Click here to purchase CASL Tower discounted tickets at Carolina RailHawks games - as low as $9. Only TWO Home games left!

Special thanks to Triangle Town Center, for their continued sponsorship and support of CASL.

Concussion Information

CASL Calendar

October 19
8:30-10:30am Davis Drive
HEART & Haven House Clinics

November 3
Raleigh City of Oaks Marathon
CODE: CASLRUNS for $10 off

November 8 & 10
ACC Women's Soccer Championships ~ WakeMed Soccer Park, Cary

November 9-10
CASL's visitRaleigh.com National Soccer Series: Girls Shootout Weekend

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CONNECTION

October 14 – October 20, 2013

CASL Brings Richard Huxford on to Staff to Execute Athletic Performance Services

Richard Huxford

CASL is in the beginning stages of launching an athletic performance component to its line of services. Richard Huxford was recently brought on board to develop and implement this program at CASL. Huxford is no stranger to the soccer scene or athletic performance development. He spent many years as a professional soccer player in Europe where he also earned a Master's Degree in Sports Science from the University of Edinburgh. He brought his expertise to the United States where he's been dedicated to developing the complete soccer player. Huxford will bring CASL's athletic performance training philosophy to life by training and developing athletes in the 6 R's of the game: Running with the ball, Running without the ball, Receiving the ball, Releasing the ball, Regaining possession, and Retaining possession. He will use SmartSpeed™ by Fusion Sport technology as part of his objective training and evaluation regimen which focuses on developing aerobic power, anaerobic power, speed control and agility, strength, and speed of play among many other outcomes. Keep an eye out for more information on this soccer specific training for individuals, small groups, and teams through private one-on-one training, seasonal sessions, track-out camps, winter camps, summer camps, and more!

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CASL Teams Use Soccer as a Platform to Raise Awareness about Breast Cancer

You have probably seen the pink movement happening this month across our nation. October is Breast Cancer Awareness Month, and many sport teams and leagues are using their status, reach, and visibility as a means to raise awareness about breast cancer and encourage people to take the appropriate steps to detect the disease. The National Football League is covered in pink football gear, the MLS's Soccer Kicks Cancer movement is in full swing, and the National Hockey League's Hockey Fights Cancer initiative is happening across the North America this month.

Similar to these other awareness campaigns, many CASL teams are using this month as an opportunity to be part of this movement. If you have been to WRAL Soccer Park recently, you may have seen teams sporting pink socks and other pink attire – this is all in support of breast cancer awareness month. CASL is home to more than 8,000 players and their families, so it's naturally a great stage to reach the masses about a disease that affects 1 in 8 women and approximately 2,000 men each year. We are proud of our teams who are joining this movement to raise awareness about breast cancer. To learn more about breast cancer and breast cancer awareness month, click here.

We are always looking for players, coaches, parents, and referees to spotlight each week. We are interested in soccer and non-soccer related stories of our CASL members. Please email Katharine Kelley with any nomination.

Stay connected with CASL - get information first through Facebook and Twitter (@caslnc)

Newsletter contact: Katharine Kelley, Director of Relations (katharine.kelley@caslnc.com)