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About NC Fusion

Last year was a time of change and unification at North Carolina Fusion, as Twin City Sports Association came together with Greensboro United Soccer Association. The organization has gone through some significant staff and program changes, but has united under the new mission of the Fusion Way and the core values of Trust, Humility, Development and Community.

As North Carolina Fusion, we will strive to provide a Triad-wide community-based program that operates at an elevated level, full-service sports organization. By collaborating to align our philosophies, our focus will be on instilling a culture of development to improve our staff, players and programs. We believe that NC Fusion can create the most positive environment when all stakeholders (players, coaches and parents) have positive relationships between them.

We want to thank all of our membership and our advertisers in the annual NC Fusion Sports Guide that helps support our mission and allows many players to participate in our programs who would be unable to otherwise. Please join us in the future in supporting youth sports!

For more information about our sports programs, please visit our website www.ncfusion.org

Sincerely.

Scott Wollaston,
Executive Director
NC Fusion

NC FUSION STAFF MISSION

WHAT WE DO?
Our aim is to provide progressive coaching and programs that help players improve their:
• Knowledge and enjoyment of the game
• Emotional wellbeing and physical health
• Personal relationships

WHY WE DO IT?
We exist to provide experiences through sport that positively impact players, families and staff for life.

HOW WE DO IT?
We’ll achieve our objective by striving to create a culture committed to empowering our players and the wider community we serve through a commitment to continually improving all that we do.

OUR VISION
To be the model or “exemplary” sports club in North Carolina.

CORE VALUES IN ACTION
TRUST
We believe in the players best interest at heart.

HUMILITY
We believe in acknowledging that we are not yet where we want to be.

DEVELOPMENT
We believe we can always improve.

COMMUNITY
We believe in the power of relationships that are created through sport.
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The NC Fusion Foundation utilizes the power of soccer to connect with refugee and under resourced children of all ages and abilities. We create a community wide culture of support that offers multiple pathways for players to be successful on the field, at home, in the classroom and in the community.

Our Saturday Soccer and tutoring programs are located in one of Greensboro’s 14 food deserts. We serve over 100 meals each week to our participants.

Servant leadership is at the heart of all we do and our players volunteer and work in the community in a variety of programs.

Each year hundreds of volunteers dedicate over 2500 hours of service to help maintain our free programs for participants.

We provide local schools, community organizations and families with thousands of articles of clothing, school supplies, athletic equipment and other necessary items.

AFTERSCHOOL SOCCER
180 sessions serve 250 participants from Title I elementary and middles schools, the Boys and Girls Club and other local non-profits.

SATURDAY SOCCER
80 children participate in the weekly 2.5 hour sessions that provide soccer training and lunch from March through November.

SUMMER CAMPS
Over 700 kids will participate in one of the camps we offer each summer in partnership with local organizations.

SOCNER & STUDIES
25 kids attend biweekly sessions that include tutoring, academic enrichment, physical activities and dinner throughout the school.

SOCER CLUB ASSISTANCE
The Foundation supports two or more recreation teams each year and helps provide fundraising opportunities for dues assistance.

MENTORING & LEADERSHIP
A cohort of 20 high school students will become certified referees and receive a year long mentorship.

CONTACT US FOR MORE INFORMATION ABOUT HOW YOU CAN HELP.
SARI ROSE | DIRECTOR | SROSE@NCFUSION.ORG OR 704-574-4374
US Youth Soccer TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities, organized by NC Fusion volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl who has a mental or physical disability. Our goal is to enable the thousands of young athletes with disabilities to become valued and successful members of the US Youth Soccer family.

In an effort to bring kids together, both with disabilities and without, our TOPSoccer sessions are centered around the interactions between Athletes and Buddies. Children have a chance to play in whatever manner they choose at the start and then come together for a game. TOPSoccer is open to any child age three or older, regardless of diagnosis or ability.

