

Dear Carolina FC Members -

Looks like we will be stuck at home a little longer. I hope everyone is healthy and staying well both physically and mentally. Wanted to give you an update for this week. We have a new calendar for workouts this week, begin our Skills Challenge, have added some videos to our YouTube channel and have some fun things for the kiddos this week.

REMOTE SOCCER TRAINING

Week 2 of our Remote Training Program includes some new workouts and we will also begin our club-wide skills challenge. Please see the updated Carolina FC Remote Training Program for this week attached to this email. You can also access it by clicking [here](#). In it, you will find the new calendar with video links and exercises that you can do on your own, at home, so that you can become a better soccer player while you are away from the club!

We have new videos on our Carolina Football Club YouTube channel that you can access at anytime from anywhere. A weekly update has been posted and all technical and speed and agility sessions are posted there. Click [here](#) to access the Carolina Football Club YouTube channel. You can find the workout videos in the playlist section. Be sure to subscribe!

SKILLS COMPETITION

Thanks to Coach Halkett for putting together the Face2Face Skills Challenge. Go to www.soccerskillschallenge.net more information. Go ahead and get your scores recorded today. Check out the rules and keep recording your scores throughout the week. We will have prizes for those that show the most improvement. Stay tuned for more information!

FOR FUN

*Don't forget that the Carolinas' Champions League will be hosting an online FIFA tournament on Saturday, March 28th. The entry fee is \$1. All proceeds will go towards the Global Giving Coronavirus Relief Fund. For more information and a link to registration, please click [here](#).

*Our friends at Dick's Sporting Goods are having some pretty good sales with 40% discounts on boredom busters and 25% off all Nike gear. Click [here](#) to check it out.

*If you are looking for something fun to watch, All The Goals of the 2018 FIFA World Cup Russia is free to Amazon Prime members. "Becoming Champions" is a good soccer series on Netflix.

That is about all for now! Let us know if you have any questions!