

In This Issue:

- Carolina RISE tryouts announced for Volleyball!
- Membership options now available for Carolina Courts
- Who is Rhymer Fitness?
- Boot Camp Pictures
- Adult Leagues now open for registration!

A note from our Basketball Director, Matt Jones:

As basketball tryouts kick off this month, remember that displaying a good attitude is just as important as showing good skills. Coaches are looking for positive TEAM players!

A note from our Volleyball Director, Barbie Curry:

Whether you are a school player in your last month of the season or a beginner wanting to learn more about the game of volleyball, take advantage of our various volleyball leagues offered at Carolina Courts to hone your skills this winter. We will have top tier coaches, the consultation of Shelton Collier and a brand new facility to help you get the most for your money.

www.carolinacourts.com

Carolina RISE tryout dates & times announced!

Our travel volleyball program, Carolina RISE, have finalized our tryout dates/times. Below is a list of the tryout dates/times & location by age group:

	<u>Date/Time</u>	<u>Location</u>
12, 13 & 14 year olds:	10/21 & 10/23 7-9pm	Hickory Grove Baptist
15 & 16 year olds:	11/2 2-4pm	Marvin Ridge Middle School
17 & 18 year olds:	11/2 5-7pm	Marvin Ridge Middle School

Memberships are now available to Carolina Courts!

At Carolina Courts, we know our local and regional economy is hurting. In an effort to help keep our kids (and adults) active and having fun, we are introducing a membership package that is extremely economical and an incredible value. For as little as 0.67 cents/day, you can join Carolina Courts and have access to a beautiful, clean, safe and fun environment to play basketball, volleyball or other various games we will have open to the public. If you have a basketball or volleyball junkie or "gym rat" in your household, this will be the place for him/her! That is right, for \$19.99/month, you can have an individual membership to Carolina Courts. (Minimum age is 12 years old for individual memberships) The whole family can join for \$29.99/month as well! For more information, please visit our website @ www.carolinacourts.com/memberships.

Who is Rhymer Fitness?



Jason Rhymer and Bobby Robinson make up the dynamic duo of Rhymer Fitness. Both Jason & Bobby will be having boot camp fitness classes available for groups of men & women that will have you working muscles you did not know you had. Check out their programs that will be available to you on our website under "Other Programs & Events".

Boot Camp Photos:



Coach Matt works with Sean in shooting drills



Brandon working on his handle...



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Contact Us:

www.carolinacourts.com

704-882-1115



Coach Ziggy with his Girls!

Adult Basketball AND Volleyball Leagues now open for Registration!

Both our adult basketball and volleyball leagues are now open for registration. Whether you are looking for some fun exercise with friends or some good competition, we have the league to fit your needs! To see all our leagues offered, go to our website and click on the sport of choice – Adult Leagues will be an option for both Basketball and Volleyball.