



[Register your 4v4 team today and help us end women's cancers.](#)



[CASL & WakeMed Healthy Families Campaign](#)

Did you know that sweating is the process to cool off your body? Staying properly hydrated can replenish sodium chloride and potassium lost during play to maximize your performance!

[CASL Combines](#)

[Boys College Combine](#)

Saturday, January 25

[Girls College Combine](#)

Saturday, February 15

[CASL Winter Camps and Academies](#)

[High School Girls Winter Training Series](#)

[Register Today](#)

[Winter Youth Technical Academy \(U11-U14\)](#)

[Register Today](#)

[Winter Goalkeeping Distribution School](#)

[Register Today](#)



CONNECTION

December 16 – December 22, 2013

29 Teams Join the Fight against Women's Cancers

The teams are starting to stack up and create some competitive 4v4 brackets for this year's [CASL Play 4Kay 4v4 Charity Soccer](#) Event set for January 11. Remember, **100% of proceeds from this single day soccer event will benefit the Kay Yow Cancer Fund**®, which provides much needed financial support to research on women's cancers. Clubs from across the state are joining the fight including teams from Wake FC and Twin City Youth Soccer Association. You can check out all the registered teams [here](#).

During the event, we will also be holding a **silent auction** to benefit the Fund. We've already secured items for auction from the [Carolina Hurricanes](#), the [Carolina RailHawks](#), the [Carolina Mudcats](#), [The \(bowling\) Alley](#), and [Wasserman Media Group](#) and more will be announced soon. Vendors, like [Dragonwing Girlgear](#), will also be on site donating a portion of their sales back to the Fund as well. We hope you will join us, either as a participant or a fan, in the fight against women's cancers.



CASL Wins \$2500 Community Grant

You have received countless emails, social media updates, and word-of-mouth requests over the past few months to take the [Liberty Mutual Responsible Sports Parent or Coach Quiz](#). Well, your willingness to take the quiz has paid off, as it was just announced that CASL is a winner of the national grant competition! Thanks to everyone who participated as these funds will go a long way to improve CASL's programming. We will be participating in other competition grants down the road, so keep an eye out for more ways you can help!



CASL Scholarship Raffle Drawing set for this Friday

Due to amazing job of CASL families and teams in selling raffle tickets, we are expecting more raffle tickets to be turned in this week. In an effort to include as many people who are supporting CASL's scholarship fund, we are postponing the drawing until Friday, December 20. The drawing will take place at 2pm. [Click here](#) to see the full list of raffle prizes that will be awarded on Friday.

CASL U12 Classic Teams Stuff Stockings for Area Children

All five CASL U12 Classic Teams (Junior Ladies, Elite Ladies - *pictured*, Premier Black Ladies, Premier White Ladies, and Premier Red Ladies) came together for a common cause this holiday season. Through the Salvation Army's Christmas Cheer program, the teams filled stockings with goodies to be distributed to area children in need of some holiday cheer. More pictures and information will be included in a [CASL Blog](#) post this week!



Name: Damon Nahas

Recognition: CASL Technical Director and ECNL Coach

CASL's Damon Nahas just returned from a two week U.S. Women's National Team Camp. Nahas joined the full U.S. Women's National Team and staff for the camp in Carson, CA. He was tasked to run daily technical sessions for the team. Nahas is becoming a regular on the national soccer scene as he spent time training the U.S. Women's National Team earlier in the fall at another national team camp. All of this technical training will help prepare the U.S. Women's National team for their match-up against Canada on January 31.



Stay connected with CASL - get information first through [Facebook](#) and Twitter (@caslnc)
Newsletter contact: Katharine Kelley, Director of Relations (katharine.kelley@caslnc.com)