Darren Neels - Level 2

Darren is a physical education instructor at Cape Central Junior High where he also coaches football and track and trains offseason athletes in the weightroom during the winter and summer. He has taught PE for 9 years, including 8 years at Clippard Elementary where he was named 2017 Missouri PE Teacher of the Year and 2015 Cape Chamber of Commerce Educator of the Year. Darren is also an American Council of Exercise (ACE) certified group fitness instructor and teaches various classes such as boot camp, circuit training, and core. In addition to group fitness, Darren holds specialist certificates from ACE in Sports Conditioning and Youth Fitness and has taught various youth sports training courses in the area for the past 5 years.

Darren’s formal education includes a master’s degree in Human Performance from the University of Alabama and a bachelor’s degree from Southeast Missouri State in K-12 physical education. As an athlete at Cape Central High School, Darren was All-Conference, All-Region, and All-State in football (offensive line). In addition, Darren was All-State in track (discus throw) and named Lou Muegge award winner as Cape Central’s top male athlete in 2004. Darren’s training is focused on developing speed, power, and body control. He focuses on helping athletes become more in tune with their biomechanics and coordination. As a PE teacher, Darren loves using fun and competitive gameplay.
Kindra Lierz - Level 1

Kindra is a Graduate Assistant at SEMO. She has been playing soccer since the age of 3, and goalie since the age of 8. Kindra has been a goalie most of her life, but while playing club she also played forward and defender. Kindra was a four-time All-State selection at Glendale High School and Class 3 Goalie of the Year. She played ECNL with St. Louis Scott Gallagher, where her team finished second in the American League. While at the Texas ECNL Showcase, Kindra was selected TopDrawerSoccer.com Top 20 Players. She went on to be a four-year starter at SEMO. During her freshman season, she was named OVC Defensive Player of the Year and Freshman of the Year. She was also 27th in the nation in save percentage and 32nd in the nation in goals-against average. Kindra left her mark at SEMO by being the leader in career minutes played and career saves. She was 2nd in wins and solo shutouts at SEMO. Kindra was a team captain at SEMO and on her high school team. She has now played for 2 years with Fire and Ice, a WPSL (Women's Professional Soccer League) team. In 2017, her team was National Champions, went undefeated, and Kindra only allowed 6 goals in 12 games. She still plays on that team today. She wants to show kids that hard work and dedication can get you a long way and always enjoy what you are doing.

Dillon Huber - Level 2

Dillon spent 3 months working LUCE prospect Group in Dallas TX. Dillon played club soccer for SMSC and Classic United. In high school, he played soccer all four years at the midfield position. After high school, he walked-on the soccer team at East Central College in Union, MO, where he played for two years. Dillon transferred to SEMO where he worked with SMSC training. In 2015 Dillon coached Jackson High School junior varsity soccer team. He is currently finishing up his degree in dietetics and is starting up a Men’s Soccer Club team at SEMO. Dillon specializes in running, crossing, passing and shooting. He trains players to be fit and mentally ready for all in-game situations. Dillon is a positive motivator toward others and wants players to be the best they can be.
**Calli House - Level 1**

Calli has played soccer since she was five years old. She started out on a rec team and joined SMSC. Calli then became a 4 year, varsity starter for Cape Central High school. She earned the titles of All-District, All-Region, All-Conference, All-State, and All Missourian. Calli was captain for Cape Central her junior and senior year, she loves to help instill leadership qualities in athletes in a positive and fun coaching manner. Calli was a mid-fielder and forward, but has played all positions. She specializes in shooting, passing, and crossing. She can also help with endurance training. Calli loves the game of soccer and wants to help others with the sport as much as she can. of their soccer careers."

"I strive to leave each athlete better than how I found them, by building them into knowledgeable soccer players with perfected fundamentals.

**Megan Heisserer - Level 1**

Failure leads to success. Don’t be afraid to fail, it is how you learn. Let your failures motivate you to improve your weaknesses. Applying this to your game will only make you a better player.

Played at Notre Dame for Ryan Schweain all four years ... Finished her career with 156 goals and 66 assists ... As a senior, had 54 goals and 29 assists ... Named Class 2 Missouri State Player of the Year, All-Region Player of the Year and All-Central Region Team ... As a junior, had 37 goals and 12 assists ... Named Class 2 Co-Offensive Player of the Year and All-Region Player of the Year ... As a sophomore, had 32 goals and 15 assists ... Named Class 2 Missouri State Player of the Year and All-Region Player of the Year ... As a freshman, had 33 goals and 10 assists ... Named All-State First Team and All-Region Player of the Year ... Was Class 2 State Champions in 2017 & 2019, finishing in second in 2018 ... Was a four-time SE-MOBall Women's Soccer Finalist ... Played for Southeast Missouri Soccer Club
Joe Rubach - Level 1

Joseph Rubach. I am a college senior studying Health Promotion at Southeast Missouri State University. Pursuing a minor in Nutrition. At 22 years old, I have played soccer for most of my life. I played on the travel team Jackson United until moving on to Saxony Lutheran High School. There, I played all 4 years receiving 3rd team Honorable Mention for State my senior year. Since then I have continued playing through many leagues hosted and through SEMO.

I use a variety of drills in my training to keep the player's interest and develop their soccer knowledge. I also implement agility drills in my session as they are an important aspect in any sport. I begin by talking with the player and parents about specific areas they would like to see improve. I assess the player's skill level and make it my goal to create practices that will best improve individual abilities.