

# 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.

## Fall Baseball (age 8-16) and Softball (age 8-17)

Leagues for girls and boys which emphasize sportsmanship, skill development, participation and fun. Age cutoffs, age groupings and league rules are designed to prepare participants for Cary leagues as they will be administered the following spring. However, fall leagues and spring leagues are entirely separate, including the composition of team rosters. For all players the season begins with practices in August and games beginning in September. New players and players changing leagues are required to attend a skills review session prior to the season. (Exception: Rookie Baseball and Prep Softball).

**Fee:** \$44(R) \$69(N)

### Youth Baseball (age as of 4/30/2012)

<b>59364</b>	Age 8-9	Rookie (machine pitch)
<b>59365</b>	Age 10-11	*Single A (player pitch)
<b>59366</b>	Age 10-11	*Double A (player pitch)
<b>59367</b>	Age 12-13	Triple A (player pitch)
<b>59368</b>	Age 14-16	Major (player pitch)

\*Single A – players with average skill and experience.

\*Double A – players with a high level of skill and experience

### Youth Softball (age as of 1/1/2012)

<b>59369</b>	Age 8-9	Prep (machine pitch)
<b>59370</b>	Age 10-11	Rookie (player pitch)
<b>59371</b>	Age 12-13	Minor (player pitch)
<b>59372</b>	Age 14-17	Major (player pitch)

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.



## Fall Baseball and Softball Registration

Fall Youth Baseball and Softball registration forms will be available Jun 4. **The program registration form in this brochure is not valid for this activity.**

### Jun 18-24 EZ Reg Web & Mail In Only

(Do not mail prior to Jun 14)

- All Cary residents
- Nonresidents returning to the same league (Mail in Only)

### Jun 25-Jul 1 EZ Reg Web, Mail In or \*Walk In

- All Cary residents
- Nonresidents returning to the same league (Mail in Only)

### Jul 2-8 EZ Reg Web or \*Walk In Only

- All Cary residents
- All Nonresidents

### Mailing Address:

**Cary Parks, Recreation and Cultural Resources**  
 Attn: Baseball/Softball 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**  
 123 Middle Creek Park Ave.

\* Summer Hours of Operation: Mon-Fri 9 a.m.-10 p.m.;  
 Sat 9 a.m.-6 p.m.; Closed Jul 4.

## 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 <http://games.townofcary.org/> 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. 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.

## 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.

### Fall Basketball (age 5-8)

Instructional basketball program for boys and girls emphasizing skill development, participation for all players, sportsmanship and fun. The season begins with practices in late August and games beginning in September. Children age 9 & up will register in October for winter play. The program registration form in this brochure is not valid for this activity. All five year olds must provide a copy of their birth certificate with registration.

**Fee:** \$44(R) \$69(N)

Ages determined as of October 15, 2012

59373	Coed	Age 5 & 6
59374	Boys 7-8	Age 7 & 8
59375	Girls 7-8	Age 7 & 8

If you participated in Fall Basketball last year, a reminder postcard 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 Jun 25.



## Hershey Track & Field

(age 9-14)

### Jun 19 (Local Event)

Annual track meet with two field events and five running events for boys and girls age 9-14. The local meet is scheduled for Jun 19 in Raleigh and is FREE to all participants. Winners are eligible for further competition in the Regional meet to be held in Cary on June. For a registration form and more information, call 919-469-4363. Information and registration forms will be available early May.



## Fall Basketball Registration

Fall Youth Basketball registration forms will be available Jun 25. **The program registration form in this brochure is not valid for this activity.** All five year olds must provide a copy of their birth certificate with registration.

### Jul 9-15 EZ Reg Web & Mail In Only

(Do not mail prior to Jul 5)

- All Cary residents
- Nonresidents returning to the same league (Mail in Only)

### Jul 16-22 EZ Reg Web, Mail In or \*Walk In

- All Cary residents
- Nonresidents returning to the same league (Mail in Only)

### Jul 23-29 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.

\* Summer Hours of Operation: Mon-Fri 9 a.m.-10 p.m.;  
Sat 9 a.m.-6 p.m.

