



NORTH UNITED SC

NOVEMBER 2025 NEWSLETTER

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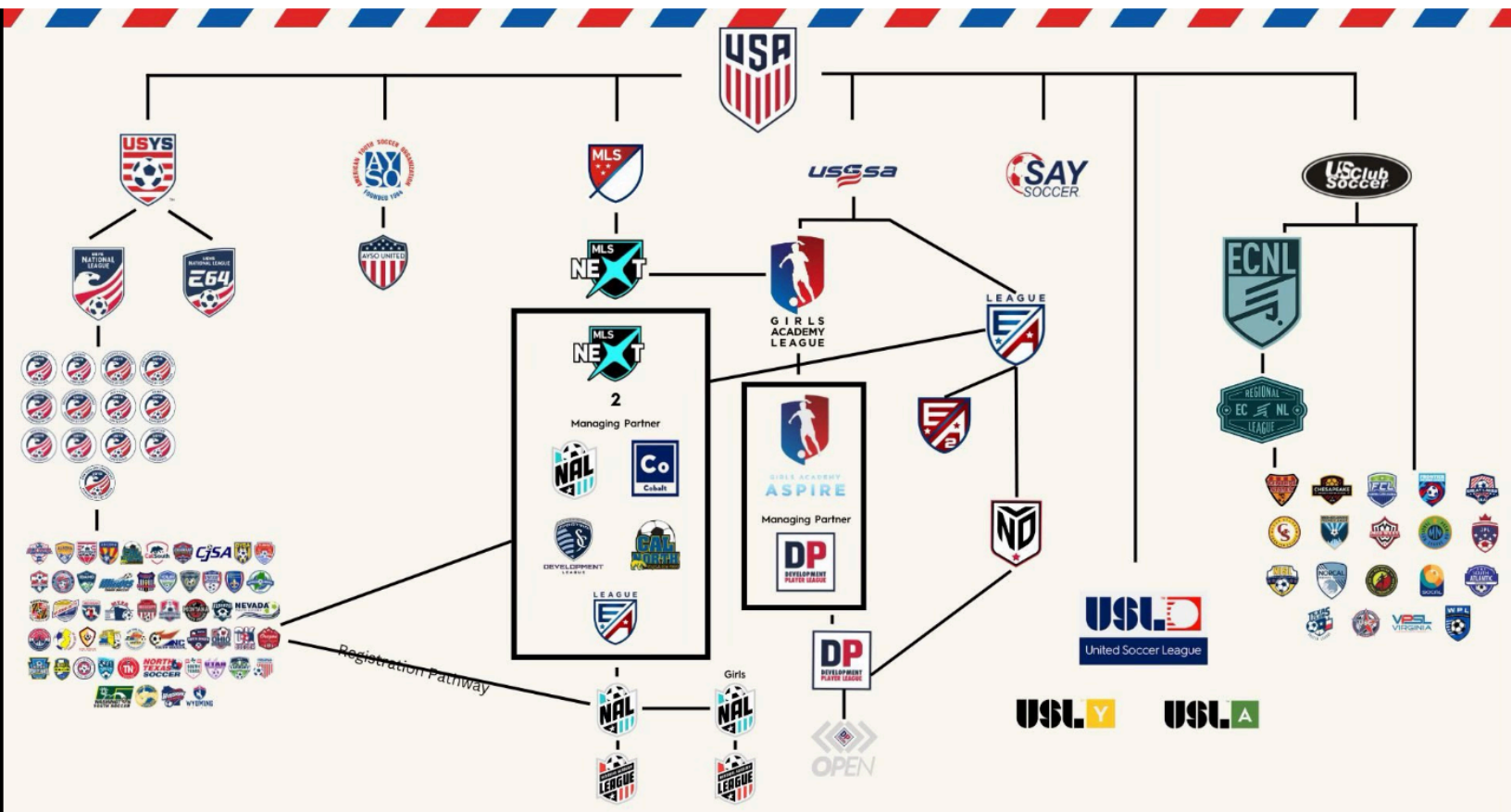
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Message from the DOC's

As you may or may not know, the youth soccer landscape in Minnesota, and the United States, is changing once again as we enter into the 2025-2026. You can read a detailed breakdown that was sent out to club members [here](#) of all the various levels that will now exist within the state.

