

ATHLETICS

YOUTH AND ADULT

Join a team sport and reach for the top of your game!



Track & Field

In this introduction to track and field, participants will learn proper running technique and gain experience in their choice of the following Olympic running events: 100, 200, 400, 800, 1500, 3000. Open to runners age 6-14 (age determined by age on Jan. 1, 2016). Participants will also have an opportunity to be exposed to the hurdles, long jump, and shot put. Participant fee includes a t-shirt. **COACHES:** Matt & LaTosca Goodwin, NC Speed Academy



WF Middle	M/W	6:00 pm-7:00 pm	Apr 11-May 25	\$80	ages 6-14
WF Middle	T/Th	6:00 pm-7:00 pm	Apr 12-May 26	\$80	ages 6-14
WF Middle	M	6:00 pm-7:00 pm	Apr 15-Sep 25	\$80	ages 6-14
WF Middle	T/Th	6:00 pm-7:00 pm	Apr 16-Sep 26	\$80	ages 6-14

Youth Baseball/Softball

Spring Baseball, Softball & T-Ball

League age is determined by participant's age on April 30, 2016. Registration will be held February 1-28. Team practices begin in late March/early April, games are played through June. **Online registration only.** **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

Registration: Feb 1-29	Mar-Jun season	\$40 resident \$80 non-resident	boys, ages 5-17, girls, ages 5-15
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Dream League Baseball

Designed for school-age participants with special needs, league games are played on Saturdays from late April through early June. **Online registration only.** **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.



Registration: Feb 1-29	Apr-May season	\$40 resident \$80 non-resident	school-age boys and girls
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Dream League Baseball "Buddy" Program

"Buddies" assist Dream League players during games, which are played on Saturdays from late April through early June. **Online registration only.**

Registration: Feb 1-29	Apr-May season	no fee, but registration is required	ages 13+
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YOUTH REGISTRATION: ALL registration for youth leagues will be held **online only** during the specified registration periods. Computer access will be available at town hall should registrants need access. New players must submit a copy of the participant's birth certificate. Returning players are not required to submit a birth certificate.

ADULT REGISTRATION: Register at Wake Forest Town Hall, 301 S. Brooks St. or online at wakeforestnc.recdesk.com.

RESIDENT/NON-RESIDENT RATES: Residents who live within the town's limits are eligible for the \$40 resident rate. Residents who live outside the limits are encouraged to participate but will be charged the \$80 non-resident rate.

REFUNDS: Athletic fees are 100% refundable if requested, in writing, before the participant's first assigned team practice. After the first practice, refunds will not be granted. Anyone withdrawing from an athletic program must request a refund in writing in order for a refund to be processed. Note that late registration fees, if paid, are non-refundable.

Fall Baseball & Softball

League age is determined by participant's age on April 30, 2016. Team practices begin in August, games are played through mid-October. **Online registration only.** STAFF CONTACT: Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

Registration: Jun 1-30	Aug-Oct season	\$40 resident \$80 non-resident	ages 6-16, boys and girls
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Youth Volleyball

Youth Volleyball

League age is determined by participant's age on January 1, 2016. Team practices begin in May, games are played through early July. **Online registration only.** STAFF CONTACT: Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

Registration: Apr 1-30	May-Jul season	\$40 resident \$80 non-resident	ages 9-16, girls
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Adult Softball

Men's Spring Recreational League

Games played Monday, Wednesday and Thursday beginning in mid-March. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Feb 1-29	Mar-Apr season	\$550/team	ages 18+
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Church Men's League

Games will be played Mon, Tues, Thurs, Fri and Sat beginning in late April. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Mar 1-31	Apr-Jun season	\$550/team	ages 18+
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Church Co-Rec League

Games will be played primarily Tuesdays and Thursdays, beginning in mid-June. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: May 1-30	Jun-Aug season	\$550/team	ages 18+
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Men's Fall Recreational League

Games will be played Monday, Wednesday, & Thursday, beginning mid-August. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Jul 1-31	Aug-Oct season	\$550/team	ages 18+
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Open Co-Rec League

Games are played primarily on Tuesday and Friday, beginning in mid-August. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Jul 1-31	Aug-Oct season	\$550/team	ages 18+
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Adult Kickball

Summer Adult Co-Rec Kickball <NEW!>

League play is scheduled to begin in mid-July and games will be played on weeknights and Sundays through late August. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Jun 1-30	Jul-Aug season	\$225/team	ages 18+
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Fall Adult Co-Rec Kickball

League play is scheduled to begin in mid-September and games will be played on weeknights and Sundays through late October. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Aug 1-31	Sep-Oct season	\$225/team	ages 18+
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Adult Flag Football

Adult Flag Football

League games are played on Sunday afternoons from mid-September through early November. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Aug 1-31	Sep-Nov season	\$225/team	ages 18+
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Adult Pickleball

Adult Pickleball League

League will be offered on Thursdays beginning in September at the Southeastern Baptist Theological Seminary Ledford Center.

Registration: Aug 1-31	Sep-Nov season	\$35/person	ages 18+
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SPRING 2016 Baseball, Softball & T-ball

League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	5
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	6
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	7
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	8
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	9
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	10
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	11
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	12
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	13
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	14
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	15
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	16
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

Age Bracket

Baseball (male)	AGE	Softball (female)
T-ball	5 coed	T-ball
T-ball	6 coed	T-ball
Rookie League (machine pitch)	7 coed	Rookie League (machine pitch)
Rookie League (machine pitch)	8 coed	Rookie League (machine pitch)
Minor League	9	Minor League
Minor League	10	Minor League
Little League (11-12)	11	Little League (11-12)
Little League (11-12)	12	Little League (11-12)
Junior League (13-14)	13	Junior League (13-14)
Junior League (13-14)	14	Junior League (13-14)
Senior League (15-17)	15	Senior League (15-17)
Senior League (15-17)	16	Senior League (15-17)
Senior League (15-17)	17	Senior League (15-17)



FALL 2016 Baseball & Softball

League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	6
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	7
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	8
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	9
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	10
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	11
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	12
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	13
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	14
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	15
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	16

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

Age Bracket

Baseball (male)	AGE	Softball (female)
Rookie League (machine pitch)	6 coed	Rookie League (machine pitch)
Rookie League (machine pitch)	7 coed	Rookie League (machine pitch)
Minor League	8 coed*	Minor League
Minor League	9 coed*	Minor League
Little League (10-11)	10	Little League (10-11)
Little League (10-11)	11	Little League (10-11)
Junior League (12-13)	12	Junior League (12-13)
Junior League (12-13)	13	Junior League (12-13)
Senior League (14-16)	14	Senior League (14-16)
Senior League (14-16)	15	Senior League (14-16)
Senior League (14-16)	16	Senior League (14-16)

* If more than 36 females register, machine pitch softball league will be offered.

**Inclement
Weather Line:
919-435-9569**

In case of inclement weather, Wake Forest residents should call the **WEATHER LINE** at 919-435-9569 for information concerning changes to the town's regular schedule. The Weather Line will provide updates concerning all town-sponsored programs and activities, including athletic games and practices, as well as concerts, festivals, and other events. Smartphone users who have downloaded the Town of Wake Forest app will receive a push notification message informing them of any schedule changes. Weather-related announcements may also appear on the homepage of the town's website, on our Facebook page and on Wake Forest TV 10.