



# March

# NEWSLETTER

2025





# IMPACT SC

## A Message from our Director of Coaching Bobby Holden

I am excited for a great spring season of soccer! Some teams have had a few league games already, some are participating (and doing well) in early tournaments, and all teams are ready to participate in spring practices. We have so many teams performing at a high level already, I know there will be lots of good soccer going on during April, May and June!

We just returned from an amazing trip to Spain! Players, coaches, and parents were all enriched from this trip. From sightseeing to trainings to games, it was an incredible experience for all! We hope you will be able to join us as we look forward to our next international soccer trip!

A reminder as we start our spring season. Please be extra mindful of staying positive on the sidelines. New guidelines will be strictly enforced for players, parents, and coaches with regards to the treatment of referees. An email was sent club wide with the guidelines and you can see them again on the next page of this newsletter.

Let's have a fun and enjoyable spring season of soccer!

See you at the Fields!

Coach Holden

# IMPACT SC



## REFEREE ABUSE PREVENTION POLICY 531-9 PENALTY OVERVIEW / YOUTH & AMATEUR



The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.

### NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL*	MIN. GAMES	TIME
Referee Authority <small>Insulting, Retaliating, Insulting or Teasing Behavior, Undermining</small>	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

### PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

(\*) Disclaimer: These are only a few examples of abuse — other actions or statements may also fall into this category.

### KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **“minor multiplier”** resulting in **triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

Effective March 2025

For more information, please visit

[SoccerIndiana.org](http://SoccerIndiana.org)



USSOCCER.COM/RAP

RESPECT  
THE CALL



# PLAYER DEVELOPMENT

PROVIDING RESOURCES & OPPORTUNITY TO HELP OUR IMPACT PLAYERS LEVEL UP THEIR PHYSICAL & TECHNICAL ABILITIES!

# IS SLEEP IMPORTANT?

*PART 1*

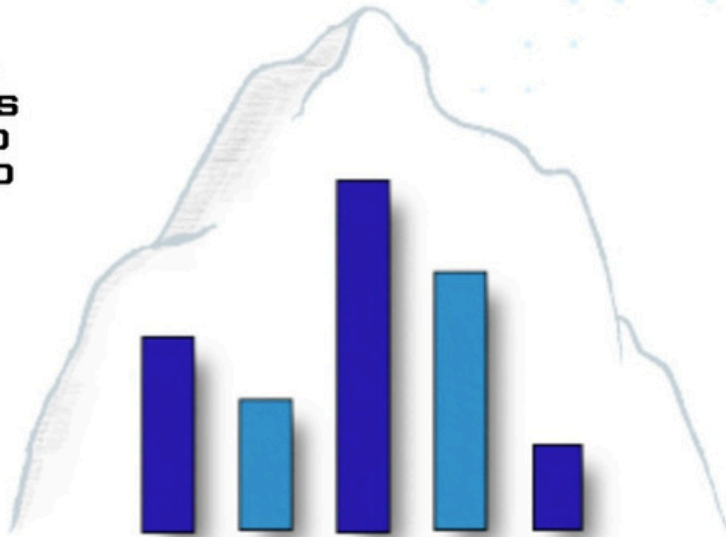
**MARCH FOCUS**

by Brian Wolverton

**SLEEPING IS THE MOST INFLUENTIAL TIME IN OUR 24 HOUR DAY FOR OUR BODIES TO RECOVER, SO AS AN AMBITIOUS ATHLETE, YOU CAN'T AFFORD TO NEGLECT SLEEP AND EXPECT TO CONSISTENTLY OPERATE AT A HIGH PERFORMER'S LEVEL.**

🎯 To reap all the benefits sleep has to offer, it's ideal to shoot for 8-10 hours of sleep per day as a soccer player.

📈 This sleep will be even more effective if you can regularly sleep during the same hours of each day (give or take 30 min.). Meaning you have a similar time you fall asleep and wake up every day.



# SHEER TRAINING



**OFFICIAL CLUB PARTNERSHIP**

Other ways I can help:

- (Free) Rise and Shine with Sheer Training
- Fit for Life Solutions with Personal Consulting
- Soccer Player Development Packages

Email Brian with Any Questions at: [SheerTraining@gmail.com](mailto:SheerTraining@gmail.com)



A pink diamond-shaped sign with a black border and the text "College Ahead" in black.

