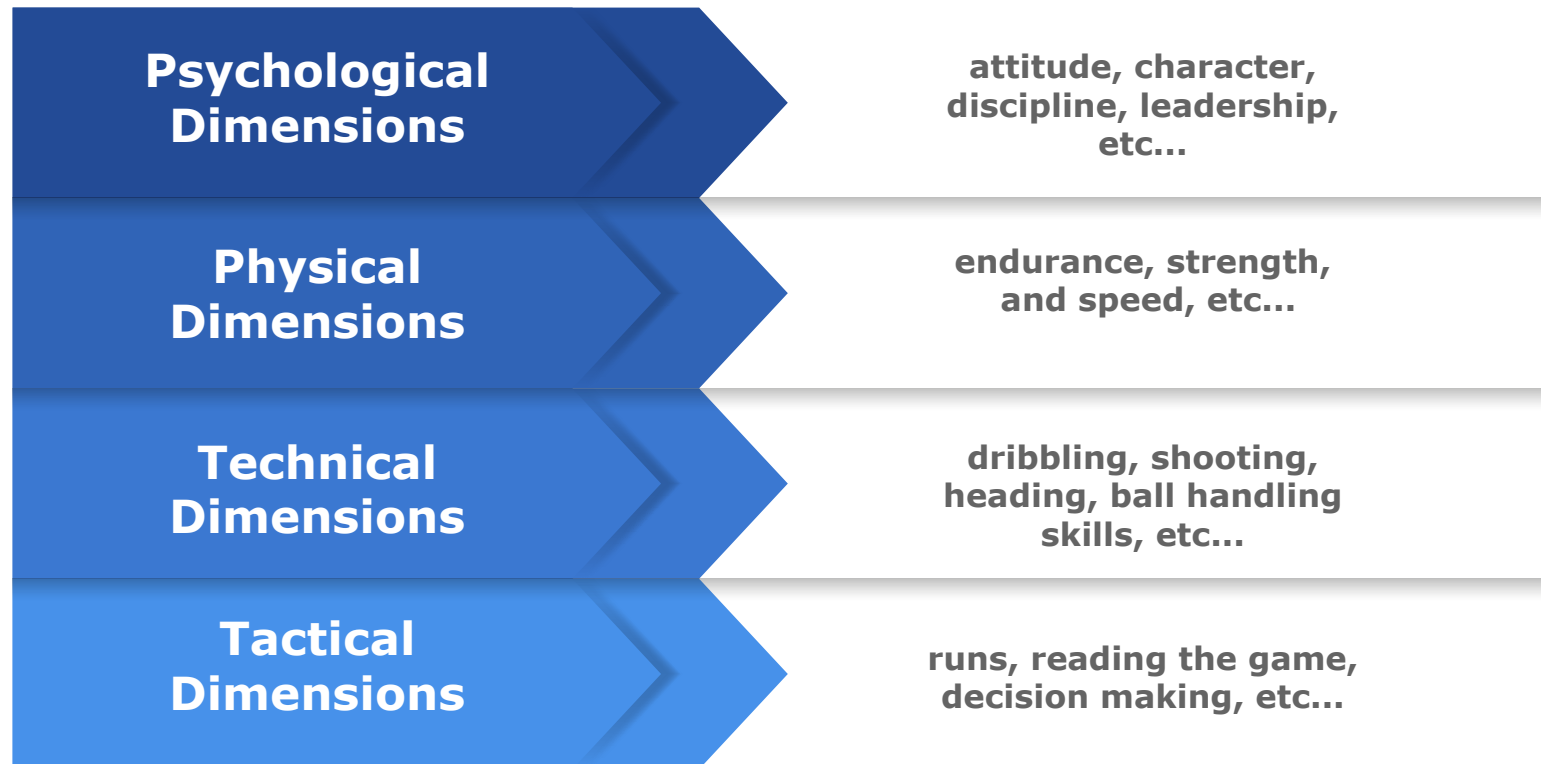
Unity: Together all things are possible. When your teammates are down, bear each other's burdens; conversely, celebrate your teammate's successes.

