



2024 Spring Sport Information

SPRING REGISTRATION DEADLINE is Wednesday, February 7

The following sports will be offered for the 2024 spring season. Athletes may practice or participate in multiple sports but may only choose to compete in ONE. ALL athletes must be at least 8 years of age (unless otherwise noted) and have valid Athlete Participation Packet (APP) emailed to wake@sonc.net and signed Code of Conduct via online form prior to the first date of practice. It is the parent/guardian’s responsibility to inquire about the expiration date of these forms. Athletes must wear appropriate athletic clothing (not jeans), sneakers, and bring a labeled water bottle to each practice.

All information in this document is subject to updates and changes based on facility space and coach availability as we approach the Spring Season. Please reach out to wake@sonc.net or your coach directly with any questions.

Green is good to go!

Yellow still working on final touches

AQUATICS/SWIMMING

Our swim team, The Raleigh Racers, starts clinics in January and regular season practice in February. If you are interested in trying out for the team, please contact Coach Chris Underwood (chris@raleighracers.org). We are working on finalizing the 2024 roster, once finalized if there is continued interest we will add you to our waiting list for the 2025 season.

Pre-Season practice Schedule:

- Saturday, January 20 – 10:00 a.m. – 12:00 p.m.
- Saturday, January 27 – 10:00 a.m. – 12:00 p.m. (waitlist tryouts 10 a.m. – 11 a.m.)
- Saturday, February 10 – 10:00 a.m. – 12:00 p.m. (waitlist tryouts 10 a.m. – 11 a.m.)

- **Practice Location:** Pullen Aquatic Center (410 Ashe Ave. Raleigh, NC 27606)
- **Practice Dates:** Tuesday and Thursday, February 13 – May 30, 2024
- **Practice Time:** 6 p.m. – 8 p.m.
- **Coach:** Chris Underwood

Swimming Invitationals

04/07/24	TBD	Iredell County	Statesville YMCA
04/13/24	TBD	Craven County	Twin Rivers YMCA
4/27/24	Wake Attending	Southeast Swim Invitational	Greensboro
05/18/24	Wake Attending	Durham County	Duke University

ATHLETICS (TRACK & FIELD)

- **Practice Location:** Buffaloe Road Park (5812 Buffaloe Rd, Raleigh, 27616)
- **Practice Dates:** Sunday’s February 25 – May 19 (NO PRACTICE 3/31)
- **Practice Time:** 1:00 p.m. – 2:30 p.m.
- **Coach:** Tony Flores and Bill Goodrich
- **Additional Information:**
 - Athletes should be dropped off **NO EARLIER** than 12:45 p.m. on practice days and then picked up at 2:30pm sharp.

BASKETBALL SKILLS

Practice Location: Method Community Center (514 Method Road Raleigh, NC 27607)

- **Practice Dates:** Sunday's February 25 – May 19 (NO PRACTICE 3/31)
- **Practice Time:** 1 p.m. – 2 p.m.
- **Coach:** Danny Glynn and Patricia Ray
- **Additional Information:**
 - Athletes should bring/wear the following items to practice: tennis shoes, comfortable athletic clothing (no jeans), and water in a labeled bottle.

BASKETBALL TEAMS

To start the season, we will begin with an evaluation day run by the coaches to determine which team athletes will participate on this season. To assure each player's safety, players will be placed on teams by age, size, and skill level. It is difficult to place those younger than 12 on a team, due to the size of our players. To be on a team, athletes must have some knowledge of the game of basketball and team play; have the necessary skills and fitness level to run the length of the court and actively participate; be able to follow directions; function well on a 1:5 coach to athlete ratio; and have appropriate behavior to travel with the team. Athletes who are unable to meet these requirements should participate in the Skills level (information noted above). Athletes should bring/wear the following items to practice: tennis shoes, comfortable athletic clothing (no jeans), and water in a labeled bottle.

NEW PLAYERS: If you have never played basketball before or were not on a team roster for the 2023 season, you are a new player and must attend evaluation day on Sunday, February 25 at 1 p.m. at Method Community Center (514 Method road Raleigh, NC 27607). Each athlete will be assessed and placed in the skills group or on the team most appropriate for the athlete's maximum safety and playing time.

