

From Sue Boettcher:

What's UP NEXT:

September Women's Soccer Modified..... for Fitness, Fun and Safety

Mondays and Wednesdays: 9:45 - 11:15 AM. Wilburton Field, Bellevue

Mondays, August 25th, including Labor Day, continuing through the fall, 9:45 - 11:15 AM. Wilburton

Wednesdays will start Sept 10th. See our TeamCowboy Schedule.

Both are FREE and inclusive for all women ages and abilities. No need to RSVP. Come Play. Have fun! All women are welcome!

It happened! Monday, August 18th: **A Celebration of Our Soccer Queens**, Fun walk soccer games, and a talk about Women in Soccer Communities, plus a chat about why our brains need exercise. Soccer is a great sport to keep our brains healthy and at peak performance). Walk soccer is even better than other fitness activities, we can get all the benefits of running but in a safer, fun environment.

Our Queens: We are fortunate to have many queens of soccer playing in our presence. We are grateful for their continued attendance, organizing our games and keeping our women's soccer community so successful. Hail to the Queens!

Women in Soccer Communities:

I spoke about Why we need our women's soccer communities. Women are caring, nurturing, empathetic, resourceful and powerful. We help each other through difficult times and we enjoy each other on and off the field. We want to grow this community and make it accessible to all women. We have a great thing going. Encourage your friends to participate. Invite the gals that are sitting home when they can be out with us playing.

Why Our Brains Need Exercise: I presented a summary of research that was written up in the Scientific American regarding "Why our Brains Need Exercise". When we move, we use parts of the brain, the hippocampus and the prefrontal cortex. These area are where we store memory and keep our bodies functioning. When we sit, our hippocampus shrinks and memory loss happens. When our Pre-frontal cortex does not get used, which is important for planning, decision making, executive functions, we lose abilities that are importance for every day life. Walking Soccer is even more dynamic that just a walk or a run, or an activity that is the same motion. In soccer, we have to make decisions, anticipate the next move,

problem solve, and stretch our thinking. What a Bonus we have by coming to play walk soccer. And of course, we get the added bonus of laughing and giggling, increasing our endorphins. No wonder we are all addicted!

Brandi Mitchell talked about women's soccer communities. She has a website where you can find women's tournaments all over the world. She has laid some great foundations and represented US women playing soccer and contributing to the sport. She does podcasts and is connected with many women's soccer programs. Visit their website:

<https://sandigosoccerwomen.com/>

Kaissa Gurvine: Organizer / Director of the Tucson's Legendary Women's Soccer Tournament that will take place Dec. 4th - 7th, 2025. Mark your calendars. I will be sending more info soon. <https://www.legendarywomenscup.com/>

Kaissa will be adding a Women's Soccer Modified games, such as a jamboree that is patterned like our games here.

Linda Yasutake: She has been on soccer boards and has a wealth of knowledge about DEIA issues. She talked about women in communities, besides soccer. How women benefit from being together and sharing time. We can grow together.

Chrissy Vaughn: She led us in a warm-up and a short training session. She also talked about what it means to be engaged now with our walk soccer community. This has impacted her life significantly and brought her out of her "stay at home" mode. She is back into the game she loves. As she stated to another player, "Celebrate the Play"

Goal scoring is great! We also enjoy the passing game, the many plays and how we connect with each other on the field, the sharing of an activity that is fun. Let's Continue to **"Celebrate the Play"**.

Marcella: Thanks for bringing us "treats". How yummy and thoughtful.

Chris Hovind: Many thanks go to Chris for her help and support to make women's walk soccer a success! She helps me many hours a week in decision making, organizing, managing our necessary paperwork. She is dedicated to women playing soccer. Give her a big thank you the next time you see her.

Helga: She is a helper. Setting up fields, giving me advice and helping coach players.

We have seen amazing skill development, tactical awareness and ball control, from those gals that have been coming out to join in our mini-sessions of walk soccer. Look for more of this on Wednesdays.

Brittany: GameTime Hero, ended up at Robinswood instead of North Robinswood. We will find another time to hear from her and the new GameTimeHero platform that is up and running. Now you can check out GTH and join. Easy to find our listing for walk soccer and other activities in our community. GameTimeHero.com

Thanks to all of you who came out and made our Queen Celebration a success!

Your presence and participation was outstanding. I got many compliments about what a wonderful women's community we have. We are blessed to have you in it to "Win It" each week!

Sue Boettcher

UltimateWalkSoccerClub.Club

Link to more photos: <https://photos.app.goo.gl/GdSKSrNpJXhwq6Jo7>