

2018-2019 Youth Basketball Schedule Ages 9-10 "C" At Sugaw Creek 943 W Sugar Creek Rd, Charlotte, NC 28213

<p>Mecklenburg County Youth Sports Philosophy To provide an environment for children to learn the fundamentals of sport while emphasizing the importance of teamwork, sportsmanship, physical fitness and fair play.</p>
<p>*Mecklenburg County has a Zero Tolerance Policy for coaches, participants, parents and spectators with regard to misconduct and/or inappropriate behavior.</p>
<p>The Youth Sports Information and Inclement Weather Hotline (704) 432-3834 will be updated on Friday evenings by 5:00pm and on Saturday mornings by 8:00am.</p>
<p>INFORMATION League Rules – Can be located at www.ParkandRec.com on the youth basketball web page http://charmec.org/mecklenburg/county/ParkandRec/Athletics/YouthAthletics/Pages/Basketball.aspx Please be sure that you have read and understand our rules and code of conduct.</p>

9-10 "C" at Sugaw Creek

1. WC Hill Bobcats
2. SC Shockers
3. MC Bullets

4. SC Rockets
5. SC CLT 49ers
6. MC QC Warriors

Date	Age	Location	Time	Home (Light)	Away (Dark)
5-Jan	10U	Sugaw Creek	1:30p	WC Hill Bobcats	SC Shockers
5-Jan	10U	Sugaw Creek	2:30p	MC Bullets	SC Rockets
5-Jan	10U	Sugaw Creek	3:30p	SC CLT 49ers	MC QC Warriors
12-Jan	10U	Sugaw Creek	1:30p	MC Bullets	SC CLT 49ers
12-Jan	10U	Sugaw Creek	2:30p	MC QC Warriors	WC Hill Bobcats
12-Jan	10U	Sugaw Creek	3:30p	SC Shockers	SC Rockets
19-Jan	10U	Sugaw Creek	1:30p	MC QC Warriors	MC Bullets
19-Jan	10U	Sugaw Creek	2:30p	SC CLT 49ers	SC Shockers
19-Jan	10U	Sugaw Creek	3:30p	SC Rockets	WC Hill Bobcats
26-Jan	10U	Sugaw Creek	1:30p	SC CLT 49ers	SC Rockets
26-Jan	10U	Sugaw Creek	2:30p	SC Shockers	MC QC Warriors
26-Jan	10U	Sugaw Creek	3:30p	WC Hill Bobcats	MC Bullets
2-Feb	10U	Sugaw Creek	1:30p	SC Rockets	MC QC Warriors
2-Feb	10U	Sugaw Creek	2:30p	WC Hill Bobcats	SC CLT 49ers
2-Feb	10U	Sugaw Creek	3:30p	MC Bullets	SC Shockers
9-Feb	10U	Sugaw Creek	1:30p	SC Shockers	WC Hill Bobcats
9-Feb	10U	Sugaw Creek	2:30p	SC Rockets	MC Bullets
9-Feb	10U	Sugaw Creek	3:30p	MC QC Warriors	SC CLT 49ers



Upcoming Spring Youth Sports:

Baseball and track & field registration begin in February. For more information please contact your nearest Recreation Center or contact 980-314-1116 or email YouthSports@MecklenburgCountyNC.gov

Adult Sports:

Registration for spring programs begin in February. For more information please contact AdultSports@MecklenburgCountyNC.gov or visit our website at www.parkandrec.com

Quick Nutrition Tips:

Before game

"Parents rushing to a game, try dry cereal with fruit for your child pregame snack to get ready for competition."

Fast Food Option: Chick-fil-A grilled chicken nugget and fruit cup (1 hour before)

After game

Parents, try turkey sandwich with baked chips to refuel your child and to be ready for the next day."

Fast Food Option: Subway 6" turkey breast sub with fruit