

NSMW

No Stress Midwest

2022 Year-In-Review



2022 Recap

Building upon our success, not resting on our laurels.

Our Vision

We are building a special community, and everyone is welcomed!

Sign Up Today!

There are programs in place for everyone, you can learn more today!



A MESSAGE FROM BRYAN TURNER...

Owner & Founder, No Stress Midwest

2022 was an historic and memorable year for the beautiful game of soccer. Billions of fans across the globe had an opportunity to watch 32 nations compete for the World Cup as the quadrennial sports tournament kicked off in Qatar.

We watched underdogs triumph, we watched the greats cement their legacy.

And for us American soccer fans, we witnessed our lads donning the red, white and blue perform on the highest stage, fighting for victory, making us proud.

And when the World Cup came to an end, as we always tend to do, we asked ourselves, what's next?

For America, we start a journey along the most impactful road for the popularity of soccer in this country. In just four years from now, the World Cup will be hosted in this country, in fact, World Cup games will be played right here in Kansas City! What does that mean for the future of the beautiful game in America?

It means hope.

Hope...*that our children will learn to love the game for its core essence of team work.*

Hope...*that our children will more frequently have a soccer ball at their feet and correlate it with fun.*

Hope...*that our children will become the next generation of soccer athletes, fans and advocates.*

Here, at No Stress Midwest, we believe in hope.

NO STRESS MIDWEST

INDOOR FACILITY @ THE SOCCER LOT



WE HAVE FOUND A HOME!

Earlier this year, we found a home at The Soccer Lot located in downtown Kansas City across from historic Union Station! We have made ourselves at home and have been running training sessions out of there since April of 2022 as well as having our first office there. We also sell limited items from our online store in the players lounge.

WHAT WE NOW OFFER...

On top of continuing our regular training sessions at our Indoor facility we still have trainers that train in the Johnson County area at various outdoor fields.

We also have our players lounge with TV & Xbox so our players and guests have a place to hang out before/after/during training sessions. We also have the ability to watch game film with our trainees.

We also are the official Kansas City Teqball location offering pick-up play and tournaments with cash prizes monthly.



THE NO STRESS MIDWEST

B u s i n e s s U m b r e l l a



NO STRESS MIDWEST APPAREL

We have limited supplies of our "No Stress" and our "M. West" collection tee's, crop tops, hoodies and sweat pants available on our website (www.nostressmidwest.com/shop).

NO STRESS MIDWEST PODCAST

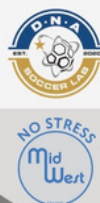
The No Stress Midwest Podcast has completed its 5th season with our most recent being our coaches edition being headlined by 2022 MLS Coach of The Year Jim Curtin of the Philadelphia Union!

We have reached over 1500 downloads through all 5 seasons with our podcasts being streamed. on Spotify, Apple Podcast, and most other podcast streaming services as well as our Youtube Channel (www.youtube.com/nostressmidwest) and on our website (www.nostressmidwest.com/podcast)



How to subscribe to our mobile training app

- Go to our website (www.nostressmidwest.com) CLICK **partnerships**, then click DNA Soccer Lab.
- CLICK **view product/packages**, select our grassroots package.
- Download the app **DNA Soccer Lab** from your mobile app store
- You will receive the team code and a consultation within 48 hrs.



NO STRESS MIDWEST TRAINING & DNA SOCCER LAB APP

Earlier this year we partnered with DNA Soccer Lab to bring out training activities and many more more soccer and sports performance related work to a mobile app! When you purchase an annual subscription on our website you will get the No Stress Midwest code for you to enter. From there you will have access to over 200 videos which include ball mastery, balance, speed, reaction, muscle activation and much more!

WHATS COMING IN 2023

No Stress Midwest & Sporting Brookside Soccer Club

partner together to bring academic tutoring to their athletes!



"When No Stress Midwest Education was founded, it was with the student-athlete in mind. I am very pleased to announce this partnership with Sporting Brookside as it shows the clubs dedication to their player's on and off field development. With this partnership we will be bringing licensed teachers to the athletes in a study hall format to provide a space where they can finish hw, get extra help in a subject matter or get ahead in their current studies" **Bryan Turner, Founder No Stress Midwest**

"Sporting Brookside is thrilled to partner with No Stress Midwest to be the first soccer club in the city to provide a unique stand alone study hall for ALL competitive players! Players will have the ability to sign up for week night sessions that will be overseen by accredited teachers in a variety of classroom subjects. Sporting Brookside will cover the cost for all competitive players over the winter as we continue to support our families in developing well rounded student athletes." **Nick Garcia, Executive Director Sporting Brookside**



NO STRESS MIDWEST EDUCATION & SPORTING BROOKSIDE MAKE HISTORY...

Starting January 2023, No Stress Midwest Education will be offering "Study Hall" to all of the athletes at Sporting Brookside becoming the first club in the Kansas City to hire a tutoring service to assist their kids with succeeding not only on the field, but in the classroom as well! Our current contract will run through the end of the 2022/2023 school year.

NO STRESS MIDWEST SCHOLARSHIP FOUNDATION

We are anxiously awaiting Federal approval for our non-profit status! Once we do, we cant wait to celebrate with you!

- We will be hosting our first ever "No Stress Midwest Scholarship Foundation Kickback" which will be our first fundraiser event with silent auction items, bar, food and more! **Date TBD**
- We will also be hosting 5v5 tournaments at The Soccer Lot with the proceeds of the tournament going straight into our scholarship foundation.





A Presence On The Field, Off The Field

In 2021, we spent over 450 hours on the field training our athletes, and in 2022, we spent over 550 hours on the field, a testament to our dedication in helping athletes develop skills on the field.

In fact, over the past two years, we watched more than XX homegrown athletes take their talents to the ODP level, while also cheering on our XX athletes who are currently playing at the semi-pro and pro levels.

But our focus starts in the classroom. This past year, we partnered with academic tutoring services to help our athletes understand the importance of academic success. We love tallying up goals and assists, but A's and B's are the stats we're looking to pile up. Our athletes spent hundreds of hours in our tutoring program, and we're looking forward to continuing this success.

Creating A Legacy, Longevity

Every move on the soccer field is critical. And on that front, every move we've made at No Stress Midwest has been critical, but also intentional.

We are not building a team for one game, one season. We are not developing a player with one skill, one move. Every last detail is calculated.

No Stress Midwest has a new home, The Soccer Lot, a location suitable for developing your skills on the field, and learning off the field.

No Stress Midwest has added new trainers, partnerships.

No Stress Midwest is building connections across the soccer community.

We are creating a legacy program, built for longevity.

Ask Questions, Begin Today

No Stress Midwest has often stated that "we're a community." And in this community, we focus on opportunity.

Interested in one-on-one training sessions?

Interested in team training sessions?

Interested our academic tutoring services?

Interested in learning more about our podcast and potentially being a guest?

Interested in working for us part-time, full-time or perhaps as a student intern?

Interested in partnering with us?

We've got you covered!

Email us at bryan@nostressmidwest.com or give us a call at 856-889-6187.