



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



### [CASL & WakeMed Healthy Families Campaign](#)

Did you know that eating right can help you develop stamina, improve athletic performance, and recover quicker from injury?

Check out all of these MUST HAVE vitamins and minerals.

### [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](#)

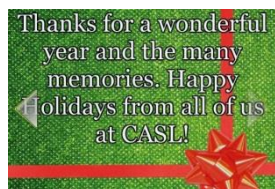
#### Winter Goalkeeping Distribution School

[Register Today](#)



# CONNECTION

December 23 – January 5



We hope you and your family had a wonderful Holiday and that you have a great start to the New Year!

[Click here](#) to enjoy a look back at 2013.

### Registration Deadline for the Play 4Kay 4v4: January 3

We've got **44 teams** registered for the inaugural [CASL Play 4Kay 4v4 Charity Soccer](#) event. Of the 44 teams that have signed up so far, CASL has a great presence across the U8-U18 age groups, but many other clubs are joining in the fight against women's cancers. Teams from Sanford Area Soccer League, Twin City Youth Soccer Association, Wake FC, and Cape Fear Soccer Club will be travelling to Raleigh for this cause driven soccer event. We also had our **FIRST ADULT CO-ED** team sign up – so round up your friends and come out! **100% of proceeds from this single day soccer event will benefit the Kay Yow Cancer Fund®.**

The **silent auction** items are starting to come into the office. An auction will be held on site at WRAL Soccer Center to augment funds raised through this event. The [Carolina Hurricanes](#) just shipped over a 2013-2014 Team Signed Replica Stick while [the Carolina Mudcats](#) are offering box seats through the auction. More items are continuing to be donated by generous community partners. The event is just a few weeks away, and we are excited for the opportunity to use youth soccer as a stage to raise awareness and funds to support such a worthy cause.



### Looking for a non-profit organization for last minute year-end giving? Consider donating to CASL

We have set up a [secure giving page](#) on the reputable [CrowdRise](#) fundraising platform. The focus of this fundraising campaign is to support CASL's Community Outreach efforts, which aim to open up the game of soccer to underserved populations who may face economic, physical, or intellectual challenges. CASL serves approximately 1000 youth through the various programs each year. Some highlights include the HEART program which offers weekly soccer practices and games to youth with intellectual disabilities, the Friendship Cup allows community teams to be formed and play a single-day tournament at no cost to families or teams, and collaborations with local community centers (e.g., Peach Road, Method Road) to provide positive after-school outlets for youth. All donations are tax-deductible, and CrowdRise will send you a tax receipt confirming your donation for your records. Thank you for considering donating to CASL's Community Outreach!



#### Name: Capital Area RailHawks Academy

Recognition: Community Service and Engagement

The Capital Area RailHawks Academy program is

dedicated to being a positive, active group of young men in our community. This past fall, the Academy teams hosted a Chevy/US Youth Soccer Clinic, participated in the Color Me Rad 5K to benefit NC Special Olympics, and participated in the F.A.S.T. Friends for Austin Wellness Walk. The Wellness Walk raised \$43,000 and the Academy was responsible for \$3000 of those funds! Thanks to the Academy teams for setting such a great example for our younger players and for being good stewards in our own community.



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