

TOWN of CARY

Parks, Recreation
& Cultural Resources

www.townofcary.org



SPORTS SPOTLIGHT

Oct/Nov 2011



Winter Youth Basketball - Changes for 2011-12!

Temperatures are dropping, the season is changing and so is Winter Youth Basketball. For the first time 9 years olds will play in the winter league. To accommodate that change there will be new age groupings and other changes to the league. Visit www.townofcary.org and search "Youth Athletics" today to view the registration packet which contains more information about changes to the league for the 2011-12 season and the registration process. Registration will be held October 3-23. The season runs late November through early March with practices beginning the week of November 28 and games beginning in mid December. The fee is \$44 for Cary residents, \$69 for non-residents.



Drills and Thrills Basketball Clinic

Halloween is not the only thing happening on October 31st. The Drills and Thrills basketball clinic (age 7-14) offers a great opportunity to brush up on your skills. Monday, October 31 (Green Hope Elem. School) from 9 a.m.-5 p.m., fees are \$45 (R) \$60 (N). Visit a Cary community center or EZ Reg Web to sign up today!



Have You Thought About Volunteer Coaching?

Coaching a youth sports team is an exciting and rewarding experience. It's an opportunity to teach not only the fundamentals of the game, but also good sportsmanship and team work. The lessons that kids learn in youth league sports will serve them throughout their lives and you could be a part of that. Each year parents and other adults in the community answer the call to be a volunteer coach. The great thing is that you don't have to be a professional/



college or even high school athlete to be a coach especially in the younger age groups. The Town of Cary offers coaching clinics and certifies all of it's youth coaches through the National Youth Sports Coaches Association. In addition to the certification process all youth coaches are required to undergo and pass a background check. So if you've ever thought about becoming a youth coach now is the time to get involved.

Email Tracey.Hedgpeth@townofcary.org for more information.

Looking for an Adult Sports Team?



Are you an individual who wants to participate on a basketball, softball or volleyball team? Add your name to the individual interest list. The list is distributed to the team captains and if they need extra players they may contact you. Email Tracey.Hedgpeth@townofcary.org to be added to the interest list. Be sure to indicate what sport you're interested in and your contact information.

CATCH A GAME OR MATCH!

Town of Cary Parks, Recreation
& Cultural Resources
(919) 469-4061

Visit www.townofcary.org for game schedules
Adult Basketball, Softball & Volleyball
Youth Baseball, Softball and Basketball

WakeMed Soccer Park

For more information:

(919) 858-0464

Visit www.townofcary.org for
a complete schedule of events.



Oct 1

Great American Cross Country Invitational

Oct 15

Carolina Railhawks Semi-final playoff match
www.carolinairailhawks.com

Oct 30

NCHSAA, 3A/4A Mid-East Regional Cross
Country Meet

Details: www.nchsa.org

USA Baseball National

Training Complex

(919) 387-5844

www.townofcary.org



Oct 1-2

Dynamic Baseball Tournament

Oct 8-9

North Wake Baseball Triangle Showcase

Oct 15-16

North Wake Baseball NC Bonanza

Cary Tennis Park

For more information:

(919) 462-2061

www.townofcary.org



Oct 1-3

STA Designated Bullfrog Tournament

Oct 14-16

Cary Fall Futures (NC Level 5)

Oct 19

Senior Appreciation Day

Oct 21-23

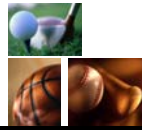
NC State Closed NTRP Championships

Oct 27-29

Girl's NCHSAA State Championships 1A & 2A

Nov 4-6

WWTA Harvest Adult Doubles Tournament
(hosted by WWTA)



Youth Sports Camps, Clinics and Classes..... Be Active This Fall!

Shorter days and cooler temperatures do not mean that you can't keep your kids active this fall. Cary Parks, Recreation and Cultural Resources offers a wide variety of programs that will keep your kids moving. Visit www.townofcary.org for more information on registration for these and many more great programs.

