

2020 SPRING BASEBALL AND SOFTBALL—BATTER UP!

It's time to register for Spring youth baseball and softball and here's what you need to know!

Baseball for ages 5-17 (age as of 4/30/20)
Softball for girls age 8-18 (age as of 1/1/20)

Ages 10 & under register by [zone](#).

Fee: \$60 (R) \$85 (N)

Registration Open: Jan 27 for Cary residents
Feb 10 for Non residents

[Register Here](#)



BASEBALL AND SOFTBALL CLINICS

Get ready for spring and take your game to the next level! [Register Here](#)

Baseball

Hitting Clinic (age 5-7)

Location: USA Baseball NTC

Fee: \$27 (R) \$35 (N) (1 class)

001321 Sun Feb 23 1-2:30 p.m.

001322 Sun Mar 15 1-2:30 p.m.

Spring Training Clinic (age 7-12)

Location: USA Baseball NTC

Fee: \$15 (1 class)

000013 Sun Mar 15 3-5 p.m.

NTC Baseball Academy Pitching (age 11-17)

Location: USA Baseball NTC

Fee: \$30 (R) \$39 (N) (1 class)

000107 Sun Feb 9 1-2:30 p.m. (age 11-13)

000117 Sun Feb 9 2:30-4 p.m. (age 14-17)

Softball

Learning to Throw - Beginner (age 7-17)

Location: Mills Park Softball Field

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

001325 Sat Feb 29 noon-1:30 p.m.

Hitting Techniques - Beginner (age 8-17)

Location: Mills Park Softball Field

Fee: \$30 (R) \$39 (N) (1 class)

002140 Sat Feb 29 8:30-10 a.m.

Pitcher & Catcher Positions - Intermediate (age 11-17)

Location: Mills Park Softball Field

Fee: \$30 (R) \$39 (N) (1 class)

002163 Sun Mar 1 2:30-4 p.m. (Pitcher)

002159 Sun Mar 1 2:30-4 p.m. (Catcher)

CATCH A GAME OR MATCH!



Cary Tennis Park
(919) 462-2061

Feb 7-9

[WWTA Polar Doubles Tournament](#)

Feb 29-Mar 1

[Cary Junior Championships](#)

Mar 13-16

[USTA Southern Level 1A Championship Boys and Girls 12 & 14](#)

Mar 21-22

Tennis on Campus Border Battle



USA Baseball Nat'l Training
Complex (919) 387-5844

Feb 28 - 3 p.m.

Penn State vs Princeton

Feb 29 - 12 p.m.

Princeton vs Penn State

Mar 1 - 11 a.m.

Penn State vs Princeton

Mar 5-14

[DII Challenge - Coaches vs. Cancer](#)



WakeMed Soccer Park
(919) 858-0464

Mar 7 - 2 p.m.

NCFC vs. Louisville FC

Mar 14 - 2 p.m.

NCFC vs. Philadelphia Union II

2019 ELKS HOOP SHOOT - SHOOTING STARS

Young athletes put their free-throw shooting skill to the test at the Elks Hoop Shoot on Nov 23. This competition is co-sponsored with the Raleigh Elks Lodge #735. Winners are qualified for additional competitions that will lead to a National Championship!

Boys 8-9: (1st) Matthew Ellis (2nd) Jack Girard (3rd) Lucas Engbring

Girls 8-9: (1st) Janisha Ellis (2nd) J'anni Alexander-Woods

(3rd) Amanda Janarth

Boys 10-11: (1st) Tylan Reid (2nd) Andy Hou (3rd) Whit Gaddy

Girls 10-11: (1st) Sayyona Alexander-Woods (2nd) Janyah Gbor

(3rd) Talia Privette

Boys 12-13: (pictured right) (1st) Trey Ramsey (2nd) Joshua Bowen

(3rd) Ethan Holloway

Girls 12-13: (1st) Dasia French



Town of Cary Youth and Adult
League Sports [Schedules](#)

ARE YOU LOOKING
FOR A TEAM?

Add your name to the individual interest list for adult league sports. The list is distributed to the team captains and if they need additional players they may contact you.



To be added to the list please email Tracey.Hedgpath@townofcary.org. Indicate the sport (basketball, softball or volleyball) your are interested in and include your phone number and email.

