



## 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](http://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](mailto:odp@ncsoccer.org)

### ODP Player Profile - Meet 2001 Player Silas Goss

A graphic titled 'Player Profile' for Silas Goss. It includes a small photo of him on a soccer field. The text provides details about his age group, hometown, youth club, position, favorite player, and professional team. It also features two short quotes from him about his ODP experience.

**North Carolina Olympic Development Program**

**Player Profile**

**Silas Goss**

Age Group: 2001 Boys  
Hometown: Shelby, NC  
Youth Club: Strikers of Gaston County Soccer Association (SGCSA)  
Position: Center Midfielder  
Favorite Player: N'Golo Kante (Chelsea F.C.)  
Favorite Professional Team: Chelsea F.C.

**What is your favorite part about playing North Carolina ODP?**  
*It is a great experience to be in front of so many great college coaches monthly and play with some of the best players in North Carolina!*

**Who was your favorite ODP Coach you've worked with?**  
*I enjoyed having the opportunity to work with Doug Allison, Head Coach for Furman University men's soccer. Coach Allison worked with me at the Region III camp and it was an awesome learning experience.*

**What was your favorite part of Region III ODP Camp?**  
*My favorite part is meeting new people, making good friendships, and then playing against them during the NCYSA club season.*

Silas Goss played in the 2001 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 Faith Adams

Faith Adams 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!

**North Carolina Olympic Development Program**

### Player Profile

**Faith Adams**  
Age Group: 2001 Girls  
Hometown: Charlotte, NC  
Youth Club: Carolina Rapids Soccer Club  
College Commitment: Wake Forest University  
Position: Defensive Center Midfield  
Favorite Player: Samantha Mewis (North Carolina Courage / US WNT)  
Favorite Professional Team: Manchester City FC

**What is your favorite part about playing North Carolina ODP?**  
My favorite part about NC ODP was travelling around with the 2001 team playing matches against other states & having the opportunity to represent North Carolina!

**Who was your favorite NC ODP Coach you've worked with?**  
Chris White, Head Coach at Chowan University. Coach White was really helpful with positional training. He also has a great sense of humor!

**What was your favorite part of Region III ODP Camp?**  
Region III Camp offered a competitive soccer environment but also provided some fun off-field activities like the "ODP Rocks" challenge where we obsessively looked for rocks around campus with our teammates!



## Charlotte Independence Renews Partnership with MLS Colorado Rapids

Our Charlotte Independence has announced that the club has renewed their partnership with the MLS Colorado Rapids through the 2018 season.


Learn more about the partnership here - [Rapids, Independence Renew Partnership](#)

## ODP Health Tip Corner

### Brrr. It's Cold Outside

December provides colder weather. Take a look again at our tips for staying warm & healthy through the winter months.


**Brrrr. It's Cold Outside!**  
By: Keri Jones, MS, LAT, ATC  
NC ODP Administrator, Certified Athletic Trainer



Across most of North Carolina, we see forecasts enough to experience much of the weather the four seasons offer. We also play soccer year around which means we have to be prepared to play in all sorts of weather conditions. You are without a doubt, used to the weather 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 a much more rapid rate when it's cold outside and therefore causes fatigue 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. Effective layering looks like this:



- Stay Dry!** Wet and damp conditions increase the risk of cold related injuries. If it's cold outside and it really rains, it would be smart to replace those layers with dry clothing if possible. Having gloves, dry socks, extra hats, etc. available on the sidelines to swap when during substitutions is ideal. The longer you stand around wet and cold, the quicker you're going to get sick!
- Stay Hydrated!** The last thing you might want to do when you're cold is drink cold water but it is for this reason that it is 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 water 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. Frostbite 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 "safety level" for playing in cold weather can be found on U.S. Soccer's Reorganize to Recover website.

Sources:  
1. U.S. Soccer Federation "Reorganize to Recover" - [www.usasoccer.com/recover](http://www.usasoccer.com/recover)  
2. Keri Hittage Institute

STAY CONNECTED