North United SC was created as a partnership between two clubs with common interests of developing players, and people, in a competitive environment while also keeping costs to our soccer families realistic. We want to be a home for kids looking to play soccer for fun and those looking to advance their soccer careers to the collegiate and professional level.

Basically, the goal was to create a club that doesn't dive into all the acronyms of the youth soccer scene (as you can see in the graphic above) and charge you more money to do that while still experiencing the same exact thing or having an opportunity close to home that doesn't cost you that amount of money. Our club continues to grow but our commitment to you, and your family, will stay the same.

As we look forward to a great last few months of the summer season, we also look forward to continuing to provide a club that allows for all players to have an opportunity to play at a level that allows them to achieve their goals while making sure we aren't having you pay unnecessary costs. Thank you for your continued support and we look forward to continuing to grow soccer for the right reasons in our communities.

Aaron Lindquist Todd Dushosky

Directors of Coach and
Player Development

November Teams of the Month - RESPECT

The core values of North United SC are Unity, Humility, Passion, Respect and Tradition. Our aim is to recognize, and celebrate, the contributions of players towards our values as representatives of the club. The theme of the month of November is RESPECT. From our core values definition:

- Players will learn, and demonstrate, respect of people and the sport through their actions.
- We will respect our opponents, the referees, our coaches and parents of both teams before, during and after games as well as respect for our equipment and uniform.



Our 11U Boys Platinum team has demonstrated respect through their actions on and off the field. From competing within their fall and winter league to off the field volunteering at The Farmstead senior living homes in Andover, the group is learning life lessons through sport while doing it with a smile on their face.



Our 13U Girls Gold team had a fall season to remember and have done so with class! This group epitomizes the word respect through their actions both on and off the field. The team not only put together an outstanding fall season ending with the TCSL Final 4 Championship, but also built relationships within the team while having a environment built around sportsmanship and respect. We are very proud of the group and their success!



WINTER 2025 GOALIE TRAINING

Our Winter Goalie training is position specific training for our players who keep us in games! Join Fred Guenther (goalie director), Cassidy Lehrke (Ms. Soccer Candidate and D2 player) and Bre Bernardson (D2 player) to build confidence in the fundamentals of the position while enjoying training with a small group of others who have the same goals!

The training is open to goalies 12U-19U and requires registration so we can plan for numbers and space. Please complete the link below if you are interested!

[GOALIE REGISTRATION LINK](#)




Be on the lookout for more winter camps, and training, to come!




North United SC was well represented this high school season all across the state of Minnesota! From teams qualifying for the state tournament to individual player recognition as All-State or All-Conference players, North United SC is making its mark across the state! Congrats to all of the individual award recipients listed below! Also, congratulations goes to two college commitments during the fall season bringing our currently active college (DI, DII, DIII and JuCo), MLS Academy and professional players to 35!

HIGH SCHOOL AWARDS

	Gavin Overmann 1 ST TEAM ALL CONF Class AAA Cambridge-Isanti
	Cole Browning ALL CONF HM Class AAA Rogers
	Augustus Miantona 1 ST TEAM ALL CONF Class AAA Anoka
	Tristen McGowan 1 ST TEAM ALL CONF Class AAA Anoka
	Braeden Rasmussen 1 ST TEAM ALL CONF Class AAA Rogers
	Jaydon Fuhol ALL CONF HM Class AAA Cambridge-Isanti
	Jack Ziemann 2nd TEAM ALL STATE Class A Cathedral High School

