



101 Wimbledon Court, Powell's Point, NC 27966  
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Time to Recharge Battery...



Thanks for a great season...  
Thanks to our



Hello,

You are receiving this newsletter because you are a Club Member or a friend. If you don't wish to receive updates on club events, community happenings, or tennis and health tips, click unsubscribe at the bottom of this page. Feel free to forward this newsletter to a friend. Hope to see you around the club soon!

Thank You,  
Ivo Dentshev  
Tennis Director and Club Manager

### Club Notes...

#### Welcome Isabella Marie Bartolotta!

Aquatics Director Haley, along with her husband Anthony and two boys A.J. and Oliver, welcomed a baby girl into their family on September 15, 2009. Congratulations to the Bartolotta family.

#### A Well Deserved Break

Ivo, our Tennis Director and Club Manager, will be on holiday November and December visiting family and friends in Europe. Mario, Lori, Jim, and Barbara will be available to assist current members and to sign up new members.



#### Membership Special

November through April - 50% off one month's dues for every member referral that joins.

#### New Monthly Rates for New Members

Beginning November 1st, monthly rates for new members are as follows:  
\$55 individual, \$82.50 couple, \$110 family  
Joining fee of \$150 may be waived by joining OBTA (Outer Banks Tennis Association) at a yearly rate of \$10 student, \$15 adult, \$20 family.  
Questions? Call the office 252-491-8626

#### Winter Hours

Monday - Friday 6 a.m. till 8:30 p.m., Saturday 8 a.m. till 5 p.m., Sunday 10 a.m. till 5 p.m.

**members, guests, Health Partners, and wonderful staff, we have had a great season with many successful events and have added many new members to our club.**

**Following the Pro/Am tournament I will be taking a two month sabbatical to recharge my battery and visit family and friends in Europe. I look forward to seeing you in the new year!**

**Ivo Dentchev  
Tennis Director  
Club Manager**

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The tennis courts are open through the winter when not frozen, so get outside when the weather is nice and take in some fresh air and vitamin D.

## Fantastic Fitness Team...

### Lori Campbell and Mario Zero: the dynamic duo!

If you have not had the opportunity to meet our terrific wellness team, now is a great time to do so. Mario and Lori are available to offer FREE wellness evaluations to all members including body measurements, BMI readings, blood pressure, cardiovascular step test, flexibility test, and bench press test.



### "Kilmarlic Sea to Mountain Race"

Get fit while taking a "Virtual Trek" across the lovely state of North Carolina. November 1st through December 12th. Walk, run, or do any form of exercise you like including yard work or weight training. Record your steps or time spent exercising and we will convert it to miles to track your journey on our "game board" in the gym. Lots of fun and prizes awarded along the way.

#### GRAND PRIZE: iPod Shuffle

Prizes along the way:

- Gift Certificate to Mama Kwan's
- FREE Tire Rotation from Colony Tire
- Chilli Peppers T-Shirt
- Kilmarlic Shirt
- Kilmarlic Tennis Towel
- Shaklee Cinch Shakes
- FREE Personal Training Session/FREE Fitness Class

Pedometers can be used but are not required. Pedometers can be purchased from Kilmarlic. Omron - \$25 Sportline \$10. For each pedometer purchased, \$5 will be donated to Leukemia & Lymphoma Society. Earn your first 500 points by getting a free wellness evaluation. Come by the gym and pick up your calendar or call us and we will email you one.

#### "Lose It! "

Set and maintain your weight goals, record caloric intake and deduct for exercise activities with this cool new itouch application. Go to apps and download it for free and get started toward your goals.

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## Corolla Light Resort Indoor Court

### Facility Usage Agreement

We are excited to have entered into an agreement with Corolla Light Resort for discounted rates for our members. As a result of Jim Scott and Ivo managing the facility at Corolla Light Resort, Kilmarlic Health & Racquet Club members will be able to use the indoor clay courts. Open court time is available throughout the winter months at a rate of \$20. per hour per court for members and \$40. for non-members. (That's \$5 per hour when playing

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Association](#)

doubles. Great deal!).

