



### **Virginia Rush Soccer Club becomes Virginia Rush Athletic Club**

In our continued efforts to meet the needs today to serve the youth in our community and change the landscape within the sports community throughout the Hampton Roads area, we are extremely pleased to announce the addition of lacrosse to Virginia Rush. The Virginia Rush Soccer Club becomes the Virginia Rush Athletic Club.

V3 Lacrosse, under the leadership of Frank Logan, has quickly become a leader in the lacrosse community. The staff of V3 Lacrosse has been highly passionate about elevating the level of lacrosse play and growing the sport throughout the Hampton Roads area. They have been committed to providing developmental players with the skills and knowledge of the game to compete at the upper levels. Presently, V3 Lacrosse has players from Virginia Beach, Chesapeake, Norfolk, Portsmouth, Suffolk, Hampton, Newport News and the Outer Banks of North Carolina. Effective immediately, all V3 Lacrosse player development, training and league activity will now become a division of the Virginia Rush Athletic Club called V3 Rush Lacrosse. V3 Lacrosse Regional Select Travel teams will be closely affiliated with V3 Rush Lacrosse.

Lacrosse is one of the fastest growing sports in our area and we have many players participating in both soccer and lacrosse. Too often our athletes are required to make decisions on what sport they will play too early in their lives. Many of our parents have children playing soccer, while siblings play lacrosse. The addition of lacrosse to our Club will hopefully reduce the stress on players and parents wanting to participate in multiple sports.

Danny Speight, the Executive President of Virginia Rush Athletic Club, says "The minute I met Frank Logan and discussed V3 Lacrosse becoming part of Virginia Rush, it was obvious he possessed the character and core values to assure success of this endeavor. I look forward to working with Frank as a Virginia Rush Board Member and advancing the success of sports throughout our area. This is a huge step for sports in Hampton Roads. I have always believed youth athletes should have the opportunity to experience and play multiple sports. This will hopefully reduce the stress on our parents and players making their busy lives a bit easier. Having played multiple sports throughout my life and playing soccer for the first time when I was 38 years old, we need to always think out of the box when it comes to our athletes."



Frank Logan, the President of V3 Lacrosse, says: "Soccer played a big role in the athletic development of my children and I have watched the tremendous progress that VA Rush AC has made over the past 10 years and the positive impact that they have had on our local community. When I started V3 Lacrosse four years ago, I had a vision of following a similar track in hopes of accomplishing the same for lacrosse. Now that vision has become a reality and I am very excited to join the Board of VA Rush Athletic Club. I absolutely agree with Danny that young athletes should be able to participate in multiple sports and the crossover between soccer and lacrosse is substantial. V3 Rush Lacrosse will help set a new example for others to follow. Upon meeting Danny and his staff, I found there was great chemistry and immediate enthusiasm within the group towards doing something big together."

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We welcome V3 Rush Lacrosse to the Rush family and look forward to continue our efforts to create the best possible environment for our members.