

TOWN of CARY

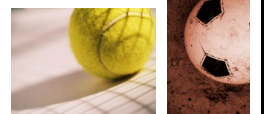
Parks, Recreation
& Cultural Resources

www.townofcary.org



SPORTS SPOTLIGHT

Oct/Nov 2013



Takin' It To The Hoop In Cary!



Winter Youth Basketball League (age 9-18)
Registration will be held Oct 7-27. The season runs Dec through mid Mar with practices beginning the week of Dec 2nd and games beginning in early Jan. Fees are \$44 for Cary residents, \$69 for non-residents. Visit www.townofcary.org and search "youth athletics" for more info.



Basketball Skills and Development Training (age 5-12)

Provide players the proper skill and techniques for a better game with the highest level of instruction. Help players develop and improve the ability to play the game and their basketball IQ.

Location: Herbert C. Young Community Center

Instructor: Monique Fearington, 2013 Pac VI Coach of the Year

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

(age 5-8)

71192 Sat Oct 12 9:30-11:30 a.m.

71193 Sat Nov 9 9:30-11:30 a.m.

(age 9-12)

71195 Sat Oct 19 9:30-11:30 a.m.

71204 Sat Nov 16 9:30-11:30 a.m.



Cary Invasion Basketball Teacher Workday Mini Camp (age 5-12)

Professional basketball players from the Cary Invasion will coach your child during this traditional teacher workday. Kids 12 and under will enjoy 3-on-3 play, fundamental skill stations, contests, games, individualized instruction, and more!

Location: Herbert C. Young Community Center

Instructor: Cary Invasion Basketball Players & Coaches

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

71211 Mon Oct 28 9 a.m.-5 p.m.



All Sports Strength and Conditioning Training (age 5-12)

This program includes instruction in movement training, injury reduction, linear and lateral speed techniques, foot speed and agility, and explosive power development. Athletes are closely supervised as the coach takes them through an intense 2 hour workout. Includes functionally sound movement training, strength training and conditioning with strong focus on technique. The workout becomes progressively more challenging once basic techniques have been mastered.

Location: Herbert C. Young Community Center

Instructor: Cary Invasion Basketball Players & Coaches

Fees: \$40(R) \$52(N) (1 class)

71825 Sat Oct 5 1:30 p.m.-3:30 p.m. **71826** Sat Nov 23 1:30 p.m.-3:30 p.m.



Looking for an Adult Sports Team?



Are you an individual who wants to participate on a basketball, softball or volleyball team? Add your name to the individual interest list. The list is distributed to the team captains and if they need extra players they may contact you. Email Tracey.Hedgpath@townofcary.org to be added to the interest list. Be sure to indicate what sport you're interested in and your contact information.

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 Baseball, Softball and Basketball

WakeMed Soccer Park

For more information:

(919) 858-0464

Visit www.townofcary.org for
a complete schedule of events.



Oct 5 - 8 a.m.

Great American Cross Country Festival
Details: www.nchsa.org

Oct 12 - 8 a.m.

Second Chance Pet Adoption 5K

Oct 26 - 8 a.m.

NCHSAA 4A & 1A Mideast Regional's

Oct 26 - 7 p.m.

RailHawks Vs. Atlanta

Nov 2 - 7 p.m.

RailHawks Vs. San Antonio

Nov 8 & 10

ACC Women's Soccer Championships

Nov 23 - 8 a.m.

The Chocolate 5K

Nov 30 - 8 a.m.

Nike Cross Nationals Southeastern Regionals

Cary Tennis Park

For more information:

(919) 462-2061

www.townofcary.org



Oct 11-14

STA Designated Bullfrog Tournament

Oct 16

Senior Appreciation Day

Oct 17-21

USTA/ITA Regionals

Oct 26

Team NC State Competition (age 10 & under)

Nov 1-4

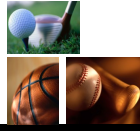
WWTA Harvest NTRPA Adult Tournament

Nov 8-10

Cary Fall Futures (NC Level 5)

Nov 29-30

Cary Winter Championships (NC Level 4)



Sports at the Centers

Stretch-n-Grow, Sports Adventure (age 4-7)

Location: Bond Park Community Center
Fees: \$27(R) \$35(N) (3 classes)
T-Ball
70846 Tue Oct 1-15 4:45-5:30 p.m.
Basketball
70847 Tue Oct 22-Nov 5 4:45-5:30 p.m.



