

YOUTH SPORTS

Youth athletic programs are designed to provide a fun learning and growing experience for boys and girls. Youth can benefit from league play in baseball, softball and basketball, as well as a variety of sports camps/clinics in volleyball, baseball, golf, softball, tennis and basketball. These programs are designed to provide a competitive recreation opportunity that promotes fitness and well being to the participants through team and individual league play. The goals of the program include participation, skill development, sportsmanship and fun.

See the Concerts and Special Events section for athletic tournament and events.

Winter Basketball Registration

Winter Youth Basketball registration forms will be available after September 22. The program registration form in this brochure is not valid for this activity.

Oct 6-12

EZ Reg Web & Mail In Only

(Must be postmarked between Oct. 2-4 to receive priority. Do not mail prior to Oct 2)

All Cary residents

Nonresidents returning to the same league (mail in only)

Oct 13-19

EZ Reg Web, Mail In or Walk In

All Cary residents

Nonresidents returning to the same league (mail in only)

Oct 20-26

EZ Reg Web or Walk In Only

All Cary residents

All Nonresidents

Mailing address:

Cary Parks, Recreation and Cultural Resources
 Attn: Basketball Registration
 P.O. Box 8005
 Cary, NC 27512-8005

Walk-In Locations

Herbert C. Young Community Center

101 Wilkinson Ave.

Bond Park Community Center

150 Metro Park Dr.

Middle Creek Community Center

151 Middle Creek Park Ave.

Administrative Office

316 N. Academy St.



Youth Sports Philosophy....

Fun – Learning to play for the purpose of enjoying participation.

Participation – Providing equal opportunity for play.

Sportsmanship – Actively expanding the individual's social ability to demonstrate fair play.

Skill Development – Gaining expertise to expand the individual participant's potential through practice and play.

Winter Basketball (age 10-18)

Sports for girls and boys emphasize sportsmanship, skill development, participation for all players, and "fun". The season begins with practices in December and games begin in January. New players and players changing leagues are required to attend a skills review session prior to the season.

Fee: \$44(R) \$69(NR)

Girls

37467	Pixie	age 10
37468	Midget	age 11-12
37469	Bantam	age 13-14
37470	Junior	age 15-18

Boys

37471	Midget	age 10-11
37472	Bantam	age 12-13
37473	Junior	age 14-15
37474	Senior	age 16-18

Ages are determined as of October 15 of the registration year.

If you participated in Winter Basketball last year, a youth basketball registration form will automatically be mailed to you. If you would like to be added to the mailing list, call (919) 469-4062 or email your name and address to Tracey.Hedgpeth@townofcary.org. Registration forms are available after September 22.





BASKETBALL DRILLS

Basketball Drills and Thrills Clinics (age 7-14)

One day clinics that focus on individual fundamental drills and skills. Clinic will also include shooting contests and team play with prizes awarded. Participants should bring a snack, drinks and bag lunch.

Location: Herbert C. Young Community Center

Instructor: Networks

Fees: \$45(R) \$60(N)

37574	Oct 10	9 a.m.-5 p.m.
37575	Nov 3	9 a.m.-5 p.m.
37576	Jan 26	9 a.m.-5 p.m.
37577	Feb 16	9 a.m.-5 p.m.

After School Junior Golf Clinic (age 7-16)

Designed for all junior golfers. The clinics will cover the fundamentals of the full swing and short game. Club control, body control, ball control, putting, pitch and run, and standard pitch and bunker shots will be covered.

Location: Lochmere Golf Club

Instructor: TBD

Fees: \$60(R) \$80(N)

37580	Mon-Fri	Sep 15-19	4-5 p.m.
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OPEN GYM

The Community Center gyms are open for a variety of activities year-round. Specific times are set aside for each age group. Call any Community Center for a schedule of dates and times: Bond Park Community Center (919) 462-3970; Herbert C. Young Community Center (919) 460-4965; Middle Creek Community Center (919) 771-1295. Adult open gym may be limited to Cary Residents only during periods of high participation. Passes can be purchased and used at any of the three Centers. A parent must sign the waiver for purchase of youth or teen passes.

