

GET MOVING - APRIL IS FIT CARY MONTH!

It's Fit Cary month and time to celebrate the many fitness & wellness programs and opportunities available right outside your front door. In the month of April, be challenged to:

- ◆ Join in a fitness activity
- ◆ Learn about healthy nutrition
- ◆ Discover wellness opportunities
- ◆ Achieve a personal goal
- ◆ Get fit/Be fit/Stay fit



New this year, we want to help you start your week off on a healthy foot! Check out the Get Movin' Mondays at the new Downtown Park off of Academy Street! Then, continue your weeks with the other wonderful programs we have going on in April! Visit [Fit Cary](#) to take the first step on the path to a healthier lifestyle!

YOUTH VOLLEYBALL TAKES CENTER COURT

Summer Volleyball League: Girls age 11-16 (age as of 9/1/17). Registration opens Apr 3 for Cary residents, Apr 17 for non residents. 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. The season runs Jun-Jul, with matches on Mon, Wed or Thu nights (usually 1-2 nights per week) at the Bond Park Community Center and Green Hope Elementary School (occasionally). Fees: \$50 (R); \$75 (N). Email Mike.Sink@townofcary.org for more.

Youth Volleyball Skills Classes (age 9-12)
100708 Tue,Thu Apr 18-May 11 5:45-7:15 p.m.

Teen Volleyball Skills Classes (age 13-16)
100709 Tue,Thu Apr 18-May 11 7:15-8:45 p.m.

Summer Volleyball Camps (Indoor)

Youth (age 9-12)
102708 Mon-Thu Jul 10-13 9 a.m. - noon
102709 Mon-Thu Jul 10-13 1-4 p.m.
102710 Mon-Thu Jul 17-20 9 a.m. - noon

Teen (age 13-16)
102711 Mon-Thu Jul 17-20 1-4 p.m.

[Register for these programs.](#)

FAMILY INTRO TO DISC GOLF CLINIC—NEW!

Looking for a different sport the whole family can enjoy together? Disc golf may be just the ticket for you. Families of all sizes and skill levels will learn game etiquette and throwing techniques. One hour of instruction on the field and one half hour on the course.

100733 Sat Apr 22 9-10:30 a.m.

Middle Creek Park

\$10 per person

[Sign up now](#) and let the discs fly!



CATCH A GAME OR MATCH!



WakeMed Soccer Park
(919) 858-0464

Apr 1 - 6:30 p.m.
Raleigh Flyers vs Atlanta Hustle

Apr 15 - 7:30 p.m.
North Carolina FC vs FC Edmonton

Apr 21-23
Wake FC Tournament of Champions

Apr 22 - 7:30 p.m.
North Carolina Courage vs Portland Thorns

Apr 29 - 4 p.m.
North Carolina Courage vs Orlando Pride

May 6 - 7:30 p.m.
North Carolina FC vs San Francisco Deltas

May 13 - 7:30 p.m.
North Carolina FC vs Jacksonville Armada FC

May 19-20
NCHSAA Lacrosse State Championships

May 21 - 4 p.m.
North Carolina Courage vs Chicago Red Stars

May 24 - 7:30 p.m.
North Carolina Courage vs Sky Blue FC

[Full Event Calendar](#)



Cary Tennis Park
(919) 462-2061

Apr 15-16
[Cary Spring Junior Open](#) (NC Level 3)

Apr 24-25
SWAC High School Tennis

May 6-7
[WWTA Cinco de Mayo Futures](#)
(NC Level 5)

May 10
Senior Appreciation Day

May 20
[Boy's NCHSAA State Championship](#) 1A 2A



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

[Event Schedule](#)

Visit www.townofcary.org for Youth and Adult League Schedules

MARK YOUR CALENDARS! UPCOMING SPORTS LEAGUE REGISTRATIONS

Summer 40 & Over Basketball Team Registration May 22-25
Team Fee: \$325
Season: Jun-Aug

Summer Outdoor Volleyball Team Registration: Jun 5-8
Team Fee: \$75 4v4; \$60 2v2
Season: Jul-Aug

ARE YOU LOOKING FOR A TEAM?