Greensboro TOPSoccer: Proehlific Park
Winston TOPSoccer: Forsyth Country Day School
For more information: 336-997-2137
NC Fusion offers a variety of soccer programs for players of all ages and abilities across the Triad. Whether looking to enjoy the sport at the grassroots level or aspiring to become a professional, NC Fusion has the ability to provide access to all those opportunities. Families are able to choose a program that meets the developmental needs of the player as well as their commitment level.

Parents can compare the training opportunities, potential travel and costs to players on our website: https://soccer.ncfusion.org/program-overview
NC Fusion Administration

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- **Craig Cage**
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  cgage@ncfusion.org

- **Jason Remine**
  Jr Academy Asst Director
  jremine@ncfusion.org
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6105 Townsend Road, Bryan Park, NC

Bryan Park is the home of Greensboro United and is undeniably one of the most beautiful soccer venues in the United States. The 17 immaculate Bermuda grass fields are for game use only so they maintain a fantastic surface. The Bryan Park Complex is a destination facility that is cared for by the staff of the award winning Parks and Recreation Department of the City of Greensboro.

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2017 & 2018 Host of the USYS REGIONAL CHAMPIONSHIPS
2018 Host of the US Development Academy Girls Showcase
2018 Host of the USYS National Showcase
2020 Host of the ECNL National Playoffs
**NC Fusion Tournament Series**

### Labor Day Shootout: August 31 - September 1, 2019

**Age:** 11u - 19u Boys and Girls  
This year’s event features USYS, SAY, AYSO and US Club teams from USDA, ECNL, Regional Premier League, Premier, Elite, Classic and Select. An average of 250 plus teams from North Carolina and 6 surrounding states in the ages of u11-u19 Boys and Girls.

### Adidas Clash: November 8-10, 2019

**Age:** 8u - 19u Boys and Girls  
Accepting teams sanctioned by USYS, SAY, AYSO and US Club teams from Premier, Elite, Classic, Select and Recreation. The Adidas Clash features over 300 teams from North Carolina and 8 surrounding states. Boys games will be played in Greensboro and the girls games will be in Winston-Salem.

### Southern Soccer Boys Showcase: February 22-23, 2020

**Age:** 11U-19U  
Accepting USDA, ECNL. Premier League, Elite, Classic and Select teams that are sanctioned by USYS, SAY, AYSO and US Club. All games are scheduled around top-level collegiate games to provide players a chance to watch the college games and give college coaches a recruiting opportunity.

### Southern Soccer Girls Showcase: March 27-29, 2020

### TwinsFest: April 17-19, 2020

**Age:** 11u - 19u Boys & 11u-15u Girls  
This tournament is appropriate for Recreation, Select and Classic teams that are looking for a great environment to play soccer! All games will be played at BB&T Sports Park in Winston-Salem, considered one of the finest facilities in the Southeast.

### Wrangler/McDonald’s Tournament: May 16-17, 2020

**Age:** 8u-19u Boys & Girls  
This year event will be accepting teams from USDA, ECNL, Regional Premier League, Premier, Elite, Classic and Select that are sanctioned by USYS, SAY, AYSO and US Club teams. The Wrangler McDonald’s features approximately 300 plus teams from North Carolina and 8 surrounding states.
Go NC Fusion

Keeping you focused on the ball.

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and Associates

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TWO MINUTES FROM SMITH SOCCER COMPLEX!
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(336) 722-3709

1916 Hendersonville Rd.
Asheville, NC 28803
(828) 651-4462

5256 Robinhood Village Dr.
Winston Salem NC. 27106
(336) 922-1133

6 Weaverville Blvd., Ste. B
Weaverville, NC 28787
(828) 658-6990

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Southgate Plaza
Thomasville, NC. 27360
(336) 475-0171

NEWEST LOCATION
190 N.C. Hwy. 801 N.
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In addition to hair services and our own custom line of kid-centric chemical free hair products, we have toys and games, fun theme chairs and a private party room you can customize the celebration of your dreams.