Pickleball Tournaments (age 50 & up)

Show off your pickleball skills in a fun and challenging doubles tournament Nov 1 & 2. Age divisions for 50+, 60+ and 70+. Contact the Bond Park Community Center 919-462-3970.

Track-Out Sports Camp (grade K-6)

A great introduction to a wide variety of sports and recreational activities! Campers will learn the basic skills of some of the more popular sports, as well as experience non-traditional sports.

Location: Herbert C. Young Community Center
Camp Director: Brandy Gula

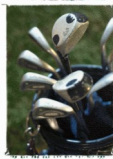
Fees: \$140(R) \$170(N) (5 classes)

70678 Mon-Fri Oct 21-25 8 a.m.-5:30 p.m. T3

70679 Mon-Fri Nov 18-22 8 a.m.-5:30 p.m. T2

TGA Premier Jr. Golf (age 5-12)

TGA Premier Junior Golf is a 5 level golf 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
Fees: \$105(R) \$135(N) (4 classes)
69869 Sat Oct 12-Nov 2 10-11:30 a.m.



Fencing Classes

The Middle Creek Community Center offers a variety of fencing classes for youth and adults from the beginner to the advanced participant.



Visit www.townofcary.org to register for these and many more exciting sports programs!

Disc Golf in Downtown Cary

Looking for something different to do after that big Thanksgiving dinner? Check out the 2nd annual Downtown Urban Open Disc Golf Tournament. Tournament events will be taking place Sat., Nov 30 and Sun., Dec. 1 (start times listed below).

Sat., Nov. 30

10 a.m. - Youth Clinic & Exhibition

1 p.m. - Random Draw Doubles

Sun., Dec. 1

9 a.m. - Tournament Round 1

1 p.m. - Tournament Round 2



As an extension of the tournament the Town of Cary will host its first Youth Disc Golf Clinic and Exhibition for ages 5-17 (all skill levels welcome), 10 a.m.-1 p.m. at 326 S. Walker St. The clinic fee is \$10 and pre-registration is required. Registrants will receive a beginner disc, golf towel, and a mini-disc marker and participate in a number of competition style exhibitions and instructional sessions. Prizes will be awarded for each station by age/skill level. Participants should come dressed ready for fall weather, and feel free to bring your own discs if you have them. Parents should expect to chaperone/caddy for younger participants.

Visit www.townofcary.org and search "disc golf" for more information on the tournament and how to register for the youth clinic.

Baseball & Softball Clinics for the Fall

Start getting ready for the spring baseball/softball season now! All baseball clinics will be held at the USA Baseball National Training Complex and all softball clinics will be held at Thomas Brooks Park. Individual lessons for baseball and softball are available as well. For more information email TOCInstructors@townofcary.org.

Baseball

Basic Fielding Techniques - Oct 14

Fees: \$12 (R) \$17 (N)

70708 Age 8-10 6-7 p.m.

70709 Age 11-12 7:15-8:15 p.m.

Pitching with a Purpose - Oct 17

Fees: \$17 (R) \$22 (N)

70710 Age 13-15 6-7 p.m.

70711 Age 16-18 7:15-8:15 p.m.

Power Hitting Techniques - Oct 24

Fees: \$17 (R) \$22 (N)

70712 Age 13-15 6-7 p.m.

70713 Age 16-18 7:15-8:15 p.m.

Softball

Fast Pitch Pitching Clinic - Nov 10

Fees: \$17 (R) \$22 (N)

70695 Age 8-11 1-2 p.m.

70697 Age 12-14 2:30-3:30 p.m.

70698 Age 15-17 4-5 p.m.

Hitting & Fielding Clinic - Nov 9

Fees: \$20 (R) \$26 (N)

70701 Age 8-11 10-11:15 a.m.

70703 Age 12-14 11:30 a.m.-12:45 p.m.

70705 Age 15-17 1-2:15 p.m.

Inclement Weather Field and Facility Conditions Know before you go!

Be sure to check the weather line or website prior to going to the field/gym. Even if it's sunny today, 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

Know that what motivates some players will not motivate others. It is important to get to know your players as individuals and to know how they will respond individually and as a team to motivational tactics. In the end, if you're involved, excited, and willing to take the time to keep practices interesting, then your team will respond. Source: www.breakthroughbasketball.com