Parent Expectations

Be Prepared	Communication	Sideline Behavior
<p>Dress your player in the appropriate Rush Kit for all Rush Events</p> <p>Colorado weather can be crazy! Always have layers available</p> <p>Bring cleats, shin guards, water bottle and a soccer ball (pumped up!) to all Rush events</p> <p>If you're on time, you're late! Have your player at the assigned locations 15 minutes prior to the start time of all Rush events.</p>	<p>Abide by the proper Flow of Communication (page 26)</p> <p>Inform coaches of any tardiness or absences for trainings and games</p> <p>All communication should hold the Rush Way standard of professionalism</p>	<p>All communication must be positive, supportive and constructive</p> <p>Rush has a zero tolerance policy towards coaching players from the parent sideline</p> <p>Absolutely no shouting instructions or complaining to players, coaches, or officials</p>

4 Pillars of Development

Player performance will be evaluated by observing the player under the pressures of practices, scrimmages, games and sometimes tryouts. The professional Rush coaching staff and the team coach will confer in matters of player evaluations primarily in the **four pillars of development**:



Each pillar is critical in developing a well-rounded player, although they will be prioritized differently throughout the developmental journey of the player.

Rush Soccer Progression

THE JOURNEY FROM RUSH BEGINNINGS TO U19

Rush Beginnings
2-4 years old

.....

Recreational
5-7 years old

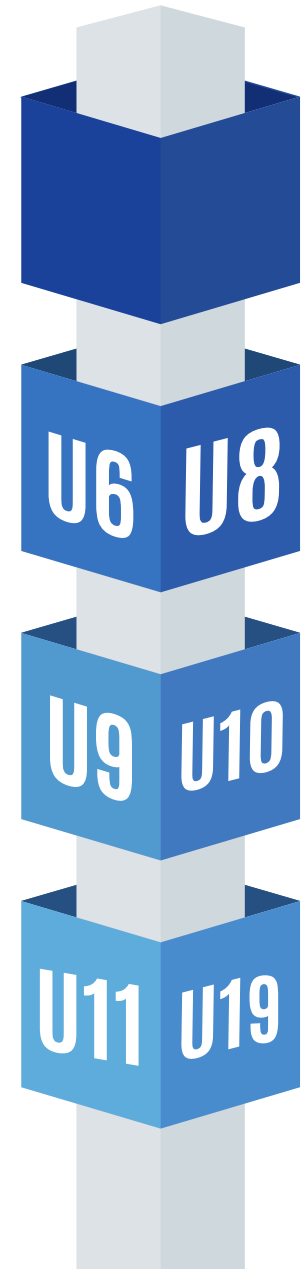
.....

**Recreational
Rec Plus
Intermediate**
8-9 years old

.....

**Recreational
Competitive**
10-19 years old

.....



Please find more info on
www.coloradorush.com



**U9-U10
Recreational
Program Details**



Program Goals

FOR **U9-U10** PROGRAMS



PLAYERS

To provide a fun and safe environment, that promotes a growing love for the game of soccer



COACHES

Give our volunteer parent coaches all the resources and support needed to help develop players the Rush Way