- If you do not attend evaluation day; you will not be eligible for team play but can participate in basketball skills.
- If you attend evaluation day but we do not have space on a roster, you may choose to participate in basketball skills or of being an "alternate player" with a team. Alternate players can attend practice but may not be able to travel/play with the team unless someone drops from the roster.

RETURNING PLAYERS: If you played on a team for the 2023 season, you are a returning player and have priority to play again on a team and will be on the same team if it is skill appropriate. If athletes need to be shifted to a different team, you will be notified ASAP. Athletes who would like to request to be placed on a different team must contact our office by Monday, March 18 – requests will be fulfilled if appropriate, but are not guaranteed.

5 on 5 Teams

- **Practice Location:** Marsh Creek Community Center (3050 N New Hope Rd. Raleigh, 27604) or Method Community Center ((514 Method Road Raleigh, NC 27607)
- **Practice Dates:** Sunday's, February 25 – May 19 (NO PRACTICE 3/31)
- **Practice Times:** See below for each team
- **Coaches:** Brian Philpot, Robert Hill, Mikey Morin, Marcella Albright, Mark Lynch, and John Mattocks.

Team	Time	Location
Ravens	3 p.m. – 4:30 p.m.	Method
Wizards	3 p.m. – 4:30 p.m.	Method
Titans	1 p.m. – 2:30 p.m.	Marsh Creek
Lightning	1 p.m. – 2:30 p.m.	Marsh Creek
Lakers	4:15 p.m. – 6 p.m.	Marsh Creek

*FYI Method (3rd Sunday of the month there is another group using one side of the gym from 3-6pm)

3 on 3 Teams

Practice Location: Method Community Center (514 Method Road Raleigh, NC 27607)

- **Practice Dates:** Sunday's, February 25 – May 19 (NO PRACTICE 3/31)
- **Practice Time:** See below for each team
- **Coaches:** Fritz Thornton and Harry Stead
- **Additional Information:**
 - Athletes should bring/wear the following items to practice: tennis shoes, comfortable athletic clothing (no jeans), and water in a labeled bottle.

Team	Time	Location
Thunder/Dragons	2 p.m. – 3 p.m.	Method
Avengers/Hot Shots	2 p.m. – 3 p.m.	Method

BASKETBALL – 5 ON 5 UNIFIED BASKETBALL TEAM AT NC STATE

Athletes can participate in traditional basketball and Unified Basketball with NC State. Athletes may not exceed 20 years of the youngest player on the Unified Team. (i.e., if the youngest player is 18, the oldest player can be 38). Athletes must be at least 18 years of age to participate.

- **Practice Location:** NC State Campus, Carmichael gymnasium (2611 Cates Ave., Raleigh, NC 27695) Courts 1 & 8
- **Practice Dates:** Tuesday's
- **Practice Time:** 6 p.m. – 7 p.m.
- **Dates: Practice (Warm Up) Day:**
Tuesday, February 6

Regular Season Games:

Tuesday, February 13
Tuesday, February 20
Tuesday, February 27
Tuesday, March 5
Tuesday, March 19
Tuesday, March 26

Playoffs:

Tuesday, April 2
Tuesday, April 9

- **Additional Information:**
 - Athletes should bring/wear the following items to practice: tennis shoes, comfortable athletic clothing (no jeans), and water in a labeled bottle.
 - Tuesday, February 7 will be a Warmup Day to determine teams and partners.
 - Following weeks on Tuesday from 6 p.m. – 7 p.m. will be scrimmaging.

BOWLING:

• **Practice Location:** AMF Pleasant Valley (5501 Commercial Ave. Raleigh, NC 27612)

• **Practice Dates:** Sunday's March 3 – May 19 (NO PRACTICE 3/17, 3/31, 5/12)

• **Practice Time:** 6 p.m. – 8 p.m.

• **Coach:** Mike Fiedler

• **Additional Information:**

- Athletes should bring/wear the following items to practice: comfortable athletic clothing and socks to wear with bowling shoes.

GYMNASTICS

- **Practice Location:** Sonshine Gymnastics
 - Working on a possible second location
- **Practice Dates:** Saturdays, March - May
- **Practice Times:** 11:30 a.m. – 2:00 p.m.
- **Coach:** Brenda Candland
- **Additional Information:** Please contact Sonshine Gymnastics for registration information: 919-557-9990

POWERLIFTING

Athletes will train in bench-press and dead-lift events this year, as well as squat for a limited number of experienced athletes. To assure each player's safety, you must be at least 16 years old to participate; be able to lift at least 45 pounds (the weight of the bar) in the bench press and deadlift exercises; and be able to follow directions and behave appropriately with a 1:4 coach to athlete ratio.

