

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 - March 18th - 2001, 2002, 2003, & 2004. 2005, 2006, 2007
Training - April 22nd - 2001, 2002, 2003, & 2004. 2005, 2006, 2007

GIRLS

Training - March 11th - 2001, 2002, 2003, & 2004. 2005, 2006, 2007
Training - April 21st - 2001, 2002, 2003, & 2004. 2005, 2006, 2007

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

Virginia Friendlies Subregional Event

North Carolina ODP proudly sent 27 Teams and 450 players to compete in the Virginia Friendlies Subregional Event.

Our Boys programs went a combined record of 18-11-10 at the Event while our Girls program achieved a combined record of

21-12-10. Congratulations to all the players & staff that attended!





Our staff is proud to announce that two girls from our 2002 Girls Age Group were selected to the Regional III Team on their trip to Costa Rica!

Zora Jackson and Emma Wakeman are in Costa Rica from February 22nd - March 1st playing against local competition.

A 40 player Regional Pool is selected at the conclusion of the Region III Camp in July. From this pool, the top players are selected to the Regional Team to compete in both domestic & international trips!

Congratulations Zora and Emma!

U.S. Men's National Team Comes to Raleigh



North Carolina FC is set to host the United States Men's National Team against Paraguay on Tuesday, March 27th. The Game will take place at Sahlen's Stadium at WakeMed Soccer Park & is scheduled to kickoff at 7:00 pm.

Purchase tickets through ussoccer.com and by phone at 1-800-745-3000!


ODP Health Tip Corner

For the Love of the Game!

February is American Heart Month.

Would you know what to do as a coach, referee, or bystander if a player collapsed without contact during a game? Learn more about warning signs & Risk Factors in this month's ODP Health Tip Corner!

For the Love of the Game
 By: Keri Jones, MS, LAT, ATC
 NC ODP Administrator, Certified Athletic Trainer



February is American Heart Month and a perfect time to educate our coaches, players and parents on a rather grim yet important topic. Sudden cardiac death can happen on any soccer field and change the lives of so many in just a matter of seconds. Would you know what to do as a coach, referee or bystander if a player collapsed without contact during a game? Do you know if your child is at risk?

Sudden cardiac arrest is rare but it is still the leading cause of death for young people during exercise. It typically happens as a non-contact incident and without warning but is usually the result of an unknown and undetected underlying cardiac disorder such as a heart defect that causes the heart to unexpectedly stop beating. According to Brenner Children's Hospital, "studies suggest that in the U.S. fewer than 70 young athletes die of sudden cardiac death each year as the risk is minuscule: fewer than 1 out of 500,000 young athletes." The most common heart defect that causes sudden cardiac death is hypertrophic cardiomyopathy or a thickening of the wall between the heart's left and right ventricles. Although not a common occurrence, these deaths are shocking when they occur so you need to play it smart and be prepared.

Parents are making a huge difference in saving the lives of young athletes. Being educated more now than ever on what to look for and insisting on having their children screened and tested when they feel that something is just not right is helping to protect our youth.

WARNING SIGNS:	RISK FACTORS:
Chest pain and/or passing out with exercise	Smoking
FIR in those who have unexplained shortness of breath or keeping up with teammates	Obesity/sedentary lifestyle
Faint heart with high pulse rate	Diabetes
Family history of sudden cardiac arrest	Drug abuse

Sources: 1. U.S. Soccer Federation "Strategic to Success" - www.ussoccer.com
 2. WYBI Brenner Children's Hospital - Pediatric Cardiology - www.brennerchildrens.org/Pediatric-Cardiology/

As a coach, referee or bystander, knowing what to do when an athlete collapses is crucial in saving their life. All facilities should have an Emergency Action Plan so that when an emergency occurs, there is already a clearly defined plan on how the situation will be handled (who is trained in CPR, who will call 911, who retrieves the AED if there is one available). Ideally, there would be medical staff such as Certified Athletic Trainers on site to deal with emergencies but even having coaches that are CPR/AED certified and AED on site would be the next best case scenario. U.S. Soccer encourages this as they state "Coaches, parents, players and referees that have CPR training and access to an automated external defibrillator (AED) can save lives. In fact, when an AED is used within three minutes of collapse, there is an 80 percent survival rate."

