

Hot off the Dreamsports Center Press

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Dreamsports Center and Life Time Fitness Team Up for a Swimmingly Fun Arrangement

We are happy to announce that we have teamed up with Life Time Fitness in Cary to offer our summer campers, as well as theirs, a variety of superfun camp activities.

On Friday afternoons, their campers will come to our facility to enjoy an afternoon of hockey, soccer, skating, recreational lacrosse and basketball, while our multi-sports campers will be going to their facility to swim in their indoor or outdoor pools. This will allow both facilities' campers the excitement of ending their camp week with a fun field trip.



Says Elisa Roels, Director of Daytime and Events Planning at Dreamsports,

"Dreamsports and Life Time Fitness understand the importance of exercise and keeping children active and happy in a healthy atmosphere. That is why we have decided to team up to make the ultimate camp experience for our kids. We are excited about presenting this wonderful opportunity to our members. When kids are having fun participating in any sporting activity, it brings smiles to all of us here at Dreamsports. We can't wait to see their faces!"

For more information on Life Time Fitness, visit their website at www.lifetimefitness.com.

"Life Time Fitness and Dreamsports Center are known for having the best camp programs in the area. With this new partnership, the programs got even better."

**—Frank Anarski,
General Manager,
Life Time Fitness**

Dreamsports Center's Goings On

There's always something going on at Dreamsports Center!

Everyone loves prizes.

If you've visited the game room lately, you noticed the really cool new Dreamsports logo prizes we have added to the mix. Collect those tickets and choose your prize from our new display case. And while you're in the area...



800 Perry Rd. Apex NC

Check out the new additions to the Concessions Area.

We have completed all the work required to bring the Concessions Area up to Wake County code, which will allow us to offer a broader menu. We now have new ovens, improved storage and lighting, multiple new sinks and many other improvements that are unseen. In short, pizza is back and here to stay, so visit our concessions area for a fresh slice. And don't forget to order your drink and snack. Choose from added Pepsi and Gatorade products, cookies, protein bars and much more! And as a special treat, we now regularly offer Jersey Mike's Subs and Dunkin' Donuts during camps and tournaments.

Dreamsports' members support Triangle Special Hockey.

On May 23rd at Dreamsports, Triangle Special Hockey raffled off two Playoff tickets to the Hurricane game and raised over \$200. The Triangle Special Hockey Association is a non-profit organization dedicated to the development and enjoyment of ice hockey for developmentally or physically challenged youth and adults. The organization consists of parents, volunteers, sponsors and, of course, exceptional athletes. For more information on how you can support the Triangle Special Hockey organization, visit www.trianglespecialhockey.org.



KidsFest Was a Total Blast!

Our first annual KidsFest, held on Sunday May 3rd, was absolutely incredible! Mother Nature accommodated us with a warm and bright sunny day that brought in more than 2,500 guests, most of whom were new to our facility, and many of whom have since become part of our Dreamsports Center member family. We are so excited to have them!

Everyone enjoyed the entertainment and getting to know our programs and employees. We held a raffle and all the proceeds went to the Triangle Special Hockey Association (see above for more info on this special organization). We want to thank all of our sponsors and local businesses who attended, as well as to our employees who made all of our guests feel welcome.



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Coach Bob's Corner

Healthy Competition



Parents, you are an important role model when it comes to your children and their attitude. They hear more than you think, and they emulate you with their language and emotions. There is nothing wrong with giving 100% on and off the rink. I want the players to be as competitive as possible; but it is *how* they channel that competitiveness and aggression that is a concern.



