

CARY FALL SPORTS WRAP UP

Another exciting fall season of adult and youth league sports is in the books! Congratulations to all the regular season and tournament champions.

Youth Baseball Regular Season Champions

Single A - Environmental Heating and Air
Double A - Nobles Insurance Agency
Triple A - (Tie) Capital Financial Management and Cary Towne Siding and Paint
Major - Tigers



Youth Softball Regular Season Champions

Rookie - Brixx Pizza
Minor - Advanced Surgical Associates
Major - Hey Clinic for Scoliosis and Spine Surgery



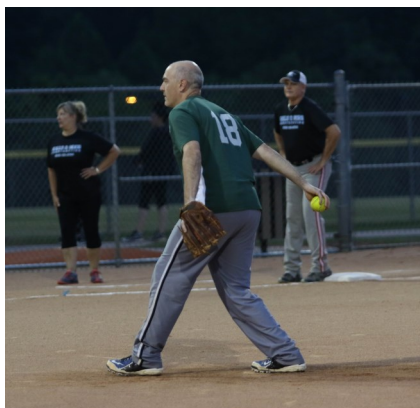
Adult Volleyball Regular Season and Tournament Champions

Coed A (R) Prime (T) Net Assets
Coed AA East (R) We Hit Your Balls (T) Coaches in Action
Coed AA West (R) Steve Holt! (T) How I'll Set Your Mother
Men's Open (R & T) We Hit Your Balls
Women's Open (R tie) - Harpoon and Whatever Works (T) Whatever Works



Adult Softball Regular Season and Tournament Champions

Coed B (R & T) DCC-USA
Coed C (R) Pitch Slap (T) The Big Easy
Men's Open B (Mon/Wed) (R & T) Phillips Farm
Men's Open B (Tue/Thu) (R & T) Hope Community Church
Men's Open C (Mon/Wed) (R) Doherty's Ball Busters (T) The Outlaws
Men's Open C (Tue/Thu) (R & T) Mad Batters



Senior Softball Regular Season and Tournament Champions

50+ (R & T) Cardinals
60+ (R tie) Xtra Bases & Krushers (T) Xtra Bases

Men's Open Basketball Regular Season and Tournament Champions

Men's A (R tie) R.I.P. Harambe and Run & Gun (T) Epic Health Partners
Men's B (R) SAS (Div I-T) Next Man Up (Div II-T) Wanted
Men's C (R) Getting Buckets (T) Knights Play



CATCH A GAME OR MATCH!



WakeMed Soccer Park
(919) 858-0464

No Events Scheduled



Cary Tennis Park
(919) 462-2061

Dec 2-3
[Cary Winter Championships](#)



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

No Events Schedule

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

ELKS HOOP SHOOT

It's not too late to take a free shot at fame at the Elks Hoop Shoot on Dec 7. Sign up for a chance to have your name enshrined in the Basketball Hall of Fame! Registration will be accepted on-line until Dec 6 and in person until 5 p.m. on Dec 7. The event is held at Bond Park Community Center and open to ages 8-13. Call (919) 462-2031 for more info.

[106865](#) 6:30-7:30 p.m. Age 8-9

[106866](#) 7:30-8:30 p.m. Age 10-11

[106867](#) 8:30-9:30 p.m. Age 12-13



UPCOMING ADULT AND YOUTH SPORTS LEAGUE REGISTRATIONS

35 & Over Men's Basketball

Team Registration: Jan 2-5
Team Fee: \$450
Season: Feb-Apr

Spring Youth Baseball (age 5-17)

Spring Youth Softball (age 8-18)
Registration: Jan 29-Feb 18
Fee: \$50 (R) \$75 (N)
Season: Apr-Jun

Contact

Tracey.Hedgpeth@townofcary.org
to request a registration packet.

Want to play, but don't have a team?

Add your information to the individual interest list. The list is distributed to the team captains and if they need they contact you directly. Email Tracey.Hedgpeth@townofcary.org and be sure to include your contact information and what sport you are interested in.

SPOTLIGHT ON YOUTH SPORTS LEAGUE VOLUNTEER COACHES

Volunteer coaches are the lifeblood of the Town of Cary youth sports program. Each season they give of their time, knowledge and enthusiasm to make your child's experience a great one and now is the time to say thank you. The Cary Parks, Recreation and Cultural Resources department accepts nominations and recognizes outstanding youth sports coaches in two award categories at an annual volunteer event.

The Don Smith Award recognizes a coach who has been in the program for five years or more and demonstrates leadership qualities; serves as a role model to all kids and coaches; shows integrity; understands and promotes the philosophy of participation, skill development, sportsmanship and fun; is respected by peers, community and staff; and unselfishly gives of him/herself and time to the youth of Cary.

The Distinguished New Coach Award recognizes a volunteer who has coached for fewer than five years with the Town of Cary (head coach or assistant coach). The recipient of this award demonstrates the ability to communicate effectively with players, parents and staff; brings new ideas; is respected by peers, community and staff; devotes time to the youth of Cary; and promotes the philosophy of participation, skill development, sportsmanship and fun.

If you think your coach should be considered for one of these awards please take a moment to submit a [Volunteer Award nomination form](#).



KEEP IT MOVIN' THIS WINTER—FITNESS FOR THE WHOLE FAMILY

Shorter days and colder temperatures make it difficult to keep active in the winter. Cary, Parks, Recreation and Cultural Resources has a wide variety of programs and classes to keep you and your family moving and on the road to fitness this winter! [Register Now!](#)

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

Herbert C. Young Community Center
Fees: \$40(R) \$52(N) 4 classes
109340 Tue Jan 9-30 9:30-10:15 a.m.

U10 Fencing (age 7-10)

Middle Creek Community Center
Fees: \$120(R) \$150(N) 7 classes
110630 Tue Jan 9-Feb 20 6-7 p.m.

Basketball Achievers Skills Class (age 7-15)

Middle Creek Community Center
Fees: \$105(R) \$137(N) 5 classes
110319 Fri Jan 5-26 5-6 p.m.

Skate and BMX Last Thursday Clinics (age 8 & up)

Sk8-Cary
Fees: \$18(R) \$23(N) 1 class Thu Jan 25
111727 BMX 5-6 p.m. 111732 Scooter 6-7 p.m.
111737 Skateboarding 7-8 p.m.



Indoor Archery Club (age 9-17)

Middle Creek Community Center
Fees: \$99(R) \$129(N) 8 classes
109631 Sun Jan 14-Mar 4 2-4 p.m.

Beginning Fencing Level I (age 11-17)

Middle Creek Community Center
Fees: \$105(R) \$135(N) 6 classes
110638 Mon Jan 8-Feb 19 7:15-8:15 p.m.

First Walk (all ages) FREE!

January 1, 10-11 a.m.
Black Creek Greenway/North Cary Park Entrance
Start the New Year off on the right foot by taking a walk on one of Cary's scenic greenways.

New Year, New You - Fitness Kick Off

Jan 2-6
Free demos of adult group exercise classes at Cary community centers. See a [complete listing](#) of classes you can try out.



COACHES CORNER

Concentrate On Similarities Between Skills

Many skills in basketball are similar. For example, pivoting on offense is the same as on defense. Many actions to get the ball are the same as the actions you use once you get the ball. Same actions, different situations. Search for similarities between skills and try to teach them together. Working on similar skills allows a player to have a comfort level that comes with familiarity.

Source: [Breakthrough Basketball](#)

INCLEMENT WEATHER - KNOW BEFORE YOU GO!

Be sure to check the weather line or website prior to going to the 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
[Weather Website](#)