	Emilia Swan ALL CONF HM Class AA Totino-Grace
	Olivia Herbert 1 ST TEAM ALL CONF Class AAA Cambridge-Isanti
	Rylee Wahlberg ALL CONF HM Class AAA Anoka
	Cayla Nybakken ALL CONF HM Class AAA Andover
	Elliana Lange ALL CONF HM Class AAA Andover
	Janice Tiah ALL CONF Class AA St Francis
	Sofia Donatelle 1 ST TEAM ALL CONF Class AAA Rogers

	Xander Levitski 1 ST TEAM ALL CONF Class AAA Cambridge-Isanti
	Aaron Lindquist SECTION 6 COY Class AAA Rogers Girls
	Todd Dusosky SECTION 6 ACOY Class AAA Rogers Girls

	Kelsy Siercks 1 ST TEAM ALL CONF Class AA Princeton
	Allie Nystrom 1 ST TEAM ALL CONF Class AAA Cambridge-Isanti
	Lola Smith 1 ST TEAM ALL CONF Class AA Zimmerman

COMMITTED




**KELSY
SIERCKS**

2026 | PRINCETON HIGH SCHOOL | GOALIE
ST. MARY'S UNIVERSITY



COMMITTED




**RYLEE
WAHLBERG**

2026 | ANOKA HIGH SCHOOL | DEFENSE
UNIVERSITY OF WISCONSIN - STOUT





FALL SEASON SUMMARY

North United SC was well represented during the fall portion of the club season!

The fall season is the start of a “new year” for all teams and an opportunity to lay down some measuring sticks going into the winter season with the goal of improving on those into 2026. 6 teams from the club represented at the TCSL Fall Final 4 and there was many others with great success on the field!

Overall, our club finished the fall with a record of 54-40-19

While our 9U and 10U teams don’t have standings, the development of the players, and teams shined bright this fall season! Be on the lookout for these age groups in the future!

On the girls side, 11U Girls Platinum finished 2nd place losing the championship in PKs. 11U Girls Gold finished in 4th place in the state. 12U Girls Gold finished 2nd place losing the championship in PKs. 13U Girls Platinum finished 4th place losing in penalties. 13U Girls Gold were STATE CHAMPIONS with back-to-back 2-0 wins! 14U Girls Gold finished 3rd in state. Other 11U-14U teams had successful seasons even if they didn’t qualify!

Our boys teams didn’t have any Final 4 qualifiers, however many were very close to qualifying and the development of our teams is very clear. The boys age group will have many qualifiers in the summer season and we can’t wait to watch their success on the field!

Our NPL teams are off to a great start to their year-round season with the 13U Boys and 14U Girls both posting positive point totals after the fall portion of the season with the boys having 12 points and the girls with 6.

REGISTRATION CHANGES 2026-2027

On March 5th, US Club Soccer, US Youth Soccer and AYSO, representing the majority of youth soccer registrations in America, announced changes to age group formation. In June of 2025 the age group formation was changed to August 1 - July 31 (instead of by birthyear) to go into effect with the 2026-27 soccer year. As a member of US Club Soccer, TCSL will adopt these changes and support membership with aspects related to this transition.

In TCSL's survey of club membership, 77% were in favor of a switch to a calendar more aligned with "school year" registration. With that said, we recognize the anxiety that comes with such a change. Age group formations by birth year were a new concept 6 years ago and there was also anxiety and fear of the unknown. We anticipated this change happening and have already been creating plans as a club. We will communicate more as we receive information.

We are looking forward to the opportunities that will come in 2026!



WHY FUTSAL?

Futsal is a sport with a rich history starting in Uruguay as a “five-a-side” game. The game combined aspects of soccer, basketball, water polo and handball. The likes of Pele, Lionel Messi, Ronaldo, Neymar and many others grew up with the sport.

