

January, 2017 Executive Director Communication

College ID Camp – January 16, 2017

Just a reminder that the 4th annual LNSC College ID camp will be held on Monday, January 16, 2017. This is a GREAT opportunity for all boys born in 01, 00, 99, 98 and all girls born in 02, 01, 00 and 99. If you have not signed up, please do so today as there is limited space still available. Sign ups can be found at the following link:

http://www.lakenormansoccer.com/content/tournaments-events_lnsc-college-combine

This is a must-do for any player interested in playing college soccer or even exploring the option. In years past we have had numerous college commitments as a direct result of this event. On the website, there is an ongoing list of coaches planning on attend, with over 50 schools already signed up.

Casino Night – January 27, 2017

Our first annual Casino Night is just a few weeks and we really want to see this event be a big success. We have a great night planned with games, food, drinks, music, prizes and a silent auction. If you have not done so already, please go online and purchase your tickets today. The proceeds will be split between the LNSC Financial Assistance Fund and the LNSC Annual fund. This is a great way for the adult community to have some fellowship and fun and also help us to provide more opportunities for our kids.

Tickets: <http://www.lakenormansoccer.com/news-detail/youre-invited-first-annual-lnsc-casino-night-january-27>

Getting Ready for the Spring Season

Spring soccer is just around the corner and our staff is hard at work preparing curriculums, tournament schedules, games schedules, etc. Everyone should hear from their coach in the next week with details about the season. We are excited to welcome our older boys' teams back as they come fully online. We have a lot of exciting events, programs and extras in store for our players at every level and branch this spring.

Senior girls' tryouts will be held in mid-February (dates and times will be published next week) and ETA/WPSL tryouts will be held in March. Senior girls' Sunday trainings (open to all U15+ female players) will begin in the next few weeks as well.

In the coming week, we will have some exciting announcements about the club's future as we continue to build a club and program unlike any that have been seen in the area. Stay tuned...

New Staff Members

I am very excited to announce the addition of two new LNSC staff members who will begin coaching teams as well as working in other training platforms this spring. Both bring a huge level of knowledge, experience and energy to the club.

Greg Ashton

Greg Ashton comes to us from Davidson College. He has 20 years of collegiate coaching experience in both D1 and D3 programs. Greg was also a former DOC at a club in Texas and coached in Texas' ODP program. He has served as Davidson Soccer Camp's director for the past 12 years, so many of our players as well as players in many other NC clubs know Greg. Originally from New Zealand, Greg played on New Zealand's U15, U16 and U19 national teams.

Jimena Rojas

Jimena comes to us from Costa Rica where she was most recently serving as assistant coach for a men's 1st division professional team. She has the unique position of being the only female in history to have served as head coach of a men's 1st division professional official match. Jimena has served as program director for Costa Rica's U17 National talent search, and as a coaching license instructor. She currently holds "A" level coaching licenses from both the Costa Rican and German soccer federations. As a player, Jimena has played with both the U19 and Senior women's national teams of Costa Rica.

Florida Success

Four of our Eclipse teams traveled to Florida over the holidays to play in the NPL Girls' Showcase and the Disney Soccer Showcase. Collectively, the 02 Eclipse Blue, 01 Eclipse Blue, 00 Eclipse Blue and 98 Eclipse Blue won 10 games while losing only 3. All four teams finished with winning records, and the 98 Eclipse Blue earned a 3rd place trophy at Disney (NPL did not award trophies). As a group, the girls played in front of over 100 colleges and represented the club in an outstanding fashion.

Also, the 98 Eclipse Blue finished 1st at the CASL showcase in early December, to earn a 5-2-0 record for the month against some of the top teams in the country (and one from Australia).

Eating Well

As a club, our goals go beyond simply finding on-the-field success. Recently, our coaches were able to attend a lecture by a sports-specific nutritionist and she preached something that I believe in quite a bit – not just eating healthy, but eating "real food". So much of what we put into our bodies in today's world are filled with processed chemicals. If you don't know what the ingredients are in a chicken nugget or a frozen dinner, why would you eat it? Of course, eating real food is more easily said than done in today's world, especially for soccer families. This is something that is certainly up to

each family, but I would like to propose a challenge to our families to try and eat more “real” meals made with “real” food.

To assist with this, I will be adding a database of easy, healthy recipes that I am creating (I used to be a chef) along with some other similar recipes that are submitted by some of our staff. All meals will be easy to make – 10 ingredients or less and 20 minutes or less of prep time. Here’s to a more healthy year!

Feedback

As always, please do not hesitate to contact me directly with any questions, comments or suggestions. Compliments are especially welcome!

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