



***THE IMPACT FAMILY***

***NEWSLETTER***



# ***A Message from DOC Bobby Holden and Exec Director Fuzzy Steeno***

## **COACHES AND DIRECTORS IN ANAHEIM**

In mid January, many of the coaching staff and Directors took off to Anaheim CA for a week to attend the annual United Soccer Coaches Convention. These coaches and directors attended workshops, field sessions, earned diplomas and licenses. In addition to the education, they were able to attend the huge vendor hall where they visited current vendors, network and see what new and cool things the soccer industry has to offer. We are very grateful to those coaches that attended and sacrificed family time to attend, but also to the staff that stayed home in order to keep the club running smoothly. Next year the convention will be in Chicago! [See Convention Video](#)

## **AGM**

The Annual General Meeting is officially set **for Sunday, March 10th** after the Indiana Soccer Annual Meeting. The time and meeting link will be announced soon. The Meeting will cover the club's standing over the past year, the plans for the future, and any Board seat changes\*. The meeting is private to Members of Indiana Impact SC.

\*In November, the Nomination's Committee nominated Carson Drake to the Board of Directors. The Board of Directors appointed Carson Drake as the new At-Large Member. Any objections must come from the Membership before March 1, 2024 via email to Jim Brandon, Chair of the Nomination Committee. [jbrandon@Indianaimpactsc.com](mailto:jbrandon@Indianaimpactsc.com)

# ***A Message from DOC Bobby Holden and Exec Director Fuzzy Steeno (cont.)***

## **INDIANA SOCCER AWARDS**

Indiana Soccer, our state organization, has announced the following club leaders in recognition of their service to youth soccer and our soccer community. We will find out the winners at the Indiana Soccer Awards Gala on March 2, 2024. Congratulations to the following nominees!

Jay Fredrich Good of Soccer Award - Brian Mitchell  
Youth Administrator of the Year Award - Becki Prigg  
Rec Coach of the Year Award - Dave Benson

## **Winter Training**

We have been excited to see all of the excellent winter training sessions we have going on right now. We see teams using Turf Time, Skill School is well attended, and yoga has been a big hit with players this year. It is great to see teams learning and improving during the winter months.

# COLLEGE PATHWAYS CORNER



Welcome to the Impact College Pathways Corner. Our goal is to provide resources and insights into the college search process, as well as to walk along side Impact players to help them navigate the college landscape. Each month we will highlight one area of the search process. Always feel free to reach out to us if you have any questions – Jen Myhre – [jcmynre@anderson.edu](mailto:jcmynre@anderson.edu) - 703-850-0946.

***Save the Date - College Info Night - Wed. Feb 21 st @ 7pm – RealLife Sports Complex***

## **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 notable to talk face to face off campus. You can take official visits at any school.

# ***COLLEGE PATHWAYS CORNER (CONT.)***

**\*\***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 E-mailing 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 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/college>

# ***ANDERSON SOCCER CAMP***

It's not too early to be thinking of summer soccer camps! Anderson Camp is fast approaching. This camp is held at Anderson University from July 7-11, 2024. Tuition includes a t-shirt, soccer ball, camp picture, awards, and an evaluation. Register at [AndersonSoccerCamps.com](https://AndersonSoccerCamps.com) There is a code for Impact SC Players to get a discount: **IMPACT24**. This code is good until February 29<sup>th</sup>, so be sure to register soon!



# Move Better with Sheer Training



Whether you're a player or parent, dedicating yourself to a daily mobility routine can accumulate to make a big difference in how you feel day to day.

Just like we brush our teeth twice daily (hopefully) for healthy teeth and gums, we can use this daily mobility for healthy muscles and tendons. Two key times you could knock out a 5 minute mobility routine are in the morning (soon after waking up) or at night (right before bed). Choose one or both of these times each day and stay consistent to feel your body really change.

Here's an example 5 minute routine: (Spend 1 min. in each position with slow, controlled movement)

1. Back Flexion and Extension
2. (Right) Hip External Rotation
3. (Left) Hip External Rotation
4. (Right) Spiderman with T-Spine Rotation
5. (Left) Spiderman with T-Spine Rotation

This above routine will help you with better movement through your hips and back. You could also swap in any mobility movements that serve you best.

If you'd like to read about more strategies to improve your health and physical abilities, check out [Rise and Shine with Sheer Training.](#) If you're ready to dive into life empowering training and have all my guidance at your fingertips, join me in my [Fit for Life Solutions program.](#)

~Coach Brian Wolverson, Sheer Training

# TEAM NEWS

## 2008 Girls Elite at Gatlinburg Tournament



The 08 Girls Elite played the top table at the Gatlinburg Tournament and finished second in the A group and third out of six teams overall.

This team has worked its way up over the last few seasons, playing teams at higher levels and having success. We will be playing in the Premier League this year and looking to enter the the NPL league next year. This team just keeps moving up and getting better against top competition.



Next up for the team is the Showcase on Feb. 23<sup>rd</sup> - 25<sup>th</sup> at Grand Park.

# TEAM NEWS



## 2009 Girls Elite at Gatlinburg Tournament



Our team went into the tournament in Gatlinburg with only two subs and played against some really tough competition.

The girls came together very well, playing in a brand new formation that they found some good success with, despite never practicing it. Their future this spring season is super promising with an impressive showing at Gatlinburg and more to come as we continue to fine tune our strategy moving forward.

