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PRO TIPS



Five Psychological Benefits to Playing Tennis

1. Tennis helps you develop work ethic. Improvement through lessons and practice reinforce the value of hard work.
2. Tennis helps you develop self discipline. You learn to work on your skills in practice and control the pace of play in competition.
3. Tennis helps you manage mistakes. You learn to play within your abilities. Realizing that managing and minimizing mistakes in tennis or life is critical.
4. Tennis helps you learn to compete. The ability to do battle on court trains you in the ups and downs of a competitive world.
5. Tennis helps you accept responsibility. In tennis you learn the importance of practicing skills and checking your equipment before a match. You also practice responsibility by making accurate line calls during a match.

SPRING INTO FITNESS

WEIGHT TRAINING BASICS

Now is the perfect time to begin a weight training program. Our new TechnoGym equipment will be arriving this spring just in time to get in shape for summer!

Strength training produces many benefits:

- ▶ It increases muscle mass, bone mass and the strength of the connective tissue, helping to prevent injuries.
- ▶ It increases the metabolic rate since muscle tissue is active and requires calories for energy.
- ▶ It improves physical ability and athletic performance.
- ▶ It improves self-confidence.



One of the most desirable results from resistance training is the change in body composition. It has been well established by numerous studies that the most successful long-term weight loss programs include resistance training. Aerobic activity does burn calories, but does nothing to increase the amount of lean body tissue. Strength or resistance training is a high calorie-burning activity and since muscle tissue burns energy even at rest, more calories are used by a body that has an increase of lean tissue (muscle).

The American College of Sports Medicine has set minimum recommendations for strength programs:

- ▶ Frequency - at least twice a week
- ▶ Sets - minimum of at least one per muscle group
- ▶ Repetitions - 8-12 repetitions per set

As you go through your strength routine, work the large muscle groups such as the chest and back first. Then, work the smaller muscles such as the biceps. The speed at which you move the resistance is very important. Strength training should be done with carefully controlled movements to prevent injury. You will see faster and better results if you lift the weight slowly in both directions.

It is true that fast movements permit the use of heavier resistance, but because of the principle of momentum, fast moves require less muscular effort. So it's better to put your "poundage ego" in a drawer and aim for quality lifting speed.

Rest is part of your resistance training program. If you are doing two or more sets of each exercise, rest long enough to feel recovered, but move quickly enough between sets to sustain some intensity. Rest from resistance exercise at least one day between workouts to allow sufficient recovery. Remember that resistance training is very productive and motivating, but overdoing it can lead to injuries.

Your goal should be a gradual progression in your program. Seriously consider using a qualified fitness instructor or personal trainer to help you plan your program and teach you proper techniques. Your enjoyment of exercise will increase and you'll see results!

Club Hours (May - 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

Junior Accolades

We are proud of all of our juniors! Here is a sample of their recent successes:

- ▶ Eben Wells won the 12's and under division in the Charlotte Junior Tournament! This qualified him to enter the National Tournament in Florida in April.
- ▶ Talyor Sullivan and Kate Power won a couple of matches in the same tournament.
- ▶ James Chase got to the finals in the 16's and under division in the Snow Hill Junior Tournament.
- ▶ Taylor Sullivan took out the number 2 seat in the state sanctioned level 3 Chapel Hill Tournament.
- ▶ Kate Power, Jack Power, Eben Wells, and William Gray won a few rounds and represented our club in the same tournament.

Spring Practice

Junior practice will be held Monday through Thursday from 5-7 p.m.



High School Tennis

First Flight High School Tennis Team is undefeated this season, boasting the strongest team ever! Our own William Gray and Taylor Sullivan are on the way to lead the team to a State Victory.

Team members are: William Gray, Taylor Sul-

livan, James Chase, Tommy Taylor, Ian Cook, Patrick Gray, Conner Shields, Carter Baum, Dalton Bishal, Bobby Dixon, Mikey Sabadic, and Tony Weaver. Most of these boys are members of our club and Junior Academy so be sure to congratulate them when you see them for their hard work.



Club Notes

Open House

All members of Kilmarnock Health & Racquet Club are cordially invited to join us at the Open House Social on May 3 from Noon to 5 p.m. Bring a friend or friends to show off our hospitality and friendly environment. Bring your racquet too if you want to participate in some social tennis.

Summer Basketball

We are happy to announce a summer basketball league for juniors. Games will be on Tuesdays and Thursdays. Please call the club for more information.

Reservations

Be sure to call ahead to reserve a court. The courts are getting busy and we want to be prepared for our valued members and guests.

Refer a new member

Members who refer a new member in April will receive one month without dues.

