

TOWN of CARY

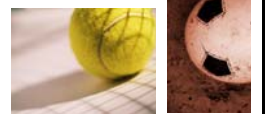
Parks, Recreation
& Cultural Resources

www.townofcary.org



SPORTS SPOTLIGHT

Aug/Sep 2011



Spring/Summer Sports Wrap Up

Youth and adult spring sports leagues just wrapped up an exciting season of play. Congratulations to all the regular season and tournament champions and a special thank you to the local businesses that sponsor our youth and adult league teams.



Adult Softball Regular Season & Tournament Champions:

Coed B/C Div. I (R) Fences of Cary Red (T) Rabon and Dailey

Coed B/C Div. II (R & T) The Meat House; **Coed C (TB/MC)**

(R) Take it Easy (T) White Oak; **Coed C (MC)** R & T Underhanded

Men's Modified (R) Daniel's (T) Chico's **Women's (R & T)** Rabon &

Dailey; **Church A/B Div I (R & T)** The Creek

Church A/B Div II (R & T) FBC Cary; **Church B (R)** Resurrection Lutheran (T) Hope

CC White; **Church C Div I (R)** Penny Road Nazarene (T) St. Mike's Knights

Church C Div II (R & T) NWCC Blue; **Senior Softball Regular Season & Tournament Champions: 50+ League (R & T)** Who Cares?; **60+ League (R & T)** Legends

Youth Baseball and Softball Regular Season & Tournament Champions:

Bronco American (R) Hall, Rodgers Attorneys (T) Goodberry's

Bronco National (R & T) Omega Sports; **Pony (R & T)** Domino's

Colt (R & T) The Meat House; **12U (R)** EPM Lawn Care (T) Dick's

Sporting Goods **14U (R & T)** Cricket's Towing

18U (R) Shuttles, Needles and Hooks

(T) Studio 180 Salon



Youth Volleyball Regular Season & Tournament

Champions: (R) Shamrocks (T) Storm

Sportsmanship is an integral part of the Cary Parks, Recreation and Cultural Resources sports philosophy. Players and coaches from the 2011 Spring Youth Baseball and Softball program were asked to vote for the player on their team that they felt displayed good sportsmanship throughout the season. Congratulations to all the 2011 sportsmanship award winners!

What's New for Fall and Winter Youth Basketball

Fall and winter youth basketball have undergone a makeover for the 2011 season. The fall league age range is now 5-8 (age as of 10/15/11) with a coed 5-6 league and boys 7-8 and girls 7-8 leagues. Limited space is still available in the fall league so it's not too late to get into the action. The season begins in late Aug and will finish by Thanksgiving.

The winter league will include 9 year olds for the first time and new age groups for the leagues. Registration for the winter league takes place in Oct and the season runs Dec-early Mar. Visit www.townofcary.org to view more information on the changes to the winter league, winter registration packets will be posted Sep 19.



Mark your calendars! Upcoming Adult & Youth Sports League

| Fall Adult Volleyball | Fall Men's Open Basketball | Winter Youth Basketball (age 9-18) |
|---|----------------------------|------------------------------------|
| Aug 1-4 | Aug 15-18 | Oct 3-23 |
| Team Fee: \$215 Leagues: Coed, Men's & Women's | Team Fee: \$450 | Fees: \$44(R)/\$69(N) |
| Season: Aug-Oct | Season: Oct-Dec | Season: Dec-Mar |

Email Tracey.Hedgpeth@townofcary.org or call (919) 469-4062 to be added to the list to receive a registration packet.

Looking for a team? If you're interested in playing adult league sports, email Tracey.Hedgpeth@townofcary.org or call (919) 469-4062 to be added to the individual interest list.

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 Basketball, Softball & Baseball

WakeMed Soccer Park

For more information:

(919) 858-0464

Call (919) 859-5425 or visit

www.carolinairailhawks.com for ticket info.



Aug 17

RailHawks Vs. Minnesota

Aug 20

RailHawks Vs. Miami

Sep 3

RailHawks Vs. Tampa Bay

Sept 16

Wolfpack Cross County Invitational (College)

Sept 17

Wolfpack Cross County Invitational (High School)

Sep 24

RailHawks Vs. Minnesota

Cary Tennis Park

For more information:

(919) 462-2061

www.townofcary.org



Aug 10-14

NC State Closed Tennis Tournament

Sep 9

Western Wake Tennis Assoc. Charity Classic

Sep 16-18

Duke Invitational Tennis Tournament

Sep 30

STA Designated Bullfrog Tournament

USA Baseball National Training Complex

For ticket and schedule

information call:

(919) 387-5844 or visit

www.usabaseball.com



Aug 2-7

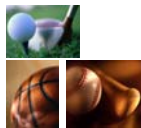
USA Baseball Women's International Series

Aug 7-17

USA Baseball 16U National Team Trials

Sep 2-5

USA Baseball Labor Day Cup 16U & 18U



Summer Sports Camps for August

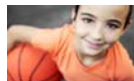
Summer is winding down, but there are still summer camp opportunities available. Our camps are designed to accommodate participants who have played the sport previously and also those who just want to try something new. Spaces are still available so it's not too late get your child into the action! For more information on sports camps visit www.townofcary.org today!

