



## HEART PROGRAM



The mission of the Capital Area Soccer League (CASL) is to provide positive and high-quality instructional and competitive youth soccer opportunities at all levels of play that enhance character, community and the love of the game for a diverse membership of children ages 4-18 and their families across Wake County and to serve as a community partner to improving the quality of life in Wake County.

HEART is designed for youth with intellectual disabilities. Participants play soccer in a safe, structured environment. HEART creates positive life experiences at **NO COST** to their families.

### WHY SOCCER?

Soccer is an international sport that is relatively easy to learn at any age. Soccer also provides many physical, psychological and social benefits to players.

### Health benefits

Soccer can be a great workout and lots of fun. The health benefits include:

- Increases aerobic capacity and cardiovascular health
- Lowers body fat and improves muscle tone
- Builds strength, flexibility and endurance
- Increases muscle and bone strength
- Teaches coordination
- Improved health due to shifts between walking, running and sprinting



*Special thanks to the following corporate community members who support CASL's Community Outreach Program:*



**Where:** Davis Drive Soccer fields Cary

**Days:** Saturdays

**Dates:**

03/1/14 ~ 03/15/14 ~ 03/29/14 ~ 04/12/14

04/26/14 ~ 05/10/14 ~ 05/24/14 ~ 05/31/2014

**Ages:** 7 to 18 years

**Time:** 9:30 am to 10:30 am

**Registration:**

Capital Area Soccer League (main office)

3300 Woman's Club Dr. Suite # 1 Raleigh NC 27612

**Contact Person:**

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