PARENTS

Communicate all club and team information in a timely and efficient manner

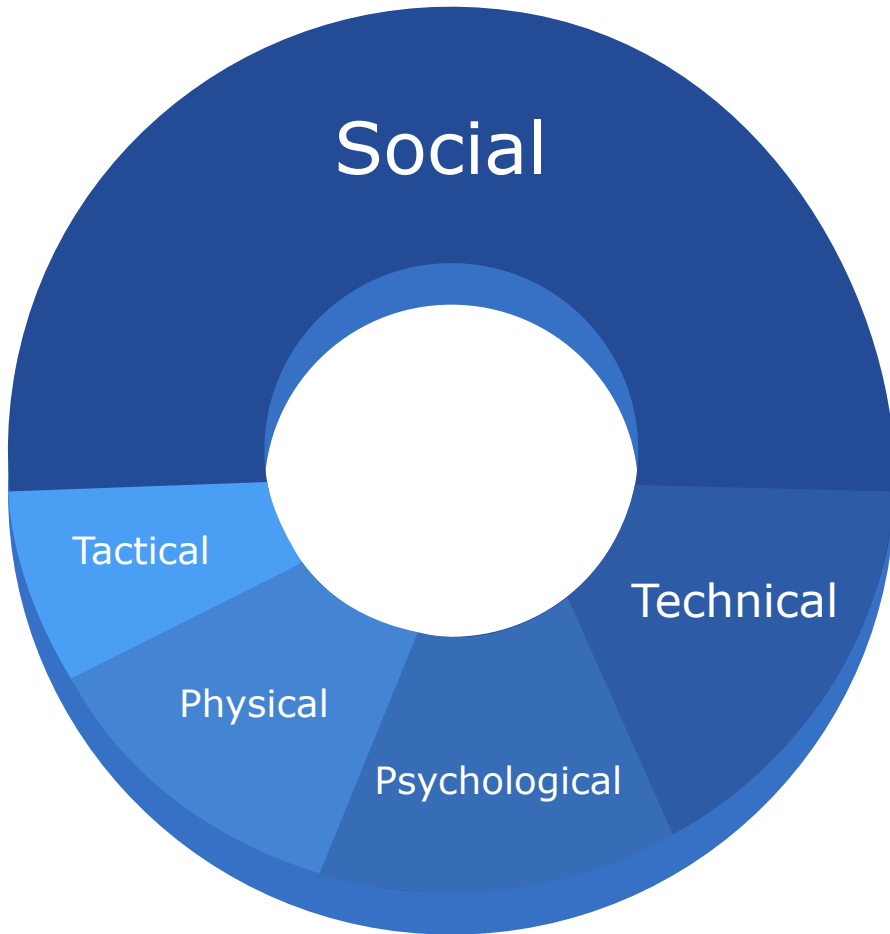


PROGRAMS

Provide programs that help foster development for players at every level

U9-U10 Recreational

Team Focus



Seasons - August-October | March-May

Trainings - 2 trainings/week at convenient local location

Tournaments - All teams are encouraged to participate in the Denver 3v3 Kick-It Tournament in June

