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A note from our Basketball Director, Matt Jones:

Hey gang! Basketball season will be getting ramped up in less than 2 months. Are you ready? We have some great fall programs to help you achieve your basketball goals. We are offering a Fall Bootcamp and Fall League designed to get you ready for tryouts. In addition, coach Ziggy Barjona is holding a girls only clinic in the Fall which promises to be a GREAT workout! Stay focused in the classroom and we will see you on the courts!



A note from our Volleyball Director, Barbie Curry:

Hey girls! For those involved in school volleyball – remember to represent your team well. I hope you are playing with class and dignity. For those that did not make the team or did not tryout, we still have a couple of openings in our Fall Leagues if you want to have some fun and continue to learn with Volleyball this season.



Carolina Courts Volleyball Updates:

CAROLINA RISE & UCV Merge to create Carolina UCV!!

We are proud to announce that the Carolina RISE Volleyball Club has merged with Union Volleyball Club (UVC) to create a new club this winter – *Carolina UVC*

Both Carrie Powell (Director of UCV) and Barbie Curry (Director of Carolina RISE) are thrilled with the decision and opportunity to combine coaching, equipment and facility resources. Curry states “both clubs shared the same vision for their respective teams and decided that joining forces really helps elevate both programs for girls in the Charlotte Market”. Information on tryouts, teams, coaches and much more will be available on both clubs websites the first week of September.

FALL FOCUS GROUPS AND INTENSE CLINICS

- Beginning Sunday September 13th and ends October 25th
- Different focus every night to develop all aspects/skills of the game
- Elite Clinics for experienced club players, as well as Focus Groups for anyone looking to improve (all skill levels)
- Will be coached by former college coaches and very experienced high school/club coaches
- Cost: \$20 per session

FALL VOLLEYBALL LEAGUES

Both our Fall Instructional and Recreation Volleyball Leagues end registration on September 9th. Please make sure you register soon – both are filling up fast. We have recently added another HS Volleyball Program for those older than 14 and interested in playing this Fall. Our HS Developmental League starts 9/16/09 and is 7 weeks long – Wednesday evenings for 2 hours each night. More information is available under Fall Leagues on our Volleyball page.

ADULT LEAGUES COMING IN OCTOBER!

Carolina Court will be offering Adult League Volleyball starting towards the end of October. More information will be available soon on our site!

Shelton Collier is offering single session academies during the months of September and October!

Upcoming Events:



Fall Volleyball Leagues!

Fall Basketball Bootcamp with Matt Jones

Fall HOOPS League with Myron Lowery

USBA Fall Basketball League

Winter Rec & Elite Basketball League information now online!



Carolina Courts Basketball Updates:

MATT JONES FALL BASKETBALL BOOTCAMP

Looking to get into basketball shape for tryouts? Trying to get more playing time or make your team this Fall? Matt Jones will be holding a Basketball Boot Camp in September - designed to get players ready for their tryouts. This intense 6 session camp will work on being in basketball shape, hone your basketball skills and prepare you for what coaches are looking for at tryouts. Our bootcamp is for 12-15 year old players – boys and girls!

Registration ends 9/5/09!!

Dates: September 8th – 24th Times: Tues & Thurs 6pm-7pm
Cost: \$105 for members, \$120 for non-members

FALL HOOPS LEAGUE with Myron Lowery

Myron Lowery, Boys Varsity Head Coach at Providence HS will be running our Fall HOOPS League here at Carolina Courts. This league is a great “tune up” for the upcoming season.

Our league is open to kids from 8 to 16 and will consist of 8 sessions over 4 weeks. Myron’s specialty is shooting and scoring, and he will have multiple HS coaches working this league that will go for 2 hours per night, with the first hour working on specific drills and then scrimmaging in a true game like situation – clock, coaches, refs, etc.

Dates: September 28th – October 21st Times: Mon & Wed 6pm-8pm
Cost: \$180 for members, \$195 for non-members

Coach Ziggy Girls Clinic

Hey Girls - are you trying to make your school team? It is time to get a serious workout!! Coach Barjona will lead players through 10 sessions, over 5 weeks, of intense fundamental drill work, court vision, basketball IQ, game situations and scrimmaging.

Dates: September 17th - October 20th Times: Tues & Thurs 7pm-8:30pm

Winter Leagues!

Carolina Courts Winter League Information is on our website. Registration for our Winter Leagues are now open. We are offering a great recreation league and an “Elite League” for various age/grade/gender levels. Our Winter Leagues will fill up fast!

Carolina Courts has partnered with On Court Player Development for the 2010 season and is proud to introduce the Virtual Trainer for all athletes interested in working on their basketball game! More information coming soon – for a demo of the virtual trainer visit:
http://www.carolinacourts.com/basketball_training.html

Scott Chitwood will be offering FREE Noah Shot Analyzer sessions, for players 12 and older, from 3:30pm to 5:00pm on 9/9, 9/16, & 9/23. For a FREE evaluation, e-mail Scott at Scott.Chitwood@CarolinaCourts.com

**Contact Us:
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Other Updates:

ADIDAS WOMENS SHOWCASE COMING 10/4/09 TO CAROLINA COURTS!

Carolina Courts will be the host site for the Adidas Women's Fall Showcase in early October this year. This tournament will be a great opportunity for those seniors unsigned OR those that did not get the chance to participate much this Spring & Summer.

BOB GIBBONS FALL CLINIC COMING 10/17 & 10/18 TO CAROLINA COURTS!

Carolina Courts will be the host site for the Bob Gibbons Fall Basketball Clinic. Bob Gibbons is one of the most respected names in talent evaluation for basketball in the country. For more information on the clinic, go to www.bobgibbons.net.

Rhymer Fitness Update:

*****THE FOLLOWING ATHLETIC TRAINING RESULTS ARE WITHIN 6 WEEKS OF TRAINING –
(100% RESULTS BASED TRAINING!!)*****

Speed/Agility Test Average of .57 seconds faster (lateral speed)

Vertical Jump Average of 1.8" higher

Broad Jump (power to ground ratio) Average of 8" further!

Reactive Vertical Jump (force absorbed and used, run up jump) Average of 2.875" higher!

We are pleased to announce that we have two great new training options for your youth athlete.

- 1.) **Keep Your Skills**---This is a once per week class option for those athletes who are in season and wish to stay sharp through the duration of their season.
- 2.) **Athletic Overhaul**---This training option is for the athlete who needs it all! Speed, jumping, agility weight loss, weight gain, strength, power, force production, if you need to be overhauled then we have what you need. The Athletic Overhaul training option is a three day per week one on one training session complete with RDA approved nutritional guidance.

Please contact Bobby Robinson if you are interested in or would like more information on the new programs above.

Hello all! This is Jason Rhymer. This month, I am going to keep quiet and let my clients tell you how much they love the Ladies Bootcamp on Tuesday and Thursday evenings at 6:15 at Carolina Courts. Check out this awesome testimonial from Jean Dietrich, busy mom of 2:

"My workouts at the Ladies Bootcamp at Carolina Courts with Jason Rhymer are fantastic. I have more energy, I'm stronger, and I've lost inches. Jason motivates me to work to my full potential in an extremely positive way. His workouts are high energy, fast paced, and always changing. I'm thrilled to have found such a great workout."

If you send me a note right now to jason@rhymerfitness.com that says, "I loved that testimony!" you get 2 bootcamps free! Now is the time to make a difference in your health!

As always, ALL fitness levels are welcome!