

# SCHWABEN

ATHLETIC CLUB

ESTABLISHED IN 1926

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## April 24th Newsletter



Greetings!

Hope you are having a good week. Sending the latest update from US Club Soccer and other weekly updates to stay connected. Thanks to all those that participated in the TopYa Virtual Skills Contest. It was great seeing the videos of your skill practices. We've announced the winners below - congratulations!

Current US Club Soccer & Illinois Youth Soccer Status: Suspension of soccer through May 15th. 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 April 24th newsletter:

- Schwaben TopYa Winners
- Schwaben At Home Video Contest
- Schwaben Tryout Information
- Schwaben Player College Signing
- Staying Connected
- Link To Schwaben Newsletters
- Virtual Resources

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

-Thomas Gansauge  
Director of Coaching

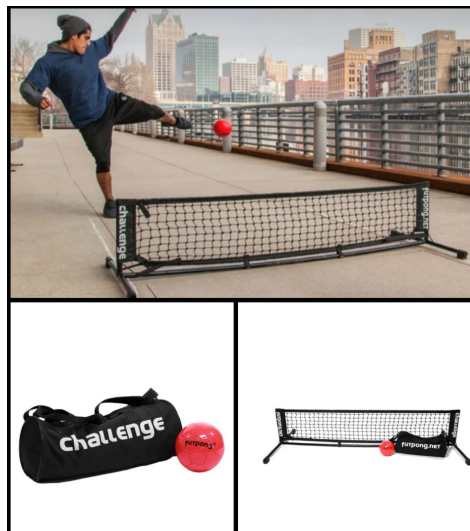


## TopYa Virtual Skills Contest Winners!

# Congratulations!

LEADERBOARDS				
PLAYERS FIRST (P1) LEADERBOARD				
Overall	My Age	Boys	My Team	
This Week	This Month	All Time	Last Week	Last Month
RANK	PLAYER		★	☆
1		Sebastian Sebas_hyper	879	113 >
2		Akhil Akhilrulz	804	102 >
3		Chris ChrisK18	411	54 >

Congratulations to Sebastian, Akhil, and Christopher! They were the top three players on the final Schwaben Leaderboard for the Topya Virtual Skills Contest. Well done! Coach Thomas will be in touch to set up a time to drop off your prizes. As first place winner, Sebastian receives a Futpong set.



## Schwaben At Home Training Video Contest!

**AT HOME TRAINING VIDEO CONTEST**

We want to see your training at home. Show us what you are doing to stay fit & develop your skills. Weekly winners will be picked to enter to win a prize.

- Post your 30 seconds to a minute video of your training sessions. Can be a compilation of multiple drills.
- Tag Us: @schwaben\_ac @schwabenac @SchwabenAC
- For training inspiration check out Players First: First Touch Series: <https://bit.ly/FirstTouchSeries>

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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## Schwaben Tryout Registration

We have opened the registration for the Schwaben 2020/21 Tryouts. This is a free registration for Schwaben players that would like to return and play the 2020/2021 season with us. Current Schwaben players do not have to physically try out. The invitation to join the 2020/21 season including payment package is a different registration and will be sent out by the coaches at a later time based on all tryout registrations. Please register for tryouts so we know you are interested in coming back.

### **\*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. Please [click here](#) to create your parent/guardian account and register for [tryouts](#).

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

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## Schwaben Player College Signings!

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### Nikolas Brickman Commits To Illinois Wesleyan



Congratulations to Nikolas Brickman! He has committed to play for Illinois Wesleyan Men's Soccer this coming Fall. Niki has played with Schwaben his whole soccer career from U8-U18 and we will miss him. Special thanks to the Brickman family for supporting the club throughout the decade. Jeni Brickman has been in charge of the Holiday Party for years - thank you! We are very

proud of Niki and look forward to watching his academic and soccer career.  
Message from Niki:

*My name is Niki Brickman, and I am continuing my academic and athletic career at Illinois Wesleyan University. I would like to thank all of my teammates, friends, and coaches throughout the years. Special thanks to my family and Coach Thomas for helping me through the process. Go Titans.*

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## Oleksandr Tylnyy Commits To Illinois Wesleyan



Congratulations to Oleksandr Tylnyy! He has committed to play for Illinois Wesleyan Men's Soccer this coming Fall. Oleks joined Schwaben in 2016 and has worked hard to achieve his goal of playing college soccer. We are very proud of him and look forward to watching his academic and soccer career.  
Message from Oleks:

*I'm happy to announce my commitment to Illinois Wesleyan University to continue my soccer and academic career. I want to thank all of my teammates, friends, coaches, and most importantly family for the support.*

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## Matthew Quandt Commits To Columbia College

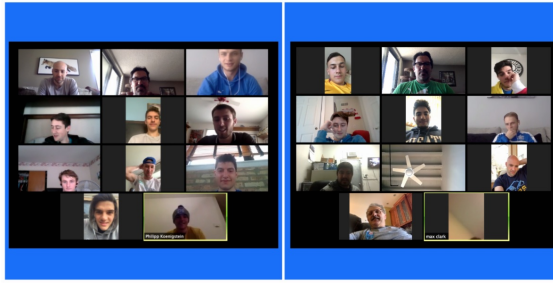


Congratulations to Matthew Quandt! He has committed to play for Columbia College Men's Soccer. Matthew joined Schwaben in 2018 where he continued his hard work. We are very proud of him and look forward to watching his academic soccer career. Message from Matthew:

*This commitment is a huge step in my life. I've been working hard since the moment I started playing soccer. I'd like to thank all my coaches, and family for believing in me and making me a better player. I can't wait to see what I'll do in college. Go Columbia College Cougars!*

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## Staying Connected



The Schwaben Men's First Team is staying connected with a weekly meetings to check in and support each other.

Feel free to send us your pictures, videos, ideas, etc. that you would like to share with the club. We can post on our social media channels and website. Send to: Alicia at: [admin1@schwabensoccer.com](mailto:admin1@schwabensoccer.com)

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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

## Remote Soccer IQ Development

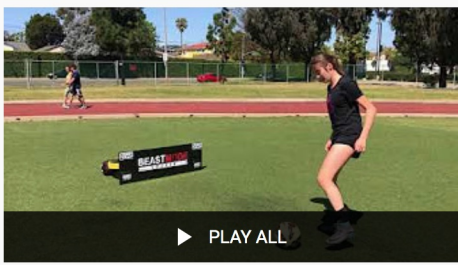


U10 - U19 teams have been receiving tactical weekly assignments to develop and improve their soccer IQ. The players discuss the videos and lessons during their meetings with their coaches. Although there is no substitute for being on the field, the silver lining is, this era allows more time to focus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



Players First Video Training Series - Beast Mode Soccer

minimal equipment from home. There are 46 total videos in this YouTube 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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## Using The Sports Shutdown To Recover The Joy Of Sports

"Life is filled with disappointment. Dr. Abraham Lowe, the founder of Recovery International, originated the term, "inevitable setbacks." One of the great things about seeing youth sports as "a dress rehearsal for life" is that we can use whatever happens in sports as material to build people of character who are ready for what life will toss their way.

So let's use the shutdown and the disappointment it brings as grist for the mill of developing people of character. A key lesson is "reframing" unpleasant (or worse) situations into better ones through turning Rut Stories into River Stories."

[Link To Full Article](#)

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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

[Visit Us Online](#)

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