Youth

	Resident	Nonresident
One Visit	\$4	\$6
5 visit pass	\$10	\$20
15 visit pass	\$15	\$30

Adult

	Resident	Nonresident
One Visit	\$4	\$6
5 visit pass	\$15	\$25
10 visit pass	\$20	\$40
25 visit pass	\$37.50	\$75
Seniors(55+)	FREE	

Volunteer Coaches

Cary Parks, Recreation & Cultural Resources relies on volunteer coaches for the organized youth athletic leagues. Coaches must be available for weekly practices and games. Each coach is required to be certified by the National Youth Sports Coaches Association. It is important that coaches teach sportsmanship as well as specific sport skills. Anyone interested in coaching any sport should contact the Parks, Recreation & Cultural Resources athletic staff, during regular working hours to discuss their coaching interests.

Youth Sports Quick Reference Chart

Sport	League/Age	Registration	Season (subject to change)	Play Days/Nights
Baseball	Age 6-18	Feb 2 - 22, 2009	Late Mar - Jul	Daily
Softball	Age 8-16	Feb 2 - 22, 2009	Late Mar - Jul	Daily
Basketball	Age 5-9	Jul 13 - Aug 1, 2009	Sep - Nov	Mon - Fri (some Sat)
	Age 10-18	Oct 6 - 26, 2008	Dec - Mar	Daily

ADULT SPORTS

Cary Parks, Recreation and Cultural Resources is committed to offering the adults of Cary and surrounding areas well structured, supervised and enjoyable athletic league programs. We stress participation for the promotion of physical and mental well being. These programs are designed to provide a competitive recreation opportunity that promotes fitness and well being to the participants through team and individual league play. Adults can participate in softball, basketball, tennis and volleyball. The goals of the program include participation, sportsmanship and fun.

See the Concerts and Special Events section for athletic tournament events.

Basketball

Code	League	Registration Dates	Fees
35890	Men's Open	Aug 25-28	\$450/team
37475	Adult 35 & Over	Jan 5-8	\$450/team

(add \$25 per each nonresident team member)

Volleyball

Code	League	Registration Dates	Fees
35887	Fall Coed	Aug 4-7	\$215/team
35889	Fall Men's	Aug 4-7	\$215/team
35888	Fall Women's	Aug 4-7	\$215/team

(add \$25 per each nonresident team member)

Adult Golf Clinics (age 18 & up)

Swing Fundamentals

These clinics are designed to build a solid foundation based on golf swing fundamentals, beginning with the preswing fundamentals and working into the full swing. Club control, body control and ball control will be covered.

Location: Lochmere Golf Club

Instructor: TBD

Fees: \$70(R) \$90(N)

35857	Tue,Thu	Sep 2-11	6-7 p.m.
37581	Tue,Thu	Sep 16-25	6-7 p.m.



ADULT GOLF CLINIC

Adult League Registration

Registration is accepted from teams only.

Team priority for registration is as follows:

1. Teams comprised of all Cary residents.
2. Teams comprised partially of Cary residents.

Team registration packets are available at the Parks, Recreation and Cultural Resources office 1 month prior to each season with the specific dates and times to be announced. Packets include general information, roster/waiver form and a team entry form. The completed packet must be returned during the specified dates.

Team fee is due at registration. Completed rosters and any nonresident fees (\$25 per each nonresident on the roster) will be due after the first week of practice. Registration fees are subject to change.

Individual Interest List

If you would like to play, but do not have a team, please call (919) 469-4062 to be added to the interest list. Often teams need additional players and may draw from this list.

Inclement Weather Procedure



In case of inclement weather, a decision regarding games will be made by the Athletic Staff. Information will be on the Town website at townofcary.org/tupage/recreation.htm then click Athletic Program Status. A recording will also be on the Athletic Game Cancellation Line of 24-hour Town Hall. To access 24-Hour Town Hall call (919) 319-4500 and press 505 for the Cancellation Line. Updates are made at 3 p.m. each weekday, 7 a.m. on Saturday and 12 p.m. on Sunday. If a decision is made after these times, it will be made at the facility by the officials.

WAKEMED SOCCER PARK YOUTH SPORTS

Running Clinic at WakeMed Soccer Park (age 10-17)

WakeMed Soccer Park is offering a two hour running clinic. The clinic is designed for cross county and track: beginning, intermediate and advanced runners.

Location: WakeMed Soccer Park
Instructor: Roger Collins
Fees: \$15(R) \$20(N) (1 class)
 37558 Sun Sep 21 1-3 p.m.