Pee Wee Sports- Basketball (age 3-5)

\$44 (R) \$57 (N) (4 classes)

54746 Thu Oct 13 – Nov 10 4-4:45 p.m.



Track Out Sports Camp (age K-5th grade)

\$140 (R) \$170 (N) (5 classes)

54770 Oct 10-14 8 a.m.-5:30 p.m.

Stretch-n-Grow Sports Adventure (age 4-7)

\$27 (R) \$35 (N) (3 classes)

54672 (Basketball) Tue Oct 11-25 4:45-5:30 p.m.

54673 (Soccer) Tue Nov 1-15 4:45-5:30 p.m.

54674 (Basketball) Tue Nov 29-Dec 13 4:45-5:30 p.m.

Fall Break Baseball Mini Camp (age 7-12)

\$60 (R) \$78 (N) (3 classes)

53887 Oct 17-19 8:30 a.m.-noon

53888 Oct 24-26 8:30 a.m.-noon



Tots/Aces Tennis Camps (age 4-8)

\$38 (R) \$45 (N) (5 classes)

55059 Oct 10-14 9-9:30 a.m.

55060 Oct 31-Nov 4 9-9:30 a.m.

55061 Nov 14-18 9-9:30 a.m.



Baseball Hitting Skills & Techniques (age 7-13)

\$20 (R) \$26 (N) (1 class)

53881 Oct 6 6-7:30 p.m. (age 7-9)

53883 Nov 12 1-2:30 p.m. (age 7-9)

53882 Oct 13 6-7:30 p.m. (age 10-13)

53884 Nov 12 3-4:30 p.m. (age 10-13)

Baseball Outfield Fielding Clinic (age 11-14)

\$40 (R) \$52 (N) (2 classes)

54453 Oct 22-29 9-10:30 a.m.

Baseball Infield Fielding Clinic (age 11-14)

\$40 (R) \$52 (N) (2 classes)

54454 Oct 22-29 11 a.m.-12:30 p.m.



Fall Break Softball Mini Camp (age 7-12)

\$60 (R) \$78 (N) (3 classes)

54451 Oct 17-19 8:30 a.m.-noon

54452 Oct 24-26 8:30 a.m.-noon



Goal! ACC Soccer Invades WakeMed

ACC Soccer is back! WakeMed Soccer Park will host the 2011 Men's and Women's ACC Soccer Championships in November. The Maryland Terrapins men's and Wake Forest Demon Deacons women's teams will be back to defend their 2010 titles along with the rest of your favorite ACC teams so come on out to see some exciting soccer and cheer on your favorite university!



November 4 & 6
Women's Championships



November 11 & 13
Men's Championships

www.casInc.com or call (919) 858-0464 for more information.

Focus on Fitness

Getting fit and eating healthy is a snap with the Town of Cary. Follow the links below to see how you can live a healthier life!

Visit www.townofcary.org
Parks, Recreation and Cultural Resources Page

Select "Programs & Classes"
Scroll to "Fitness & Wellness"

Select:

Open Gym Schedules
Sport Snack Game Plan
Camp Snack Game Plan
Pack a Healthy Lunch



Inclement Weather Field and Facility Conditions Know before you go!

Be sure to check the weather line or website prior to going to the field/gym. Even if it's sunny today, conditions from previous inclement weather may cause games and practices to be canceled. Information is updated at 3:00 p.m. Mon-Fri, 7:00 a.m. Sat and noon Sun.

Weather Line: (919) 319-4500
Website: <http://games.townofcary.org/>

COACH'S CORNER—Tip of the Month

Once you have taught the rules of the game to your team, there is a simple way to make sure that they don't forget them.



Have them tell you the rules. Spend a few minutes during each practice quizzing them. Make it fun. Additionally, you can teach and reinforce the rules of the game during drills. Source: www.breakthroughbasketball.com