College  
Ahead

# IMPACT SC

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## College Corner

### Contacting Coaches

#### Contact Rules

- Freshmen - NCAA D-III & NAIA can reach out (email, text, phone) and talk with you on campus. You can reach out to NCAA D-I & D-II, but they cannot respond other than general camp info. NAIA can talk with you off campus and at events. -
- Sophomores - NCAA D-III & NAIA can reach out (email, text, phone) and talk with you on campus. You can reach out to NCAA D-I & D-II, but they cannot respond other than general camp info until June 15th of your Sophomore year. NAIA can talk with you off campus and at events. -
- Juniors - You can communicate with any school at any Division on campus or via text, phone, and email. NAIA & D-III can talk with you after your games. NCAA D I & II are not able to talk face to face off campus. NCAA D-III, you can have an official overnight starting Jan. 1st of Junior year. -
- Seniors - You can communicate with any school at any Division on campus or via text, phone and email. NAIA & D-III can talk with you after your games. NCAA I & II are not able to talk face to face off campus. You can take official visits at any school.



# IMPACT SC

## College Corner

### Contacting Coaches

#### (Continued)

The best way to start communication is by sending a coach an e-mail or filling out their recruit forms on their website.

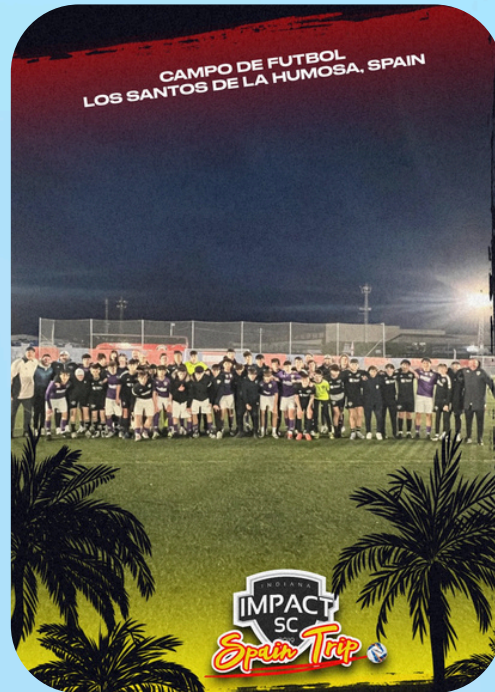
#### Keys to Remember When Emailing Coaches

- Have a professional email with your name & grad year to help organize all of your college info.
- Make sure YOU the player are sending it, not your parents.
- Always address coaches by name (Not Dear Coach, which indicates a mass mail) and include assistant coaches' emails as well.
- Include Grad Year, Team Name, Jersey #, GPA Make it personal, talk about something related to their program & college that interests you.
- For tournaments, send your email by the TUESDAY before the weekend to invite the coach. Coaches create schedules in advance; if you wait until Thursday or Friday, they might not add you to their schedule.
- Always reread your email to make sure you've included the correct name of the school, coach, info etc. If they send you a recruit form, be sure to fill it out to get added to their database.
- \*\*Check out examples of email templates on the College Pathways website page - <https://www.indianaimpactsc.com/>



# IMPACT SC

## Spain Pics





# IMPACT SC

## Spain Pics





# IMPACT SC



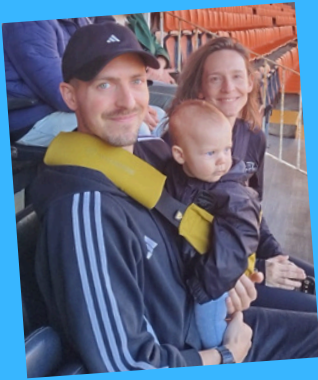
## Spain Pics





# IMPACT SC

## Spain Pics



# IMPACT SC

## *Team News*

**2010 Boys Elite 2 & 2011 Boys Elite 2 played a friendly in the rain on Saturday to help get ready for the spring season!**