Lacrosse Clinic at WakeMed Soccer Park (age 8-14)

WakeMed Soccer Park is offering a 1 day Lacrosse Clinic for youth ages 8-14 years. This clinic is designed for entry level or new players to the sport. Participants will learn basic fundamentals of the sport.

Location: WakeMed Soccer Park
Instructor: Nick Holota
Fees: \$15(R) \$20(N) (1 class)
 37557 Sat Sep 20 1-3 p.m.



SOCCER CLINIC

Town of Cary/RailHawks Soccer Clinics at WakeMed Soccer Park (age 5-14)

WakeMed Soccer Park is offering soccer clinics for youth ages 5-14 years. The Town of Cary is partnering with the Carolina RailHawks to conduct these clinics. RailHawk players will be instructing the clinics, focusing on the basic fundamentals of the sport. Each participant will receive a free pass to get into that night's RailHawks match.

Location: WakeMed Soccer Park
Instructors: Carolina RailHawk Players
Fees: \$15(R) \$20(N) (1 class)
 37543 Sun Sep 14 1-3 p.m.
 37544 Sat Sep 20 9-11 a.m.

Registration Dates:

July 28 Cary Resident – EZ Reg Web, EZ Reg Mail-In, EZ Reg Phone
August 4 Cary Resident – EZ Reg Walk-In
August 11 Nonresident – Any EZ Reg Method

SPORTS

PICK UP YOUR COPY OF OUR BROCHURES AT ANY TOWN OF CARY COMMUNITY CENTER.

LOOK FOR OUR WINTER SPRING BROCHURE IN NOVEMBER 2008

- THE TOWN OF CARY PROGRAM BROCHURE
- TEEN SCENE BROCHURE
- SENIOR BROCHURE (50 +)



Sport	League/Age	Registration	Season	Play Nights (subject to change)	
Adult Basketball	35 and over	Jan 5-8, 2009	Feb - Apr	Tue, Thu, and Sun evenings	
	40 and over	May 18-21, 2009	Jun - Aug	Tue, Thu, and Sun evenings	
	Open	Aug 17-20, 2009	Oct - Dec	Tue, Thu, and Sun evenings	
Men's Volleyball	Spring	Feb 23-26, 2009	Late Mar - Late Jun	Tue and Thu evenings	
	Summer	Jun 1-4, 2009	Jul - Early Sep		
	Fall	Aug 3-6, 2009	Sep - Nov		
Women's Volleyball	Spring	Feb 23-26, 2009	Late Mar - Late Jun	Tue and Thu evenings	
	Summer	Jun 1-4, 2009	Jul - Early Sep		
	Fall	Aug 3-6, 2009	Sep - Nov		
Coed Volleyball	Spring	Feb 23-26, 2009	Late Mar - Late Jun	Mon and Wed evenings	
	Summer	Jun 1-4, 2009	Jul - Early Sep		
	Fall	Aug 3-6, 2009	Sep - Nov		
Adult Softball	Modified	Spring	Mar 2-5, 2009	Apr - Jun/Jul	Mon and Wed evenings
		Fall	Jul 6-9, 2009	Aug - Nov	
	Church	Spring	Mar 2-5, 2009	Apr - Jun/Jul	Tue and Thu evenings
		Fall	Jul 6-9, 2009	Aug - Nov	
Men's Softball	Open	Jul 6-9, 2009	Aug - Nov	Mon/Wed and Tue/Thu evenings	
Women's Softball	Slow Pitch	Spring	Mar 2-5, 2009	Apr - Jun/Jul	Tue and Thu evenings
Coed Softball	Open	Spring	Mar 2-5, 2009	Apr - Jun/Jul	Mon/Wed
		Fall	Jul 6-9, 2009	Aug - Nov	Tue/Thu
Open Gym					
Table Tennis	Open	Purchase Pass	Year - round	Mon evenings Cary Senior Center*	
				Fri evenings Middle Creek Community Center*	
				Wed evenings at Herb Young Community Center*	
Volleyball	Adult	Purchase Pass	Year - round	Mon evenings Bond Park Community Center*	
				Wed evenings - Middle Creek*	
Basketball	Adult	Purchase Pass	Year - round	Various days and evenings at Community Centers*	
	Youth and Teen	Purchase Pass	Year - round	Various afternoons & some weekends at Community Centers*	
*Open gym schedules subject to change. Participation may be limited to Cary Residents only. Please contact the center for current schedule.					