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## **Carolina Strategies to Provide Sport Psychology Training for Elite Youth Soccer Players**

CARY, NC – Carolina Strategies and the North Carolina FC (NCFC) Development Academy announce a partnership to bring Sport Psychology skills to the best youth soccer players in the Triangle. Starting this Fall in its inaugural season, all NCFC Boys Development Academy and NC Courage Girls Developmental Academy teams will receive training from Dr. Bradley Hack and Dr. Erica Beachy of Carolina Strategies to ensure that Academy players learn the same mental skills that enable collegiate and professional athletes to compete at the highest level.

“We believe strongly that the mental game is a critical aspect of athlete development,” says John Bradford, NCFC Boys Academy Director. “Teaming up with Carolina Strategies gives us the edge we need to make our teams even more competitive as we create the next generation of the nation’s top soccer players.”

Development Academy players will participate in team workshops throughout the year to improve team cohesion, leadership, and communication skills. They will also learn strategies, both individually and as a team, to manage distractions, deepen their in-game focus, and grow their confidence as young men and women.

“The kids who have risen to the highest level of their sport are incredibly talented,” says Dr. Bradley Hack of Carolina Strategies. “Now, comes the fine tuning, the nuances that separate the athletically gifted from the most successful. Everything from team dynamics to managing adversity can make or break a team. NCFC is truly a

progressive organization, to incorporate mental skills training in their top notch Academy program.”

“For our Girls Academy Program to have Dr. Beachy and Dr. Hack work with our players is something we couldn’t be more excited about,” said Sean Nahas, NC Courage Girls Academy Director. “The mental side of the game is such a major piece of the puzzle for player development and we felt this would be an important addition. Working with Carolina Strategies will assist in providing our players the best development opportunities possible, both on and off the field.”

*About Carolina Strategies:*

Carolina Strategies is one of the country’s leading Sport Psychology practices. Founded by Dr. Bradley Hack in Cary, North Carolina, Carolina Strategies serves individuals and teams from youth sports to the professional ranks. Since 2001, Dr. Hack has provided Sport Psychology for the Athletic Department at the University of North Carolina. In addition to his work with Division I athletes, he has also worked with professional teams and athletes from the NFL, NBA, NHL, MLB, PGA, NASCAR, WNBA, USWNT, as well as members of the 2000, 2004, 2008, 2012, and 2016 U.S. Olympic teams. He also serves as a treating clinician for the NFL’s Substance Abuse Program. Dr. Hack was recently elected by his peers to be the President of the American Psychological Association’s Division of Sport Psychology.

*About the NCFC Development Academy:*

The NCFC Development Academy is comprised of a boys (NCFC) and girls (NC Courage) program that are part of the U.S. Soccer Development Academy. The U.S. Soccer Development Academy was founded in 2007 to offer elite players the best platform for youth soccer development. In 2017, the Development Academy expanded to offer the girls program. To learn more about the NCFC Development Academy, [click here](#).