## **2011 Boys vs Triton Tigers**

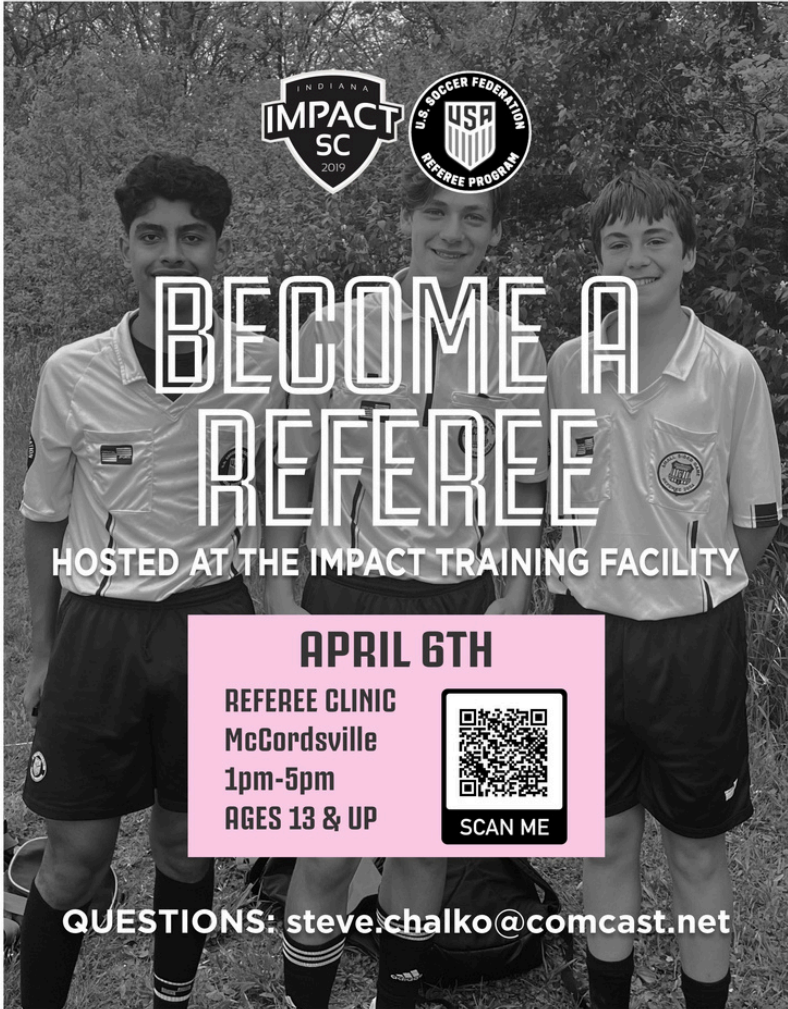


**Fuzzy:** Thanks to Triton Tigers for a fun matchup on Saturday in the sprinkles. Brody Walton with two goals and Luke LeBeau with the shutout! Big shoutout to 2013 Boys' players, Brady LeBeau and Max Steeno who were A/Rs for the match.

**Bobby:** Ryan Steeno with a goal to start the second half! It was a great one time finish into the side net past the outstretched goalkeeper. Assist from Blake Miller with an impressive cut back and bangu pass!

# IMPACT SC

*Become a Referee for  
2025!*




**INDIANA IMPACT SC 2019** **U.S. SOCCER FEDERATION REFEREE PROGRAM**

**BECOME A REFEREE**

HOSTED AT THE IMPACT TRAINING FACILITY

**APRIL 6TH**

REFEREE CLINIC  
McCordsville  
1pm-5pm  
AGES 13 & UP



SCAN ME

QUESTIONS: [steve.chalko@comcast.net](mailto:steve.chalko@comcast.net)

Scan the QR code for more details.  
Course will be offered at Impact SC.



- OR -

find another Indiana location here...

<https://learning.ussoccer.com/referee/courses/available/10000006/list>



# SOCCER SCHOOLS

## USA 2025



## INDIANA IMPACT SC

JUNIOR TOFFEES & DEVELOPMENTAL

JULY 20-24 | AGES 5-14

ADVANCED JULY 21-24 | AGES 13-19

GREENFIELD CENTRAL HIGH SCHOOL,  
900 W. MCKENZIE RD., GREENFIELD, IN 46140



You can also access the information at this link:

<https://www.evertonfc.com/international/international-academy/soccer-schools/us/indiana/indy-impact-fc>

If you have any questions, please contact Shawn Hibbitt at  
shibbitt@indianaimpactsc.com .

PRESENTED BY



**COMMUNITY**  
ATHLETIC SOLUTIONS

[EVERTONFC.COM/SOCCERSCHOOLS](https://www.evertonfc.com/soccerschools)