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A note from our Volleyball Director, Barbie Curry:

Hey girls! As you approach your off season choices, from club volleyball to inhouse programs or leagues, ask yourself which of these programs will most benefit your overall game. Look at the amount of practice time and the quality of coaching. Make the most of your offseason plans!



BARBIE'S TIP OF THE MONTH:

To become a good all around player, one of the best games I recommend in the off season is doubles (or triples). These games force players to work on all aspects of their game, with much more ground to cover: Setting, digging, serving, communication, and more!

A note from our Basketball Director, Matt Jones:

Hey gang! Basketball season is right around the corner – my favorite time of year! Are you ready? We are still offering Sunday evening training thru November. Continue to stay focused in the classroom and we will see you on the courts!



Carolina Courts Volleyball Updates:

Carolina Courts Volleyball Staff Update

As many of you already know, Barbie Curry is very close to her delivery date of her first child. What an exciting time in the Curry household! Barbie will most likely be out the months of November and December with her family. We expect Barbie to return in early January 2010.

In her absence we will turn to Cory Tidwell (Cory.tidwell@carolinacourts.com) and Ashley Yocum (Ashley.yocum@carolinacourts.com) to help run our in-house volleyball programs. Cory will be our primary contact here at Carolina Courts for the RISE in-house league. Ashley will be our primary contact for the "Intro to Volleyball" & our "Instructional League". Both Cory & Ashley are well versed on all of our volleyball programs, personal training schedule and all other volleyball related activities.

For the CUVC program, John Brannon and Carrie Powell will be co-directing the program while Barbie is out. Any other questions can be directed to Carolina Courts main line – (704) 882-1115

WINTER VOLLEYBALL LEAGUES STILL OPEN – Many are filling fast!

Winter Instructional Volleyball League: Our instructional league is great for girls OR boys ages 6-11yrs of age. This is an 8 week league that meets once a week for 2 hours – the first ½ of the session is fundamental drills, followed by scrimmage time – great opportunity to learn the game of volleyball!

RISE Volleyball League (non-traveling league): A great alternative to travel volleyball, this league will meet twice a week and have games on weekends. Two divisions will be used to makes sure the leagues are competitive and fun. Evaluations will be in December, with practices starting in January. Open for 3rd through 12th graders!

We are also offering "Jump Training" during the Winter session. This is open for Middle School and higher grades.

OPEN ADULT VOLLEYBALL 2 DAYS A WEEK!

Carolina Courts is now offering Adult Open Volleyball 2 DAYS a week starting in November. We will have open volleyball on Sundays from 6pm to 10pm and Wednesdays from 8pm to 11pm.

MATT'S TIP OF THE MONTH: One of the top questions I get is how to improve dribbling skills. It all starts with your fingers controlling the basketball – not the palm of your hand. Find a good place to do some stationary dribbling and dribble the ball 50 times with each finger. Make sure you switch hands – this really helps you get a feel for the basketball.

Upcoming Events:

January 9th, 2010 – School Fundraising Coaches Game. Union County HS Coaches will play Mecklenburg HS Coaches. We will have contests and other drawings for prizes.

All proceeds benefit schools!

2010 Tournament Schedule is now posted!

Sunday open training sessions for basketball from 4pm to 5pm

Free coaches clinic for youth basketball on Nov. 1st 2009

Carolina Courts Basketball Updates:

Winter Leagues are almost full – should be fun & competitive! All updates regarding practices, games, etc. are posted online.

Sunday Night Basketball Training Sessions with Matt Jones!

Matt Jones is offering training sessions for basketball every Sunday from 4-5pm through Thanksgiving week. He is offering an hour of drills and fundamentals designed for any player looking to work on their game. There will be 2-3 courts available each focusing on a different part of the game for the players to work on. The cost is \$10 at the door. There is no commitment - you are welcome to show when you can. After the session most players stay around and get a little scrimmaging in as well. Everyone is invited!

Other Updates:

Carolina Courts is excited to announce a new program – Futsol (indoor soccer) this Winter!!

Futsol is played on a regulation basketball court with a slightly heavier ball, placing more emphasis on quick feet and passing/cutting. If you are looking for a great workout with a fast paced game of soccer, this is for you! We are offering multiple ages/grades this winter and are looking to grow the program in 2010.

We are both proud and fortunate to have found a director of Futsol with a passion for soccer and youth sports like no else we know. His name is Meanu Kayea. Meanu's bio is below:

**Graduated 1991 from Judson College in Elgin Illinois
Degree in Communication Arts(Social Work)**

- *Emphasis in Adolescent Development and Behavior**
- *Emphasis in Social Interaction within various communities**

Soccer Experience:

- * 4 Years of college soccer "86-90"**
- *Played 3 years(93-95) for the Charlotte Eagles Soccer Team**

High School Coaching Experience:

- *"93-94" soccer season with Larry Bosc at East Meck. H.S.**
 - *Head boys JV soccer coach**
 - *Assistant Varsity boys soccer coach with Larry Bosc**
- *"95-98" head boys varsity soccer coach at West Meck. H.S.**
 - *Charlotte Christian H.S.**
 - Charlotte United Futbol Club**

**Presently coaching at Charlotte Soccer Academy formerly known as
SCSA**

Personal Trainer and Mentor!



Rhymer Fitness Update:

Attention Adults! Join An Adult Bootcamp Today!

Hello Mom and Dad! There is a lot more than just basketball and volleyball going on at Carolina Courts. Every Tuesday and Thursday at 6:15pm, we have an Adult Fitness Bootcamp that is guaranteed to strip the fat and help you find your abs! All shapes, sizes, ages (18 and up), and fitness levels are welcome.

Listen to what one of our happy bootcampers said recently:

"Well what can I say without gushing. I LOVE it. I have tried other fitness routines before without much success or staying power, but since I have been attending a Rhymer Fitness Boot Camp I am not only seeing results, but I also enjoy it immensely. There is nothing dull about the unique activities and Jason is a superb coach, making sure that you work hard enough, but never with pain. I would like nothing more than to spread the word. Living with strength is great."

--Lisa Roberts

Call or email me today to set-up your 2-Week Free Trial and we'll see you at the Courts!

Live with Strength,
Jason Rhymer
704-661-5301
jason@rhymerfitness.com

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