



[Purchase tickets TODAY!](#)

CASL Office is now operating on its winter hours. The office will be open Monday, Tuesday, Thursday, and Friday from 11am – 4pm.

[Concussion Information](#)



CASL Calendar

November 22-24

VisitRaleigh.com CASL National Soccer Series: Men's Showcase

November 30

Youth Sports Day at NC State Football Game

[Purchase \\$15 Tickets HERE](#)

Promo code: Together

December 6-8

NCAA Division I Women's College Cup

[Purchase tickets TODAY!](#)

VisitRaleigh.com CASL National Soccer Series: Women's Showcase

January 11, 2014

[CASL Play 4Kay 4v4](#)

Register your team today – youth and adult teams welcome!

CASL Camps and Academies

High School Girls Winter Training Series: [Register Today](#) and prepare yourself for the high school soccer season
12 sessions/\$120



CONNECTION

November 18– November 24, 2013

CASL Two Weeks Away from Winning a \$2500 Grant!

We Still Need Your Participation

Over the past two and half months, many of you have taken the Liberty Mutual Responsible Sports Coach or Parent Quiz and credited your quiz point to Capital Area Soccer League. Each point gets us closer to bringing home a \$2500 community grant. The quiz has gotten even easier now, as you can bypass the reading portion and jump straight to the quiz! The question will light up green when you have selected the correct answer. There are only 10 questions. Please take a few minutes to take the quiz below and credit your quiz point to CASL – every point counts. Don't forget to verify your email address after you take the quiz in order for CASL to get credit for your quiz point. The quiz is only open through the rest of the month. Feel free to ask family and friends to take the quiz or post to your social media accounts!

Coach Quiz: <https://responsible-sports.libertymutual.com/programs/grant/coach-quiz>

Parent Quiz: <https://responsible-sports.libertymutual.com/programs/grant/parent-quiz>



Typhoon Haiyan Relief

We have received a few inquiries about ways that people can support the Typhoon relief efforts in the Philippines. As a club, we have decided to

listen to the experts who say that at this point in the relief efforts, cash donations are the most helpful. A host of organizations are out there as options for ways to support relief. Even CASL's sponsor, [Soccer.com](#), has designed a special shirt you can order and 100% of your purchase will go to support Typhoon Haiyan Relief via the American Red Cross. [CLICK HERE](#) for a list of many other ways to support relief efforts including text to give campaigns and traditional donation outlets to organizations. Wherever you give, just be sure to vet the organization you choose to give to and do some research if you have a preference of how your donation is used. [CharityNavigator.org](#) is a great place to start to understand more about charities collecting funds specifically for the typhoon relief efforts.



CASL Play 4Kay 4v4: Registration Continues

A few teams have already signed up for the registration early for this year's Play 4Kay 4v4 charity soccer event on January 11, and we hope you will put together a (youth or adult) team and help support this great cause. **100% of proceeds will benefit the Kay Yow Cancer Fund®.** [CLICK HERE](#) to learn more and register your team today!



Team Name: CASL Wake Forest United Blue U-13 Boys

The CASL Challenge team walked away with two tournament championships and an 8-0 tournament record this fall. In August they traveled to Asheville where they faced off against four Classic teams at the Riverside Summer Shootout. They brought home the Championship and an outstanding goals for:against ratio scoring 9 goals and giving up only 1 goal in the entire tournament. In October, they played in the Columbus Day Classic Tournament in Cary where they again won all four games and let up only two goals during the entire tournament. Offense was also hard at work scoring 12 goals in 4 games. Congratulations and good luck to the boys in 2014!



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