

GET MOVING - APRIL IS FIT CARY MONTH!

April is 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



Get Movin' Mondays are back this year at the Downtown Park on Academy Street! Continue the month with the other wonderful programs we have going on in April! Visit [Fit Cary](#) to take the first step on the path to fitness!

YOUTH VOLLEYBALL TAKES CENTER COURT

Summer Volleyball League: Girls age 11-16 (age as of 9/1/18). Registration opens Apr 2 for Cary residents, Apr 16 for non residents. Only individuals who have participated in other volleyball leagues 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, Thu or Fri nights (usually 1-2 nights per week) at the Bond Park & Herb C. Young Community Centers and Green Hope Elementary School (occasionally). Fees: \$50 (R); \$75 (N).

Youth Volleyball Skills Classes (age 9-12)
109658 Tue, Thu Apr 17-May 10 5:45-7:15 p.m.
Teen Volleyball Skills Classes (age 13-16)
109656 Tue, Thu Apr 17-May 10 7:15-8:45 p.m.

Summer Volleyball Camps (Indoor)
Youth (age 9-12)
112725 Mon-Thu Jul 9-12 9 a.m. - noon
112726 Mon-Thu Jul 9-12 1-4 p.m.
112727 Mon-Thu Jul 16-19 9 a.m. - noon
Teen (age 13-16)
112727 Mon-Thu Jul 16-19 1-4 p.m.
[Register for these programs.](#)

2018 ACC TENNIS CHAMPIONSHIPS RETURN TO CARY!



Don't miss the excitement as the ACC [Men's](#) and [Women's](#) Championships return to Cary Tennis Park, April 25-29. We are excited to host this event for the 12th year, including 8 consecutive seasons from 2009 to 2016. Five of the Men's ACC teams and six of the Women's ACC teams are ranked in the Top 25 in the nation! It goes without saying, there will be lots of great tennis going on at CTP. For more information, call (919) 462-2061.



MARK YOUR CALENDARS! UPCOMING SPORTS LEAGUE REGISTRATIONS

Summer 40 & Over Basketball Team Registration May 21-24
Team Fee: \$325
Season: Jun-Aug

Summer Outdoor Volleyball Team Registration: Jun 4-7
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.

Contact Tracey Hedgpath to request a team registration packet or add to the individual interest list: (919)469-4062
tracey.hedgpath@townofcary.org

CATCH A GAME OR MATCH!



WakeMed Soccer Park
(919) 858-0464

Apr 7 - 7 p.m.
North Carolina FC vs Indy 11
Apr 18 - 7 p.m.
NC Courage vs Seattle Reign FC
Apr 21 - 3:30 p.m.
NC Courage vs Utah Royals
Apr 28 - 7 p.m.
North Carolina FC vs Penn FC
May 5-7 p.m.
Raleigh Flyers vs Tampa Bay Cannons
May 6 - 3 p.m.
NC Courage vs Chicago Red Stars
May 11 - TBA
North Carolina FC U-23s vs TBA
May 12 - 7 p.m.
NC Courage vs Washington Spirit
May 18 - 7:30 p.m.
NCHSSA Lacrosse State Championship
May 19 - Noon and 2:30 p.m.
NCHSSA Lacrosse State Championship
May 23 - TBA
North Carolina FC U-23's vs TBA
May 25 - 7 p.m.
North Carolina FC vs Atlanta United 2
May 29 - TBA
North Carolina FC U-23s Vs. TBA



Cary Tennis Park
(919) 462-2061

Apr 14-15
[Cary Spring Junior Open \(NC Level 3\)](#)
Apr 21
[Fit to Hit Charity Event](#)
Apr 23-24
SWAC High School Tennis
May 5-6
[WTA Cinco de Mayo Futures \(NC Level 5\)](#)
May 9
Senior Appreciation Day
May 11-12
Boy's NCHSAA State Championships 1A 2A
May 18-20
[Mercedes-Benz Charity Doubles Adult Tournament \(Adult NTRP\)](#)



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

May 26-Jun 2
[NCAA Division II Baseball Championship](#)
See page 2 for more information.

[Full Event Schedule](#)

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

2017-18 WINTER SPORTS NEWS WRAP UP

2017-18 Winter Youth Basketball Tournament Champions



Girls: Lizards - Central (age 11-12)
Lady Heels - Central (age 13-14)
Liberty - Central (age 15-18)

Boys: Seahawks - South (age 11-12)
Rattlers - Central (age 13-14)
Pelicans - West (age 15-16)
Crimson Tide - Central (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 2018 award winners!



2018 Boys 11-12 Sportsmanship Award Winners

SUMMER WOMEN'S SOFTBALL LEAGUE

The women's slow pitch softball league continues to grow each year and registration for the 2018 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 14-Jun 1 (individual registration)
Individual Fee: \$35 (R) \$45 (N)

May 29-Jun 1 (team registration)
Team Fee: \$325



COACHES CORNER

It's the job of the youth coach to allow players to play multiple positions and to provide the baseball instruction necessary to play those positions. Most young players that have to play in the outfield all year long are going to get bored. Outfielders need to field ground balls and infielders need to catch fly balls. All players have to throw and catch. Develop all players to play in the infield and outfield. The baseball skills they learn in each area will help them to become a more complete player.

Source: www.qcbaseball.com

NCAA DIVISION II BASEBALL IS BACK!

NCAA Division II Baseball returns to the USA Baseball National Training Complex in Cary for 2018. This national championship series will run May 26-Jun 2 so come on out and enjoy some exciting baseball action right in your own backyard!
[Ticket Information](#)



Town of Cary Baseball Championship Clinic (age 8-14)

Learn baseball from some of the nation's best NCAA division II players and coaches. Registration includes a ticket to a NCAA Division II Championship game on Saturday, June 2 and a free glove from Rawlings.
Location: USA Baseball NTC Fee: \$20
111174 Sat May 26 10 a.m.-noon

PUT THE SWING BACK INTO SPRING!

New to the sport of golf or looking to improve your game? We've got the clinic for you!

Spring Break Golf Camp (age 7-16)
Designed for the beginning junior golfer.
Location: Lochmere Golf Club
Fee: \$84 (R) \$108 (N); 4 classes
[109662](#) Mon-Thu Apr 2-5 9-11:30 a.m.

Youth Golf Clinics (age 7-16)
Designed for all junior golfers.
Location: Lochmere Golf Club
Fee: \$60 (R) \$80 (N); 5 classes
[109660](#) Tue/Thu Apr 17-28 4-5 p.m.
[109661](#) Tue/Thu May 8-17 4-5 p.m.



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](#)

