



November 2021 Newsletter

Here is our latest newsletter on what is happening at our Club!

Fall Recreational Season

Our Fall Recreational has been a success with 675 participants for both Boys and Girls. The diRECT sessions saw large numbers of players at the U6, U7, and U8 age groups. These sessions provide instruction from our pro coaches. We look forward to the remaining weeks in November!



registration link will be posted on our website and social media soon!



Winter Recreational is Right Around the Corner

While Fall Recreational is still underway the Club is already looking forward to our Winter Recreational program. With the closure of Sports City our Recreational games will be held at three different facilities: In The Net (U11/U12), New Love in Christ Church (U13/U14), and Harrisburg Christian Academy (U5-U10). This will be starting in January. There will be limited space this year so make sure to register early. The

CASA Recreational Referees

Without our home-grown referees we would not be able to hold our Recreational games. Here is a picture of some of our current referees. If you'd like to learn more about becoming a referee see:

<https://www.casasoccer.org/referee>





Toy Drive

We are excited to announce that we will be doing a Toy Drive this holiday season. CASA is teaming again with KidsPeace to help local foster families. We will be accepting gift cards and unwrapped toys at the CASA Office. These will be accepted until December 17th. This will allow time for wrapping and distributing the gifts. The generosity of our Club can make the holiday season special for these children.



<https://www.casasoccer.org/toydrive>



CASA Night at CD Soccer

October 18th was CASA night for the CD Boys and Girls games. We had CASA players serve as ball boys and ball girls at each game as well as the opportunity to play a game at halftime of the Varsity games.



EXSP Athlete Assessment

EXSP

Explosive Sports Performance

Explosive Sports Performance will be hosting several athlete assessments in November, which are free to CASA players. This assessment will help players understand



their risk for knee problems, ankle issues, or ACL tears.

Dates/Times for Assessments

- November 4: 7:30 – 8:30 pm
- November 11: 7:30 – 8:30 pm
- November 13: 12:00 – 1:00 pm

Location: EXSP 5330 Gibbel Road HBG

Register at:

<https://www.EXSP.biz/casa-athlete-assessment>

Meet the Coach: Rory O'Neill

Our most recent coaching hire is Rory O'Neill. Here is some information for you to learn more about him.



Originally from Detroit, MI, my wife and I moved to Harrisburg eleven years ago. We have two sons who are very active soccer players and my coaching journey began as a parent coach. Over the last 9 years, I have coached year-round, obtaining experience and educational courses along the way. Last year, I completed my USSF C license along with 36 coaches, with the final exam in Ohio. Outside of soccer, I enjoy cooking (specifically grilling and smoking), running, and writing.

Coaching Philosophy

If your player can't wait to come to practice, enjoys being part of the team, and is growing both on and off the pitch we're doing something right. My teams build out of the back and play a possession based, physical, aggressive, attacking style of soccer. Dynamic, game-based sessions that challenge the players to problem solve are paramount. Developing individual players within the team and helping kids become healthy, respectful, high-achieving young adults is my goal.

I value creativity when coaching and use videos and technology to reinforce teaching.

Feel free to check out my YouTube channel for some examples

<https://www.youtube.com/channel/UCxjqkVEAAQfWN2iW1oEaXTw>

Travel Uniform Kit for 2022-2023 Season!

Even though we are haven't finished our Fall season we are looking forward to the future, which includes updating our uniforms. While our gold training jerseys have been a staple for many years we have realigned our practice, home, and away colors. Here's a sneak peak of next year's exciting uniforms!



Home



Training



Away



Follow us on social media!

