



# May

# NEWSLETTER

2025



# IMPACT SC

## A Message from our Executive Director Chris “Fuzzy” Steeno



Hello Impact SC!

I want to say thank you for playing in the Memorial Day Festival last weekend. We put this tournament on your schedule in a reactionary capacity as a way for us to have a presence in our own tournament.

We knew many teams would have players missing, so we put together rosters and/or added coaches the best we could with who was available. We headed into the weekend with low pressure and great attitudes that this was going to be a fun experience for our players.

We had kids filling in on teams out of their age group, Impact coaches from other age groups coaching different Impact teams, a mashup of rosters in same age groups, girls playing with boys and some with a few different age groups/levels on one team! It was so much fun to see us all come together and just play!

Indiana Impact SC, after year five, knew it needed to start generating a supplemental revenue stream. Last year we decided to explore options and talked to several hosts and vendors to match expectations. This January in Chicago, we started discussions with SBD/Kings Hammer to host our own tournament. They presented the club with the long standing Memorial Day Festival. After careful consideration, the club decided to move forward. We felt the pros outweighed the cons, especially taking on an event now as we start kicking off the Coerver Soccer side of the Club.

We signed the agreement with SBD/KH in April and our DOO, Brandon Steeno went straight to work with our DOC Bobby Holden to find teams to play in the tournament. Brandon was very instrumental behind the scenes, working with SBD/KH and Grand Park to ensure we were doing this process efficiently. Brandon and Bobby found teams for nearly every boys/girls age group, including some Academy teams. What a group effort from top notch Directors!

Thank you all for supporting this tournament and this fast growing club. Our success and high level of play and development is not a mistake. There is a reason we can compete at any level. There is a reason we get compliments from other clubs. There is a reason we get great coaches. It comes from dedicated parents, #ALLin players, and a very talented staff that all want this club to be successful and create a positive culture.

#ALLin is a journey!

Fuzzy 🇺🇸



# IMPACT SC

## A Message from our Director of Coaching Bobby Holden

Impact Family,

It's hard to believe we are winding down the spring season. I have enjoyed watching our teams' successes in tournaments, cup games, and league games! We had several teams winning their leagues, which is awesome to see!

Speaking of Cup games, good luck to all of our teams competing in Cup games and championships this weekend! Reminder to everyone to stay positive and have fun at the games.

Don't forget Impact Tryouts on June 9th at Mt Vernon High School. More details, such as times and age groups, are posted on our website: [IndianalImpactSC.com](http://IndianalImpactSC.com).

I appreciate all of our families and the commitment you bring. We are proud of what we are building at Impact and your enthusiasm and support for our players are the foundation of our club. Thank you!

Coach Holden



# PLAYER DEVELOPMENT

PROVIDING RESOURCES & OPPORTUNITY TO HELP OUR IMPACT PLAYERS LEVEL UP THEIR PHYSICAL & TECHNICAL ABILITIES!

May 2025

## Start Improving Your Knees!

### Coach Brian Wolverton

This past month I've been hearing more interest about learning what to do to take care of your knees. This makes sense given that we are in the middle of our Spring seasons and the game we love tends to wear down our knees with less time for recovery.

So what can we do about it right now?

Given that we are in the middle of the season, with a lot of physical demand and busy schedules, I want to outline the first two steps you can start working on weekly to improve your knee strength and health:

**Try to get at least 3 days a week or more of the following 2 movements (at home or at the gym)...**

🕒 Utilize 5-10 min. of easy [loaded backward movement](#) as many days of the week as you can (use a load you can move smoothly).

*Why this helps:*

- Increases blood flow to key lower body muscles and tendons (with knee over toe movement)
- Building strength in reverse of running, jumping, and kicking (improves quad activation & deceleration)

🕒 Use 10 reps each side of the [ATG Split Squat](#) (at your pain-free level) with very slow movement into deeper knee bending with holds (3-10 sec.) at your pain-free depth (gradually working toward deeper depths over time as long as your knees feel good: goal is to eventually cover your calf with your hamstrings).

*Why this helps:*

- Deep bending of joints + appropriate load releases more synovial fluid providing more joint lubrication and promoting more pliable (easily bendable) joints when experienced regularly
- Strength training deep knee bending (at your pain-free level) improves supporting muscles and knee tension tolerance



Any questions/comments reach out to me at [SheerTraining@gmail.com](mailto:SheerTraining@gmail.com)

Other ways I can help:

- [\(Free\) Rise and Shine with Sheer Training](#)
- [Fit for Life Online Coaching](#)
- [Soccer Player Development Packages](#)



# IMPACT SC

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## College Corner

As summer approaches, so do a lot of college camps and soccer opportunities. Camps are a great way to get a feel of the program, from the coaching staff to the players to the campus environment. ID Camps are key for upcoming Juniors and Seniors to get on the coaches' radar. Freshmen and Sophomores can start as well to get their name out there, too. The goal should be to target a few schools that you are interested in attending to learn more.

