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## new FITNESS DIRECTOR

We welcome our new fitness director, Lori Campbell.

Lori is a certified personal trainer with over 20 years of experience in the fitness field with a background in group exercise, weight training, triathlon training, nutrition education and spinning.

Check out the Fitness Corner on **page 3** for more fitness news.



[www.kilmarlichrc.com](http://www.kilmarlichrc.com)



We've given our Web site a new look. Visit us online at: [www.kilmarlichrc.com](http://www.kilmarlichrc.com). Forward the link to a friend. Members who refer a new member get one month of free dues!

## PRO TIP



### Concentration

Concentration is said to be the master art because all other arts depend on it. The progress in this, as in any art is achieved only through practice. Tennis is an enjoyable arena for practicing concentration!

# SOCCERESSENCE

Summer Training Camps - Boys and Girls Ages 5-15

Coach John Tallcott will instruct fun and effective three-day camps for beginner and advanced players. Ages 5-9, \$110 (non-members), \$100 (members). Ages 10-15, \$155 (non-members), \$135 (members).

### July 29-31

▶ Ages 13-15, 9 a.m. to Noon

### August 5-7

- ▶ Ages 5-6, 9 to 10:30 a.m.
- ▶ Ages 7-9, 11 a.m. to 12:30 p.m.
- ▶ Ages 10-12, 9 a.m. to Noon

### Aug. 19-21

▶ Ages 13-15, 9 a.m. to Noon



## Club Hours

(July – September)

- ▶ Monday-Friday – 6 a.m. to 9 p.m.
- ▶ Saturday – 8 a.m. to 7 p.m.
- ▶ Sunday – 10 a.m. to 7 p.m.

# TENNIS ACADEMY NEWS

Practice is held 11 a.m. to 1 p.m.  
Monday through Thursday.

The Kilmarnock Junior Tennis Academy is designed for the serious intermediate to advanced junior player wishing to play USTA sanctioned tournaments. Many academy players have goals of achieving state or national rankings and are working toward college scholarships. The group is growing with players traveling from Edenton, Moyock, and Manteo as well as the beach and lower Currituck.

Taylor Sullivan, Kara Summerford, and Eben Wells had a great Qualifier (the highest level tennis tournament in North Carolina) and advanced to Southern where Kara had 3 wins, Eben had 3 wins in singles and made it to the top 6 in the South, and Taylor had 1 win in his first year playing the 18's and under division.



## Summer camps

### Junior Tennis/Swimming Camp

July 14 – 17 – 8:30 a.m. to 1 p.m.  
\$145 members / \$195 non-members

### Junior Golf/Tennis/ Swimming Camp

August 4 – 7 – 8:30 a.m. to 1 p.m.  
\$145 members / \$195 non-members

### Basektball Camp

Every Tuesday and Thursday  
5:30 - 6:30 p.m. (ages 8-12)  
6:45 p.m. – 7:45 p.m. (ages 13-17)



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## Aquatics update

Sign up today for swimming lessons with Haley Bartolotta. Red Cross Levels 1-6 and Parent and Child skills classes for ages 6 months through age 2 are scheduled Monday-Thursday on:

- ▶ Session 2 - June 30 – July 10
- ▶ Session 3 - July 14 - 24
- ▶ Session 4 - July 28 – Aug. 7
- ▶ Session 5 - Aug. 11 – 21

Friday is a rain makeup day. Cost: \$50 per two week session (members), \$60 (non-members)

### New Swim Conditioning Class

Kilmarnock Health & Racquet Club is now offering a combination class for stroke refinement and fitness conditioning. Call the club for details.



### Pool Hours

Monday – Friday, 6 a.m. – 9 p.m.  
Saturday – 8 a.m. – 7 p.m.  
Sunday – 10 a.m. – 7 p.m.  
Lifeguards daily  
Noon to 4 p.m.



Kilmarlic Men's 4.0 team advanced to regional playoffs and Kilmarlic Ladies 3.5 team tied in meets and matches won with Duck Woods and lost by sets won.

