

In This Issue:

- Basketball Program Updates
- Volleyball Program Updates
- Rhymer Fitness Updates

Carolina Courts is the proud sponsor of Girls on the Run of Union County. Join us at the Lake Park Community from 9am-12pm on April 25th!

A note from our Basketball Director, Matt Jones:

Much is being made these days about what is best for the student athlete during the offseason – playing games/tournaments? Working with trainers? Physical Fitness?



I believe that repetition is the key to becoming better at anything – dribbling, shooting, quicker feet, becoming stronger, etc. Playing in games you might get 5-15 shots – over 20 games this might equate to 200 shots versus shooting 200 shots/day – in a game like setting to improve your shot. Another key is to work harder than the next guy. Just going out and shooting or dribbling lazily won't help you become better in game like situations. Whether you are playing in the driveway or at Carolina Courts, pretend every shot, drive or defensive possession is as important as your school season.

Carolina Courts Basketball Updates:

- **Summer Camps:** This summer, we are offering multiple sessions of Mini-Camps (90 minutes of intense drills – much like our “boot camps”) and regular weekly camps – ½ or Full Day options. All our camps will boast excellent coaches, the best of equipment and a safe, clean facility with varying lunch options. Please visit our website for more information and/or to register today!
- **Fundamentals through Faith:** We are proud and excited to announce a new program specifically for young men. This program, led by Dwight Jacobs, has been created to teach the fundamentals of to those serious about learning and working hard, in a faith based environment. We will informally introduce some vital life lessons along the way and complete a service project. This program is capped and open to 8th, 9th & 10th graders only.
- **Spring Shooting Academy:** Our Spring Shooting Academy session is being led by Mike Craft - Head Coach of the Boys Varsity team at Ardrey Kell HS. Coach Craft will take our players through a 4 week sessions (90 minutes per session) teaching proper form, extension, arc, shooting quickness and other areas of emphasis to improve game situation techniques. Participants are guaranteed to learn better form and get numerous shots up each session. This program is now available online for registration.
- **Finishing Clinic:** Are you looking to improve your ability to finish? Whether shooting off the dribble or finishing in traffic, Myron Lowery, Head Coach of the Boys Varsity team at Providence HS, will teach you various moves and techniques on the offensive end of the floor. This clinic will be available in May....
- **Womens Basketball League:** Starting in May and going through June, we are offering our first Women's League. Subject to registration numbers, we hope to have a minimum of four teams that will play in house this Spring – come on out and get some exercise ladies!
- **Mens Adult Leagues:** – Due to recent demand, we are offering 3 different adult leagues starting in May – Open, Recreation and > 35 Recreation. If you are looking to get, or keep, in shape, our adult leagues will give you a solid run in a competitive and fun environment. We look forward to seeing you here!

A note from our Volleyball Director, Barbie Curry:

Our RISE season is coming to a close and I am SO very proud of all our girls. They truly learned a ton from the beginning of the season to the end. As all you girls prepare for Volleyball tryouts for Middle or High School, feel free to come by Carolina Courts for some tips and open play during the summer months. See you on the court!



Carolina Courts Volleyball Updates:

- **Summer Camps:** This summer, Carolina Courts is offering multiple specific camps designed for different positions, ages and skill sets. All our camps will have college level instruction in a fun & safe environment.

<u>Camp</u>	<u>Age's</u>	<u>Cost</u>	<u>Date</u>	<u>Time</u>
All Skills Camp	12-18	\$195 Non Member \$175 Members	June 22-25	9am-3pm
Beginners Camp	6-14	\$195 Non Members \$175 Members	June 28- July 2	9am - 3pm
All Skills Camp	12-18	\$195 Non Member \$175 Members	July 6-9	9am - 3pm
Just Play	High School	\$150 non member \$135 Member	July 13-15	9am-1pm
Junior High Camp	6th-8th	\$150 non member \$135 Member	July 13-15	9am-1pm
Position Camp (Setters, Hitters and Defensive)	12-18	\$195 Non Member \$175 Members	July 20-23	9am - 3pm

Upcoming Events:

NC State Games in June 2009!

