

# SCHWABEN

ATHLETIC CLUB

ESTABLISHED IN 1926

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## May 7th Newsletter



Greetings!

Hope you are having a good week. Sending the latest update from US Club Soccer and other weekly updates to stay connected. We are loving the At Home Training videos you are sending and tagging us in. Keep them coming!

Current US Club Soccer & Illinois Youth Soccer Status:

Suspension of soccer through May 18th. 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 and how this will coordinate with the stay at home extension to May 30th.

Included in the May 7th newsletter:

- Schwaben Tryouts & Invitation Info
- Schwaben Virtual Trainings
- Schwaben At Home Training Contest
- Schwaben Interview With College Players
- Schwaben Athletico Indoor Team Winners
- FIFA - Schwaben World Cup
- Link To Schwaben Newsletters
- Virtual Resources

We miss everyone and look forward to seeing you on the pitch!

-Thomas Gansauge  
Director of Coaching



## Schwaben Tryout Registration & Invitations

We know the process of receiving an invitation and deciding where to play club soccer can be stressful. In light of the current times we want to give all current Schwaben players the opportunity to have a place to play. The club is inviting all current Schwaben players back for the 2020/21 season.

Tryouts are open to the public, feel free to share the registration link with friends and neighbors. We will hold virtual tryouts for non-Schwaben players. Once we get the green light we are allowed to have players back on the field we will hold in-person tryouts for non-Schwaben players.

**\*PLEASE NOTE\***

GotSoccer launched a new and improved registration system that should be easier for you to navigate. This new registration system requires you to create a new account **as a parent/guardian first**, then add your child after. Link to send to non-Schwaben players that would like to tryout: [click here](#) to create the parent/guardian account and register for [tryouts](#).

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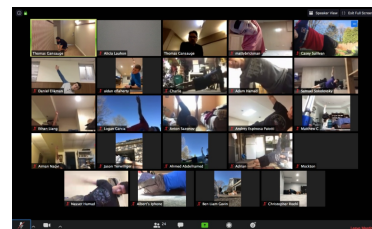
## Schwaben Virtual Training



In addition to the social connection and tactical meetings the coaches have been offering virtual training sessions over Zoom with the goal to help support skill development and game improvement as well as keeping motivation up and team connection.

The training sessions will focus on fitness and skills while keeping mindful of any space limitations. The U15, U16, U17, and U19 teams met last Thursday for fitness training and had a great time! Coach Eric set up training for the U12 team so they could have the option to train either indoors or outdoors. Keep up the good work!

U.S. Center for SafeSport recommends all adults keep digital safety guidelines in mind. Please see the [SafeSport Virtual Training Guide](#) on Schwaben's website.



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## Schwaben At Home Training Video Contest!



We want to see your training at home. Show us what you are doing to stay fit and develop your skills. Weekly winners will be picked to enter to win a prize. If parents or players do not have a social media account on Twitter, Instagram or Facebook they can send the video directly to Alicia at: admin1@schwabensoccer.com with a video description. Player to player challenges are accepted as well.

-Post your 30 seconds to a minute video of your training sessions. Can be one drill or skill development action, a compilation of multiple drills or player to player challenges.

-Tag Schwaben's handle for the platform you are posting on. For example, if posting on Instagram then tag Schwaben's Instagram handle.

Instagram: @schwaben\_ac

Facebook: @schwabenac

Twitter: @SchwabenAC

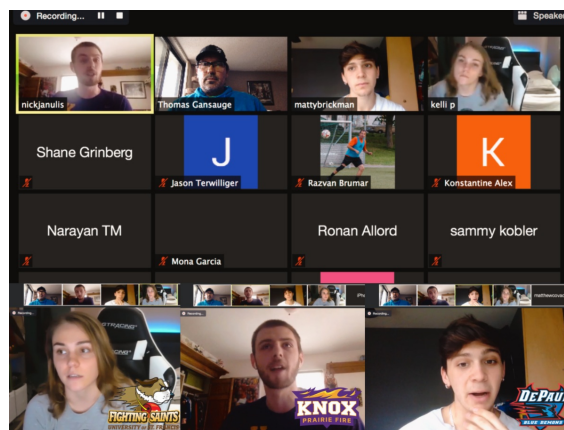
-For training inspiration check out Players First: First Touch Series: <https://bit.ly/FirstTouchSeries>



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## Interview With Schwaben College Players

Schwaben invited a panel of three former Schwaben youth players that are currently student athletes. Kelli Pietrowski, Nick Janulis and Matthew Brickman shared their college experience with us. It was a great opportunity to hear about what the student athlete life entails and to hear first hand what it takes to get to the next level. Thank you so much for taking the time to speak with us and provide valuable insight to the Schwaben players! Thank you to all that attended, we had almost 100 people tune in.



## Schwaben Athletico Indoor Team Winners

Congratulations to the 2008 Girls Team! Via Coach Eric: After a successful indoor season with a record of 6 wins and 2 losses, the Schwaben National Girl's team entered into the final match against the first place team who we were tied in points, but behind in goal differential. The only way to win the league was to beat the team we split with in previous indoor matches. The girls took the challenge and soundly beat our opponents 5-1 and earning the championship in the top division for 2008 Girls. Great job Schwaben Girls!

