

2018 SPRING BASEBALL AND SOFTBALL—BATTER UP!



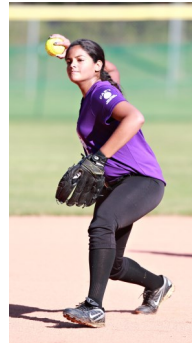
It's time to register for Spring youth baseball and softball and here's what you need to know!

Baseball for ages 5-17 (age as of 4/30/18)
Softball for girls age 8-18 (age as of 1/1/18)
Fee: \$50 (R) \$75 (N)
Registration Open: Jan 29 for Cary residents
Feb 12 for Nonresidents

[Registration Packet](#)

NEW for 2018!

Colt baseball will now include 17 year olds.



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)
111166 Sun Feb 25 1-2:30 p.m.
111167 Sat Mar 17 10:30 a.m.-noon

Spring Training Clinic (age 8-12)
Location: USA Baseball NTC
Fee: \$15 (1 class)
111172 Sun Mar 18 3-5 p.m.

NTC Baseball Academy Pitching (age 11-17)
Location: USA Baseball NTC
Fee: \$30 (R) \$39 (N) (1 class)
111177 Mon Feb 5 6:30-8 p.m. (age 11-13)
111178 Thu Feb 8 6:30-8 p.m. (age 14-17)

Softball

Learning to Throw - Beginner (age 7-12)
Location: Mills Park Softball Field
Fee: \$20 (R) \$26 (N) (1 class)
111072 Sat Mar 3 noon-1:30 p.m.

Hitting Techniques - Beginner (age 8-17)
Location: Mills Park Softball Field
Fee: \$30 (R) \$39 (N) (1 class)
111073 Sat Mar 3 8:30-10 a.m.

Pitcher & Catcher Positions - Intermediate (age 11-17)
Location: Mills Park Softball Field
Fee: \$30 (R) \$39 (N) (1 class)
111076 Sun Mar 4 2:30-4 p.m.

2017 ELKS HOOP SHOOT - SHOOTING STARS

Young athletes put their free-throw shooting skills on the line at the Elks Hoop Shoot, Dec 7 at Bond Park Community Center. This competition is co-sponsored with the Raleigh Elks Lodge #735. Winners qualified for additional competitions that will lead to a National Championship!

Boys 8-9: Aarush Bandemegal
Boys 10-11: Jonathan Peery
Boys 12-13: Ryan Poray
Girls 8-9: Jozi Lester
Girls 10-11: Jocelyn Lester
Girls 12-13: Roxanne Egamino



Girls 12-13 Division

CATCH A GAME OR MATCH!



WakeMed Soccer Park
(919) 858-0464

No events scheduled for Feb/Mar



Cary Tennis Park
(919) 462-2061

Feb 9-11
[WWTA Polar Doubles](#)

Mar 3-4
[Mercedes-Benz of Cary Junior Tennis Championships](#)

Mar 16-19
[USTA Southern Level 1A Tennis Championships \(Boys and Girls 12s and 14s\)](#)

Mar 24-25
USTA Tennis on Campus Border Battle



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

Feb 23-25
[Penn State Invitational](#)

Mar 2-4
[Army Invitational](#)

Mar 9-11
[NTC Division II Challenge](#)

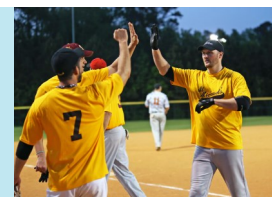
Mar 18
[Tobacco Road Marathon](#)

Mar 27-31
[National High School Invitational](#)

Visit www.townofcary.org for Winter Youth and Adult Basketball 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.Hedgpeth@townofcary.org. Indicate the sport (basketball, softball or volleyball) and include your phone number and email address.

MARK YOUR CALENDARS! UPCOMING SPORTS LEAGUE REGISTRATIONS

Spring Adult Volleyball
Team Registration:
Feb 26-Mar 1
Team Fee: \$225
Season: March-June

Spring Adult Softball
Team Registration:
Feb 26-Mar 1
Team Fee: \$450
Season: April-June

Spring Senior Softball (50+ & 60+)
Registration Mar 5-25
Fee: \$35 (R) \$50 (N)
Season: April-June

GET SET FOR YOUTH VOLLEYBALL!

Youth Volleyball League Registration (age 11-16)

(Age as of 9/1/18)
Apr 2-15 Cary residents
Apr 16-22 Cary residents and Non residents
Season: mid May-July
Nights of play: Mon/Thu/Fri (1-2 nights per week)
Fees: \$50 (R) \$75 (N)
110945 Age 11-13
110946 Age 14-16



This 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 the volleyball skills classes.

Youth 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
Fees: \$84 (R) 109 (N)

109658 Tue, Thu Apr 17-May 10 5:45-7:15 p.m.

Teen Volleyball Skills Class (age 13-16)

Participants advance their individuals skills and learn the rotations, rules and offensive strategies for the game.
Location: Bond Park Community Center
Fees: \$110 (R) 140 (N)

109656 Tue, Thu Apr 17-May 10 7:15-8:45 p.m.

WHAT'S NEW IN SPORTS

Try out a new sport in the new year! [Registration open now.](#)

Parkour Basics (age 8-16)

Learn how to navigate around, over and through various obstacles. Beginners and advanced athletes welcome.
Location: Sk8 Cary
Fees: \$25 (R) \$33 (N)
111720 Sat Feb 10 10 a.m.-noon

Youth Badminton Training (age 7-15)

Introductory course to the game. Racket required or available for purchase at class.
Location: Bond Park Community Center
Fees: \$88 (R) \$114 (N)
110639 Sat Mar 3-May 19 3-4 p.m.



Ultimate Frisbee (age 11-17)

Learn the fundamentals of Ultimate Frisbee. Registration includes disc, shirt and 2018 USA Ultimate membership.
Location: Middle Creek School Park
Fees: \$84 (R) \$109 (N)
110622 Mon-Fri Apr 2-6 9 a.m.-noon

Intro to Mountain Bike (age 12 & up)

Hang on to your helmets and learn the basics of this thrilling sport! Equipment provided.
Location: Fred G. Bond Metro Park
Fees: \$69 (R) \$90 (N)
110941 Thu Mar 15 9 a.m.-2 p.m.

2018 CARY ROAD RACE ON THE MOVE—APRIL 14

The Cary Road Race celebrates its 40th anniversary by moving to downtown! This new 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: \$20 (all runners) 9:30 a.m. Start of 5K and 5 Miler
Race-Day: \$30 (all runners) 10:45 a.m. Start of 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:

Feb 5 Cary Residents
Feb 19 Non Residents



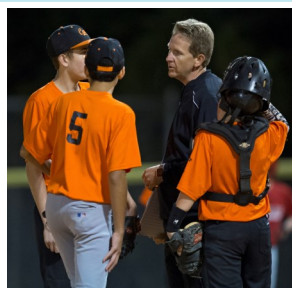
COACHES CORNER

Baseball Coaches - FREE On-Field Clinic
March 15 | 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.

Have questions?

Email TOCinstructors@townofcary.org



INCLEMENT WEATHER - KNOW BEFORE YOU GO!



Be sure to check the weather line or website 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](#)