

YOUTH SPORTS LEAGUES

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.

NEW IN 2009!!

Fall Youth Baseball and Softball League (age 10-16)



The Town of Cary will be offering fall youth baseball and softball this year for boys and girls ages 10 to 16. Practices begin in August, and games will be played in September and October. The cost will be \$44 for Cary residents and \$69 for non-residents. For more information, please visit www.townofcary.org/depts/prdept/sports/yaaps.htm or call (919) 469-4062.

GIRLS VOLLEYBALL LEAGUE (age 12-16)



A volleyball league for girls ages 12 to 16 will play on Monday and Thursday nights beginning June 1st. The season will last until mid- to late July. The league is designed for girls with some experience in organized volleyball. Those new to the game should consider the Teen Volleyball Skills Class, also beginning in early June. Registration is for individuals only. Teams will be formed during the first week of play. 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)

41069 Mon, Thu Jun 1-TBA Time TBD

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 LEAGUE (age 5-9)

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 begin in September. Ages are determined as of October 15 of the playing year. Children age 10 & 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)

41064	Future Stars	Age 5
41065	Coed	Age 6 & 7
41066	Boys Pee Wee	Age 8 & 9
41067	Girls Pee Wee	Age 8 & 9

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.Hedgpeh@townofcary.org. Registration forms are available after June 29.

Fall Basketball Registration

Fall Youth Basketball registration forms will be available after June 29. 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.

EZ Reg Web & Mail In Only Jul 13-19

(Must be postmarked between Jul 9-11 to receive priority. Do not mail prior to Jul 9)

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

EZ Reg Web, Mail In or Walk In Jul 20-25

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

EZ Reg Web or Walk In Only Jul 27-Aug 1

- All Cary residents
- All Non residents

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
123 Middle Creek Park Ave.

Administrative Office
316 N. Academy St.



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)
41112 Mon/Thu Jun 1-25 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)
41114 Mon/Thu Jun 1-25 5:30-7 p.m.

HERSHEY TRACK & FIELD

(age 9-14)

May 30 (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 May 30 in Raleigh and is FREE to all participants. Winners are eligible for further competition in the Regional meet to be held in Cary later in June. For a registration form and more information, call 919-469-4062. Information and registration forms will be available early May.

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	

TABLE TENNIS	Open	Mon evenings • Cary Senior Center* Fri evenings • Middle Creek Community Center* Wed evenings • Herbert C. Young 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*
	Youth and Teen	Various afternoons & some weekends at Community Centers*
BADMINTON	Adult	March-November varies • Bond Park Community Center Participants must supply their own shuttles and racquet.
	Youth and Teen	

*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

39552	Summer 40 & Over	May 18-21	\$325/team
40779	Men's Open	Aug 17-20	\$450/team

add \$25 per each nonresident team member

Softball

40782	Fall Coed	Jul 6-9	\$425/team
40780	Fall Men's Open	Jul 6-9	\$425/team
40783	Fall Modified	Jul 6-9	\$450/team
40781	Fall Church B/C	Jul 6-9	\$425/team

add \$25 per each nonresident team member

Volleyball

38748	Summer 4v4 Coed*	Jun 1-4	\$75/team
38749	Summer 2v2 Coed*	Jun 1-4	\$60/team
38750	Summer 2v2 Men's*	Jun 1-4	\$60/team
38751	Summer 2v2 Women's*	Jun 1-4	\$60/team
40784	Fall Coed**	Aug 3-6	\$215/team
40786	Fall Men's**	Aug 3-6	\$215/team
40785	Fall Women's**	Aug 3-6	\$215/team

*add \$10 per each nonresident team member

**add \$25 per each nonresident team member

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.

2009 Cary Senior Softball League

50 and Over • 60 and Over

Individual registration only, no team registration

Registration July 6-24

\$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 Aubrey Clayton at 469-4063 or aubrey.clayton@townofcary.org



ADULT SOFTBALL

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: TBD

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

39427	Tue,Thu	May 5-14	6-7 p.m.
40998	Tue,Thu	Jun 2-11	6-7 p.m.
40999	Tue,Thu	Jul 7-16	6-7 p.m.
41000	Tue,Thu	Aug 4-13	6-7 p.m.
41001	Tue,Thu	Sep 1-10	6-7 p.m.

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.

Adult Sports League Quick Reference Chart

Sport	League/Age	Registration	Season	Play Nights (subject to change)		
Adult Basketball	35 and over	Jan 4-7, 2010	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 & Women's Volleyball	Spring	Feb 22-25, 2010	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 22-25, 2010	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 1-4, 2010	Apr - Jun/Jul	Mon/Wed evenings	
		Fall	Jul 6-9, 2009			Aug - Nov
	Church	Spring	Mar 1-4, 2010	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 1-4, 2010	Apr - Jun/Jul	Tue/Thu evenings	
Coed Softball	Open	Spring	Mar 1-4, 2010	Apr - Jun/Jul	Mon/Wed evenings	
		Fall	Jul 6-9, 2009	Aug - Nov	Tue/Thu evenings	
Senior Softball	Slow Pitch 50 & Over	Fall	Jul 6-24, 2009	Aug - Oct	Tue/Thu evenings	
	Slow Pitch 60 & Over	Fall	Jul 6-24, 2009	Aug - Oct	Tue/Thu evenings	

Youth Sports League Quick Reference Chart

Sport	League/Age	Registration	Season (subject to change)	Play Days/Nights
Spring Baseball	Age 5-18	Feb 1 - 21, 2010	Late Mar - Jul	Daily
Spring Softball	Age 8-16	Feb 1 - 21, 2010	Late Mar - Jul	Daily
Basketball	Age 5-9	Jul 13 - Aug 1, 2009	Sep - Nov	Mon - Fri (some Sat)
	Age 10-18	Oct 5 - 25, 2009	Dec - Mar	Daily