



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!

2017-18 ODP Tryout Registration is Open!

The 2017-18 Olympic Development Program season is quickly approaching. The online Tryout Registration is now open. More information about the ODP program is available at www.ncsoccer.org/odp.

[2017-18 Tryout Registration](#)

BOYS Tryout Dates

2001, 2002, 2003, 2004 - December 2nd & 3rd
2005, 2006, 2007 - November 19th and December 3rd

GIRLS Tryout Dates

2001, 2002, 2003, 2004 - December 9th and 10th
2005, 2006, 2007 - November 19th and December 3rd

Questions about North Carolina ODP? Contact us at odp@ncsoccer.org

ODP Player Profile - Meet 2003 Player Lauren Montgomery

A graphic titled "Player Profile" for Lauren Montgomery. It includes a small photo of her on a soccer field. The text provides details about her age group, hometown, youth club, position, favorite player, and professional team. It also features two short interview questions and answers.

North Carolina Olympic Development Program

Player Profile

Lauren Montgomery
Age Group: 2003 Girls
Hometown: Kitty Hawk, NC
Youth Club: Beach FC

Position: Defensive Center Midfielder
Favorite Player: Isco (attacking midfielder for Real Madrid)
Favorite Professional Team: FC Bayern Munich

What is your favorite part about playing North Carolina ODP?
Having the opportunity to represent my home state, North Carolina!

Who was your favorite ODP Coach you've worked with?
Coach Jaime Mallong, Associate Head Coach for Belmont Abbey College Women's soccer. He always finds ways to make what he is teaching us fun!

What was your favorite part of Region III ODP Camp?
I enjoyed the Region Pool mixed trainings done in the evenings. You got to compete and play with different players & different styles of play from all over Region III.

Lauren Montgomery plays in the 2003 Girls ODP Age Group.

She attended the Region III ODP Camp this past July and was selected to the Region III Pool for her age group. Hear what she enjoys about the Olympic Development Program experience!

ODP Alumni Player Profile - Meet Matt Jegier

Matt Jegier played for the 1996 ODP Boys and is a Red-Shirt Junior at Elon University. He is entering his 3rd year as the starting goalkeeper at Elon and anchors one of the best defenses in the country!

Learn more about why Matt played ODP, how it helped in the college recruiting process, and why he feels like it prepared him for college soccer!

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Alumni Profile

Matt Jegier

Age Group: 2006 Boys
 Hometown: Charlotte, NC
 Youth Club: Charlotte United FC / Cavalry Kings
 College: Elon University
 Position: Goalkeeper

Why did you choose to play North Carolina ODP?
 I started playing ODP later than most in my developmental year. I had only been playing goalkeeper for 2 years and needed to get as much experience playing a position as possible. ODP was a great opportunity to compete at a high level with good competition around the players and coaches.

What was your favorite part about playing North Carolina ODP?
 The competitive nature of the program. I got to meet my dreams and I had training sessions & games that were competitive with high pressure. I was competing again with other talented goalkeepers which pushed me. I also had the opportunity to meet great players & people from around the state. I still stay in touch with friends that I ODP from Asheville, Hickory, and Raleigh.

What was your favorite part of Region III ODP Camp?
 Region III Camp was all about soccer. It was all about having players get better through soccer both on & off the field. In Region III training sessions an instructor explains & corrects throughout the Region. Additionally, Region III Camp offered classroom sessions on topics like nutrition & the psychology aspect of soccer which I really enjoyed.

How did ODP help you in the College Recruiting Process?
 The college recruiting process can be a lot easier when you know & ODP gave me access to a list of college coaches around North Carolina. Taylor Stone, who was the Elon University Soccer Coach at the time, worked with me at ODP. Coach Stone had the opportunity to meet me at ODP & watch me at ODP events which contributed to me becoming a part of Elon University Men's Soccer.

What aspect of ODP helped you prepare for College soccer?
 When I arrived at Elon, every training session was a lesson to learn a starting point. The high-pressure situations, competitiveness, and process of competing each session at ODP helped prepare me for what I would face at Elon.

North Carolina Olympic Development Program

Five Questions with John Cullen

**2002 ODP Girls Age Group Director
 Head Women's Coach UNC-Charlotte**

What is your favorite professional soccer team and why?
 Leeds United. I have supported them since I was four years of age. My first professional game I went to see Dennis Bergkamp in a young boy like older were wearing an Arsenal kit. Even though I realize I was in the wrong kit at the time, I chose to support the Arsenal kit and have continued to support them ever since. Even through the tough times.

What is your favorite memory as a player?
 Honestly, I've been fortunate and blessed enough to play in England, Ireland, and the USA at different levels in the last 10 years of my career. But one of my favorite memories must be the year when my brother and I got to play together for one full season on the same team in Ireland. It was great to play alongside a brother in Ireland but we have some great memories and moments together on and off the field.

