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

It is hard to believe that Carolina Courts will be up an running in just over a month. We have been busy compiling some of the best trainers, ordering the best of equipment and forming a coaching curriculum with a huge variety of drills, to make Carolina Courts the basketball mecca of Charlotte. We hope you stop by for a personal visit to meet me with our trainers soon!



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

No matter what sport you play/coach, make sure kids are having FUN. Drill after drill can become less effective without having short, fun & competitive contests. Quick fun drills are usually more effective and keep players more engaged. So remember, KEEP IT FUN!



## Winter Program Registration Deadline is 11/30/08!

The Winter Program registration deadline is 11/30/08 for teams and individuals in our youth programs wanting to compete starting in January 2009. We are offering a variety of programs for both volleyball and basketball starting the first week in January. These programs include **recreational** leagues, **challenge/elite** leagues and **instructional** leagues. Go to our website, [www.carolinacourts.com](http://www.carolinacourts.com) to learn more about our programs and registration. Most of our leagues have caps and are filling up fast! Be on the lookout for upcoming **Spring Academies**, **Instruction Opportunities** and **Leagues!!**

*Adult League registration is open to 12/31/08.*

## Grand Opening Coming SOON!

Carolina Courts will be announcing our Grand Opening date the first week in December. Our Grand Opening event will be a ton of fun for families of all ages. We will have basketball, volleyball and many other fun activities lined up most of the afternoon. There will be contests with multiple prizes to be won throughout the day. We will also be hosting a basketball game between Mecklenburg County HS coaches versus Union County HS coaches to benefit Big Brothers Big Sisters. In addition to the coaches playing, we will have some local celebrities playing in the game as well. More information on this in our next newsletter.....early December!

## Facility Tours to start the weekend after Thanksgiving!

Beginning on 11/29/08, and continuing each Saturday through December, our facility will be open from 2-4pm for those wanting to come by and see it. We will be there to give personal tours and introduce our partners that will be with us at Carolina Courts - Athletic Republic & Rhymer Fitness. Please plan on stopping in to see our new beautiful facility prior to opening.

## Carolina Courts Program Update

Did you know that the childhood obesity rate is > 50% in America? In today's texting, Xbox, and Playstation world, kids are becoming less and less active. We encourage everyone to take advantage of our open gym time right after school for your children to participate in some physical activity. Opening in January 2009, Carolina Courts will be the perfect venue to meet your family's New Year's resolutions. Our open gym after school time will consist of basketball, volleyball, fitness obstacle courses, and other fun sports/activities to get your children moving and having fun. Our memberships are less than \$1/day....you cannot find a better value for your money.

**Updated Photo of our facility (taken 11/16/08):**



**7210 Stinson Hartis Rd. Indian Trail, NC.  
Behind Extreme Ice Center.**



## **Contact Us:**

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

704-882-1115

## **Facility Spotlight: Equipment**

At Carolina Courts we've made it a point to have the absolute best equipment to help develop our young athletes, as well as our weekend warriors. Below is a list of equipment all under one roof for all your training needs:

- Dr Dish – get 300 shots in 30 minutes!
- Aircat – work on setting, digging or spiking by yourself or with a small group
- Bands, Jump Ropes, Kettle Bells, Medicine Balls and Agility Ladders (Rhymer Fitness, Carolina Courts & Athletic Republic)
- Adjustable Portable Goals
- Computerized treadmill (Athletic Republic)
- Leg Press Machine (Athletic Republic)

## **Athletic Republic's 1<sup>st</sup> Annual Speed & Agility Holiday Clinic:**

Is your young athlete needing a tune up between seasons? Wanting to get an edge on the competition? Athletic Republic can help!

Athletic Republic is offering 2 weeks of sessions – 6 total sessions - on Monday, Wednesday & Friday of each week, for \$150. You can choose the hours that work for you and experience the one of kind personal training to help your child with their speed, burst and agility. Please call Adam @ 704-889-2800 and reserve your spot today!

## **Part Time Job Opportunities**

Carolina Courts is pleased to announce some part time positions starting January 2009. If you would like to join our dynamic team, please provide a completed employment application to

Carolina Courts  
P.O. Box 2763  
Indian Trail, NC 28079

Job postings and our application can be found by clicking on the "career opportunities" link at the bottom of the main page of our website.

**Did you know that Wingate is a # 1 seed in the NCAA Division II Volleyball Tournament? They won their first match on Friday night (11/21/08) and play again Saturday evening. If you are interested in seeing some great volleyball action or see college level talent and coaches, stop by and see some of the tournament action this weekend at Wingate College!!**