Congratulations to the U14 Boys Olympic Team! Via Coach Razvan: The U14 Boys Olympic team dominated their division this past winter being undefeated with a record of 8-0-0 (one game left against the last place) and technically they were mathematically Champions without playing their last match. It was a great team effort and the boys seemed to bond and work hard together. Thank you everyone for your efforts!

Congratulations to the U12 Boys National Team! Via Coach Razvan: After a

strong finish outdoor last Fall the U12 Boys National continued their good performances indoor over the winter season, finishing in first place with one last game left. Congratulations to all the boys who played, including a few U11's who helped out throughout the indoor season. Keep up the good work boys!



U12 Girls Team



U14 Boys Olympic Team



U12 Boys National Team

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## FIFA - Schwaben World Cup

As a club, we'd like to present a virtual gaming competition for Schwaben players to have some more fun while we are away from the pitch. The Schwaben AC FIFA Club World Cup Competition is open to all Schwaben AC players and it will be a competition to see who can be crowned champion of Schwaben AC on FIFA 20 with either XBOX One or PS4.

Here is the signup sheet:

<https://docs.google.com/spreadsheets/d/1IT0Djlm15cJYWkYTq-mosAdhYHYSciGIIcPirbuCBM/edit?usp=sharing>

You will be required to provide your first and last name, select your team (non-International) tell us whether you have XBOX One or PS4, provide your gamertag, and provide email addresses for contact. The tournament will be run by Coach Rob and you can expect emails providing further information, rules, and bracket/group structures after we have sufficient participation.

In terms of prizes, depending on which platform (XBOX One or PS4) has the most players in the pool, the winner will get a futpong set for the winner of the largest competition. The winner of the smaller platform will receive some Schwaben gear to sport at practices, games, and at school.

We encourage all Schwaben players to sign up for the competition if you have FIFA 20 on XBOX One or PS4 and we are excited to see who has the best gaming skills on the pitch in our club!

Make sure you sign up [here](#) by May 15th if you'd like to participate.

Have fun!

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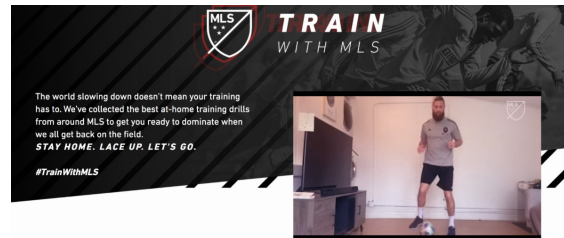
# Schwaben Newsletters

Stay up to date. If you missed any of our newsletters, PDFs of the Schwaben Newsletters are available on the website, [here](#).

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## Virtual Resources

### Train With MLS!



The MLS has put together the "best at-home training drills from around MLS to get you ready to dominate when we all get back on the field." Videos include Ball Mastery, Dribbling, Fitness, Fun, and Coach Talks.

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### Remote Soccer IQ Development

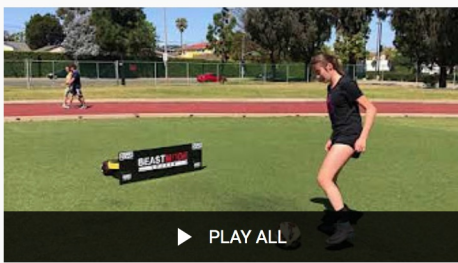


U10 - U19 teams have been receiving tactical weekly assignments to develop and improve their soccer IQ. The players discuss the videos and lessons during their meetings with their coaches. Although there is no substitute for being on the field, the silver lining is, this era allows more time to focus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

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### Players First Video Training Series

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



Players First Video Training Series - Beast Mode Soccer

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](#)

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## 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.



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## Keeping Kids Engaged in Sports During COVID-19 Isolation

"It's still possible for kids to stay involved in sports during COVID-19 isolation, says Spencer Gordon, partnership manager for the Positive Coaching Alliance (PCA) Portland in this podcast episode. PCA, which aims to create better athletes and people, has launched a "Life as a Team Sport" campaign, which includes many online resources for helping young athletes tune up their mental game skills. It includes Zoom meetings and Facebook Live events that feature well-known athletes. Gordon gives parents tips for keeping kids engaged in sports while they're in isolation. He focuses on the potential to boost kids' mental games during this time period."

[Link To Podcast](#)

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## 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 Vernon Township Food Pantry

- Personal care items, Diapers (Size 4, 5, & 6), Granola Bars, Snack Items, Rice, Beans & Potatoes

Drop off non-perishable items 24/7 in the grocery cart outside the Vernon Township Administration Building: 3050 N. Main Street, Buffalo Grove, IL.

Contact Doug with questions: [dsokolowski@willowcreek.org](mailto:dsokolowski@willowcreek.org)

[Read More!](#)



STATE OF ILLINOIS  
Coronavirus (COVID-19) Response



### In The Spotlight

#### State of Illinois volunteer opportunities including:

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

[Read More!](#)

## Schwaben Athletic Club

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