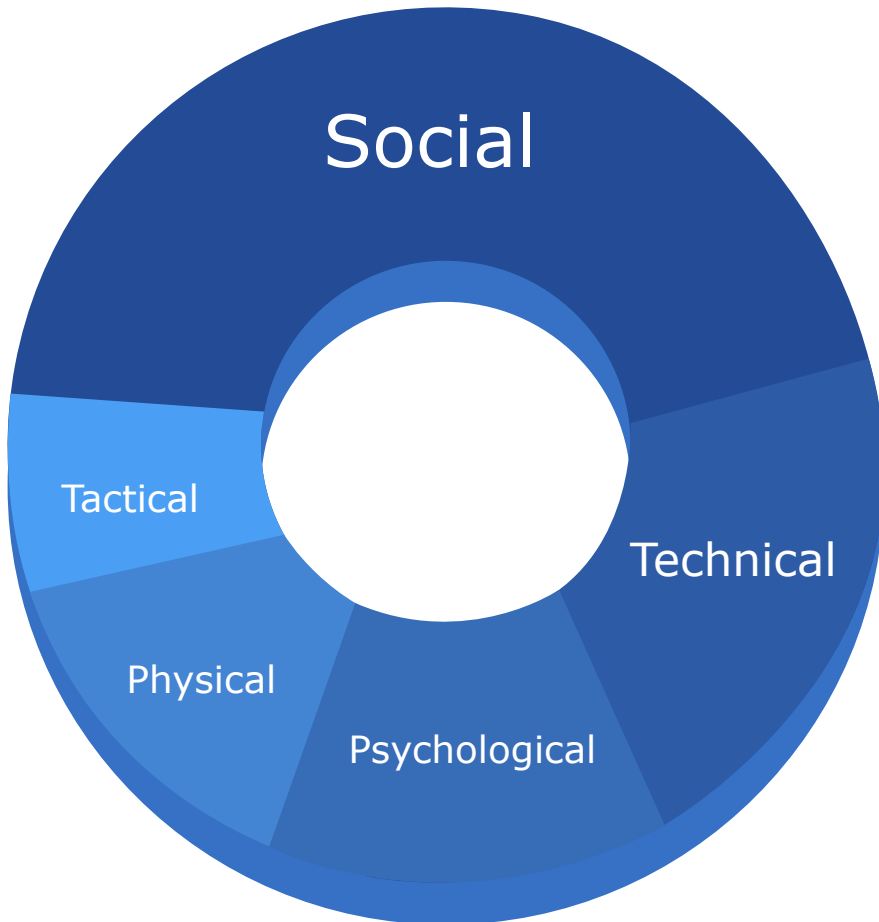
Uniforms - Required

Rush Hour Training - Optional training session for U9-U10 players held once a week during the season, separate registration and fee required

Off-season Training - Summer Jam and Winter Jam

U9-U10 Rec Plus

Team Focus



Seasons - August-November | March-May

Trainings - 2 trainings/week at convenient local location, 6 training sessions per season run by a Rush Staff Coach

Tournaments - All teams are encouraged to participate in the Denver 3v3 Kick-It Tournament in June

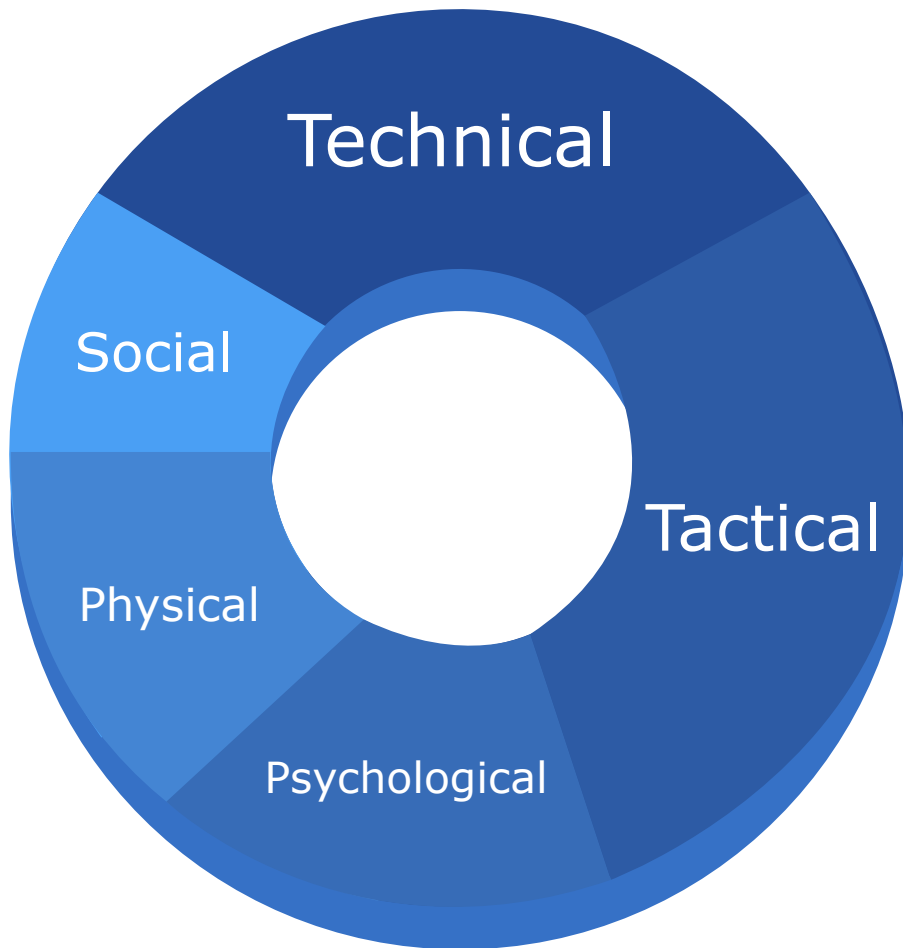
Uniforms - Required

Rush Hour Training - Optional training session for U9-U10 players held once a week during the season, separate registration and fee required

