



THE IMPACT FAMILY

NEWSLETTER



A Message from Exec Director Fuzzy Steeno

Impact Families,

If you missed Impact's Annual General Meeting on Sunday, March 10th, you can see the presentation by going to <https://www.indianaimpactsc.com/parents>

There is a lot of good information about the club included in the presentation. Be sure to read the "Get to Know" your board members section. All of our board members are passionate about soccer and want the best for our club. They focus on community service, giving back, and making decisions that are in the best interest of our players. We are fortunate to have great people working behind the scenes on behalf of our club.

The presentation also highlights the club structure and future plans, along with several events that we participated in and promoted this past year.

There are always ways to be more involved! If you are interested in helping out, please contact me and I can steer you towards the areas where we can use more "hands on help", or I can help you find the right volunteer spot for you.

Thank you for another great year of soccer!

Chris "Fuzzy" Steeno

Fuzzy@IndianImpactSC.com

A Message from DOC Bobby Holden

I am excited for a great spring season of soccer! Some teams have had a few league games already, some are participating (and doing well) in early tournaments, and all teams are ready to get outside for more training. We have so many teams performing at a high level already, I know there will be lots of good soccer going on during April, May and June!

I am also excited for the Spain trip in March 2025! If you have any questions about the benefits of this trip, or any trip questions at all, please reach out. I would love to see every Impact player go on this trip, and while I realize this isn't feasible, it is a great trip that I hope many will be able to experience. There is a page below in this newsletter with a link that has more trip details, if you haven't seen them yet. The final date for registration is April 28th. Don't miss out!

See you at the Fields!
Coach Holden

COLLEGE PATHWAYS CORNER



Welcome to the Impact College Pathways Corner. Our goal is to provide resources and insights into the college search process, as well as to walk along side Impact players to help them navigate the college landscape. We appreciate everyone coming out to our college night! If you have any questions, feel free to reach out. Jen Myhre – jcmynre@anderson.edu - 703-850-0946

Highlight Clip Reminders:

Keep highlights around 2 to 5 min

Let them know what number, jersey color, and position you are in the clips

Make sure to have a marker to identify you on the field

Keep special effects limited --coaches can tell when the film is sped up

If you add music, make sure it is appropriate

Create a soccer YouTube channel to keep all of your clips together

Calling All New Referees!

Become more comfortable in your new role! Shadow an experienced Center/AR, ask questions, get feedback, and have PIZZA! What's not to love?!?

Check out the details on the flyer. >>>

Questions? Contact Coach Holden @ CoachHolden@IndianaImpactSC.com

April 21, 2024

3:00-6:00 PM

Greenfield Central High School
Turf Field

REFEREE MENTOR DAY

4.21.24
@GCHS TURF
3-6 PM

QUESTIONS?
✉ COACHHOLDEN@INDIANAIMPACTSC.COM
📍 810 N BROADWAY GREENFIELD, IN 46140

INDIANA IMPACT SC
GREENFIELD AREA SOCCER CLUB 1992

3 PM	INTRO & FIELD PREP ARRIVE IN REFEREE UNIFORM, PRE GAME RESPONSIBILITIES, TEAM CHECK-IN, COLLECTING MONEY, PRE-GAME TALK	5 PM	POST GAME POST GAME SELF EVALUATION, CREW TALK, FIELD EXITING, PIZZA PARTY, BRING YOUR OWN DRINK
3:30 PM	KICKOFF IN GAME INSTRUCTION, COMMUNICATION, MECHANICS, SHADOW EXPERIENCED CENTER/AR	5:15 PM	GAME TIME OPTIONAL WATCH AND LEARN, WATCH A 1ST DIVISION 13U GAME
4 PM	HALF TIME HALF TIME TALK WITH REFEREE CREW	5:50 PM	HALF TIME HALF TIME FOR 13U GAME, Q&A WITH REFS
4:15 PM	GAME SCENARIOS PKS DURING GAME, YELLOW/RED CARD, TOO MANY PLAYERS ON THE FIELD, PARENT/COACH ISSUES, FINAL WHISTLE	6 PM	CONCLUSION 2ND HALF OF 13U GAME BEGINS, REFEREE MENTOR COURSE CONCLUDES, PICK UP AT GCHS TURF



Move Better with Sheer Training



If you've dealt with knee pain, here is one movement you can add into your week that promotes better feeling knees and a healthy lower body as a whole.