Growing up, my father never missed a game that I played. One thing he always said was, "Don't do as I do—do as I tell you." Though I love and respect my father very much, as a parent now, I see some flaws in this approach. We have to lead by example *on the rink and off*. We cannot have two sets of values. We all have to expect our kids to behave the way we behave. The Dreamsports Center has had and still does have fantastic parents as role models. I applaud you for that. We have to make sure that we stress the positives and deal with the negatives in a constructive way. The old saying "The apple does not fall far from the tree" is accurate most of the time. There are exceptions though. This sounds like a lecture. It is not. You parents have created a great atmosphere here at Dreamsports Center. Parents, Tournament Directors, grandparents and neutral observers marvel at the attitudes of our customers. I thank you for that.

On another note, we have been very fortunate to have a great staff over the last 10 years. We have just lost two of our very best this month. John Walsh, our building manager, left on June 1st to pursue a future as a paramedic. He had been with us for almost two years, and made it very easy for me to concentrate on my areas of concern. John always showed the utmost professionalism in his work and attitude, and he has been very loyal to Dreamsports. We are going to miss him more than we think.

Also, Nicole Boucher also left on June 1st. Yes, she is my daughter, and she had been working with us for the last eight years since my wife and I first built Dreamsports. Nicole knows the value of hard work and dedication. She had been running the Lil' Kickers program for the past 9 months. When it comes to children, Nicole is the pied piper. She is responsible for the quick growth of the program. She is leaving for Seattle, WA to work at the Lil' Kickers franchise headquarters. My wife and I will miss her, but it is time for Nicole to experience life outside Dreamsports.

Good luck to Nicole and John. Both of you will be missed!

***P.S. I want to thank everyone who dunked me at the dunking booth at KidsFest.
I will get you back—especially Justin Havill.***

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Go to www.DreamsportsCenter.com to see our monthly calendar of events.

Dreamsports Staff Updates...

New Faces at Dreamsports Center

As Coach Bob mentioned in his column, and as you have probably taken notice of, John and Nicole have moved on from us to pursue new career paths.

We'd like to introduce Jessica Kenny, our new Child Development Program Director; Kevin Powell, our new Facilities Manager and Night Manager; and Will Hernandez, our new Weekend Manager.



A native North Carolinian, Jessica Kenny graduated from the University of South Carolina with a degree in Sports Entertainment and Management. Her professional career has included time at the Wilmington Family YMCA, the Hall County YMCA in Georgia, and three years of teaching PE at Lee Sr. High School in Sanford, NC.

Included in her role at Dreamsports, Jessica will be responsible for the development of age-appropriate programs for children 18 months to 7 years old. [Currently, Dreamsports offers Lil' Kickers (soccer) and Lil' Sluggers (baseball). We may be introducing a Lil' Dunkers (basketball) program in the future.] Jessica will also hire and train staff to help implement those programs, keeping them functioning at the very highest of standards.

In addition to holding a B.A. from Penn State University, Kevin Powell brings a wealth of experience to Dreamsports with facility management, including having previously worked with NFL franchises. As Facilities Manager and Night Manager, Kevin will run the facility during our prime-time hours when all of our leagues are running at capacity. He will also be responsible for the management of our facility. Kevin will ensure that we have well documented policies and procedures, especially in the creation and maintenance of emergency procedures.



Apex High PE teacher, soccer coach for 25 years and Dreamsports' new Weekend Manager, Will Hernandez holds a BA from Virginia Commonwealth University in Health and Physical Education with a concentration in Sports

Medicine. Will has been a director for sports programs for a cruise line and a director of Sports Medicine for an American Company in the Middle East.

Congratulations go to Kelsey Kelly, our March Employee of the Month; Casey Rice, our April Employee of the Month; and Bobby Castro, our May Employee of the Month.

A senior at Green Hope HS, Kelsey will be attending NC State College of Engineering for Nuclear Engineering. When not studying and making her grades, Kelsey not only does an amazing job at our Concessions Area, but she has been a part of cheering all-star teams for 10 years, and she also plays the F Horn with the Green Hope Wind Ensemble.

