

MY ODP EXPERIENCE

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The whole experience of ODP was fun because of the great staff and being on the soccer field 24/7 was fun but hard work! Andrew, Rich, and Moses were our coaches and they are great leaders. I achieved keeping and distributing the ball very well.

It all started when my trainer, David Barrett, recommended I try out for District try outs. I did very good in District tryouts and advanced to the next level State tryouts, held in Ripon. The team I played on was the NorCal B team; we played against teams including Hawaii, New Mexico, and Utah. It felt very exciting to play against teams from different states. ODP ended when I traveled to Oregon's Regional Camp.

I learned during ODP to never give up; if you lose the ball try to win back possession. Eat very healthy. There were a couple of sessions about nutrition and I suggest taking good notes so you know what to eat and what not to eat. Eating healthy is very important especially when you have upcoming games. Staying hydrated is also a key factor. Listen to all the criticism coaches and teammates give you and take the time to fix your mistakes for the next day. Fixing mistakes is simple, you just have to take the time to make a plan. After practice, or anytime you see your coach, you can also ask him how you can improve.

I loved meeting new people and making new friends. If you see someone alone introduce yourself. It's important to make friends because its part of the ODP program. By introducing yourself you show your other players how to make friends by example, so no one is alone. It was very exciting to meet people from different states. When you're there you just want to talk and meet everyone. I met new coaches and exchanged long conversations with them. Asking new people how their team did is a good conversation starter.

The experience was amazing and definitely worth it. I became a better futbol player because of it. I learned new techniques and formations which helped me have a better understanding for the game of soccer. Playing soccer is great, but the coaches also di other fun stuff with us like taking us out to eat and to the beach. A better player is in store for me and a more determined player I have become. ODP means so much to me. Playing soccer at the next level is exciting and challenging because of the competition. With all the talent Castro Valley I would definitely recommend ODP to others girls and boys throughout the club. I brought back discipline, new techniques, new friendships, and exciting stories to tell.