Current DOC Todd Dusosky is a former US Futsal Men’s National Team captain having competed at the 2004 Futsal World Cup in Taiwan. He also had years of experience with indoor soccer including a hall of fame career with the Milwaukee Wave. Together, he and our other DOC, Aaron Lindquist, continue to work with TC Sala futsal and Todd coaches the US Youth National futsal team.



We believe in Futsal as a developmental tool in our curriculum for our 8U-12U players because it:

- requires good technical skill (dribbling, passing, receiving) because it is played on a hard surface
- requires players to move without the ball because of the limited numbers/space
- allows players to pick their head up to read the game because the ball generally doesn’t bounce
- requires players to learn to defend player-to-player and stay with their runners
- encourages transition offensively and defensively
- encourages creativity by individual players to solve problems

The importance of technical development, identifying space, reading the game and movement without the ball are as vital to futsal as they are to soccer. Thus, we must use futsal as a tool to help enhance our soccer development.

DOC INSIGHT

THE IMPORTANCE OF WINTER TRAINING



North United SC is a club that is committed to holistic development of our players. Our development plan, training structure, our fees and our club is set to support multi-sport athletes. We recognize the numerous studies of players involved in multiple sports in improved physical development, injury reduction, reduction of “burnout”, improved social skills and enhanced overall skillset of players involved in multiple sports.

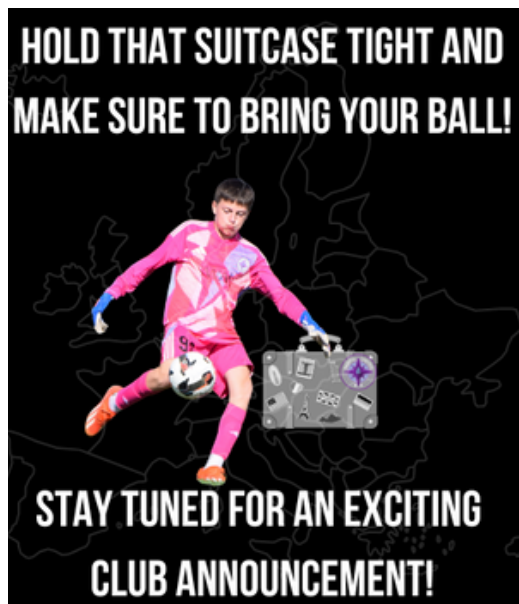
Winter is traditionally seen as an “off-season” for soccer and many of our players are involved in numerous activities.

The importance of winter training though is two-fold. For players who have soccer as their only focus, training at minimum two times per week helps to continue to sharpen their individual skill sets. Because of how training is structured, there is also multiple opportunities for tactical work.

The second piece is our scheduling, which allows for players, when not involved in their “winter sport” to attend training when possible to keep up with their skills. This is essential as players hit growth spurts throughout seasons and the muscle memory developed with touches is paramount.

As a club, the importance of keeping up with our skills in the winter is vital. We want to balance multisport athletes by providing opportunities for winter training to continue to build technical bases while continuing to enhance overall physical development.

For players whose primary sport is soccer, we have focused developmental plans that allow continued development during an important time of year.



North United Soccer Club will soon be hosting an exciting opportunity for players to expand their soccer resume!

Todd Dusosky will be coordinating information regarding a trip abroad for players to continue to grow their love of the game and show their skills on an international stage! Stay tuned!



North United Soccer Club serves over 39 communities in the north metro, enhancing the lives of over 600 players in competitive soccer.
Varying levels of sponsorship are available.

 northunited.org

 sponsorship@northernlightsoccer.org

- PURPLE
- BLUE
- NATIONAL
- CHAMPIONS
- PREMIER

SPONSORSHIP



North United Soccer Club is committed to providing opportunities for all to play. If you, or your business, are interested in giving back to others, helping provide a playing and training environment that is high quality and supporting your local community we have many levels of sponsorship available! Please reach out to sponsorship@northernlightsoccer.org for more information.



North United SC thanks our current uniform sponsor, from 2024-2026 and look forward to continued partnerships in the future!