Guests Fees

- ▶ With a member
Daily - \$10 single, \$5 children
- ▶ Without a member
Daily - \$20 single, \$30 couple, \$50 family
Weekly - \$60 single, \$95 couple, \$125 family
Monthly - \$175 single, \$225 couple, \$275 family
- ▶ Non-member tennis court fees
\$30 per two-hour court rental

New Spring Merchandise

Stop by the Pro Shop and check out the new racquets, shoes, tennis bags, and clothing for spring!

ADULT/FAMILY NEWS



Three generations of Sullivans.

USTA Teams Formed

Kilmarlic Killers (Men's 4.0 team)

Captain Jim Dougherty, Bill Howell, John Power, Bryan Sullivan, Marcus Heyder, Marty Barnette, Chip Cowan, Randy Jones, Michael Davenport, John Harper, John Fenessy, Don Brown, and Jeff Chase.

Kilmarlic Power Hitters (Ladies' 3.5 team)

Captain Lucy Power, Amy Dougherty, Ann McDowell, Laurie Sage, Michelle Snyder, Cindy Taylor, Debbie Lawson, Tami Chase, Suzy Weaver, Mary Temple Mullis, Susan Seay, Anne Fenessy, Paula Davis

We will compete against Duck Woods Country Club teams for a place in the playoffs.

Matches are scheduled at 6 p.m. on Wednesdays for the men and Thursdays for the women. Come on out and support the teams!

Junior Golf and Tennis Camp

Scheduled for August

Mark your Calendars

Ages: 8-14

August 4-7

Members \$145.

NonMembers \$195

Drop off at 8:30 a.m. Pick up at 2 p.m.

Includes tennis, golf, lunch and swimming

CLUB EVENTS

APRIL

- ▶ "April Fools" Tennis Mixer
Saturday, April 12, 1 p.m.
- ▶ Pro Exhibition Saturday
April 26, 1 p.m.
- ▶ Ladies USTA League Tennis
Thursdays, 6 p.m.
- ▶ Men's USTA League Tennis
Wednesdays, 6 p.m.

MAY

- ▶ Club Open House
May 3, Noon-5 p.m.
- ▶ Outer Banks Junior Classic Tennis
Tournament, May 9-11
- ▶ May "Margarita" Tennis Mixer
Saturday, May 24, 1 p.m.
- ▶ Ladies' and Men's Nights will resume in
mid May following USTA league play

JUNE

- ▶ June "French Open" Tennis Mixer
Saturday, June 7, 1 p.m.
- ▶ "Member/Guest" Tournament , Men's
and Ladies' Doubles, Saturday, June 21
- ▶ Junior Tennis and Swim Camp
June 23-26, 8:30 a.m.-1 p.m.
- ▶ Junior Red Cross Swim Lessons
Session 1, June 16-26
- ▶ Junior Tennis and Swim Camp
July 14-17

Play ball!



Baseball season is here! Kilmarlic is home of the Outer Banks Baseball Academy and has a practice field and batting cage for your enjoyment. Private and group lessons are available from Jim Dougherty, former major league pitcher for the A's, Astros, and Pirates. The spring and summer baseball camp schedule will be out soon. Check the website for dates, prices, and contact information. Don't forget to support Babe Ruth Baseball in your area and enjoy the season!

Batting Cage Rental

½ hour member \$20. non member \$25

1 hour member \$35 non member \$40

Making a splash!

Haley Bartolotta, our new Aquatics Director,



is making a splash. Red Cross swimming classes are scheduled for the summer and Haley is looking forward to meeting her new students.

Please check the website or call us for a complete list of classes offered and descriptions of each swimming level. Space is limited to six participants per class so sign up early!

APRIL Birthdays



Anthony Bartolotta
Haley Bartolotta
Krista Boughey
J.D. Fennessy
William Hoit
Eddie Lynch
Ann McDowell
Christie Moseman
John O'Dell
Chris Payne, Jr.
W. Beverly Tucker
Robert Wells

Welcome New Members

John King
Jonathan Dowdy
J.D. and Anne Fennessy
Mary Temple Mullis
Rose Grandy and William Midgett
Chris and Kimberly Carroll -
children Kendal (4) and
Morgan (2)
Darlene Chambers

Health Partnership Program

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

Silver level partners pay \$250 per year for the benefit of waived initiation fees and reduced monthly dues for their employees.

Gold level partners pay \$1,000 per year with the added benefit of a banner displayed above designated tennis court area with their company logo, gold level listing in newsletters, corporate name and logo prominently displayed during tournaments and special events, automatic entry level sponsor status for all events (upgrades available), and one company day at the club.

Call the club for further 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
The Blue Point Bar and Grill
Darlene Chambers, Attorney at Law
Hilton Garden Inn
Dr. Michael Morgan, DDS
North Beach Services
Oyster Bay Realty and Construction
The Pointe Golf Club
R. Lawson Construction, Inc.
Ramada Inn
Vincent Law Firm



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101 Wimbledon Court
Powells Point, NC 27966