

Can I join Carolina Elite just for the practices, and not play on a team

Depends. If you're not currently on a travel team then you may do this. If your son is not yet skilled enough to have the option to play on an Elite team you may do this. You may not do this, however, if you are skilled enough to play on an Elite team, are currently on another travel team, and are simply choosing not to play with Elite on the weekends in favor of your other team.