No need for an appointment, come in for a trim today!

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Saturday: 8 - 5 Sunday: 12 - 5

OR

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336-997-8981
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Saturday: 8 - 5 Sunday: 12 - 5

**$2.00 off a full haircut**

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PROUD SPONSOR
Saturday Soccer and Soccer and Studies
Nutrition: Eat Healthy, Play Healthy!
By: Keri Jones, MS, LAT, ATC

From a physical aspect, soccer requires high-intensity efforts of strength, endurance, speed and agility. Per the US Soccer Federation’s “Recognize to Recover” program, soccer players can fuel these high-energy needs by properly fueling their body; “nutrition is important to recover and protect against overuse injuries. A good diet and the right nutrition can support intensive training while limiting the risks of illness or injury.” Because every player’s body is built differently, there is no magic equation when it comes to nutrition for soccer players at the various levels of play. The best place to start is by learning (and putting into practice) the basics of healthy eating and then exploring your own individual needs from there. No matter your age, level of play or where you are in your season, the following nutrition guidelines are a safe bet for soccer players per the NCAA:

- **Eat minimally processed foods.** Limit sugary drinks, cookies/cakes/candies, whitebread, white pasta and white rice as well as processed deli meats, fast food, butter, fried foods and whole-fat dairy foods.
- **Eat a rainbow.** Choose a variety of colors and types when it comes to whole fruits and vegetables.
- **Make good protein choices and include with every meal.** Choose from lean cuts of fresh meat, fresh fish, protein-rich animal products such as milk, cheese, eggs and yogurt or protein-rich vegetable products such as tofu, soy, legumes and nuts.
- **Choose healthy fats.** Include healthy fats such as olive oil, flaxseed, high in omega 3 fish choices, avocados, peanut butter, nuts such as almonds or cashews and seeds like sunflower, pumpkin or sesame.
- **Choose Whole-Grain Carbohydrates.** If you follow the above recommendations, you will be naturally consuming “good” carbohydrates. To wisely add to that, choose whole grain foods such as brown rice, whole wheat pasta, oatmeal or whole grain cereals like Cheerios.
- **Eat breakfast every day.** This is especially important on training or game days. You need to jump start your metabolism with a healthy mix of protein, carbohydrates and fluids.
- **Don’t skip meals.** Another very important practice for active individuals. You need to properly fuel your body for all the energy it will burn through while you are performing at your best.

Sources:
2. NCAA’s Nutrition for the Soccer Student-Athlete – [www.ncaa.org](http://www.ncaa.org)
Scott Zapko, general manager for both the men’s and women’s North Carolina Fusion U23 teams, is a familiar presence at Macpherson Stadium.

“I’ve been with the club for 19 seasons,” he says. That history allows him a long-term view of where the program is going. Last year’s merger between the N.C. Twins and Greensboro United Soccer Association provided the link to the clubs’ youth soccer organization and the U23 Path to Pro men’s and women’s clubs.

“I think it’s good,” he says of the 2019 Dynamo-to-Fusion merger. The U23 clubs are part of the US League 2 organization.

The merger will also help young players grow up playing and learning in the Fusion organization, from recreational and discovery academies up through the elite travel teams. Young players are able to watch some of the nation’s top college players and interact with them.

Want to know more?

Players practice and play home games at Bryan Park’s Macpherson Stadium, 6105 Townsend Road, Bryan Park, NC. Current NC Fusion players may attend games for free if they are in uniform. Adult tickets are $7.

The concession stand sells pizza, popcorn, snacks, soda and Natty Greene’s beverages. Sales benefit the NC Fusion Foundation.
Host a future pro soccer player

If you’re looking for the chance to become more active with NC Fusion, U23 GM Scott Zapko suggests offering a room to a Path to Pro player for the 2020 summer season.