### Ladies', Men's, and Mixed Doubles Nights

Play will be held indoors throughout the winter months. The following events will include balls and light snacks. The schedule and costs are as follows.

Mixed Doubles - Mondays 6:00 p.m. - 8:00 p.m.

\$10 members/\$20 non-members

3.5+ Ladies - Tuesdays 6:30 p.m. - 8:30 p.m.

\$10 members/\$20 non-members

3.0-3.5 Men - Wednesdays 6:00 p.m. - 8:00 p.m.

\$15 members/\$25 non-members

2.5-3.5 Ladies - Thursdays 6:30 p.m. - 8:30 p.m.

\$15 members/\$25 non-members

Wednesday and Thursday nights will begin with a 30-minute clinics.

Call 252-453-4565 reserve your spot - space limited

### Cardio Tennis

Mondays through Fridays 1:00 p.m. - 2:00 p.m.

\$10 members \$20 non-members

### USTA League News...



### USTA 2010 Spring League

It's time to start thinking about forming new teams for the spring men's and ladies' doubles season. Sign up begins in February and play begins in March.

Historically on the Outer Banks, our pros have put teams together for us. It's time to step out on our own now and independently form teams. When forming your team, remember that the members of your team do not need to be members of the same tennis club. Most, if not all, local clubs will sponsor "mixed" teams. So let's mix it up a bit and have some fun! [www.usta.com](http://www.usta.com)

### Junior News...



### Junior Tournament Group November/December Schedule

The Kilmarlic Group will hit Tuesdays and Thursdays with Jim Scott at Corolla Light - 5 p.m. till 6:30 p.m. Saturdays at 10 a.m. group will expand to include High School players from all schools.

### OBTA Junior Clinics

Starting November 14th - every other Saturday, 10 a.m. till 3 p.m Jim Scott will lead an OBTA day camp at Corolla Light Resort. Camps will include tennis, quick start tennis, racquetball, swimming, and lunch. Cost is \$25 per participant.

All other Kilmarlic Junior Clinics will be suspended until January. Groups of 3 or more may schedule private group lessons upon request.

**Call Corolla Light to register for all programs 252-453-4565**

2009 Outer Banks Pro/Am Invitational...



### A great time was had by all

Players and spectators alike enjoyed this years event sponsored by OBTA and hosted by Kilmarlic Health & Racquet Club. A bit thank you to Ivo for bringing such talented players to our area and for his hard work in putting

this tournament together. More photos and results will be posted at [www.kilmarlichrc.com](http://www.kilmarlichrc.com) soon!

## Charity Classic Results...



### Annual Charity Classic is "Smashing" Success

Thirty-two men and women received awards and Dare Hospice of the Home Health and Hospice Program of the Dare County Department of Public Health netted more than \$19,000 with its signature fundraiser, the Seventh Annual Outer Banks Charity Classic Tennis Tournament.

Conducted early October, it involved 100 men and women competitors from North Carolina and Virginia and more than 150 individual or business sponsors for the weekend tournament and auction. It was held at Duck Woods Country Club and Kilmarlic Health & Racquet Club and supported by Corolla Light Resort and Pine Island Racquet & Fitness Club.

[Read on for award winners and photos.](#)

## Upcoming Community Events

### Tournaments and Races

#### **Pine Island Thanksgiving Classic**

November 20th - 22nd - Men's and Women's Doubles  
Event full but call Rick to check for cancellations. 252-453-8525

#### **Outer Banks Gobbler 5K**

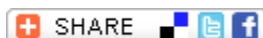
Thanksgiving, November 26th  
at 8 a.m. Nags Head

#### **Jingle Bell 5K**

December 12th at 9 a.m. in Nags Head

#### **OBX Marathon (now full)**

November 8, 2009 at 7:20 a.m.  
For more information [www.outerbanksrunningclub.org](http://www.outerbanksrunningclub.org)



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