



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! Early Bird Discount Ends October 31st

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 Benjamyn Elliot

North Carolina Olympic Development Program

Player Profile

Benjamyn Elliott

Age Group: 2000 Boys
Hometown: Fayetteville, NC
Youth Club: Fayetteville Soccer Club
Position: Defender
Favorite Player: Marcelo (Real Madrid CF)
Favorite Professional Team: Chelsea F.C.

What is your favorite part about playing North Carolina ODP?
My favorite part about NC ODP was the ability to play alongside other players from all over the state. It was amazing seeing them every month, catching up, and challenging each other to get better.

Who was your favorite NC ODP Coach you've worked with?
Coach Tony Falvino, Head Men's Coach at Greensboro College. Coach Falvino really helped me improve my 2nd time at Region III Camp and his attitude was always infallible & positive. You can tell he cares about the players he works with!

What was your favorite part of Region III ODP Camp?
Region III Camp always provided a high level of soccer and gave me a chance to train and compete against quality players!

Benjamyn Elliot 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 Silken Carlton

Silken Carlton played in the 2000 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!



North Carolina Olympic Development Program

Player Profile

Silken Carlton
Age Group: 2000 Girls
Hometown: Elon, NC
Youth Club: Mebane Youth Soccer Club
Position: Outside Back / Forward
Favorite Player: Kristen Press (Chicago Red Stars / US WNT)
Favorite Professional Team: Chicago Red Stars

What is your favorite part about playing North Carolina ODP?
I have been able to develop many relationships with other players through ODP. They are some of my closest friends now!

Who was your favorite NC ODP Coach you've worked with?
I loved all my NC ODP coaches. However, I really enjoyed working with Sam Bodes, Head Coach at Embury-Middle University at Region III Camp. She worked with me positionally to develop in a spot I haven't played before!

What was your favorite part of Region III ODP Camp?
Region III Camp was a great team environment. It stretched me as a player to work with people and coaches I may not be familiar with. We spent the week together which impacted our chemistry in a positive way! The other girls & I become close in a matter of days!



North Carolina Courage Wins NWSL Shield


Our North Carolina Courage won the 2017 NWSL Shield signaling the best regular-season record. The Courage finished the season with a record of 16-7-1 on their way to the NWSL Final in their inaugural season in North Carolina.

Learn more about the North Carolina Courage at www.northcarolinafc.com/nccourage

ODP Health Tip Corner

Eat. SLEEP. Soccer. Repeat.

When there are only so many hours in a day to get everything done, what do you give up? If the answer is sleep, click on the article to see how this could be affecting your performance on the soccer field!



Eat. Sleep. Soccer. Repeat.

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

That about sums up our week here at North Carolina ODP and I wouldn't be surprised to hear that this sounds familiar to a lot of our soccer enthusiasts across the state. Between work, school, family, church, homework, other activities and of course soccer, 24 hours doesn't always seem like enough time for just one day. With so many things that must be done in a single day, sleep is usually what ends up taking the hit and we all start the next day tired. Sleep's importance is often overlooked when talking about preparing for peak performance and minimizing the risk of injury. According to John Gallucci Jr, the Medical Coordinator for MLS, "...it should be considered as equally important as nutrition and physical conditioning."

Sleep (and more importantly the lack thereof) has been studied for years by experts who have found that lack of sleep affects athletes in a negative way. Just some of those ways are listed below:

- Diminished mental functioning including impaired concentration and slowed reaction times - a single "all-nighter" can decrease reaction times by up to 200%!
- Increased injury rates and stunted growth - sleep allows our bodies to repair, regenerate and re-energize our muscles that are fatigued and broken down to avoid injury; lack of sleep causes your body to have high levels of cortisol, a stress hormone that negatively interferes with muscle repair and growth and can negatively affect your immune system causing you to get sick more often.
- Energy storage - sleep deprived individuals tend to have lower levels of energy storage which means that when you are active you have less stored glucose to pull from your muscles for use.
- Decreased time to exhaustion in aerobic activities and reduced running economy - athletes who start the game sleep-deprived will tire much more quickly than their opponents who are not.

Sleep experts recommend an average of 9 hours of sleep per night for youth and adolescent soccer players. Although this can vary, it's a good goal to aim for! A few tips to help you get the most out of shut-eye:

- Set a schedule - go to bed and get up at a set time each day.
- Exercise but don't over train - while regular physical activity promotes healthy sleep habits, overtraining impairs sleep significantly.
- Avoid sleep-inhibiting products - limit products with caffeine which can delay the onset of sleep, avoid eating foods that may cause indigestion close to bedtime and limit your fluid intake before bed so you can hopefully avoid nighttime trips to the bathroom.
- Relax before bed - reading, music, or some other relaxing activity will help prepare for sleep. Of course, nothing gets you tired like homework!
- Control your environment - Maintain a comfortable room temperature since your body loses some of its ability to adjust itself during deep sleep. Extreme temperatures may disrupt sleep.

Sources:
1. Sleep: The Missing Fitness Component for Soccer Players - www.soccer-training-info.com
2. How to Peak Your Soccer Performance and Minimize The Risk of Injury - www.soccerfoundation.com
3. National Sleep Foundation - www.sleepfoundation.org

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