- **Practice Location:** The Athletic Lab (110 Competition Ctr Dr. Morrisville, NC 27560)
- **Practice Dates:** Friday, March 8 – Friday, May 24
- **Practice Time:** 3:00 p.m. – 4:00 p.m.
- **Coach:** Tammie Tucker

VOLLEYBALL (MODIFIED VOLLEYBALL TEAM)

Modified volleyball team competition is played on a regulation volleyball court but a lighter, larger volleyball. The service line is also moved closer to the net.

Modified volleyball uses a larger and slower yellow ball and a shorter service line. Our team can have up to 12 players with 6 on the court at a time. To assure each player's safety, players will be placed on teams by age, size and skill level. It is difficult to place those younger than 12 on a team, due to the size of our players. To be on a team, athletes must have some knowledge of the game of volleyball and team play; have the necessary skills and fitness level to run the length of the court and actively participate; be able to follow directions; function well on a 1:5 coach to athlete ratio; and have appropriate behavior to travel with the team.

- **Practice Dates:**
 - Saturday, 3/9 at **YMCA** (6903 Carpenter Fire Station Road, Cary, NC 27519) 1:45 p.m. – 3:15 p.m.
 - Saturday, 3/16 at **YMCA** (6903 Carpenter Fire Station Road, Cary, NC 27519) 1:45 p.m. – 3:15 p.m.
 - Saturday, 3/23 at **YMCA** (6903 Carpenter Fire Station Road, Cary, NC 27519) 1:45 p.m. – 3:15 p.m.
 - Saturday, 4/6 at **YMCA** (6903 Carpenter Fire Station Road, Cary, NC 27519) 1:45 p.m. – 3:15 p.m.
 - Saturday, 4/13 at Bond Community Center 4:15 p.m. – 5:45 p.m.
 - Saturday, 4/20 at Bond Community Center 4:15 p.m. – 5:45 p.m.
 - Saturday, 5/4 at Bond Community Center 4:15 p.m. – 5:45 p.m.
 - Saturday, 5/11 at Bond Community Center 4:15 p.m. – 5:45 p.m.
 - Saturday, 5/18 at Bond Community Center 4:15 p.m. – 5:45 p.m.
- **Practice Location:** **Northwest Cary YMCA** (6903 Carpenter Fire Station Road, Cary, NC 27519) and then Bond Park Community Center (150 Metro Park Dr. Cary, 27513).
- **Practice Times:** YMCA 1:45 p.m. – 3:15 p.m. and then Bond 4:15 p.m. – 5:45 p.m.
- **Coach:** John Feller
- **Assistants:** Erika Taylor and Patrick McIntyre

COMPETITION ELIGIBILITY

As sports participation continues to grow at the local level, SONC will increasingly be unable to accommodate all athletes at the state-level competitions. Attending a state-level event is a privilege, not a guarantee. In order to be fair and equitable to all athletes, the following will be used to determine advancement beyond local competition. If all of the criteria below are met, an athlete's name or team will be entered into a random drawing to potentially be selected for state-level competition.

- 1) Attends 75% of all scheduled practices.
- 2) Follows the Athlete Code of Conduct.

- 3) Exhibits sportsmanship at all practices and competition opportunities.
- 4) Gives 100% effort at all practices.
- 5) Age and/or length of time participating in Specialized Recreation programs.
- 6) Appropriate to travel.

Situations may vary by sport and will be handled on a case-by-case basis.

COMPETITION OPPORTUNITIES

LOCAL INVITATIONALS

- Track Invitational: Sunday, April 21 at Ravenscroft 1:00 p.m. – 5:00 p.m.
- Basketball Invitational: Sunday, May 5 at Wendell Community Center 12:00 p.m. – 6:00 p.m.
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SUMMER GAMES

- **May 31 – June 2, 2024** - SONC Summer Games (Raleigh, NC) – This is a state-level competition for athletes who are chosen to go compete and represent Wake County. It is important to know that not all athletes will be eligible or selected to attend. Athletes **MUST** attend all three days of competition.
- Only 5 on 5 Team Basketball will be eligible for Summer Games in 2024

Special Olympics Wake County
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