Basketball Mini Camp (Age 5-8)

Fee: \$80(R) \$104(N) (5 classes)

Instructor: Networks Inc.

Location: Herbert C. Young Community Center
51737 Mon-Fri Aug 8-12 9 a.m.- noon
51738 Mon-Fri Aug 8-12 1-4 p.m.



WakeMed Soccer Park Camps

Soccer Camp (age 5-12)

Fee: \$125(R) \$155(N) (5 classes)

51906 Mon-Fri Aug 1-5 9 a.m.-noon
51907 Mon-Fri Aug 8-12 9 a.m.-noon
51908 Mon-Fri Aug 15-19 9 a.m.-noon

Rock 'Til You Drop Basketball Camp (Age 8-12)

Fee: \$150(R) \$180(N) (5 classes)

Instructor: Networks Inc.

Location: Herbert C. Young Community Center
51753 Mon-Fri Aug 15-19 9 a.m.-5 p.m.

Cary Tennis Park Camps

Various weeks in August.

Tots/Aces Tennis Camp (age 4-8) 9-9:30 a.m.

\$38(R) \$45(N) 5 class option (Mon-Fri)

\$24(R) \$30(N) 3 class option (Mon-Wed)

Junior Tennis Camp (age 7-14) 9:30 a.m.-12:30 p.m.

\$190(R) \$220(N) 5 class option (Mon-Fri)

\$125(R) \$150(N) 3 class option (Mon-Wed)

Call (919) 462-2061 or visit www.townofcary.org for camp dates and more information.



Lacrosse Camp (age 8-14)

Fee: \$125(R) \$155(N) (5 classes)

51932 Mon-Fri Aug 1-5 9 a.m.-noon
51933 Mon-Fri Aug 8-12 9 a.m.-noon
51934 Mon-Fri Aug 15-19 9 a.m.-noon

Call (919) 858-0464 or visit www.townofcary.org for more information.

Junior Golf Camp (Age 7-15)

Fee: \$75(R) \$98(N) (3 classes)

Location: Lochmere Golf Club

Days: All camps Tue-Thu

51746 Aug 2-4 7:30-10 a.m.

51747 Aug 9-11 7:30-10 a.m.

51748 Aug 16-18 7:30-10 a.m.



En Guard!

Looking for something different? The exciting sport of fencing has taken over the Middle Creek Community Center. Youth and adult classes are available for the beginner to intermediate level participant. Learn footwork, blade skills, attacks, parries and much more. Visit www.townofcary.org or call (919) 771-1295 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!



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



Fall Youth and Adult Sports Camps/Clinics/Classes

Fall is the perfect time to get outside and learn a new sport or brush up on your skills. Cary Parks, Recreation and Cultural Resources will be offering a wide variety of clinics and camps to do just that. Visit www.townofcary.org for more information on these and more programs.

Fall Break Baseball Mini Camp (age 7-12)

\$60 (R) \$78 (N) (3 classes) 8:30 a.m.-noon

53885 Wed-Fri Aug 31-Sep 2

53886 Mon-Wed Sep 26-28

Base Running & Bunting Clinic

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

53913 Sep 15 6-7:30 p.m. (age 7-10)

53914 Sep 15 7:30-9 p.m. (age 11-14)

Baseball clinics held at USA Baseball NTC.

Basics of Softball (age 7-9)

\$25 (R) \$33 (N) (1 class)

54442 Sep 9 6-8 p.m.

Softball Fast-Pitch Development Series

\$70 (R) \$91 (N) (4 classes)

54433 Sep 8-29 6-7:15 p.m. (age 8-11)

54434 Sep 8-29 6-7:15 p.m. (age 12-14)

Softball clinics held at Mills Park softball field.

Beginning Fencing: Level I (age 10-18)

Middle Creek Community Center

\$90 (R) \$117 (N) (8 classes) 7-8 p.m.

54862 Mon Aug 22-Oct 7 (no class Sep 5)

Track Out Sports Camp (age 5-11)

Herbert C. Young Community Center

\$135 (R) \$165 (N) (5 classes)

51763 Aug 29-Sep 2 8 a.m.-5:30 p.m.

Introduction to a wide variety of sports and recreational activities.



FREE Youth Basketball Clinic (age 5-9)

Middle Creek Community Center

54752 Aug 27 9 a.m.-noon (1 class)

Drills and Thrills Basketball Clinic (age 7-14)

\$45 (R) \$60 (N) (1 class)

Green Hope Elementary School

54537 Sep 30 9 a.m.-5 p.m.

After School Junior Golf Clinic (age 7-16)

Lochmere Golf Course

\$60 (R) \$80 (N) (5 classes)

54826 Sep 12-16 4-5 p.m.

Adult Golf Clinic (age 18 & up)

Lochmere Golf Course

\$70 (R) \$90 (N) (4 classes)

53068 Tue/Thu Aug 30-Sep 8 6-7 p.m.

54830 Tue/Thu Sep 13-22 6-7 p.m.



Inclement Weather/Field Conditions Know before you go!



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

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

COACH'S CORNER—Tip of the Month



Model motivation in all of your actions. Have fun, remain positive, and let your players know what is expected of them immediately. Your players will pick up on everything that you say and do and they will respond accordingly. Verbalize your philosophy so your players know what to expect and to what to strive for.

Source: <http://www.breakthroughbasketball.com>