Players move into host homes for the eight-week summer season, early May through mid-July, and become part of their host families’ lives. The bonds players form with their host families is amazing, Zapko says. “The most humbling part of the job is to see host families open their homes,” he says. “It’s a leap of faith and it’s unbelievable.”

Host families are offered season passes to games in exchange for housing and meals.

FAQ about hosting

Q: What am I responsible for and how does it work?
A: Your NCF U-23 player will be part of your family! A bed, meals, and a little support from a family while they are away from their hometown is all they need.

Q: How long do they stay?
A: Mid-May through mid-July, depending on the season.

Q: What if it’s not a good fit?
A: Just contact NC Fusion U23 management and other arrangements will be made for that player.

Contact Scott Zapko, szapko@ncfusion.org, for details.

Where are they now?

More than 15 U23 NC Fusion players competed this summer in the MLS or USL:

**MLS**
- Luis Argudo
  Columbus Crew
- Brandt Bronico
  Chicago Fire
- Gianluca Busio
  Sporting KC
- Warren Creavalle
  Philadelphia Union
- Sean Davis
  New York Red Bulls
- Sebastian Ibeagha
  New York City FC
- Clint Irwin
  Colorado Rapids
- Daniel Lovitz
  Montreal Impact
- Shea Salinas
  San Jose Earthquakes

**USL**
- Brian Anunga
  Charleston Battery
- Jon Bakero
  Phoenix Rising FC
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NC Fusion Field Hockey has recreational and competitive programs for girls in the Piedmont Triad Area, says director John Marshall.

After working with several key members of the local field hockey community, we feel that each of these programs are set up to accommodate both players who are new to the game and also experienced players who desire a competitive field hockey club environment.

Marshall says the goal is to implement a sustainable field hockey program and provide varying levels of play across multiple age groups.

He says they are creating programs that are engaging and focused on developing players in a fun environment. He says the program is year round: a spring March to May season, summer high school in June and July, and fall is a developmental program because the all high school players are playing at school, and a winter indoor training program.

Want to play?

Contact Marshall at jmarshall@ncfusion.org or visit https://fieldhockey.ncfusion.org/ to view information and coach biographies.
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- 2004

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KEYERA WYNN (F), NORTH CAROLINA FUSION U-23 (Univ. of Maryland, Fr.)

DEFENSIVE PLAYER OF THE YEAR
MADISON HOWARD (GK), NORTH CAROLINA FUSION U-23
(Greensboro Day School, 2020)

COACH OF THE YEAR
RUSTY SCARBOROUGH, CAROLINA RAPIDS

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**WHEN** Registration opens Sept 2019 (check website & social media)

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Possible player participation at South Region ODP Camp (based on selection to attend)

*Team participation at in & out of state Sub-Regional events (based on selection to attend)*

**Possible team participation at ODP Regional Championships (based on selection to attend)**

**Events**
- **PLAYERS**
- **TEAMS**

NCsoccer.org/ODP
John Trice
Asst. TD - ODP
John@ncsoccer.org

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November 21st-December 9th
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NC Fusion Lacrosse offers recreational and competitive programs boys and girls. Programs begin at age 5.

Program brings lacrosse to Fusion

NC Fusion Lacrosse launched full throttle in August and it offers four levels of play for ages 5 through high school, according to Maxx Aiken, one of the boys directors.

Aiken says NC Fusion Lacrosse builds on a partnership with Piedmont Community Lacrosse Association (PCLA) to allow players to participate in Triad lacrosse clubs.

The path to success includes four levels:

**Level 4** is the base level. The goal is to support recreation and the growth of the sport in the Triad.

**Level 3** is run through the PCLA partnership and covers kindergarten through u15.

**Level 2** offers two seasons per year and is geared toward multi-sport players. Players u15 and under are encouraged to play at Level 3. Level 2 players are region-based (Central, East and West).

**Level 1** is a year-round program (full year commitment) operated by NC Fusion LAX for top-level players who represent the region.

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