



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 available at www.ncsoccer.org/odptryouts

[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 2000 Player Leo Vasconcelos

A graphic titled 'Player Profile' for Leonardo Vasconcelos. It includes a photo of him on a soccer field. The text provides details about his age group, hometown, youth club, position, favorite professional team, and his experiences with the ODP program.

North Carolina Olympic Development Program

Player Profile

Leonardo Vasconcelos

Age Group: 2000 Boys

Hometown: Burlington, NC

Youth Club: Greensboro United / North Carolina Soccer Fusion

Position: Left Defender / Central Defender

Favorite Player: Neymar

Favorite Professional Team: Sao Paulo Futebol Clube (Brazil)

What is your favorite part about playing North Carolina ODP?
My favorite part about NC ODP was the opportunity to be coached by college coaches and play with some of the best players in North Carolina!

Who was your favorite NC ODP Coach you've worked with?
John Trice, current Assistant Technical Director for ODP. Coach Trice was my 1st ODP coach at U14 & selected me to attend Region III Camp. The experience made me more confident as a player & person helping my development over the last couple years!

What was your favorite part of Region III ODP Camp?
Region III camp provided the chance to compete at a high level, build relationships with players from North Carolina, and make new friends from other states!

Leo Vasconcelos played in the 2000 Boys ODP Age Group.

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

ODP Player Profile - Meet Kristy Campbell

Kristy played in the 2001 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!



Player Profile

Kristy Campbell
Age Group: 2001 Girls
Hometown: Raleigh, NC
Youth Club: North Carolina FC
Position: Central Defender
Favorite Professional Team: Manchester United F.C.



What is your favorite part about playing North Carolina ODP?
North Carolina ODP prepares you for so many different college coaches. Every practice the coaches helped me improve my skills and the players you play with are very talented!

Who was your favorite NC ODP Coach you've worked with?
Sam Childress, who works with Duke University women's soccer. She was a very good coach and always gave me input to improve my technique and game performance.

What was your favorite part of Region III ODP Camp?
My favorite part of Region III camp was representing the state of North Carolina and competing against the different states in the region.



North Carolina FC moves to USL


Our North Carolina FC has announced that the club will be leaving the NASL to join the United Soccer League (USL) for the 2018 season.

Learn more about the move for North Carolina FC at [NCFC Moves to USL](#)

ODP Health Tip Corner

Brrrr. It's Cold Outside

In this month's Health Tip, learn tips to stay healthy during the cold months ahead!




Brrrr. It's Cold Outside!

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

Across most of North Carolina, we are fortunate enough to experience much of the weather the first season after we also play soccer year around which means our kids are accustomed to playing in all sorts of weather conditions. You have without a doubt heard all the warnings about playing in the heat but what happens when the cold weather hits?

Just like heat and humidity, low temperatures and a wind chill factor can negatively impact performance if you are not accustomed to it, your body loses heat at much more rapid rate when it's cold outside and therefore cannot function at the same level if you are ill prepared. U.S. Soccer suggests the following cold weather safety tips for players, coaches and referees:

- Layer Up!** You do not want to overheat but you do need to have the ability to add or remove layers as your body temperature and the environmental conditions around you change. Gloves, hats, headbands and sweatbands are always encouraged. 
- Stay Dry!** Wet and damp conditions increase the risk of cold related injuries. If it's cold outside and steadily raining, it would be smart to replace those layers with dry clothing if possible. Staying gloves, dry jackets, extra hats, etc. available on the sideline to help warm during substitutions is ideal. The longer you stand around wet and cold, the greater your chance to get sick!
- Stay Hydrated!** The last thing you might want to do when you're cold is drink cold water but in for this reason that it is so important to stay hydrated during the cold weather. The cold weather reduces our ability to recognize when we become dehydrated so if you're thirsty, it's too late. Try keeping warm or even hot water in your water bottle so it doesn't freeze while playing!
- Take Action!** If you or someone on your sideline seems to be suffering from a cold-related injury, seek medical attention immediately if there is a Certified Athletic Trainer on site. If not, try your best to move the person out of the elements into a warm place and try to raise their body temperature by adding layers. Frothing and hypothermia are the two most common cold-related illnesses. Following the guidelines above are a great way to prevent heat loss that can lead to such conditions.
- Pay Attention!** Coaches, administration, medical staff and referees should take both the wind speed and the temperature in to account to determine the "Wind Chill Temperature (WCT)" so that a determination can be made as to whether or not it is safe to play soccer outdoors. Guidelines to help determine what they call your "alert level" for playing in cold weather can be found on U.S. Soccer's Recognize to Recover website.

Sources:
1. U.S. Soccer Publications "Recognize to Recover" - [www.usasoccer.com](#)
2. Keri Stinger Institute

STAY CONNECTED

