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- Grand Opening a huge success.
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- Membership changes effective 3/1/09
- Calendar function added to website – open gym!
- 3 on 3 Tournament coming in February!
- Carolina Courts may be closed due to Union Power fix in Old Hickory - Date/time to follow.
- Join us for the Super Bowl!

### A note from our Basketball Director, Matt Jones:

Spring is one of the best times of the year to work on your game. With school ball and other recreation programs ending, now is the time to work on your individual game.



Do you need to improve your ball handling? Shooting? Speed/Agility? Stop by Carolina Courts and we will have a program/lesson tailored for your needs. It also a great time to "Just Play" ...sometimes we can get caught in the over coached trapped – too focused on literally running plays versus playing basketball – reading back cuts, moving without the ball, etc.

## Spring Programs @ Carolina Courts now available online.

We are proud to announce our upcoming Spring Programs – all of which are now available online. Below are our **Basketball** Programs coming this Spring – more in depth write ups, dates, costs, etc. are all available under Basketball/Youth Leagues (or Adult Leagues):

- Instructional Basketball League – for 6 & 7 year olds wanting more fundamental work .
- Carolina Courts "Just Play" League – for ages 8-9, 10-11, 12-14.
- Spring School League – Wanting to keep your Middle School or High School team playing together? We have a 10 game regular season (then a tournament) for the following grade levels: 7<sup>th</sup>/8<sup>th</sup> Graders (MS League), 9<sup>th</sup>/10<sup>th</sup> (JV HS League), 9<sup>th</sup>-12<sup>th</sup> (Varsity HS League).
- Adult Basketball League – 2 different divisions starting in early March.
- Carolina RISE tryouts updated on our site – please register if you plan on trying out!

Below are the **Volleyball** Programs coming this Spring – more in depth write ups, dates, costs, etc. are all available on our website under Volleyball/Youth Leagues (or Adult Leagues):

- Youth Rec Volleyball League – 3 different divisions (6-8, 9-11 & 12+)
- Jr Elite Volleyball League – 2 different age groups
- Boys Volleyball Clinic – first in the Charlotte Area!
- Adult Volleyball League – 3 different divisions (2 Co-ed!) starting in early March.

## Grand Opening has great response from area families!

Our Grand Opening was packed full of families and friends on January 10<sup>th</sup>. We want to thank all of those that attended and helped us raise just over \$500 towards Big Brothers Big Sisters! The event was fun for all ages – as you can see from the pictures below....



We also want to invite those that have not been to our beautiful facility to come on by for a visit (and maybe sneak in some exercise). In today's economy, we have very affordable memberships, clinics and leagues you can take advantage of for your child or yourself.

**A note from our  
Volleyball Director,  
Barbie Curry:**

I am so proud of our RISE Volleyball teams. They have made tremendous progress thus far and have represented Carolina Courts with class and dignity. Way to go girls!!



**Upcoming Events:**

**Spring Break Camps**

**3 on 3 Tournament**

**AAU Tournaments**

**Open Volleyball  
Nights**

**Middle School Night –  
Music, Games & More!**

**Contact Us:**

**Carolina Courts**

**7210 Stinson Hartis  
Rd. Indian Trail, NC.**

**www.carolinacourts.com**

**704-882-1115**

**Rhymer Fitness partners with Carolina Courts! Speed & Agility sessions starting in early February 2009**

Rhymer Fitness will be opening their doors at Carolina Courts for Speed & Agility training for your young athlete on February 2<sup>nd</sup>. On Friday, January 30<sup>th</sup>, Rhymer Fitness will be conducting a FREE Athletic Training Session at Carolina Courts, beginning @ 5:00pm and going to 7:00pm. Bring your child for a free athletic assessment. We will be posting their session descriptions and pricing within the next week online.

If you are looking to increase your vertical leap, explosion, and/or speed, Rhymer Fitness will have a program, with guaranteed results, for you! Here are a couple of testimonials from some of their past clients:

*"Our 5'9", 105 pound daughter's club volleyball coach suggested our daughter receive some strength training prior to trying out for her high school volleyball team, so we employed Jason to work with her the summer before fall volleyball try outs occurred. "Our family was fortunate to know Jason from working with him in our church youth program and searched Jason out first because we knew what an awesome person he was and loved the way he communicated and motivated teens. We wanted a strength trainer who could motivate, achieve results, while making the sessions enjoyable. We had no idea how great Jason's skill level was in strength training, and were blown away by the results. Jason customized a program for our daughter and after a summer of working with Jason's program, our daughter's strength, conditioning, and confidence improved and she made the volleyball team. She couldn't have done it without Rhymer Fitness and we are so grateful!!!"* *Barbara Hudson*

*"We are privileged to have Jason work with our children, two boys' ages twelve and fifteen, for the past two years. Our children are active in football, basketball, and baseball. Successfully, Jason has worked and motivated them in strength training and specific sport training which includes: speed, vertical jumping, flexibility, visual awareness, and healthy living. Jason's use of traditional and unconventional (but safe) methods bring diversity and fun to their workouts. He even makes extra time for some basketball or football games. With each anticipated workout, our children are motivated and excited with the opportunity to work with Jason. They not only have developed a trainer/student relationship, but a friendship. Jason's professional, friendly, humble, encouraging, patient, understanding, fun, and respectful approach has been a weekly welcome at our home. We appreciate his strong moral compass and guidance. It is a privilege to put our sons in Jason's presence. He is an inspiration to all of us who are blessed in knowing him. We could not ask for a better role model for our children. Without reservation, we highly recommend Jason be an addition to anyone's exercise workout."* *Susan and Bill Markwat*

**Membership Policy effective 3/1/09.**

Starting in the Spring Season, March 1<sup>st</sup>, 2009, we will no longer be including a membership with a program registration – with the exception of our Carolina RISE travel teams. However, we will begin offering a reduced fee for members (purchased) vs non-members of our facility.

**New Calendar functionality added to our website.**

To help with the Open Gym requests, we added a menu items to the main page of our site labeled "Calendar". This Calendar lets you know the open gym times for each of our five courts. Please note: This is updated and changed on a regular basis – sometimes multiple times during the day due to practice/game conflicts. Anytime we make a change, we update the schedule on the site.

**Carolina Courts may be closed one day this week until 5:00 pm due to Union Power work in Old Hickory. It will probably be Tuesday....(Will announce on our site as soon as we know)**

**Join us for the Superbowl @ Carolina Courts. Our concession will be open with Pizza, Chik Fila, Hot Dogs and more! We will have Volleyball & Basketball Courts ready for play. Free to members. Daily rates apply to non-members.**

