

# NORTH CAROLINA ODP



## Upcoming ODP Dates

### March Training:

2002 – 2007 Girls – March 10, 2019

2002 – 2007 Boys – March 17, 2019

### April Training:

2002 – 2007 Boys & Girls – April 7, 2019



Congratulations and good luck to 2003 NC ODP player **Will Watson** as he heads to play for the MLS FC Dallas Academy!

We are so proud of Will!

[Read Will's story here](#)

Congratulations to **Chris Richards (Alabama ODP)** on signing with FC Bayern Munich!

Chris is a former South Region ODP player and MLS FC Dallas player.

[Read Part I of Chris' story here](#)

## The 4 Keys to Fueling on Game Day!

Allison Kreimeier, Director of Performance Nutrition for Rutgers University, shares simple ways to fuel up on game day!

- Fuel early
- Eat a pre-game meal
- Halftime intake
- Don't ignore the post-game
- Hydration tips for boys and girls



Read her article from FUEL Soccer here!



## ODP SOUTH

### Upcoming South Region Team International Events:

- February 2019:* 2001 Boys & 2003 Girls - Costa Rica
- March 2019:* 2004 Boys - Portugal and 2002/2003 Boys - Spain
- April 2019:* 2005 Boys - Scotland/Ireland, 2004 Girls - Spain
- 2001/2002 Girls - Switzerland/Germany/Czech Republic

### CONGRATULATIONS!!

North Carolina ODP is proud to have been represented by the following players at the USYS ODP Girls National Training Camp in Tampa, FL January 24-29, 2019:

- Chloe Wright ('04)
- Olivia Simon ('04)
- Madison Hairston ('04)
- Zoe Susi ('04)
- Lillian Smiley ('04)
- Ellie Farrell ('05)
- Anna Sinclair ('05)

### CONGRATULATIONS!!

North Carolina ODP is proud to have been represented by the following players at the South Region Girls Training Camp in Lakewood Ranch, FL February 1-3, 2019:

- McCarthy Spencer ('06)
- Rylee Keeley ('06)
- Grace Keighley ('06)
- Abigail Zimprich ('06)

North Carolina Youth Soccer Association  
[www.ncsoccer.org/odp](http://www.ncsoccer.org/odp)  
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