



## CASL COMMUNITY SOCCER: *HEART*

We are committed to help and support the community that has been our home for nearly 40 years. We believe that all youth, regardless of experience or ability, deserve opportunities to develop positive character traits that can help them excel in all aspects of life.

**HEART** is designed for youth (ages 7-18) with intellectual disabilities. Participants play soccer in a safe, structured environment, learn a new skill, and create 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.

Soccer allows your child to potentially experience many **health benefits** all while having fun!

Playing soccer can help your child:

- Increase aerobic capacity and cardiovascular health
- Lower body fat and improve muscle tone
- Build strength, flexibility and endurance
- Increase muscle and bone strength
- Learn coordination



HEART participation also provides opportunities for your child to experience **psychological and social benefits** from playing a team sport like soccer. Playing soccer can promote **teamwork** and **thinking on-the-go**, encourage **concentration, persistence, and self-discipline**, increase **self-esteem**, build **confidence**, and encourage **social interaction**.

**“This program helps the players in many aspects. The dynamic of this sport requires the players to be moving all the time chasing the ball, which helps with sensory issues and anxiety. Then there is the socialization part, it is a team building sport that encourages the players to communicate, and build trust in each other. Oh yes, not to mention, they learn to play a fantastic sport!” – the Cunico Family**



**Location:** Davis Drive Fields

**Days:** Saturdays (August 10; August 24; September 7 September 21; October 5; October 19)

**Time:** 9:30 am - 10:30 am

**Ages:** 7 to 18 years old

**Cost:** FREE

**For more information about HEART registration, contact Martin Rodriguez-Arispe with CASL.** Phone: 919-835-3951 (ext. 133)  
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