Casey, one of Dreamsports' camp counselors and Lil' Kickers instructors, also coaches soccer at Cary Academy. Casey holds a BS in Counseling and Sports Studies from Grace College in Indiana. Outside of teaching and coaching, Casey and her husband Jason are counting the days until their first baby arrives, due August 16th.

Bobby is a rising senior at Middle Creek who plays on the Varsity soccer team and on the 92 TFC Navy team. He also enjoys bowling in his spare time.

All of us at Dreamsports would like to thank Kelsey, Casey and Bobby for their commitment and dedication to their jobs. ***Congratulations to you all!***

Summer's Around the Corner... Come Learn & Play with Us!

Summer Multi-sports Camps

It's not too late to register for our Summer Multi-sports Camps, geared for kids ages 5 - 12, which includes indoor soccer, basketball, recreational lacrosse, in-line skating, deck hockey (on sneakers) and much more! Sneakers are a must! Please bring roller blades if you have them. Skate rentals are available, if needed.

**June 15 - 19 ; July 6 - 10, 13 - 17, 20 - 24, 27 - 31;
August 3 - 7, 10 - 14, 17 - 21**

Full-day camp pricing starts at \$45/day for our half-day sessions to \$195 for the full week. Half-day camp pricing ranges from \$25/day to \$115 for the full week. Full-day sessions are held from 9 am - 5 pm. Half-day sessions are held from 9 am - 12:30 pm or 1:30 pm - 5 pm. Early drop-off (7 am - 9 am) and late pick-up (6 pm) are available for an additional \$25/week or \$5/occurrence.



Sports-specific Camps: Soccer, Hockey & Cheer

Soccer Camp, June 22 - 26, 1 pm - 5 pm, \$145. Designed for kids 5 - 10, our Soccer Camp will help enhance individual and team skills with an emphasis on fun and safety. We feature an elite staff of capable instructors who can fully demonstrate each skill. Shin guards are required. Please bring water & snack.

Lil' Kickers Camp, June 29 - July 3, 1:30 pm - 4:30 pm, \$115. For kids 3 - 5, the camp curriculum is designed to build such fundamental skills as balance, coordination and ball handling for our younger campers; older campers learn more advanced soccer skills through fun, age-appropriate and creative skill-building games. Please bring a water bottle and snack.



First Line Hockey Camp, June 29 - July 2 8:30 am - 3:30 pm and July 3 9 am - noon, \$260. Lead by Mike Tefft, President of First Line Hockey, the camp curriculum was created to improve skating, passing, stick handling, shooting and game strategy. Camp includes daily hockey-specific strength, conditioning and stretching, as well as best of 7 game and skill play. Full roller hockey gear is required. Please bring a water bottle, 2 snacks, and a lunch. Jersey Mike's subs and salads are available for purchase.



Cheer Camp, Week 1: June 15 - 19, Week 2: July 13 - 17, Week 3: July 27 - 31, Week 4 August 10 - 14. All camps are 9 am - 5 pm, \$140/week. Kids 5 - 13 will be grouped by age and learn three to five cheers, five chants, jumps, stunting, tumbling and a dance. By the end of camp, cheerleaders will leave tryout- or performance-ready! Parents are invited to watch the campers perform on the Friday of each camp week from 4:30 - 5 pm.

Dress comfortably and wear tennis shoes. Participants should bring a lunch, snack and water. Jersey Mike's subs and salads are available for purchase.

USA Clinics is holding a Player Development Camp for hockey players of all ages, as well as for coaches, on June 13 and 14. This camp will be taught by Peter Dale. Go to www.USAClinics.com for more information.

Go to www.DreamsportsCenter.com to see our monthly calendar of events.

Tournaments, Clinics & More

2Hot4Ice In-line Hockey Tournament National Championship comes to Dreamsports!

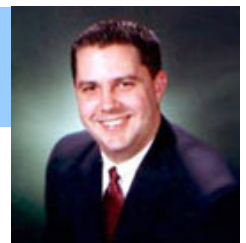
From June 23-29, Dreamsports will be the host location for more than 100 teams from across the country competing for the gold in their respective age groups. Schedules will be posted online on our website, www.DreamsportsCenter.com, or at www.2Hot4Ice.com. Come cheer for your favorite Dragons team!

