

Idaho Rush sent six teams -- including a team from the Select program -- to Salt Lake City in early March to get in some early-season friendlies and attend Real Salt Lake's MLS home opener against New York Red Bulls.

Teams played 1-2 games each during the day on Saturday against local club sides from LaRocca, Sparta and FC Forza. It was a chilly start to the season but a good opportunity to get quality games from teams they don't play on a regular basis.



Later that evening it was off to Rio Tinto Stadium to watch RSL take on Thierry Henry and the Red Bulls. The Rush teams got to walk out onto the Rio Tinto field as part of the pre-game festivities, and a couple of teams even got to play mini matches on the pitch during halftime.





The weekend wrapped up Sunday with an indoor training session with Rob Karas, the director of youth training camps for Real Salt Lake.



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