

As part of a coaching exchange between our partners in Cameroon at FC Rush Bali and Rush clubs in the US, 4 American coaches have set out for a one month journey to Cameroon to experience the culture and help instill the 'Rush Way'. Check out their entries below:



01.21 - Three of the four coaches arrived safely in Cameroon on the 15th (the fourth, Ben Medina, was flying in at a later date). Alex Mendolia and Cara Nelson (NY) and Brian Lux (PP/SPI) were all tired from the 12 hour flight but were excited to be in Africa. After spending the night in Douala, they left early for the 7 hour drive to Bali. Upon the arrival in Bali, the coaches were greeted by a parade of cars and motorcycles that paraded them through the town to the field. There, the people of Bali held an opening ceremony where they sang the Cameroonian anthem and had all the players shake the coaches hands. Then they had a traditional tribal dance that the coaches took part in. Representatives from the US Embassy also greeted the group. The next day the group got to observe the senior team play and would get the chance to train the youth teams the following day. Please stayed tuned for more updates on the journey to Cameroon and FC Bali Rush!