Off-season Training - Summer Jam and Winter Jam

U9-U10 Intermediate Academy

Team Focus



Seasons - August-November | March-May

Trainings - 3 trainings/week at assigned locations

Travel- Teams will play in the Front Range League, which requires away games. Mostly in the Denver area, but could be as far as Fort Collins or Colorado Springs

Tournaments - All teams are encouraged to participate in the Denver 3v3 Kick-It Tournament in June

Uniforms - Required

Off-season Training - Summer Jam and Winter Jam

Home Fields List

FOR **U9-U10** PROGRAMS

Ken Caryl Fields

- Coronado
- West Ridge Park
- KC Community Park
- Bradford Elementary

Littleton Fields

- Lilley Gulch Park
- Valley View Park
- Woodmar Park

Lakewood Fields

- Green Gables Park
- Rocky Mountain Deaf School

Roxborough Fields

- Chatfield Farms Park
- Roxborough Primary

Mountain Fields

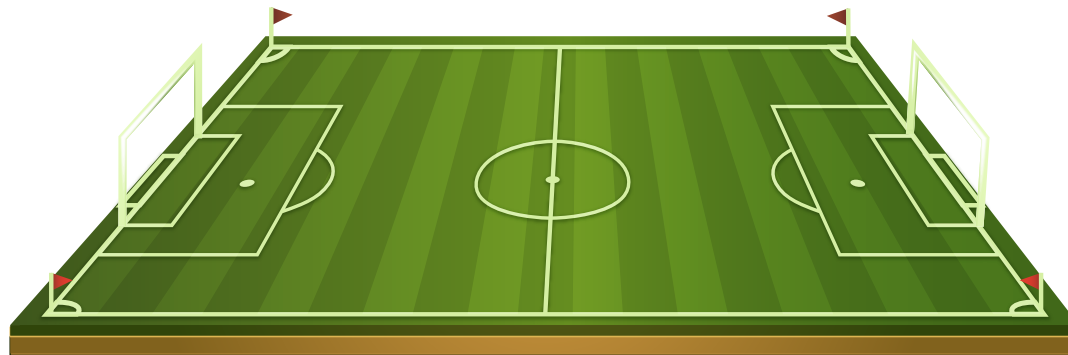
- West Jeff MS

Highlands Ranch Fields

- Cresthill MS

Parker Fields

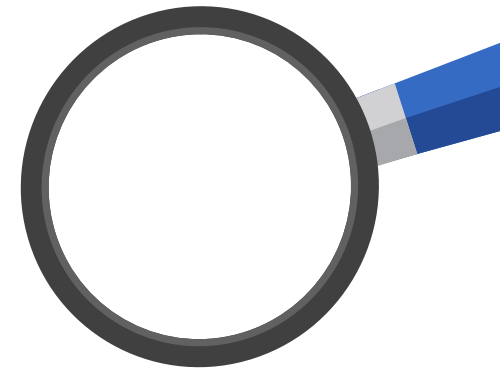
- Cottonwood Park



Please find more info on
www.coloradorush.com

Rush Locations

FOR **U9-U10** PROGRAMS



Rush Kit

U9-U10 RECREATIONAL & REC PLUS TEAMS

Rush provides the **dri-fit jersey**, although all other pieces of the Rush Kit must be **purchased separately**.

Rush Kit Includes:

- Dri-fit jersey (included in registration costs)
- Black adidas shorts
- Black adidas socks
- Cleats
- Shinguards

These can be purchased at any local Dicks Sporting Goods store or ordered online at dickssportinggoods.com

U9-U10 INTERMEDIATE ACADEMY TEAMS

All Rush Kit pieces must be purchased separately through soccer.com



Items may differ from graphic

Volunteer Roles

FOR **U9-U10** PROGRAMS

Coach

Team provides for the whole season

- Communicate efficiently with team
- Determine team's practice schedule
- Lead team in training sessions (2/week) and on game days (1/weekend)
- Responsible for finding a sub if ever absent for any training sessions or games

Team Manager

Team provides for the whole season

- Work with coach to help communicate with the team about the team's schedule
- Set up game day snack rotation
- Set up pictures with club photographer
- Set up end-of-season party

Additional Training

FOR **U9-U10** PROGRAMS

Rush Programs

A

Rush Hour Training

This program is designed for the player who wants to take their game to the next level. For our U7-U10 recreational boys and girls, this program is geared towards improving technical skills and confidence on the ball. This program is fee-based and the training session is held once a week, outside of the players normal team trainings. Rush Hour Training will be staffed by our professional Rush Staff coaches and will provide a great player to coach ratio so that each individual player gets the attention that is necessary to develop a technical foundation the Rush Way.

