A Word From... is part of a series of monthly articles from Alaska Rush Soccer Club's Techinical Director and Directors of Coaching. Each week, a different Director will submit an article pertaining to Alaska Rush, Rush Soccer or even world football in general. It's an opportunity for our readership to gain more insight on the sport and understand further what Alaska Rush Soccer Club is about and what Rush Soccer offers it's Members.

A Word From... Director of Coaching Boys

This is an update from some of the Alaska Rush 94 girls who are currently freshman playing College Soccer.

Brooke Pigg is playing for the Hamline University Pipers, which is located in St. Paul, Minnesota. They play in Minnesota Intercollegiate Athletic Conference (D3).

School Website: http://www.hamline.edu

Women's Soccer Website: http://www.hamline.edu/athletics/womens-soccer/

School Facebook: http://www.facebook.com/hamline

Women's Soccer Facebook: http://www.facebook.com/hamline#!/pages/Hamline-Womens-Soccer/345829992684

Kelsey Reeves is playing at The College of St. Scholastica, which is a small, private, D3 school. The school is in the Upper Midwest Athletic Conference (UMAC) and are very tough competitors.

School Website: www.csssaints.com

Phoca PDF

Randi Moutka is playing at Peninsula Junior College, which is located in Port Angeles, WA.

School Website: http://athletics.pencol.edu/

Anna Woern is playing at Northern State University in Aberdeen, South Dakota. The team has only two seniors and eight freshmen this season. Four of the freshmen starting each game and the team plays in the NSIC, traveling all over Minnesota and South Dakota.

School Website: http://www.northern.edu

Each of the girls were asked several questions about playing College Soccer and these are their responses:

1. What is the best thing about playing College Soccer?

Brooke: “I think the best thing about college soccer is the fact that the intensity level is much higher. Every girl on that team wants to be there and make their team members better.”

Kelsey: “The best thing about playing college soccer is that you have instant friends and you are playing with girls who have worked just as hard or harder than you to be a part of the team.”

Randi: “I'd say the best thing about college soccer is playing everyday and everyone coming out to compete even at training.”

Anna: “The best thing about playing college soccer is that you get to go to college for something other than just school. You get to continue what you've always loved doing at a new, more competitive level.”

2. What is the toughest thing about playing College Soccer?

Brooke: “The worst thing about college soccer is finding a way to fit everything into your schedule from class, homework, practice, laundry and clubs.”

Kelsey: “The hardest part about college soccer is definitely the pre-season training if you can make it through two weeks of pre-season, you can survive anything.”

Randi: “Toughest thing is staying focused and not getting burnt out on how much you play.”

Anna: “The toughest thing about playing college soccer is learning how to get everything done. Classes take up about half the day, then there is weights/training, plus you need to get food at some point. Then after all that, homework somehow needs to get done before you are completely exhausted.”

Phoca PDF

3. What is the biggest difference between Club/HS soccer and College Soccer?

Brooke: “College soccer is a lot more intense, but it is much more fun as everyone is putting an equal amount of effort into practice/games.”

Kelsey: ”The difference between Club/HS soccer and College soccer; it's a much faster pace and you have a lot more responsibility than you did in Club/HS. You can't text your coach and tell him that you're just not coming to practice today, unless of course you don't want to see any more playing time and classes are always first and must be attended, even if practice times change.”

Randi: “The biggest difference I think is every one who is playing is here because they want to be, not just because parents make them. And it's more strict. If you're late or don't show up, you run.”

Anna: “The biggest difference between club and college soccer is the speed of play and the level of physical play. You may be able to play all 90 minutes in a tournament spread over 3 days in club, but playing all 90 minutes for just two games over two is surprisingly hard.”

4. Advice you would give to players wanting to play College Soccer?

Brooke: “I would start looking at schools early as well as contacting coaches as soon as possible. But at the same time I would not choose the school based on soccer alone.”

Kelsey: “The advice I would give anyone wanting to play college soccer; you have to keep working towards what you want because there is always someone trying to do more than you wanting your spot on the team.”

Randi: “Advice would be to come in fit with a positive attitude. Be ready to have all you do is go to school , practice and do homework.”

Anna: “My advice: Keep working to up your fitness level; Push yourself to play quickly; and really master the little things (opening up, crisp passes to a certain foot), because they make a big difference at the college level.”

Players and parents are encouraged to go the alaskarush.com and click on the College Programs tab to find out more about the process to becoming a College Soccer Player.

The Alaska Rush College Advisory Program (CAP), will have a Girls night on Tuesday Nov. 13, 6-7 pm at the Rush Office and the Boys night will be Tuesday Nov. 27, 5-6 pm at the Rush Office.

For more information contact:

Phoca PDF

Michael Montgomery. M.Ed.

Director of Coaching Boys, Alaska Rush

907.561.RUSH (7874), Office

907.229.4488, Cell

www.alaskarush.com

Phoca PDF