Dreamsports Hockey Clinic days return. We have had to postpone our hockey clinic days during the past several months due to our busy schedule, but we *will* be restarting them. Our next clinic days will be held on July 23 & August 22 for 8U, 10U, 12U, 14U, adults, and coaches. We'll also be adding 2 speed and agility classes.

Learn to Skate. For our younger Dreamsports members, we recently added a Learn to Skate program for children 3-10 years old. It has been extremely well received, so we will be making it a regular part of our program. Classes are run by Andrew Barron of FiveHole Sports and are scheduled for Tuesday and Saturday mornings. Register online through our website or by calling us at 919.387.2995.

Dodgeball is here. Sunday evenings from 5 pm-7 pm is our Pick-up Dodgeball program. This program is free to all players until such a time as we get sufficient participation to form a league. Bring a friend or bring an entire team. The program is co-ed and spans from youth to adult. We will structure the games around players' skill levels.

Ask Dr. Dave



Q. My neighbor told me that she takes her children to their chiropractor because they participate in various sports all year round. But her children have no major health issues. Why does she take them to a chiropractor?

A. First, understand that *the spine and nervous system should be maintained from birth*. The spine protects the body's master system, or nervous system. Second, a traumatic birth process, falling repetitively while learning to walk, falling off a bike or scooter, and even *consistent involvement in sports* can contribute to postural deviations. Third, deviations in normal spinal alignment lead to inhibited nerve function and "short circuits." Remember, the body is designed to heal itself under most circumstances. However, the body cannot function, repair or perform at its best if interference is present in the nervous system.

The role of a family chiropractor is to remove interference found in a person's neuro-circuitry so they can heal naturally, function normally and perform optimally. *A simple misalignment, left uncorrected, can cause health, function and performance issues for years to come.* To protect children's health, any "short circuits" in their nervous system must be detected, corrected, and then prevented. By scheduling routine spinal check-ups, children's bodies can work like they were intended.



Schedule your family's spinal check-up today and find out how chiropractic can benefit you and your children. Contact me at 919.367.2828 or office@creechchiropractic.com.

Dr. David Crech is a board certified chiropractic sports physician and the official sports medicine advisor for Dreamsports Center. He will complete his post-graduate pediatric certification in 2010, making him one of a select few chiropractors nationwide with both sports and pediatric board certifications.



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 the advantages of advertising with us.



Go to www.DreamsportsCenter.com to see our monthly calendar of events.

League Updates

Summer Soccer has begun with expected growth in the number of teams from the Spring session. We have 3 youth divisions with 12 teams playing and 4 Adult Co-Ed divisions with 33 teams participating. Registration schedules for this league are on the back cover, and we expect significant growth in the youth leagues as players finish their outdoor seasons.

Summer Hockey will begin the week of July 6th after the conclusion of Spring Hockey Finals. We currently have 6 youth divisions with 38 teams registered. Many age groups are sold out although we are taking waiting list names in these divisions and hope to be able to fill all requests. We have 54 Adult teams (the most we have ever had in a summer session!) in 7 divisions registered for the summer. The deadline for early registration is June 15th, so please get your rosters complete. We have added a new division by splitting the Silver Division.

Dreamsports Lacrosse League will begin July 12. We are forming a new indoor lacrosse league for boys ages 10-18. The 7-week session will include one game per week and finish with a tournament at the end of the season. The format will be 5 x 5, including a goalie, and each team will have 9 players. We will have 3 divisions: 12U, 15U and 18U. Registration will begin June 12. Cost is \$75 per player. Check our website for more information.