### U10 Introduction to Youth Fencing (age 7-10)

The Youth Fencing class is geared to both those young fencers who are new to the sport and also those who have already taken this class before. This is a fun class that includes games to teach the skills of fencing. The focus will be on the fundamentals of fencing; learning basic footwork and blade skills with a foil. Fencers will also fence in a bout format. This class is progressive and will consist of new and returning fencers. Practice uniforms are mandatory and may be rented or participants may provide their own.

**Location:** Middle Creek Community Center  
**Instructor:** Apex Fencing Academy  
**Fees:** \$90(R) \$117(N) (8 classes)  
**59612** Thu Aug 30-Oct 18 5:30-6:30 p.m.

### Beginning Fencing: Level I (age 10-18)

This class will introduce you to the Olympic sport of fencing. The focus will be on the fundamentals of fencing; learning basic footwork and blade skills with a foil. Basic attacks and parries will be introduced to prepare you for the bout. Students only need to take this course one time. Practice uniforms are mandatory and may be rented or participants may provide their own.

**Location:** Middle Creek Community Center  
**Instructor:** Apex Fencing Academy  
**Fees:** \$78(R) \$102(N) (7 classes)  
**59604** Mon Aug 27-Oct 15 7-8 p.m.  
*(no class on Sep 3)*

### Beginning Fencing: Level II (age 10-18)

In Fencing II the students will progress to more advanced footwork and will learn more advanced attacks and a series of parries. New skills will be applied in drills and bouts with emphasis on using proper technique and distance. Prerequisite: Fencing I or instructor's permission. Practice uniforms are mandatory and may be rented or participants may provide their own.

**Location:** Middle Creek Community Center  
**Instructor:** Apex Fencing Academy  
**Fees:** \$110(R) \$140(N) (8 classes)  
**59605** Wed Aug 29-Oct 17 7-8:30 p.m.

### Summer Mini Session (No classes the week of Aug 6-10)

**Fees:** \$82(R) \$105(N) (6 classes)  
**59646** Mon, Wed Jul 30-Aug 22 5:30-7 p.m.

**Fees:** \$125(R) \$155(N) (9 classes)  
**59618** Mon, Wed, Thu Jul 30-Aug 23 5:30-7 p.m.

### Registration Dates:

**Apr 30** Cary Resident – EZ Reg Web,  
EZ Reg Mail-In, EZ Reg Phone  
**May 7** Cary Resident – EZ Reg Walk-In  
**May 14** Nonresident – Any EZ Reg Method



### Intermediate Fencing (age 10-18)

Prerequisite: Instructor's permission. This class is for those who are interested in competitive fencing or just want to advance to a higher level of recreational fencing. Emphasis will be on developing complex footwork/attack/parries and combining it with speed and strategy. Practice uniforms are mandatory and may be rented or participants may provide their own.

**Location:** Middle Creek Community Center  
**Instructor:** Apex Fencing Academy

#### One Day Per Week

**Fees:** \$96(R) \$125(N) (7 classes)  
**59607** Fri Sep 7-Oct 19 5:30-7 p.m.

#### Two Days Per Week

**Fees:** \$159(R) \$189(N) (15 Classes)  
**59606** Mon, Wed Aug 27-Oct 17 5:30-7 p.m.  
*(no class on Sep 3)*

#### Three Days Per Week

**Fees:** \$210(R) \$240(N) (22 classes)  
**59616** Mon, Wed, Fri Aug 27-Oct 19 5:30-7 p.m.  
*(no class on Aug 31 & Sep 3)*

#### Summer Mini Session (No classes the week of Aug 6-10)

**Fees:** \$65(R) \$85(N) (6 classes)  
**59614** Mon, Wed Jul 30-Aug 22 7-8:30 p.m.

**Fees:** \$86(R) \$110(N) (9 classes)  
**59617** Mon, Wed, Thu Jul 30-Aug 23 7-8:30 p.m.

### TGA Premier Jr. Golf (age 5-12)

TGA Premier Junior Golf brings the game of golf to children ages 5-12 with a 5 Level Enrichment Program. Each class includes physical education, golf instruction, character development and rules & etiquette. This class focuses on safety and having fun while instilling self confidence and life values through professional golf instruction. All equipment is provided.

