

In This Issue:

- Dodgeball now offered!
- Basketball Program Updates
Correction regarding Duke Girls Clinic
Fall Leagues/Camps/Etc.
- Volleyball Program Updates
Fall Leagues/Camps/Etc.
- Other Program Update

A note from our Basketball Director, Matt Jones:

Hey gang! Beat the heat this summer and join us in the air conditioned gym for some great workouts. We have the Dr Dish, Noah Shot analyzer, agility ladders, etc. to ensure you maximize your summer basketball workouts. Whether you are trying to get 300 shots up, work on your footwork speed or increase your overall strength, we can help you achieve your goals!



A note from our Volleyball Director, Barbie Curry:

Hey girls! As you prepare for your upcoming volleyball season, it is essential you stay in game shape. If you are looking to get back into or stay in great shape for your school volleyball season, we can help you out here at Carolina Courts. Please feel free to call me for a free assessment of your game and



Carolina Courts offering Summer Dodgeball!

Carolina Courts is now offering Friday Night Dodgeball for both Youth and Adults (coed)! You can come play as an individual or bring a group and play as a team. Teams will be made up of 6-10 (max 10) people. We have 3 age/grade divisions (effective this upcoming school year): Middle School, High School and Adult. Come join in the fun on Friday nights listed below! We will have food and beverage available for purchase on these evenings as well.

Dates:

July 10th, 17th & 31st August 7th, 14th & 21st.

6th, 7th & 8th grade (as of 9/1/09) 6-8pm, HS 8-10pm, Adults 7-9pm

Pricing: Individuals = \$8/session, Teams = \$40/session ** Prepay for five session and get the sixth session free!

Carolina Courts Basketball Updates:

CORRECTION: Due to a change in personnel with the women's program at Duke, Carolina Courts will not be hosting the Duke University Basketball Clinic on August 22nd, 2009

Other Carolina Courts Basketball Updates

- **Summer Camps:** Our summer camps are filling up – please make sure you sign up for the week you want now - avoid being “waitlisted”.
- **Fall Leagues:** Carolina Courts is offering two different youth basketball leagues this Fall. One is in a partnership with USBA and will be team registration only. This will be a more competitive league that will have mostly travel teams playing each other. You can register @ www.usbahoops.com. Our other league will be run by Myron Lowery – head varsity boys coach at Providence HS. Myron will be offering a fall league that will offer great instruction and games from late August to late September. More information will be available shortly on our website.
- **FALL BOOTCAMPS:** Matt Jones is offering Fall “Bootcamps” at Carolina Courts that will be intense 90 minute workouts to prepare your son/daughter for their upcoming school tryouts. Look on our website for more information regarding these opportunities to

suggestions on how we can improve your skills and/or athleticism.

Upcoming Events:

Middleschool Bootcamps for Volleyball

3 on 3 Tournament!

High School Team Camps/Tournaments

Friday Night Dodgeball!



knock the rust off, as well as gain valuable insight to what coaches are looking for from a skill, attitude and desire standpoint.

- Congratulations to our 12U RISE Girls (coach Watts) for winning the USSSA Division 1 State Championship in early June. We are very proud of our girls!!
- Our 3 on 3 basketball tournament (in July) offers cash prizes! For more information, please visit our website – Tournaments Link.

Carolina Courts Volleyball Updates:

- **Summer Camps:** This summer, Carolina Courts is offering multiple specific camps designed for different positions, ages and skill sets with college level instruction in a fun & safe environment. It is not too late to register!

<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

- **Sunday Night Focus Groups begin June 7th!**

Here is your chance to really improve your skills by getting personalized instruction without the personal training cost. Starting June 7th, players will have the chance to come in and work on their choice of two different skills each week. For *only* \$20 a session, your son/daughter can perfect their serving and passing skills, their digging and attacking skills. **Registration not required.** *Walk-Ins encouraged* so bring a friend or bring a group! Each focus group will begin @ 6pm and go to 8pm.

Serving & Passing - June 7, June 21, July 5, July 19, August 2
Digging & Attacking - June 14, June 28, July 12, July 26

- **Fall Volleyball Leagues at Carolina Courts!**

FALL REC LEAGUE

Our Fall Rec League is designed to really help players continue and learn the game of volleyball.



Players will have two practices a week and compete in a game on Saturdays. All players will have a chance to truly develop their skills. Our Fall Rec League is open to both girls and boys - 3rd through 8th grade. Our league will begin September 7th. Registration is available today online – don't delay, we have a limited amount of entries per age group.

Cost: Register before or on July 7th = \$135, after July 7th = \$150 Carolina Courts Members \$135

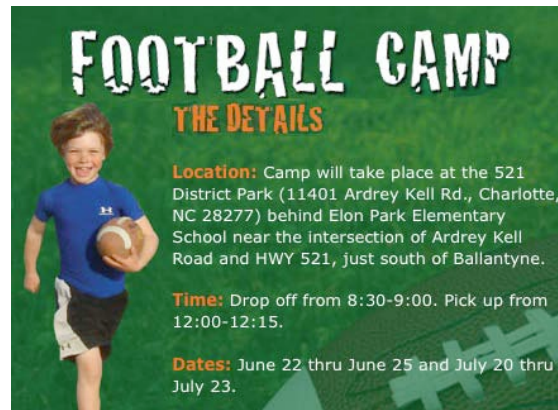
FALL INSTRUCTIONAL LEAGUE

This league is perfect for first timers or players who want to be involved with other activities during the fall. Our instructional league will only meet one time a week for two hours. During this time, players will be put through an hour and fifteen minutes of instruction to help learn and improve their skills and then have the opportunity to play a game for the last 45 minutes of each session. Registration is available today online.

Cost: Register before or on July 7th = \$80, After July 7th = \$95 Carolina Courts Members \$80

Other Programs Update:

Are you looking for a football camp this summer? Go to CHFAMAG.com for details on an affordable football camp offering 75+ years of coaching experience. They also offer multi week and multi child discounts!



FOOTBALL CAMP
THE DETAILS

Location: Camp will take place at the 521 District Park (11401 Ardrey Kell Rd., Charlotte, NC 28277) behind Elon Park Elementary School near the intersection of Ardrey Kell Road and HWY 521, just south of Ballantyne.

Time: Drop off from 8:30-9:00. Pick up from 12:00-12:15.

Dates: June 22 thru June 25 and July 20 thru July 23.

75 Years of Coaching Experience for only \$99/Week

Rhymer Fitness Update:

Don't forget, Rhymer Fitness is offering their Youth (and parent) summer camp. Details: July 13th-17th. Cost is \$99 for individual youth or adult Or \$149 for the family!

Call Jason Rhymer today at 704-661-5301 to reserve your spot!

**Contact Us:
Carolina Courts**

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www.carolinacourts.com

704-882-1115