Earlier this year, Rush Soccer launched the most ambitious, informative and useful web site in youth soccer history. We've pulled from literally hundreds of years of experience from Rush clubs around the world to cre a single location where players, parents, coaches and staff can find and share information to make this seas the most successful season ever. You can also connect with other members of the Rush family through exclusive message boards and social media feeds.

Here's a small sampling of the type of stories and tips you'll find on the exclusive, Rush-only site:

Inside the "Players" section:

- Play your best on game day with info on nutrition for high-level athletes, including power-building pre- a post-game snacks and 13 foods players should avoid.
- Are you mentally ready to play your best? Can you deal with the highs and lows of a season or game? We've got the inside tips to make you mentally tough.

Inside the "Parents" section:

- Understand why kids play the game … and why they quit!
- What are the four basic emotional needs kids have in organized sports?

Inside the "Coaches" section:

- An easy-to-use stretching routine that reduces the likelihood of ACL injuries for your players, straight fr sports medicine doctor.
- Help your goalkeeper make the save and restart the attack with our handy Coaching Point of the Week specifically for the most mysterious position on the field.

We're very excited about the potential for this web site and we want to make sure you have the tools to acce

all of its benefits. We have created an illustrated, step-by-step tutorial that will help you get registered for the
Follow this link to view the tutorial, and get registered in less than five minutes. Once a Rush staffer approve
your registration (we want to verify that you're currently a part of the Rush family), you'll have access to the
plus all of the new information we will continue to add.

How to register

Phoca PDF