High & Middle School Summer League

Youth Elite League over the Summer (ages 8-15)

High School Team Camps

- **Shelton Collier Skill Sessions:** Coach Collier is offering four unique clinics with the opportunities to learn excellent techniques and work habits to improve your volleyball game. All clinics are now available online and will be offered in May.
 1. Defense & Passing
 2. Attacking the Ball
 3. Volleyball 101
 4. Setter Training
- **HS Just Play League:** Looking for an opportunity to "Just Play" now that your travel season or Spring season is done? Are you looking for a competitive league that offers lots of playing time? Look no further. In a 2 ½ hour session, you will get coaching on team concepts and then play for 2 hours! This league is only 3 weeks long, but is offered on Tuesdays and Thursdays each week. We hope to see you "Just Play" at Carolina Courts!

Rhymer Fitness Update:

If you're looking to improve your athleticism this summer then look no further! Rhymer Fitness Athletic Training Systems is offering two summer camp options for you or the whole family!

For the Youth Athlete

We will incorporate our individualized training programs which are entirely results based, so much in fact most athletes will see quality results after the very first session! To accomplish these goals we will utilize research from Z-Health Performance Solutions and "old school" training methods from some of the most sought after high performance coaches in the world to provide high quality un-matched results for your athletic improvement! What will you tell your coach about your summer break? Will you say I sat around and did nothing or will you say I found cutting-edge scientific research with years of "in the trenches" experience to elevate my game ahead of the competition. I can jump higher, run faster and now I live with strength!

For the Parent(s)

Don't just drop your child off for summer camp; stick around for an awesome workout of your own! Rhymer Fitness offers a multitude of fun, innovative and productive boot camp training programs to challenge anyone from the avid fitness enthusiast to the person just getting their





feet wet. Every Fat Burning Bootcamp guarantees 3 things: You will burn a ton of calories, you will get stronger, and you will have a blast working hard!

Dates & Times: June 15-19 11:00am-12:30pm OR July 13-17 11:00am-12:30pm

Cost: \$99 per athlete OR \$149 per family

Requirements of the Athlete

All athletes must come into our facility at Carolina Courts prior to summer camp for a free athletic assessment. The assessment will take no longer than 15 minutes and is necessary for optimal results during the camp!

Perks of Attending a Rhymer Fitness Athletic Summer Camp

- 1.) A "Stay Healthy All Summer Long Manual"
- 2.) Personalized mobility plan to keep you moving in the right direction
- 3.) A Rhymer Fitness T-Shirt that says it all – "Using Science and Experience to Unlock Your Athletic Potential"

There is limited space available for these summer camps, we will cap each athletic enhancement class and bootcamp at 12 participants each to maintain high end results!

For more information about Rhymer Fitness Athletic Summer Camps contact:
Bobby Robinson @ (980) 297-2329 or e-mail bobby.robinson@hotmail.com



Do You Consistently Miss Your Free Throws? Rhymer Fitness Athletic Training Systems may have the answer and it will surprise you.

If you notice that you consistently miss your free throws too long, or always too short, it actually may have nothing to do with your shooting technique. The parts of the body that are really important in shooting that no one thinks about training are your eyes.

Well, almost no one.

Rhymer Fitness Athletic Training Systems at Carolina Courts understands that your eyes control about 70% of all movement, coordination, and balance. We also test each of our athletes for a *phoria*. Phoria describes a muscle condition of the eyes in one of 3 ways.

Esophoria means the eye muscles are pulling in creating overconvergence, so the world seems closer than it really is. In basketball, esophores will have a tendency to miss shots by leaving them short of the basket.

For *exophores*, the exact opposite is true. Exophores, who suffer from underconvergence, see the world as farther away than it actually is. They will miss shots by overshooting the basket. *Orthophoria* is a balanced condition in which the eye muscles maintain eye fixation when either eye is covered.

Come by and see us at Carolina Courts for a quick test to see if an eye issue is keeping you from playing at your best. The good news is there are a few easy drills that you can do if you have a phoria issue.

Rhymer Fitness Athletic Training Systems – Using Science and Experience to Unlock Your Athletic Potential!



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