MARK YOUR CALENDARS! UPCOMING SPORTS LEAGUE REGISTRATIONS

Spring Adult Volleyball

Team Registration:

Feb 3-16

Team Fee: \$250

Season: March-June

Spring Adult Softball

Team Registration:

Feb 10-23

Team Fee: \$500/\$350

Season: April-June

Spring Senior Softball (50+ & 60+)

Registration Mar 2-22

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

Season: April-June

YOUTH VOLLEYBALL LEAGUES AND CLASSES

Youth Volleyball League Registration (age 10-18)

Mar 30-Apr 12 Cary residents
Apr 13-19 Cary residents and Non residents
Season: mid May-July
Nights of play: Mon-Fri (1-2 nights per week)
Fee: \$60 (R) \$85 (N)

000166 12U (Age 10-12) Age determined
000167 14U (Age 13-14) as of Sep 1, 2020
000168 18U (Age 15-18)

The youth volleyball league is recommended for participants who have played organized volleyball (school team, etc.) or taken Town of Cary volleyball skills classes. Those without previous organized volleyball experience should consider [registering](#) for a skills class.



Youth Girls and Boys Volleyball Skills Class (age 9-12)

This class is design for those new to the game or with less experience. Participants will learn and develop the basics skills and techniques.
Location: Bond Park Community Center Fee: \$84 (R) \$109 (N)
000138 Tue, Thu Apr 14-May 7 5:45-7:15 p.m.

Teen Girls Volleyball Skills Class (age 13-17)

Participants advance their individuals skills and learn the rotations, rules and offensive strategies for the game.
Location: Bond Park Community Center Fee: \$110 (R) \$140 (N)
000142 Tue, Thu Apr 14-May 7 7:15-8:45 p.m.

SPORTS SNACKS—FOOD FOR THOUGHT

SPORT SNACK GAME PLAN

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

Snack & Drink Suggestions

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- Orange & apple wedges
- Fresh peaches, pears, watermelon or other seasonal fruit
- Dried fruit and raisins
- Bananas, grapes & strawberries
- Fruit cups (packed in juice) or unsweetened applesauce
- Ice cold water - no need for sugar-packed sport drinks



Grab & Go: The Price Is Right!

Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack

- Fresh bananas/oranges/ apples - \$3 to \$4 a bag
- 16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$7.29

Typical Snack

- Mini bags of cookies (12 pack) - \$4
- Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25

Total = \$10.25



www.advocatesforhealthinaction.org

AHA friends and tweets! Find us online today!

2020 CARY ROAD RACE - APRIL 4

The Cary Road Race returns to downtown for its third year. This course is a challenging route over rolling city asphalt streets so lace up your running shoes and bring the whole family out for some fun exercise, food trucks and live entertainment!



Pre-registration:
(through Mar 31)
\$25 (all runners)

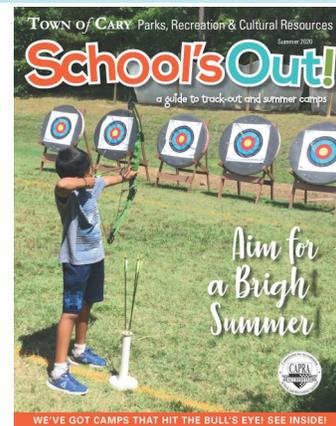
Race-Day Registration
\$35 (all runners)

Race Start Times
8:30 a.m. - 5 Miler
8:45 a.m. - 5K
10:45 a.m. - Fun Run

SUMMER SPORTS CAMPS

Summer is just around the corner and it's time to start thinking about camp! Sports camps are a great opportunity to try out a new sport or improve existing skills. We offer a wide variety of [sports camp options](#) to keep your kids active and engaged over the summer.

Registration opens 9 a.m.:
Feb 4 Cary Residents
Feb 18 Non Residents



COACHES CORNER

Baseball Coaches - FREE On-Field Clinic
March 12 | 6:30-8:30 p.m.
Bond Park Community Center

This interactive clinic is free to all coaches and will be conducted by USA Baseball staff and coaches. Get your season off to a great start by learning some great new drills for practice. [Register using code 002543](#)

Have questions?

Email TOCinstructors@townofcary.org

INCLEMENT WEATHER - KNOW BEFORE YOU GO!



Be sure to check the weather line or web-site prior to going to the gym. Inclement weather information is updated
3 p.m. Mon-Fri,
7 a.m. Sat and noon Sun.

Weather Line: (919) 319-4500
[Weather Website](#)