



North Carolina Olympic Development Program Monthly Newsletter

Each month this newsletter will aim to inform our members with valuable content about the Olympic Development Program (ODP), soccer in the state, and soccer around the country!

Upcoming ODP Training / Events

The 2017-18 Olympic Development Program season is in full swing with upcoming ODP Training and Events listed below.

BOYS

- Training - February 10th - 2001, 2002, 2003, & 2004
- Training - February 11th - 2005, 2006, 2007
- Subregional Event - February 23rd - 25th - 2001 - 2006 (Selected Players)
- Training - February 25th - 2006 (Players not Selected for Subregional) and 2007

GIRLS

- Training - January 28th - 2001, 2002, 2003, & 2004
- Training - February 11th - 2001, 2002, 2003, & 2004
- Training - February 11th - 2005, 2006, 2007
- Subregional Event - February 23rd - 25th - 2001 - 2006 (Selected Players)
- Training - February 25th - 2006 (Players not Selected for Subregional) and 2007

Please check the ODP Calendars at www.ncsoccer.org/boysodp & www.ncsoccer.org/girlsodp as dates & times are subject to change.

2004 ODP Girls Players Head to National Training Event

North Carolina ODP is proud to send two players from our 2004 Girls Age Group to the ODP National Training Center January 25th - 30th.

Congratulations to Zoe Susi and Chloe Wright on their invitation. Check out their Player profiles and what they love about North Carolina ODP in their Player Profiles!

North Carolina Olympic Development Program

Player Profile

Zoe Susi
 Age Group: 2004 Girls
 Residency: Wake County, NC
 Youth Club: Lake Norman Soccer Club
 Position: Forward / Attacking Midfielder
 Favorite Player: Cristiano Ronaldo (FC Barcelona, Real Madrid)
 Favorite Professional Team: FC Bayern Munich / FC
 What is your favorite part about playing North Carolina ODP?
 All the great players and coaches that help you improve your training & competition.

Who was your favorite NC ODP Coach you've worked with?
 Coach Dan Anderson at Wake County Soccer Club. He has the most experience and knowledge in training and playing.

What was your favorite part of Region 18 ODP Camp?
 It was great having the opportunity to work with the Region 18 staff members Coach Daley, Coach [Name], Coach [Name] at the University of Arkansas.

North Carolina Olympic Development Program

Player Profile

Chloe Wright
 Age Group: 2004 Girls
 Residency: Wake County, NC
 Youth Club: Wake Soccer Club / Wake Soccer Club
 Position: Center Back
 Favorite Player: Cristiano Ronaldo (FC Barcelona, Real Madrid)
 Favorite Professional Team: FC Bayern Munich / FC
 What is your favorite part about playing North Carolina ODP?
 The coaches are great, the competition is high, and we have some players that I don't usually play with and the high level of competition.

Who was your favorite NC ODP Coach you've worked with?
 I played soccer with the Wake Soccer, senior at Wake Forest State University during Region 18 Camp. The atmosphere of excitement with me and Coach [Name] helped me get to the next level.

What was your favorite part of Region 18 ODP Camp?
 I enjoyed meeting new players & coaches, all the great playing in play on a high level. I also enjoyed playing [Name] being away from home where I have to be on my own to make healthy choices.

Former North Carolina ODP Players Taken in the MLS Draft



Former North Carolina ODP Players from the 1995 & 1996 Age Groups were taken in the Major League Soccer Draft on January 13th.

Tomas Hillard-Arce (1995) was selected #2 in the 1st Round by the LA Galaxy following his illustrious career at Stanford University which including three National Championships.

Jeff Caldwell (1996) was selected #19 in the 1st Round by New York City FC. A member of the US Youth National Teams at the U17 & U18, Jeff won a National Title at the University of Virginia in 2014.



North Carolina FC Signs Former 1986 North Carolina ODP Player

Our North Carolina FC signed 11 year MLS veteran Michael Harrington this January. Michael was a part of the 1986 North Carolina ODP Program.

Learn more about the signing here - [Harrington Signs with North Carolina FC](#)

ODP Health Tip Corner

Let's Get Ready to Play!

As warmer temperatures approach (hopefully), learn more about how to properly warm-up to prevent injuries!

Let's Get Ready to Play!

By: Keri Jones, MS, LAT, ATC
ODP Administrator, Certified Athletic Trainer



Before we know it the temperatures around North Carolina will be on the rise, soccer will be back in full swing (although I wonder if some of us even look a break!) and the last thing we want is for our players to be sidelined by an injury at the start of their spring season. Research done through US Soccer's Recognize to Recover program confirms that "a proper warmup is an important first step to preventing injury in soccer." So then, what's a proper warmup?

- **Time:** a suitable soccer warmup should last approximately 20 minutes in length. Cutting a warmup short when time is limited is not ideal as players are not only preparing their bodies physically during a warmup, they are also preparing mentally. Being able to let go of the distractions from their day and refocus their attention on the upcoming match or training session can positively affect their level of performance.
- **Target soccer related muscle groups:** remember players are preparing their body to play through the warmup so design your warmup program so that it concentrates on the following muscle groups to maximize performance and minimize injury: quadriceps, hamstrings, calves, hip flexors and groin. Goalkeepers should also spend time warming up their upper body.
- **Warmup Progression:** an appropriate warmup should include exercises and activities tailored to meet the needs of the group's skill level and age. All activities should progress in direction (linear to multi-directional), speed (slow to start and gradually accelerate to sprint) and intensity (to simulate actual game-play situations) over the course of the warmup.
- **Components:** Low intensity cardiac movements are an essential first step to begin increasing player heart rate and body temperature while preparing the muscles for what's to come. Start in stretching which is a must and should not be overlooked! The best stretches are dynamic in nature that combine more than one body part across a full range of motion. Some examples of dynamic stretches supportive for soccer players include high knees, butt kicks, high knee lifts or knee hugs and lunges with a twist. Lastly, warmups should integrate ball skills such as dribbling, juggling and passing all done at increasing speeds and progressively changing direction to work up to game like situations.

One of the more popular soccer warmup programs for players (aged 14 years and older) that has proven through years of research to reduce injuries by as much as 20 percent is FIFA 11+.

You can check out the full (free!) FIFA 11+ warmup program on the FIFA website!

- Sources:
1. U.S. Soccer Federation "Recognize to Recover" - www.usasoccer.com/recover
 2. FIFA - www.fifa.com/11plus

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