# TEAM NEWS

2007 Boys Elite 1 and 2007 Girls Elite Teams

Good luck to these teams as they travel to  
Orland next weekend for the Disney's  
Presidents' Day Soccer Showcase at the ESPN  
Wide World of Sports Complex!



# ***GASC REC SOCCER***

2024 Greenfield Youth Soccer Registration



**GREENFIELD AREA**  
est. **SOCCER CLUB** 1992

REGISTRATION CLOSES 3.8.24

SPRING SEASON  
GAMES START:  
4.05.2024

PRACTICES START:  
3.25.2024

REGISTER AT  
[www.greenfieldsoccer.org](http://www.greenfieldsoccer.org)

***SPRING SOCCER  
REGISTRATION IS OPEN!***



# ***GASL REC SOCCER***

## **2024 Geist Area Soccer League Spring Youth Registration**

**MCCORDSVILLE SPORTS PARK**

# ***SPRING REC SOCCER***

**Geist Area  
Soccer League  
YOUTH RECREATIONAL**



★ ★ ★ ★  
Est. 2016

**REC & REC+  
2019 - 2009**

**JR GRYPHONS  
2020**

**JR GRYPHONS U4**  
\$85 per player  
6 weeks  
1 jersey, shorts and socks

**REC U6 & U8**  
\$105 per player  
7 Games  
2 jerseys, shorts and socks

**REC+ U10 - U16**  
\$140 per player  
7 Games  
2 jerseys, shorts and socks

**SIGN-UP NOW**

**GEIST  
SOCCER  
.COM**

**ENDS 3/31/24**



Program ran by Nationally Licensed Professionals.  
A Sporting Indiana FC Youth Soccer Program



# ***NEW PAL UNITED REC SOCCER***

## **2024 New Palestine United Recreational Spring Youth Registration**

### **SPRING 2024 - Important Dates**

- Regular Registration Ends: MARCH 17, 2024**
- Late Registration Begins: MARCH 18, 2024 (Add \$50)**

**-Coaches Identified: 3/20**

**-Coaches' Meetings  
(Choose 1):**

**4/6 (Saturday) - 10:00 AM**

**4/7 (Sunday) - 2:00 PM**

**-Field Maintenance Day: April 6th - 10:30am**

**\*\*\*Calling all Parents & Players\*\*\***

**Practices Begin (6U - 14U): Week of April 8th**

Go to [NPUNITED.ORG](http://NPUNITED.ORG)  
to register



# ***PENDLETON FC REC SOCCER***

## **2024 Pendleton FC Soccer Spring Youth Registration**

Pendleton FC Rec/Rec Plus spring registration is now open for birth years 2020-2008

Register at [www.pendletonsoccer.com](http://www.pendletonsoccer.com)

Deadline to register is March 8<sup>th</sup>. Practice begins March 24<sup>th</sup>.

Microkickers U6, U8, U10, U14, U15



# WARRIORS REC SOCCER

2024 Warriors Soccer Spring Youth Registration

PROGRAM RAN BY NATIONALLY LICENSED PROFESSIONALS

AGES 5U-15U



**SOCCER  
SIGN-UPS**

@ WARREN CENTRAL  
WARREN TWP YOUTH SOCCER

**DEADLINE MARCH 24th**

[www.WarrenWarriorsSC.com](http://www.WarrenWarriorsSC.com)



# MARK YOUR CALENDAR

More Details to Come Soon



**NEXT GENERATION INTERNATIONAL**

## Indiana Impact SC

ITINERARY

**FUNDACION Real Madrid**

**VALENCIA C.F.**

**Travel Dates:  
March 14<sup>th</sup> – 23<sup>rd</sup>, 2025**

The poster features a black background with a faint image of a soccer jersey. It includes the logos for Real Madrid and Valencia C.F., and the text 'FUNDACION Real Madrid' and 'VALENCIA C.F.'. The top right corner has the 'NEXT GENERATION INTERNATIONAL' logo.



**NEXT GENERATION INTERNATIONAL**

## HIGHLIGHTS

**TRAIN LIKE A PRO**  
Train with professional certified coaches at state of the art facilities. Experience the life of a European youth Academy player!

**TOUR PROFESSIONAL STADIUMS**  
Get behind the scenes glimpse of your favorite stadiums! See the trophies won, see the field from the team bench, and visit the locker rooms.

**ATTEND PROFESSIONAL MATCHES**  
See the greats of teams such as Real Madrid, Manchester and Valencia in person and watch the stars perform live!

**PLAY COMPETITIVE FRIENDLY MATCHES**  
Challenge your game by playing against top quality local opponents. Learn about the local style of play first-hand!

**CULTURAL SIGHTSEEING**  
Experience a European capital, including its local culture, language, and food! Visit important historical sites and learn about local life.

The highlights poster features a blue background with a collage of images including a soccer player, a stadium, and a tram. It includes the 'NEXT GENERATION INTERNATIONAL' logo at the top and a list of five highlights with descriptions.

# **E A M I L I V**

Thank you for being part of this community of soccer, where we create positive experiences for the youth of these communities of all levels and all ages. Every player matters.

# **F A M I L Y**



# **THANK YOU**

**Got news? Got pics?**

**[mailbox@IndianalImpactSC.com](mailto:mailbox@IndianalImpactSC.com)**

**[www.IndianalImpactSC.com](http://www.IndianalImpactSC.com)**