**Location:** Middle Creek Community Center  
**Instructor:** TGA Golf Instructors  
**Fees:** \$105(R) \$135(N) (4 classes)

**60156** Sat Jun 2-23 10-11:30 a.m.  
**60181** Tue Jun 5-26 6:30-8 p.m.



## Girls Volleyball League Registration

### Apr 23-29 (EZ Reg Web and Mail in Only)

- All Cary residents

### Apr 30-May 6 (EZ REG Web, Mail in or \*Walk In)


- All Cary residents

### May 7-13 (EZ Reg Web or \*Walk In Only)

- All Cary residents
- All Nonresidents

\* Summer Hours of Operation: Mon-Fri 9 a.m.-10 p.m.; Sat 9 a.m.-6 p.m.

## Girls Volleyball League

 A volleyball league for girls ages 12 to 16 will play on Monday, Wednesday and/or Thursday nights (usually 2 nights per week) beginning May 24. The season will last until mid- to late July. Only individuals who have participated in other volleyball leagues or teams, or have participated in Town of Cary Volleyball skills classes should register for this league. Those new to the game should consider the Teen Volleyball Skills Class beginning in early June. Registration is for individuals only. Teams will be formed during the first week of play. Age determined as of Sep 1, 2012. For more information on this league contact Ted Jeffcoate at ted.jeffcoate@townofcary.org or (919) 460-4967.

**Location:** Bond Park Community Center

**Fees:** \$44 (R) \$69(N)

**59990** Age 12-16

## Youth Volleyball Skills Class (age 9-11)


This class is designed for those new to the game of volleyball or with less experience. The goals are to learn and develop the basic skills and techniques involved in playing volleyball. The focus will be on fundamentals at each participant's individual level of skill and experience.

**Location:** Bond Park Community Center

**Fees:** \$84(R) \$109(N) (8 classes)

**59991** Mon,Thu May 31-Jun 25 5:30-7 p.m.

## Teen Volleyball Skills Class (age 12-15)

 This class is designed for those new to the game of volleyball or with less experience. The goals are to learn and develop the basic skills and techniques involved in playing volleyball. The focus will be on fundamentals at each participant's individual level of skill and experience.

**Location:** Bond Park Community Center

**Fees:** \$110(R) \$140(N) (8 classes)

**60012** Mon,Thu May 31-Jun 25 5:30-7 p.m.

## 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	\$38	\$75
Seniors (55+)	FREE	FREE

### TABLE TENNIS – Open

Mon evenings • Cary Senior Center\*  
Wed evenings • Herbert C. Young Community Center  
Fri evenings • Middle Creek Community Center\*

### VOLLEYBALL – Adult

Mon evenings • Bond Park Community Center\*  
Wed evenings • Middle Creek Community Center\*

### BASKETBALL– Adult

Various days and evenings at Community Centers\*

### BASKETBALL– Youth and Teen

Various afternoons & some weekends at Community Centers\*

### BADMINTON – Adult, Youth and Teen

Tuesday & Friday evenings & some weekends • Bond Park Community Center  
Participants must supply their own shuttles and racquet.

### PICKLEBALL – Adult

Friday evenings & Saturday afternoons • Bond Park Community Center

\*Open gym schedules subject to change. Participation may be limited to Cary Residents only. Please contact the center for current schedule.

# 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	Fees
56462	Summer Adult 40 & Over	May 16-19	\$325/team
59376	Men's Open	Aug 20-23	\$450/team

*add \$25 per each nonresident team member*

## Softball

Code	League	Registration	Fees
59381	Fall Church B/C	Jul 9-12	\$450/team
59382	Fall Coed	Jul 9-12	\$450/team
59386	Fall Men's Open	Jul 9-12	\$450/team
59387	Fall Modified	Jul 9-12	\$475/team

*add \$25 per each nonresident team member*

## Volleyball

Code	League	Registration	Fees
59377	Summer 4v4 Coed*	Jun 4-7	\$75/team
59378	Summer 2v2 Coed*	Jun 4-7	\$60/team
59379	Summer 2v2 Men's*	Jun 4-7	\$60/team
59380	Summer 2v2 Women's*	Jun 4-7	\$60/team
59388	Fall Coed**	Jul 30-Aug 2	\$225/team
59389	Fall Men's**	Jul 30-Aug 2	\$225/team
59390	Fall Women's**	Jul 30-Aug 2	\$225/team