Walk Backwards

In practice, this movement can be done through some of the following ways:

- Walk backwards over a long straight stretch of space (with or without dragging a sled/sandbag or holding weights)
- Use 5 yards of space (or more) and walk forwards and backwards (with or without holding weights)
- Use a manual treadmill or a powered treadmill turned off and walk backwards on it
- Use 5 yards of space (or more) and push and pull a loaded sled

Doing this for 5 minutes at a level that is PAIN FREE for you any day you can (especially before being active) will provide the muscles and tendons that make up and surround your knee with more blood flow and activation that will promote better feeling knees.

Gradually over time add more resistance to this movement (while remaining pain free and able to walk smoothly) and you will make your knees stronger and more resilient! 🌞

If you'd like to read about more strategies to improve your health and physical abilities, check out [Rise and Shine with Sheer Training](#) 🕶️

If you're ready to dive into life empowering training and have all my guidance at your fingertips, join me in my [Fit for Life Solutions Program](#) ~Coach Brian Wolverton, Sheer Training

IMPACT PLAYERS COMMIT TO PLAY AT ANDERSON UNIVERSITY

Congratulations to Andon Colclazier, Cohen Wintin, and Alex Richwine!
Our club is excited to watch these young men play at the next level!



IMPACT PLAYERS DO IT ALL



Kendall Steele has won the State High School Robotics Championship! He plays club soccer at Impact SC for the 2007 Boys Elite Team. He will next go to Worlds Tournament and compete in Dallas, TX April 25th through 28th.

Congratulations on your State Championship! We wish Kendall and his team the best of luck at Worlds!



Eleanor Kelsey and Callie Smith, Impact 2012 Girls Elite, recently competed at the Indiana State Robotics Competition. Congratulations on a great job!

TEAM NEWS



The **2009 Elite Boys** played their first spring season game on a perfectly sunny day in Evansville on March 3. The team rallied in the second half to come back from a 3-point deficit and tie the game. Before we jumped back into our cars for the long drive home, we celebrated with Mexican food. Los Tres Caminos did not disappoint!



TEAM NEWS



Logan Plebanski represented Impact and played ODP 2012 Team for Indiana at Memphis Inter-Regional Showcase in Feb. Logan plays on the Impact 2012 Boys Elite Team. Great job Logan!

TEAM NEWS

The **2007 Girls Elite** are excited to play in National Premier League this season. Coaches Gerike and Kail have been doing a great job with these girls. They are lead by Captains Alyssa Deckard, Grace Preston, and Emerson Huneck. This is a fun team to watch. If you have a chance, catch one of their home games and cheer them on!

Spring NPL Home Games:

- April 21st at 2:00PM Kickoff at GCHS Turf Field
- May 12th at 12:00PM Kickoff at GCHS Turf Field
- May 18th at 1:00PM Kickoff at GCHS Turf Field



IMPACT SPAIN TRIP

For more details: <https://nextgeneration.nazaries.cloud/frontend/1127>

Final Registration
deadline: April 28th



Next Generation International logo at the top. The main text reads "Indiana Impact SC ITINERARY". Below this, there are two soccer jerseys: a Real Madrid jersey on the left and a Valencia C.F. jersey on the right. At the bottom, it says "Travel Dates: March 14th - 23rd, 2025".

Final Registration
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Next Generation International logo at the top. The main image shows a coach and a player looking at a stadium model, with a tram and a mascot in the background. Below the image is the word "HIGHLIGHTS".

- TRAIN LIKE A PRO**
Train with professional certified coaches at state of the art facilities. Experience the life of a European youth Academy player!
- TOUR PROFESSIONAL STADIUMS**
Get behind the scenes glimpse of your favorite stadiums! See the trophies won, see the field from the team bench, and visit the locker rooms.
- ATTEND PROFESSIONAL MATCHES**
See the greats of teams such as Real Madrid, Manchester and Valencia in person and watch the stars perform live!
- PLAY COMPETITIVE FRIENDLY MATCHES**
Challenge your game by playing against top quality local opponents. Learn about the local style of play first-hand!
- CULTURAL SIGHTSEEING**
Experience a European capital, including its local culture, language, and food! Visit important historical sites and learn about local life.

E A M I L I V

Thank you for being part of this community of soccer, where we create positive experiences for the youth of these communities of all levels and all ages. Every player matters.

F A M I L Y



THANK YOU

Got news? Got pics?

mailbox@IndianalImpactSC.com

www.IndianalImpactSC.com

