

SCHWABEN

ATHLETIC CLUB

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April Newsletter



Greetings!

First and foremost - we hope that you and your loved ones are safe and healthy. We are all in uncharted waters and doing our best to navigate this new normal. As our regular patterns of staying connected in person have been disrupted we will do our best to continue to update you on the latest in US Club Soccer information, expert advice, sports activity ideas to keep players engaged, and team Zoom meetings to see a smiling face and hopefully give everyone a laugh.

Current US Club Soccer & Illinois Youth Soccer Status: Suspension of soccer through April 30th. The soccer governing bodies have not cancelled the spring season. Their hope is to push the spring season into the summer. We will update you as soon as we are contacted on the next steps.

Included in the April newsletter:

- Schwaben Virtual Skills Contest
- Schwaben Coaches Challenge
- Staying Connected
- Virtual Resources
- Positive Coaching Alliance Articles:
 - Using The Sports Shutdown To Recover The Joy Of Sports
 - Dealing With Disappointment During Coronavirus Cancellations, Postponements
- Support Local Business & State of IL Volunteering

We are all in this together. We miss everyone and look forward to seeing you on the pitch!

-Thomas Gansauge
Director of Coaching



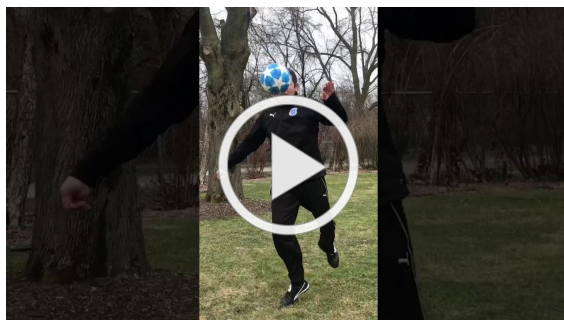
Schwaben Players Participate in Virtual Skills Contest!



We are happy to be able to share as a Players First licensed club this fun opportunity to participate in a free, exclusive @home Virtual Skills Contest powered by TopYa!. This program enables us to keep both player health & safety AND player development as the top priorities they are, even in these challenging times. We hope this provided a nice break in the day to stay fit, engaged, and working toward a fun goal. Thanks for all that participated! Contest ends April 15th.

[See More Here!](#)

Schwaben Coaches Challenge



The coaches wanted to get in on the skill challenge fun as well. Check them out! Feel

free to send us your videos of what you are doing at home to keep challenged and have some fun playing soccer. Send to: admin1@schwabensoccer.com

Staying Connected



The club is here to continue the soccer development of the players. We've adapted our coaching strategies to fit with the ever-changing environment while we shelter in place. The coaches are finding new and unique ways to keep players engaged with soccer, connected to their teammates, and assurance they are there for them during this time. Keeping up the team connection is important to help with well-being and give the players a space to see a familiar face, talk about how they are doing, and share a laugh and have fun -- all which helps reduce stress. Keeping players engaged on the tactical side of the game keeps their minds challenged, sharp and mentally prepared once they step on the pitch.

Feel free to send us your pictures, videos, ideas, etc. that you would like to share with the club. We can post on our social media channels and website. Send to: Alicia at: admin1@schwabensoccer.com

Virtual Resources

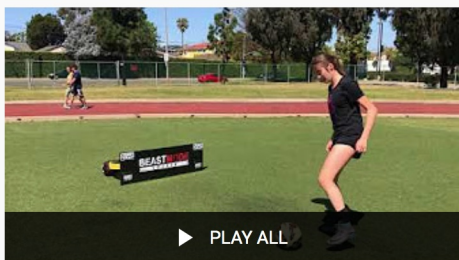
Remote Soccer IQ Development



U10 - U19 teams have been receiving tactical weekly assignments to develop and improve their soccer IQ. The players discuss the videos and lessons during their meetings with their coaches. Although there is no substitute for being on the field, the silver lining is, this era allows more time to focus on the tactical

side of the game that players will be able to apply once back on the field.

Players First Video Training Series



Players First Video Training Series - Beast Mode Soccer

Beast Mode Soccer Via US Club Soccer: "The popular Players First Video Training Series, presented by Beast Mode Soccer, is a treasure trove of player development-focused exercises you can do with minimal equipment from home.

There are 46 total videos in this YouTube playlist containing a few different mini-series components, such as the "First Touch Series," "Buddy Passing" (with a

sibling or parent, of course!), "Four Cone Drill," "Mastering the Art of Dribbling" and more."

[46 Video Playlist](#)

Chicago Fire FC At-Home Activity Center



Via Chicago Fire FC: Add some ☑ to your daily schedule! From coloring pages and fun activities to in-home exercises and more, kids and families will find new ways to stay connected.



Using The Sports Shutdown To Recover The Joy Of Sports

"Life is filled with disappointment. Dr. Abraham Lowe, the founder of Recovery International, originated the term, "inevitable setbacks." One of the great things about seeing youth sports as "a dress rehearsal for life" is that we can use whatever happens in sports as material to build people of character who are ready for what life will toss their way.

So let's use the shutdown and the disappointment it brings as grist for the mill of developing people of character. A key lesson is "reframing" unpleasant (or worse) situations into better ones through turning Rut Stories into River Stories."

[Link To Full Article](#)

Dealing With Disappointment During Coronavirus Cancellations, Postponements

"The recent cancellations of playoffs, championships, games, tournaments, and meets at every level are disappointing, but I also am aware they are necessary to prevent further spread of disease. While cancellations and precautionary measures continue, how can I (as an athletic director, coach, or parent) talk to my athlete about this disappointment?"

[Link To Full Article](#)

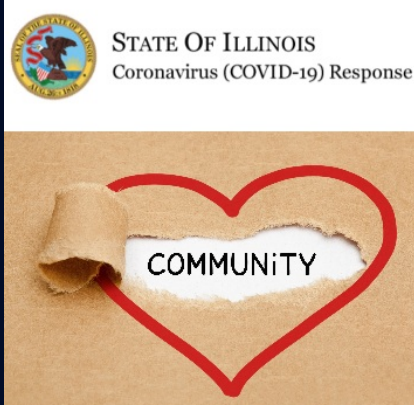
For Those That Have Asked How They Can Help



In The Spotlight

Support small business with 'IL-ove Local' campaign April 11-18

[Read More!](#)



In The Spotlight

State of Illinois volunteer opportunities including:

- Healthcare Providers
- Illinois COVID-19 Response Fund
- Blood Donation

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Schwaben Athletic Club



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