What do you like about coaching North Carolina ODP?
 Working with players from all over the state. Players from all over the state and from all over the world. It's a great honor to represent your state and something much bigger than the individual.

What is your favorite memory of coaching North Carolina ODP?
 One of the favorite memories is when the entire ODP year combined coaching a game. At that time we just ran our own team, there is no assistant coaching a game. There is just become coaching the players and the coaching staff. It was something special. Coaching the players in each of the different events in GA and WA and don't forget about the fact of seven more games. It became that special when they come back into the program. It was something special. A great memory. TOGETHER is an address towards a common goal. We were working together and enjoying every game that we had. Every game they win or lose. Amazing testament to player's commitment to a cause.

Do you have any players on your UNC-Charlotte women's team that you worked with at ODP?
 We do not have enough ODP players on the program to cover both at UNC-Charlotte currently and previously at Catholic College. Most recently we have a player here at Charlotte who played for me at ODP and this summer she was at Region III Camp as a goalkeeper. So, she could get a chance at ODP if you were a member at ODP when she is in one of the areas that future generations of ODP players!

5 Questions with John Cullen Head Women's Coach at UNC-Charlotte 2002 Girls ODP Age Group Director

John Cullen is entering his 9th season as the Head Women's Soccer Coach at UNC-Charlotte following an eight-year stretch as Head Coach at Catawba College. He recently achieved his 200th career victory earlier this year!

Coach Cullen has been involved in North Carolina Girls ODP for many years and will oversee our 2002 Girls Age Group this year.

A native of London, England, Coach Cullen was a NSCAA South Region Scholar-Athlete at UNC-Charlotte playing 4 years for the 49ers and a member of their 1991 & 1992 NCAA Tournament teams!

ODP Health Tip Corner

Soccer places a high demand on players' bodies both physically and mentally. Is your player properly fueling themselves for success on the field? Read this month's article for tips on how to eat healthy to play healthy!

Nutrition: Eat Healthy, Play Healthy!

By: Karl Lohme, MS, LAT, ATC
 NC ODP Administrator / Certified Athletic Trainer



We all know what a demanding sport soccer is when it comes to our schedules: last month we discussed building in active rest periods in between all the trainings, games, tournaments and camps that fill up our days and weekends month after month. But have you stopped to think about how demanding soccer really is on your body and mind?

From a physical aspect, soccer requires high-intensity efforts of strength, endurance, speed and agility. On the mental side of things, soccer requires concentration and agility to rapidly process information to make quick decisions. Soccer players can feel these high-energy needs with a good diet and the right nutrition. According to the US Soccer Federation's "Recognize to Recover" program, soccer players can feel these high-energy needs by properly fueling both their mind and body. Especially during periods with many matches on a lot of training, nutrition is important to recover and protect against overexertion. A good diet and the right nutrition can support intensive training while limiting the risks of illness or injury... Making sure that the brain is functioning well is an important factor when optimizing performance." So how does one do this?

Because every player's body is built differently, there is no magic equation when it comes to nutrition for soccer players at the various levels of play. The best place to start is by learning (and putting into practice) the basics of healthy eating and then exploring your own individual needs from there. If you have a "food first mentality", you should be able to properly fuel your body with all the necessary energy for activities like soccer from the six basic categories of nutrients: carbohydrates, proteins, fats, vitamins, minerals and water.

No matter your age, level of play or where you are in your season, the following nutrition guidelines are a safe bet for soccer players according to the NSCAA:

1. Eat minimally processed foods. Limit sugary drinks, cookies/cakes/candies, white bread, white pasta and white rice as well as processed deli meats, fast food, butter, fried foods and whole-fat dairy foods.
2. Eat a rainbow. Choose a variety of colors and types when it comes to whole fruits and vegetables.
3. Make good protein choices and include with every meal. Choose from lean cuts of fresh meat, fresh fish, protein-rich animal products such as milk, cheese, eggs and yogurt or protein-rich vegetable products such as tofu, legumes and nuts.
4. Choose healthy fats. Include healthy fats such as olive oil, flaxseed, high in omega 3 fish choices, avocado, peanut butter, nuts such as almonds or cashews and seeds like sunflower, pumpkin or sesame.
5. Choose Whole-Grain Carbohydrates. If you follow the above recommendations, you will be naturally consuming "good" carbohydrates. To wisely add to that, choose whole grain foods such as brown rice, whole wheat pasta, oatmeal or whole grain cereals like Cheerios.
6. Eat breakfast every day. This is especially important on training or game days. You need to jump start your metabolism with a healthy mix of protein, carbohydrates and fats.
7. Don't skip meals. Another very important practice for active individuals. You need to properly fuel your body for all the energy it will burn through while you are performing at your best.

Sources:
 1. U.S. Soccer Federation "Recognize to Recover" - www.usasoccer.com/recognize-to-recover
 2. NCAA's Nutrition for the Soccer Student-Athlete - www.ncaa.org

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