* Rush Hour Training requires a separate registration.

B

Off-Season Programs

These programs are offered in the Summer and Winter to provide our players with year-round opportunities to play. Summer Jam and Winter Jam are both 6 weeks programs run by Rush Staff coaches. For more information, please visit our website.

Please find more info on
www.coloradorush.com

U9-U10 League Specs

The United States Soccer Federation has implemented the change to the small-sided format to aid in the development of our young players. Rush Soccer is excited to be a partner behind this movement. Reducing the amount of players on the field allows for more touches on the ball and more mental and physical involvement in the game. This format helps complement the vision we have for the U9-U10 program and will allow us to develop our players the Rush Way.

	U6	U7-U8	U9-U10	U11-U12	U13+
Field Size	30 x 20	30 x 20	60 x 40	75 x 50	75 x 50
# of Players	3 versus 3	4 versus 4	7 versus 7	9 versus 9	9 versus 9
GK	No	No	Yes	Yes	Yes
Heading Allowed?	No	No	No	Yes	Yes
Playing Time	4 x 8 min	4 x 10 min	2 x 25 min	2 x 30 min	2 x 35 min
Break Time	2 x 2 min, 1 x 5 min halftime	4 x 2, 1 x 5 min halftime	10 min	10 min	10 min
Ball Size	3	3	4	4	5
Goal Size	3 x 5	3 x 5	6 x 12	6 x 18	6 x 18
Offside	No	No	Yes	Yes	Yes

Rush Registration Fees

Where are your fees going?

Transparency with our membership is extremely important to the Rush Soccer Staff. There are many things that go into giving all of our players the **best soccer experience**. Below is a list of how the Rush fees are used:

- Rush Staff Coaches
- Rush Jersey Costs
- Field Rental, Maintenance, and Lining Costs
- Fees to Colorado Soccer Association
- Referee Fees to Play The Whistle
- Event fees to 3v3 Kick-It
- Equipment
- Non-Coaching Staff Salaries (DOCs, Administrative, Operations)
- Scholarships
- Administrative and Operational Expenses
- Titan Fields Project



Please find more info on
www.coloradorush.com

Birth Year Registration

FOR **U9-U10** PROGRAMS

The change to birth year registration is mandated by the United States Soccer Federation and all youth clubs that want to continue participation in U.S. Youth Soccer Leagues must make the change to birth year calendar years.

Birth Year Registration signifies that a player will play in the age group of the year of their birth. The birth year calendar runs from January 1st to December 31st. For example, if you were born between January 1st and December 31st, 2010, you will play in the 2010 birth year age group, which translates to U8 for fall 2017. The player placement process will hold strict to this mandate. However, if a Rush Staff coach believes that a player would excel developmentally from playing in an age group above their birth year, that player will have the option to do so.

We anticipate more flexibility with the transition to birth year registration with the U11+ recreational team rosters, due to number of participants.

We believe each team and player should be viewed on a case-by-case basis.



