CASL to Host Winter Sports Performance Camp to develop Complete Soccer Athletes

Many of you are aware that CASL recently brought Richard Huxford onto CASL's full time staff. Huxford will bring a unique blend of soccer and education experience to CASL and to the new sports performance service line. He played professional soccer from 1985 – 1998, so he understands the need for soccer specific athlete training and development. He has also dedicated the better part of his education to learning more about athlete performance. He earned his B.S. in Sport and Exercise Science and completed his Master of Science degree in Performance Coaching from the University of Edinburgh. Huxford is the leading soccer sport performance expert, and we are lucky to have him on board.

Huxford will be developing and leading CASL's new soccer athlete performance services, which will be designed to provide soccer athletes with the best opportunity to reach their soccer athletic potential. Soccer sports performance development and training has been in demand in the CASL network for a while, and we are finally excited to announce that this service will soon be available to CASL families. Not only will it be available, but it will also be convenient to CASL families with most sessions taking place at WRAL Soccer Center, so it will be easy to coordinate sessions around already scheduled training sessions. Our goal is to provide services at different CASL rented facilities around our service area to make it even more convenient to families. So, if you are looking for a performance development program – look no further.

Huxford will lead a sports performance evaluation and development program that is dedicated to assessing and enhancing soccer specific sports performance. The first program details to be released will be for the winter program. The transition between fall and spring season is a great time to work on maintaining and developing core soccer performance traits. The Winter sports performance program at CASL will focus on developing the complete soccer player which revolves around the 6R's:

- Running with the ball
- Running without the ball
- Receiving the ball
- Retaining possession
- Releasing the ball
- Regaining possession

Example of SmartSpeed technology

Taking into consideration genetics and body composition, athletes who go through the sports performance winter camp will also improve joint flexibility, speed, strength, reaction time, anaerobic power, mental agility, anaerobic capacity, movement skills, and aerobic conditioning.

Here is a glimpse into the **8-week winter soccer athlete peak performance program**, which will be open to all CASL athletes who want to improve and maximize the 6R's of a complete soccer player while also enhancing other facets of sport performance.

- **Time frame: December 2 – January 26 (8 weeks)**
- All registered participants will undergo baseline performance assessments using SmartSpeed by Fusion Sport technology. This technology uses timing gates, software, and lights to provide the most objective measures of your performance. These baseline measures will be the foundation of a program designed to improve performance levels. At the end of the 8 weeks, participants will be re-tested and given a report or their progress.
- Participants can choose from either a 24 (3 times/week) or 16 (2 times/week) session.
- Sessions will be during after-school hours and there will likely be multiple options to choose from.
- Pricing information will be released soon, but the total amount will break down $20 (likely less) for each session of the 8 week program (e.g., ~$300/16 sessions)

Keep an eye out for more information, registration details, and more!