Add your name to the individual interest list for adult league sports. The list is distributed to team captains and if they need more players they may contact you. Be sure to indicate the sport (basketball/volleyball/softball) you want to play.

2017 WINTER SPORTS NEWS WRAP UP



**2017 Winter Youth Basketball
Tournament Champions**

- Girls:** Lizards - Central (age 11-12)
Lady Vols - Central (age 13-14)
Liberty - Central (age 15-18)
Boys: Bearcats - South (age 11-12)
Rattlers - Central (age 13-14)
Rockets - West (age 15-16)
Razorbacks - West (age 17-18)



Sportsmanship Awards

Sportsmanship is defined as the fair and generous behavior or treatment of others in sports. Each year Winter Youth Basketball participants vote for the player on their team that they felt displayed the spirit of good sportsmanship throughout the season. Congratulations to all of the 2017 award winners!



Volunteer Banquet Youth Coaching Awards

Volunteer coaches make it possible for the Town to provide quality youth sports programs. Each year outstanding coaches are nominated by parents, participants, other coaches and staff for two youth sports coaching awards. Congratulations to the 2017 winners.

Don Smith Award

Daniel Ziser

Distinguished New Coach Award

Sean Hannon



YOUTH SPRING SPORTS OPPORTUNITIES

Little Tyke Sports (age 3-5) - Shooters Basketball

Location: Herbert C. Young Community Center
Fees: \$40 (R) \$52 (N) (4 classes)
100116 Tue May 2-23 9:30-10:15 a.m.

Starting Out at SK8-Cary (age 5 & up)

Location: SK8 Cary
Fees: \$25 (R) \$33 (N) (1 class)
Skateboard, BMX, Non-folding Scooter
100886 Sat Apr 8 10 a.m.-noon
100887 Sat May 13 10 a.m.-noon

Archery (age 8 & up)

Location: Middle Creek Community Center
Fees: \$25 (R) \$32 (N) (6 classes)
99870 Wed Apr 19-May 24 5:30-6:30 p.m.

Spring Break Basketball Camp (age 7-12)

Location: Herbert C. Young Community Center
Fees: \$120 (R) \$150 (N) (4 classes)
101577 Mon-Thu Apr 10-13 9 a.m.-5 p.m.

Spring Break Golf Camp (age 7-16)

Location: Lochmere Golf Club
Fees: \$84 (R) \$108 (N) (4 classes)
100710 Mon-Thu Apr 10-13 9-11:30 a.m.

Basketball Achievers Skills Class (age 7-15)

Location: Middle Creek Community Center
Fees: \$82 (R) \$107 (N) (4 classes)
100105 Tue Apr 25-May 23 5-6 p.m.

Basketball Achievers Shooting & Scoring (age 7-15)

Location: Middle Creek Community Center
Fees: \$82 (R) \$107 (N) (4 classes)
100247 Thu Apr 27-May 25 5-6 p.m.

10U Fencing (age 7-10)

Location: Middle Creek Community Center
Fees: \$114 (R) \$144 (N) (8 classes)
99765 Tue Apr 25-Jun 13 6-7 p.m.

Youth Baseball Pitching Clinic (age 8-10)

Location: USA Baseball National Training Complex
Fees: \$20 (R) \$26 (N) (1 class)
101284 Sun Apr 23 1-2 p.m.

Visit www.townofcary.org to register for these programs!

SUMMER WOMEN'S SOFTBALL LEAGUE

The women's slow pitch softball league continues to grow each year and registration for the 2017 season will be opening soon! The season runs Jul & Aug with games on Tue/Thu nights. Be part of the fun! Get your friends together and register a team or register as an individual.

May 15-Jun 2 (individual registration)

Individual Fee: \$35 (R) \$45 (N)

May 30-Jun 2 (team registration)

Team Fee: \$325



COACHES CORNER

Emphasize Improvement

Players want to improve and gain new skills. Make sure that you challenge all your players at an appropriate level to foster improvement. This may require that players focus on different skills than other players during practice.

Source: www.qcbaseball.com



INCLEMENT WEATHER - 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

[Weather Website](#)

