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

Are you looking to improve your (childs) game? Sometimes there is a perception that playing travel ball is the only way to get better in the Spring – play against the best.

While sometime true, many players can get discouraged by lack of playing time, cost and/or demands on time. We at Carolina Courts offer alternatives to playing travel ball that will focus on your game needs and playing time for a fraction of the cost of travel basketball.



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

I am very excited to announce a new addition to our volleyball staff. John Brannon has joined me to help build on to our existing volleyball programs and to build



## Rhymer Fitness now open at Carolina Courts!

Rhymer Fitness has officially opened up their doors for business at Carolina Courts. They are offering a FREE Bootcamp session for the first 10 people that register online. To check out details, go to [Carolinacourts.com](http://Carolinacourts.com) and click on Rhymer Fitness from the home page.

Various Speed & Agility and/or Vertical Leaping sessions will be offered very soon. If you are looking for that winning edge, talk with Jason Rhymer or Bobby Robinson on your next trip to Carolina Courts. They will provide any/all athletes a free assessment – IE: Vertical test, 40 time, etc.

## Action shots of your kids are now available online!

Carolina Courts has partnered with SNGSports to offer you great quality photographs of your child(ren) in action. Many of their pictures are now hanging in our lobby – come see for yourself the great job they do! In addition, upon request, they will take action photos of your child at specific games and offer you a CD of your child. To learn more, go to our website and click on Action Photos from our main menu.

## 3 on 3 Valentines Day Tournament at Carolina Courts Got Game? Bring it....

Think you can win the title of “3 on 3 Champions”? Bring your friends and your game to Carolina Courts on Valentines Day (starting early afternoon!) We will have 3 divisions: 17+ (Adult), 14-16 & 11-13 (Depending on registration #'s) Only teams can register. Below are some rules for our tournament:

- Max 5 players per team – team that you register with are the teammates for the duration of the tournament. NO additions after the tournament starts.
- Call own fouls – each court will have a “Coordinator” to resolve disputes. Foul out after “X” fouls.
- Age is as of 2/1/09. IE: If you turned 14 on 1/23/09, you need to play 14-16 division. If you turned 14 on 2/3/09, you are eligible to play 12-13. We reserve the right to check birth certificates (if needed)
- All registration must be done online. The cutoff for registration is Thursday (2/12) evening @ 10pm. There is a link on our main page to register.
- Cash prize for 1<sup>st</sup> place in each division!!

new programs for both girls and boys! John is the varsity head coach of the Butler Bulldog team in Matthews and has an incredible passion for the game of volleyball.

### **Upcoming Events:**

#### **Spring Break Camps**

#### **3 on 3 Tournament**

#### **Open Volleyball Nights**

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

### **Contact Us:**

#### **Carolina Courts**

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

[www.carolinacourts.com](http://www.carolinacourts.com)

704-882-1115

### **Carolina Courts is offering MS (Middle School) Nights once a month – first one on 2/21/09.**

If you have a Middle School child looking for some fun time with friends on a Saturday night, come on out to Carolina Courts on 2/21/09 from 6:30pm to 9:30pm. We will have 3 basketball/volleyball courts reserved and open for your enjoyment. We will also have music, arcade games and food available. We will have plenty of chaperones and members or non-members are welcome! Members cost is \$5.00 and non-members cost is \$7.00. We look forward to seeing you on the 21<sup>st</sup>!

### **Open Volleyball for Adults on Sunday Nights**

Come join us on Sunday evenings from 6pm to 9pm for some fun competitive volleyball. Whether you are looking for some fun with friends or really wanting to compete, we have the volleyball game for you! Open Volleyball is offered on Sunday evenings in February for \$6.00 per person.