Carolina RailHawks Game Days

Take a little soccer, some food and beverages, add a touch of friends, mix in a bit of healthy competition, and what you get are Carolina RailHawks Game Days. So mark your calendars: June 27 and July 26....



Official Sponsor of



This indoor/outdoor event allows our Adult soccer players the opportunity to play in a tournament on the field against other Dreamsports indoor players.

Grab your Dreamsports T-shirt and come down to play!

June 27th 7 pm Carolina RailHawks vs. Puerto Rico Islanders.

4 pm Dreamsports Adult Indoor Soccer Tournament on Field 3, divided into 2 fields. Spirits Pub & Grub with Special Deals: \$15 includes Tournament, T-shirt, 1 Drink Coupon, and a Ticket to the Carolina RailHawks game!

July 26th 2 pm is Dreamsports Lil' Kickers Day at the Carolina RailHawks Game vs. Miami Blues. All Dreamsports Lil' Kickers who wear uniforms to the game are admitted FREE & parents receive \$3 off admission. All Lil' Kickers players will play on the field before the game and meet the players & coaches!

Special day coming up? Birthday? Graduation? What better place to celebrate than at our house? Do it at Dreamsports Center! You bring the guests. We do all the rest.

To book your own special Dreamsports Center party, contact Corrie or Elisa at 919.387.2955.

Go to www.DreamsportsCenter.com to see our monthly calendar of events.

Schedule of Events

June, July & August 2009

Camps We will prorate camp costs to accommodate family summer vacations.

Multi-Sports Camp. June 8-12, June 15-19, July 6-10, July 13-17, July 20-24, July 27-31, Aug 3-7, August 10-14, Aug 17-21

Cheer Camp. June 15-19; July 13-17; July 27-31; Aug 10-14

Soccer Camp. June 22 -26

Lil' Kickers Camp. June 29-July 3

First-Line Hockey Camp. June 29-July 3

USA Clinics. June 13-14



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Classes

Lil' Kickers. Offered Tues, Fri & Sat mornings & Mon/Thurs evenings

Summer Session I, Schedule: May 16 - July 11

Summer Session II, Schedule: July 14 - Sept 5

Lil' Sluggers. Offered Sat & Sun afternoons. Summer Session, May 30-Aug 9

Learn to Skate:

Summer Session I, June 9-July 28, Tues mornings;

Summer Session II, July 11-Aug 29, Sat mornings

Pick-up Sports

Fridays.

Friday Sports Nights. \$10 pp, 6:30 pm-10:30 pm.
Drop off for ages 8 & up

Saturdays.

Youth Hockey: \$8 pp, 6 pm to 8 pm, limited to 48 players.

No Youth Pick-up on 6/27; limited to 24 players on 6/6

Father/Son Hockey. \$7 pp, 4 pm-6 pm. No Father/Son on 6/27

Sundays.

Adult Hockey. \$7 pp, 8-10 am or 10 am-12 pm; limited to 24 players at 8 am and 48 players at 10 am. No Adult pick-up on 6/27, limited to 24 players at 8 am and 10 am on 6/7 and 6/14

Floorball Pick-up. \$7 pp, 7 pm-9 pm

Adult Co-ed Soccer. \$7 pp, 10 am-12 pm, limited to 20 players

Dodgeball (Adult Co-ed): \$5 pp, 5 pm-6 pm

Open Gym. Please call 387-2955 for availability.

Leagues

Soccer. Summer Soccer, May 18-July 24
Current player registration begins March 30
Registration opens to the public: April 20

Fall Soccer. Aug 3-Oct 9
Current player registration begins June 15
Registration opens to the public June 29

Hockey. Summer Hockey: July 6-Sept. 25
Current player registration begins May 4
Registration opens to the public May 26

Fall Hockey. Sept. 28-Dec. 18
Current player registration begins July 27
Registration opens to the public Aug. 10

Tournaments

June 24-28 – 2Hot for Ice In Line Hockey Tournament

September 4-6 – USA Floorball Tournament