*\*add \$10 per each nonresident team member*

*\*\*add \$25 per each nonresident team member*

## 2012 Cary Senior Softball League

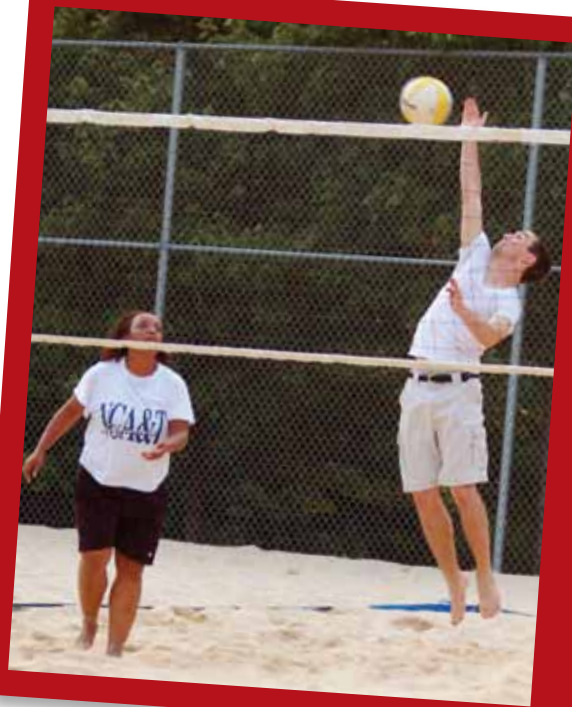
**50 and Over • 60 and Over**

Individual registration only, no team registration

**Registration Jul 2-22**

\$35 – Residents • \$50 – Non-residents

Practices in August, games September - October, Tuesday and/or Thursday nights New players and players wanting to change teams will be asked to attend a skills evaluation and will be placed onto a team. For more information contact **Kirk.Matthews@townofcary.org** or call **(919) 469-4363**.



Adult Volleyball

## 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.

## Adult League Registration

Registration is taken from teams only. No individual registration is accepted.

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 & Cultural Resources office prior to each season with the specific dates and times to be announced. Packets include general information, roster/waiver forms, and a team entry form. The completed packet must be returned during the specified dates. Team fee is due at registration. Completed rosters and an additional fee for each nonresident on the roster (\$25 per non resident) will be due the first week of practice. Registration fees are subject to change.

## Adult Recreational Fencing (age 18 & up)

This class is geared to those adults who wish to learn fencing or those who already have some fencing experience e.g. completed Beginning 1 class. The fundamentals of fencing will be covered, students will be introduced to all 3 weapons and their basic rules. Fencers will have a chance to learn new skills at their own pace, work on drills and free fence in bout format. Practice uniforms are mandatory and may be rented or participants may provide their own, contact the instructor for more information.

**Location:** Middle Creek Community Center  
**Instructor:** Apex Fencing Academy  
**Fees:** \$78(R) \$102(N) (7 classes)  
**59642** Fri Sep 7-Oct 19 7-8 p.m.

## Adult Golf Clinics (age 18 & up)

The clinic is for beginners to intermediate players, and is designed to build a solid foundation for the golf swing. Instruction will cover pre-swing set up, irons, woods, pitching, chipping, putting and sand play. The goal is to introduce golf to the beginner and give the intermediate player basic instruction to improve their game. Instruction will be based on making golf fun for everyone.

**Location:** Lochmere Golf Club  
**Instructor:** Lochmere Staff  
**Fees:** \$70(R) \$90(N) (4 classes)  
**56665** Tue,Thu May 8-17 6-7 p.m.  
**60025** Tue,Thu Jun 5-14 6-7 p.m.  
**60026** Tue,Thu Jul 10-19 6-7 p.m.  
**60027** Tue,Thu Aug 7-16 6-7 p.m.  
**60028** Tue,Thu Sep 4-13 6-7 p.m.

## Specialized Recreation

### Wake County Resources

Autism Society of NC .....	(919) 743-0204
BridgellSports .....	(866) 880-2742
Community Partnerships, Inc. ....	(919) 781-3616
Family Support Network .....	(919) 662-4600
North Carolina Special Olympics .....	(919) 807-8378
North Carolina Spinal Cord Injury Association	(919) 350-4172
Special Education PTA.....	(919) 788-2500
Autism Society of NC .....	(919) 743-0204
The ARC of Wake County .....	(919) 832-2660
The Miracle League of the Triangle, Inc. ....	(919) 238-0333
Triangle Down Syndrome Network .....	(919) 788-3646
Triangle United Way .....	(919) 460-8687
Wake County Human Services .....	(919) 212-7301

## ADAPTIVE SPORTS

The Town is partnering with Bridge II Sports to facilitate adaptive sports programs. Bridge II Sports, a non profit, creates opportunities for children and adults who are physically challenged to play sports individually or on a team, helping them discover tenacity, confidence, self-esteem and the joy of finding the player within. For details go to [www.bridge2sports.org](http://www.bridge2sports.org) or call **Ashley Thomas (866) 880-2742**.