Please find more info on
www.coloradorush.com

US Youth Age Group Divisions

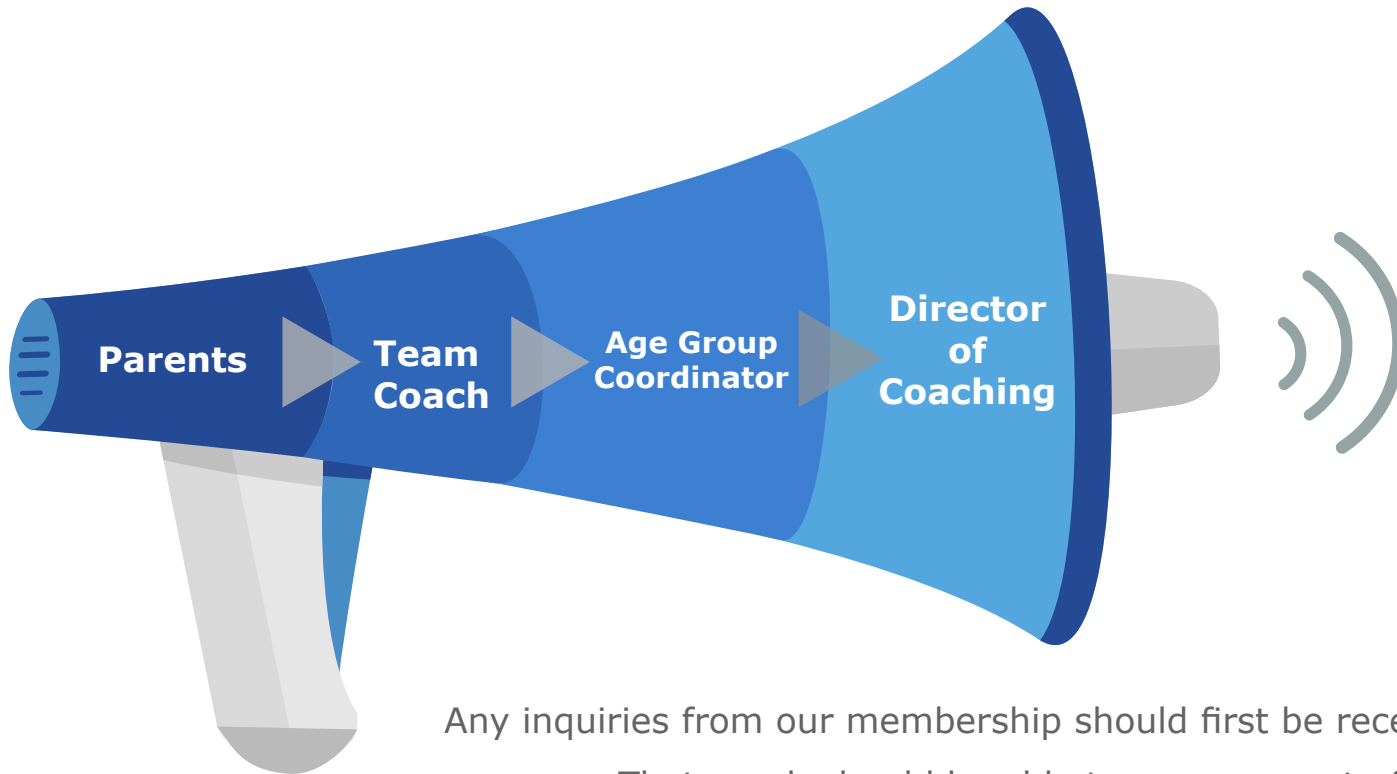
FALL 2017/SPRING 2018

Birth Year	Age Group	# of Field Players
2015-2013	Rush Beginnings	No Games
2012	U6 (Under 6)	4 versus 4
2011	U7 (Under 7)	4 versus 4
2010	U8 (Under 8)	4 versus 4
2009	U9 (Under 9)	7 versus 7
2008	U10 (Under 10)	7 versus 7
2007-1999	U11-U19	9 versus 9

Please find more info on
www.coloradorush.com

Flow of Communication

FOR **U9-U10** PROGRAMS



Any inquiries from our membership should first be received by the players coach or team manager. That coach should be able to answer most of your questions. If by chance they cannot, the question will be directed to the Age Group Coordinator, such as the U9-U10 Program Coordinator. Lastly, all other inquiries should be directed to the Rush DOC.

With thousands of players, parents, and coaches, questions are most efficiently addressed when they follow the proper flow of communication.

Contact Us

FOR ANY ADDITIONAL QUESTIONS



Colorado Rush Soccer Club
8101 S Shaffer Parkway
Suite 103



303-986-5200



Facebook: ColoradoRushSoccerClub
Twitter: ColoradoRush
Instagram: corushsoccer



Please find more info on
www.coloradorush.com