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A note from our Basketball Director, Matt Jones:



If you tried out for your school team and did not make it, do NOT get down on yourself. Did you know there are A LOT of HS players today that got cut from their middle school and/or high school teams earlier in their lives. These players worked harder than their peers to make it happen. If you have the desire and work ethic, you can overcome any odds. See you on the courts!

Winter Program Registration Deadline is 11/30/08!

The Winter Program registration deadline is 11/30/08. All individual and team registrations must be complete by 11/30/08 to participate in our leagues starting in January. Most of our leagues have caps and are filling up fast! **Adult League registration is open to 12/31/08.** Be on the lookout for upcoming **Spring** Academies, Instruction Opportunities and Leagues!!

Carolina Courts Volleyball Update

Our Carolina RISE (travel team) volleyball tryouts are going on through November 2nd. We are hopeful we will have four teams this season. Our RISE team coaches will work on developing player's skills, on and off the court, to give them a chance to compete at the highest level. With having four teams, we believe we have a solid foundation for our travel program. For those that did not make our RISE teams, or did not tryout, we encourage you to consider our "Challenge League". This league has been developed for players that have previous volleyball experience and are looking for good competition via our in house league. Whether you play on our RISE team or our in-house programs, all players will have an opportunity to work on both their skill and physical development.

Carolina Courts Basketball Update

Tryouts for our travel basketball program, Carolina RISE, are coming up in January, February and March, depending on age/grade level. Our Carolina RISE program will focus on developing our players both on and off the court. A minimum GPA is required to play for the RISE. We are limiting the number of teams we take to ensure a quality program. If you are interested in trying out for our RISE teams – it's free – but please make sure you register on our website, www.CarolinaCourts.com. Click on basketball/Carolina RISE to sign up. We also have in house leagues, for all levels, for your son/daughter. From our instructional league to Elite League, we aim to have programs for everyone.

Facility Spotlight (How we differ from other programs and/or facilities): Lighting & Flooring...

The flooring at Carolina Courts is Taraflex (Gerflor) flooring. Gerflor was the official flooring used at the 2008 Olympics for indoor volleyball. The reason we chose Taraflex was simply "safety" of our athletes. Highly popular in Europe, Taraflex has a DIN rating (measures the absorption of impact) that is more favorable than hardwood flooring, @ 27% absorption. With the constant jumping, landing and changing of direction, we felt the flooring had to be as safe on joints and bones as possible for ALL ages. In addition to its safety rating, Taraflex is very easy to clean and keeps its grip very well, preventing a lot of sliding.

Our lighting decision was one of our most important. With both Volleyball and Basketball,

**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.

**Updated Photo of our
facility (taken
10/28/08):**



**Feel free to visit the
facility and check it
out – 7210 Stinson
Hartis Rd. Indian
Trail, NC. Behind
Extreme Ice Center.**

Contact Us:

www.carolinacourts.com

704-882-1115

good lighting is essential. We chose to go with Orion High intensity fluorescent provided by South Point Solutions. Orion has designed an energy efficient lighting solution that delivers 50% to 100% better light while using 50% of the electricity consumed by High Intensity Discharge lighting products. You will immediately notice a difference when you visit Carolina Courts for the first time! We are hopeful this will only add to the high quality sports experience we strive to provide, and you should expect, at Carolina Courts.

Fitness Class schedule posted!

Carolina Courts is proud to offer alternative fitness classes to you via Rhymer Fitness. Are you ready to get in shape? Want something different than traditional workouts? Jason Rhymer & Bobby Robinson are ready to get you started. Start your New Year's resolution early! Rhymer Fitness is offering fresh, fun and completely "untraditional" fitness classes for all ages and body types. You will work muscles you never knew you had. In addition to our classes, Rhymer Fitness offers tips on healthy eating habits, the right supplements to use, and how to stay out of pain while exercising. To see the class schedule and sign up (at no cost now) go to our website and click on "Other Programs". **Class space is limited.**

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.

What to consider when signing up for a youth league:

- 1) Mission Statement – does it align with your vision for your son/daughter
- 2) Quality of staff/program – What is the background of the director and coaches? Is there a curriculum? Is it organized? Are there programs that match up the level of competition with each other? Competitive games = Fun games.
- 3) Facility/Equipment – Does the facility have the equipment and space for your son/daughter to improve their skills? IE: Shooting Academy – is there a shooting machine to get as many shots as possible and evaluation process? Is the facility clean, safe and attractive? Is the location convenient? Does it change often?
- 4) FUN FACTOR – Does your child enjoy it? This is a must!
- 5) Value – For the money, is your child learning and enjoying their time in a fun, positive, challenging environment.

There are other factors to consider than those listed above, but we want you to know that at Carolina Courts, we have your child's best interest at heart. There are no outside influences or politics. Our goal is to offer a program for every level in both basketball & volleyball.