Current programs at Town facilities:

- Wheel Chair Tennis – Cary Tennis Park
- Boccia – Second Sunday at Bond Park Community Center



BRIDGE II SPORTS



The **Raleigh Sidewinders** are official members of the US Quad Rugby Association, (USQRA), [www.quadrugby.com](http://www.quadrugby.com) and sponsored by the North Carolina Spinal Cord Injury Association (NCSCIA). The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. Team practices are held at the Bond Park Community Center on Saturdays. For more information call **(919) 350-4172** or email [RaleighQuadRugby@yahoo.com](mailto:RaleighQuadRugby@yahoo.com).



**NCSCIA**  
North Carolina Spinal Cord Injury Association

The Town of Cary Parks, Recreation and Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please check the appropriate box on the registration form.

## ADULT SPORTS LEAGUE QUICK REFERENCE CHART

Sport	League	Registration	Season	Play Nights (subject to change)
<b>Adult Basketball</b>	35 & Over	Jan 7-10, 2013	Feb-Apr	Tue, Thu & Sun evenings
	40 & Over	May 21-24, 2012	Jun-Aug	
	Open	Aug 20-23, 2012	Oct-Dec	
<b>Adult Volleyball Coed Men's and Women's</b>	Spring	Feb 25-28, 2013	Late Mar-Jun	Coed Mon & Wed evenings Men's & Women's Tue & Thu evenings
	Summer	Jun 4-7, 2012	Jul-Late Aug	
	Fall	Jul 30-Aug 2, 2012	Sep-Nov	
<b>Adult Softball Modified Pitch</b>	Spring	Mar 4-7, 2013	Apr-Jun/Jul	Mon & Wed evenings
	Fall	Jul 9-12, 2012	Aug-Nov	
<b>Adult Softball Slow Pitch</b>	Church Spring	Mar 4-7, 2013	Apr-Jun/Jul	Tue & Thu evenings
	Church Fall	Jul 9-12, 2012	Aug-Nov	
	Coed Spring	Mar 4-7, 2012	Apr-Jun/Jul	Mon & Wed evenings
	Coed Fall	Jul 9-12, 2012	Aug-Nov	Tue/Thu & Mon/Wed evenings
	Women's Spring	Mar 4-7, 2013	Apr-Jun/Jul	Tue & Thu evenings
	Men's Open Fall	Jul 9-12, 2012	Aug-Nov	Mon/Wed & Tue/Thu evenings
<b>Senior Softball Slow Pitch 50 &amp; over/60 &amp; over</b>	Spring	Mar 11-31, 2013	Apr-Jun	Tue & Thu evenings
	Fall	July 2-22, 2012	Aug-Oct	

## YOUTH SPORTS LEAGUE QUICK REFERENCE CHART

Sport	League/Age	Registration	Season (subject to change)	Play Nights (subject to change)
<b>Baseball</b> Age as of Apr 30 of the playing season.	Spring Age 5-18	Feb 4-24, 2013	Late Mar-Jul	Daily
	Fall Age 8-16	Jun 18-Jul 8, 2012	Aug-Oct	
<b>Softball</b> Age as of Jan 1 of the playing season.	Spring Age 8-16	Feb 4-24, 2013	Late Mar-Jul	Daily
	Fall Age 8-17	Jun 18-Jul 8, 2012	Aug-Oct	
<b>Basketball</b> Age as of Oct 15 of the playing season.	Fall Age 5-8	Jul 9-29, 2012	Sep-Nov	Mon-Fri (some Sat)
	Winter Age 9-18	Oct 1-21, 2012	Dec-Mar	Daily
<b>Girls Volleyball</b> Age as of Sep 1 of the playing season.	Summer Age 12-16	Apr 23-May 13, 2012	Late May-Jul	Mon, Wed, Thu (varies)