

## Programs

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### About the Program

Rush Pick-up is a program designed for Alaska Rush players who would like to get more touches on the ball in a coaching free, game like environment. Alaska Rush Directors and Coaches are on hand to help organize teams, and jump in and play, but very little coaching, if any at all, occurs. It's an opportunity for players to experiment and take chances, without the fear of consequences.

### Divisions & Schedules:

The Fall 2014 and Winter 2015 Rush Pick-up sessions will take place every Saturday of each month at the [Fox Hollow Dome](#) commencing October 4, 2014 and concluding for the season on February 28, 2015 in [Fox Hollow](#).

- **Rush Pick-up (Youth/Juniors/Seniors): 9:00-9:45am**
- **Rush Pick-up (Youth/Juniors/Seniors): 10:00-10:45am**

The Summer 2015 Rush Pick-up sessions will recommence June 13, 2015 on [Lloyd Steele Park](#) and take place every Saturday with the exception of the Saturday of the Alaska Youth Soccer State Cup (June 8, 2015). The Rush Pick-up outdoor schedule will conclude September 26, 2015.

- **Rush Pick-up (Youth/Juniors/Seniors): 10:00-10:45am**
- **Rush Pick-up (Youth/Juniors/Seniors): 11:00-11:45am**

For more information, please feel free to contact the Director of Coaching Boys [Mike Montgomery](#).