Once you sign up, here are some reminders and tips to make the most out of the day:

- o A few days before camp, reach out with an e-mail them letting them know you are excited to attend, and tell a little bit about yourself, if you haven't been in touch before.
- o It's helpful to wear a jersey/shirt with your name on the back, or something unique for them to remember you.
- o Go the extra mile during camp – help pick up things, be the first ones to step up, answer questions and engage with the team and staff. The more interest you show the more they will remember you.
- o You don't need to go to every camp invitation – target the schools where you are looking to attend, as it's great for the coaches to get to train you.
- o After the camp, thank the coaches, then later that day or the next, send them a note of what you took away and enjoyed from their camp.

# IMPACT SC



## JOIN A GREAT CLUB!

Come Join the Impact SC Family! ❤️

We have teams for every level of play. The staff will work with every player for any pathway. We are very proud of our growth and our success! Let'sGooooo! #ALLin #DoHardThings #PositiveYouthDevelopment #StressFreeDevelopment #ImpactFamily

INDIANA  
**IMPACT SC**  
2019

**JUNE 9TH**  
Try Outs

#ALLin  
**GIRLS AND BOYS**

June 9th Mt. Vernon High school Turf and Soccer Complex.  
2007-2009 @ 12:00 | 2010-2011 @ 2:00  
2012-2013 @ 4:00 | 2014-2015 @ 6:00

USA Soccer US Club Soccer NPL US Youth Soccer OVPL adidas NEXT GENERATION Joyner HOMES™





# SOCCER SCHOOLS

## USA 2025



## INDIANA IMPACT SC

JUNIOR TOFFEES & DEVELOPMENTAL

JULY 20-24 | AGES 5-14

ADVANCED JULY 21-24 | AGES 13-19

GREENFIELD CENTRAL HIGH SCHOOL,  
900 W. MCKENZIE RD., GREENFIELD, IN 46140



You can also access the information at this link:

<https://www.evertonfc.com/international/international-academy/soccer-schools/us/indiana/indy-impact-fc>

If you have any questions, please contact Shawn Hibbitt at  
shibbitt@indianaimpactsc.com .

PRESENTED BY



[EVERTONFC.COM/SOCCERSCHOOLS](https://evertonfc.com/soccerschools)

Team News

# IMPACT SC

Good Luck to our Cup Game Finalists!





# IMPACT SC

## Congratulations Memorial Day Festival Teams!



2012 Elite Boys



2011 Boys Elite 2  
MEMORIAL DAY FESTIVAL



2013 Boys Elite II  
MEMORIAL DAY FESTIVAL



2010 Boys Elite  
MEMORIAL DAY FESTIVAL



2013 Girls adidas I  
MEMORIAL DAY FESTIVAL



2014 GIRLS  
MEMORIAL DAY FESTIVAL



2008 Girls Elite  
MEMORIAL DAY FESTIVAL



2011 Boys Elite 1



2011 Boys adidas  
MEMORIAL DAY FESTIVAL



# IMPACT SC

## Congratulations!

**Shoutout to the 2011 Boys Elite 1 for Winning their Division in NPL!**

This is quite an accomplishment, playing for the first time in this league!

They have earned a trip to play in the  
National Championships in Colorado in July.

Good luck at Nationals, Team!





# IMPACT SC

Congratulations  
ISL Division Winners!



# IMPACT SC

ISL Division Winners



# IMPACT SC

## Team News



The 2011 Boys Adidas won a recent ISL game, 5-0.  
Goals: Lightner, Greulich (2), Walton (PK), and Riley  
Shoutout for the shutout by LeBeau & Hernie



2-1 win for 2010 Elite Team 2  
Goals by Vince Kohut and Evan  
Lopshire



The 2013GA1 moved to 7-0-0 in league  
play with a 1-0 win last weekend.  
Goal: Adela Hernandez  
Assist: Piper Riesterer  
Amelia North and the back line pitch  
the shutout



# IMPACT SC

## Off The Pitch

#Celebrate #Family  
#Congratulations



**Julia Cockrum** (2011 Girls Adidas/Elite) was inducted into the National Junior Honor Society at Hamilton Intermediate-Junior High!



**Blake Clifton** (2013 Boys Elite) Fifth Grade and School Champ in T-Races for Addition, Subtraction, and Multiplication. Grade level champ five years straight!



**Kat Simmons** (2010 Girls Elite) is Regional Champion for MVHS in the 400 M Dash!



MVMS New Track Record for the 4 x 800!

**Sophia Ford** (2011 Elite)  
**Carley Cobb** (2011 Elite)  
**Taylor Greulich** (2010 Elite)



**Lucas Smith** (2013 Boys Elite 2) finished fifth in the district track meet for Fishers Jr High!



**Lexi Kerkhof and Mia Brinkruff** (2010 Girls Elite) set the school record for GC at the State Track Meet!