**Kilmarlic Mixed Doubles**

**8.0 team members:**

- (matches Mondays, 6 p.m.)
- Tula Summerford (captain)
- Jim Dougherty
- Jeff Chase
- Randy Jones
- Bill Howell
- Michelle Snyder
- Mary Temple Mullis
- Cindy Taylor
- Debbie Lawson
- Courtney Bass Clarkson
- Anne Fenessy
- J.D. Fenessy

**7.0 team members:**

- (matches Tuesdays, 6 p.m.)
- Lucy Power (captain)
- Amy Dougherty
- Kent Harvin
- Jennie Lyn Newbern
- Steve Baum
- Al Fussell
- Anthony J. Bartolotta
- Michael Davenport
- Wendy Sullivan

**FITNESS CORNER**

**Circuit Training 101 - July 22,24,29 and 31**

Tuesdays and Thursdays  
9 a.m. to 10 a.m.

Get to know our new fitness director, Lori Campbell. Tone up for tennis or just get fit for the summer. Learn how to use our NEW TechnoGym equipment as well as some great core training exercises to get those abs toned!



**CLUB SOCIALS**

**JULY**

- ▶ "Breakfast at Wimbledon" Tennis Mixer  
Sunday, July 6, 10 a.m. to Noon  
\$10 adults, \$5 kids.

**AUGUST**

- ▶ Hawaiian Tennis Mixer and Poolside Luau  
Friday, Aug. 8, 6 to 9 p.m.

**SEPTEMBER**

- ▶ "US Open / Bushwhacker" Mixer  
Friday, Sept. 5, 6 to 9 p.m.

Also, don't miss the weekly men's and women's socials:

- ▶ Ladies night, Thursdays, 6 p.m.
- ▶ Men's night, Wednesdays, 6 p.m.

Save the date: **October 3-5**  
**Charity Classic Men's and Ladies**  
**Doubles Tournament**

**MEMBER GUEST TOURNAMENT**



Amy Dougherty and her guest Kelly Shields took the title in this year's Member Guest Tournament. You Go Girls!

# JULY Birthdays

Rich Archer	Jeff Jones
Steve Baum	Randy Jones
Chip Cowan	John King
Peter DeSantis	Ken Lindsay
Tricia Eldridge	Frederick Marklin
Jo Eure	Dawn Rice
Ray Evans	Tula Summerford
Dan Goodwin	Ellen Wells



## Health Partnerships



Kilmarlic Health & Racquet Club's Health Partnership Program is designed to encourage a healthy lifestyle for participating company employees.

Call the club for more information on this program.

### Gold Level

Atlantic Dentistry  
Embarq  
Gateway Bank  
Southern Insurance Agency, Inc.  
State Farm Insurance Agency

### Silver Level

Awful Arthur's Oyster Bar  
Coldwell Banker Seaside Realty  
Darlene Chambers, Attorney at Law  
Dr. Michael Morgan, DDS  
Hilton Garden Inn  
North Beach Services  
Oyster Bay Realty and Construction  
Powells Point Christian Church  
R. Lawson Construction, Inc.  
Ramada Inn  
Sunbelt Business Brokers  
The Blue Point Bar and Grill  
The Pointe Golf Club  
Vincent Law Firm  
Wachovia

## WELCOME NEW MEMBERS

### New Club Members:

Delores Nelms	Jeff Baxter
Donald Wise	Jill/Randy Baily
Terry/Nancy Tillery	Alan/Nancy Hamilton
Ellen Wells	Lisa Griffiths
Brook Lane	Chris Saunders
Sean/Erin Howe	Mike Pringle
Sharon/Paul Jones	William/Martha High
Pam and Ray Evans	Mary Moynahan
Jack Charles	Betsy Robinson
Les/Jennifer Midgette	Dianna Pittman
Susan McGann	Gordon Jones
	Neil Givans

### New Pool Members:

Lolly Tupper	Linda Laeger
Keith McCauley	Stephanie Wills
Chad Honeycutt	Suzanne Duck
Stacy Justice	Hope Deltoro
Keith Seal	Lorne Ernst
Margaret Robinson	Petrea Welser
Rebecca Lester	Tammy Welch
Paul Bodet	Rebecca Olszewski
	Charles Miller

