

ATHLETICS

YOUTH AND ADULT

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



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 town's limits are encouraged to participate in athletic programs 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.

Basketball Skills Training

Players will improve their all around game by participating in shooting, defensive, ball handling, and individual move drills plus one-on-one and team competition. Join basketball trainer and referee Shawn Banks in this one-of-a-kind basketball training. Program is designed for players with two or more years of league play experience. **Online registration only.** **INSTRUCTOR:** Shawn Banks Skills Academy

Flah Park	M	6:30 pm-7:30 pm	Mar 9-30	\$40	ages 7-9
Flah Park	M	7:30 pm-8:30 pm	Mar 9-30	\$40	ages 10-12
Flah Park	M	6:30 pm-7:30 pm	Apr 6-27	\$48	ages 13-17
Flah Park	M	6:30 pm-7:30 pm	Aug 3-24	\$48	ages 13-17

Spring Baseball, Softball & T-Ball League

League drafts/team placement will begin in March. Practices begin within one week of league drafts. Games are played primarily on weeknights from April through late June. League age is determined by participant's age on April 30, 2015. **Online registration only.** **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

Registration: Feb 1-28	Mar-Jun season	\$40 resident \$80 non-resident	boys, ages 5-17 girls, ages 5-15
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Fall Baseball & Softball League

League age is determined by participant's age on April 30, 2015 (see chart on page 29). 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 Athletics

Youth Volleyball League

League age is determined by participant's age on Jan. 1, 2015. 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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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, 2015). Participants will also have an opportunity to be exposed to the hurdles, long jump, and shot put. Participant fee includes a t-shirt. **Online registration only.** **COACHES:** Matt & LaTosca Goodwin, NC Speed Academy. **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

WF Middle	M/W	5:30 pm-6:30 pm	Apr 13-May 20	\$80	ages 6-14
WF Middle	T/Th	5:30 pm-6:30 pm	Apr 14-May 21	\$80	ages 6-14

Adult Athletics

Men's Spring Recreational Softball League

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

Registration: Feb 1-28	Mar-Apr season	\$550/team	ages 18+
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Church Men's Softball League

Games will be played Monday, Tuesday, Thursday, Friday and Saturday 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 Softball League

Games will be played primarily Tuesday and Thursday. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

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

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

Registration: Jun 1-30	Aug-Oct season	\$550/team	ages 18+
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Open Co-Rec Softball League

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

Registration: Jun 1-30	Aug-Oct season	\$550/team	ages 18+
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Adult Flag Football

Each year from September through November, the Wake Forest Parks, Recreation & Cultural Resources Department partners with CenterPoint Sports to offer an adult flag football league. 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	\$150/team	ages 18+
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Adult Co-Rec Kickball

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

Registration: Aug 1-31	Sep-Oct season	\$150/team	ages 18+
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SPRING 2015 Baseball, Softball & T-ball

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	5
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	6
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	7
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	8
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	9
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	10
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	11
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	12
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	13
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	14
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	15
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	16
1997	1997	1997	1997	1997	1997	1997	1997	1998	1998	1998	1998	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
Coach Pitch	7 coed	Coach Pitch
Coach Pitch	8 coed	Coach Pitch
Minor League (machine pitch)	9	Minor League (machine pitch)
Minor League (machine pitch)	10	Minor League (machine pitch)
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 2015 Baseball & Softball

League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	6
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	7
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	8
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	9
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	10
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	11
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	12
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	13
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	14
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	15
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	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)
Coach Pitch	6 coed	Coach Pitch
Coach Pitch	7 coed	Coach Pitch
Minor League (machine pitch)	8 coed*	Minor League (machine pitch baseball)
Minor League (machine pitch)	9 coed*	Minor League (machine pitch baseball)
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.