



Virginia Beach was awash with Rush players this evening as Rush Fest played their sand soccer tournament.

The morning saw the second group game played with a few teams showing their strength and others bouncing back from day one losses.

The afternoon session consisted of functional, position specific training. While the heat affected the speed of play, all players gained valuable knowledge from the Rush coaching staff on how to play their position. In the classroom, a Navy Seal presentation on mental toughness comparing the Rush to the Seals, gave players a new insight into what it takes to be elite.

In the evening, players hit the beach to test their skills on a different surface than many had ever played on. Players were randomly put on teams to play on eight fields, stretching four blocks worth of beachfront. It was truly an awesome experience for players, coaches and parents alike.

The most powerful moment of the day however, was between morning games when all players were brought together to partake in a special message to a player from Texas Rush, Carson Knox, who upon arriving in Virginia Beach, was admitted into a local hospital. While doctors have not yet cleared him, 'Knoxy' has set a goal to play by the week's final game on Friday. Check out the special message to Knoxy below.

Boys

Date	Time	Home Team	Away Team	Field #	Home Score	Away Score
07/19	9:00	6	1	6		
07/19	9:00	8	2	8		
07/19	9:00	3	7	9		

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07/19	9:00	4		5	10		
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Girls

Date	Time	Home Team		Away Team	Field #	Home Score	Away Score
07/19	10:30	1		7	9		
07/19	10:30	2		8	10		
07/19	10:30	3		5	11		
07/19	10:30	6		4	5		