



101 Wimbledon Court, Powell's Point, NC 27966
(252)491-8626 • www.kilmarlichrc.com

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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 Dentchev
Tennis Director and Club Manager

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Tip of the Pro



To Heal Your Tennis Elbow Completely You Need:

Inferno Wrap™
Patented design to increase blood flow and relax your muscles,

October Pro/Am Tournament....

Pro Doubles Tournament

October 30th, 31st, and November 1st

Tennis professionals, most of whom have played on the ATP tour and or Davis Cup, will be traveling from locations all over the east coast to compete for \$2,600. in prize money at Kilmalric Health and Racquet Club.

Friday, October 30th at 6 p.m. - Pro/Am tournament. \$60 per (amateur) participant, \$15 per spectator. Light appetizers and beverages included.

Saturday, October 31st rounds played at 9 a.m., 12 noon, and 3 p.m.

Sunday, November 1st, finals at 10 a.m.

Call the pro shop to register or for more information. 252-491-8626

USTA League News...



Freezie Wrap™
 The coldest
 compression to numb
 your pain and reduce
 inflammation,
 MendMeShop
 Therapeutic
 Ultrasound
 To break down scar
 tissue and clear away
 damaged tissue.
 The reason elite
 athletes recover in
 days while the rest of
 us hurt for weeks or
 even months is
 because the pros get
 these treatments 3
 times daily.
 Ivo Dentchev
 Tennis Director
 Club Manager



USTA Fall Combo League Doubles Playoffs

Kilmarlic Health and Racquet Club is proud to announce that we have men's 6.5 and 7.5 teams advancing to play offs. On the Ladies side we are competing for our 6.5 and 7.5 teams to advance to play offs as well! The play off matches are on October 24 and 25 in Greenville!

Tennis News...

Health Partners

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Program](#)

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[Silver Level](#)

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Restaurant](#)

[Kim Carroll, State
Farm](#)

[Gateway Bank](#)

[The Blue Point Bar
and Grill](#)

[Coldwell Banker
Seaside Realty](#)

[Hilton Garden Inn](#)

Men's and Ladies' Night Venue Change

Starting in November we will move men's and ladies' nights to Corolla Light for indoor play.

Ladies' Night - Thursdays 6 p.m. to 8:00 p.m.

Men's Night - Wednesday 6 p.m. to 8 p.m.

\$5. members \$10. non-members, drinks and snacks provided.

Starting in November we will move men's and ladies' nights to Corolla Light for indoor play on clay.

A Note From Our New OBTA President

Hello,

As the new OBTA president, I wanted to take a second to thank those of you who continue to support our organization. The programs that we run and support are the first exposure to tennis for most of the kids we reach. And in case you haven't seen the newspaper articles this summer, we've reached a lot of kids. Its been a very good year. As a way of saying Thank You, we are offering a few 'Freebies' to our members.

The last weekend of every month, we offer a free tennis clinic to members. When the weather is good, we run the clinic at Kilmarlic, and when the weather is bad, we will move it to Corolla Light Resort so that it's indoors and on clay courts. If we have to move it indoors, we pay a court fee of five dollars, but the instruction is free and the clinic size is limited to six students per instructor. Those of you who have been around tennis for a few years know how lucky we are to have Ivo Dentchev teaching in the Outer Banks. Don't miss this opportunity. You rarely find an instructor of his ability willing to teach for a day for free. Please don't forget to thank him for donating his time. If you have any questions, call Jim or Ivo at Kilmarlic Health & Racquet Club.252-491-8626

Another 'Freebie' is the new OBTA Tennis Ladder. We are supporting three levels of play for both men and women. Its a great way to play more tennis, or play against different people. The Ladder will run for six weeks. Its a simple challenge system, but the actual ladder, registration, challenges, and recording of scores, will all be done on-line. It should be a lot of fun. Complete instructions for the Ladder can me found below.

Once again, thanks for your support.

[NASE](#)

Jim Scott

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Golf](#)[Shaklee - Golden
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No links available
Try my nuts, Nut
company

Poseidon Ventures

Currituck Tennis
Association

Outer Banks Tennis
Association

Instructions for the OBTA Tennis Ladders

Go to www.getcourtside.com

Click on create a player account - or - Log on to the web site by entering your email and password

If your account has already been created for you, the password is racquet

Enter your name, email, phone number, etc.

Select your club as Corolla Light Resort

Don't forget to save your changes, or create the account

The program should take you to your own home page

Click on the Corolla Light Resort link

Click on the Ladder you wish to join

Click on Join Ladder

Select the Accept the Rules box

Click on Join Ladder

That's it! Let's all hope this software is a good experience

Lower rated players may join the higher rated Ladders.

Junior News...**2009 Outer Banks Junior Open**

October 17th and 18th

Open to all USTA Juniors - BG(18 - 10)s

sign up at

www.tournaments.usta.com or call

Ivo at 252-491-8626

Breakfast included Saturday and Sunday, lunch included on Saturday.

**Welcome New Juniors...**

The Junior Tournament Group welcomes Rob Touhey and Patrick.

Rob moved from Ocracoke Island to First Flight High school to play on the tennis team and continue his education. Patrick is 13 and lives in Elizabeth City. He is a lefty and loves the game. We are very happy to have them both on our team.

Outer Banks Charity Classic...**7th Annual Event a Huge Success**

Thanks to all who participated this year! Over 100 men and women players signed up to play doubles

October 1st through 4th. All proceeds from the tournament and silent auction will be passed along to benefit the Hospice program of Dare Home Health and Hospice - The tournament was hosted by: Kilmarlic Health & Racquet Club, Duck Woods Country Club, Corolla Light Resort, and Pine Island Racquet & Fitness Club. Tournament results and totals for amount raised for this worthy cause will be posted in our next newsletter.

**Fitness News...**



A Note From Mario

We know, We know, it's a daily battle...Do I or Don't I go to the gym tonight? The answer is Do! Yes, go to the gym, exercise, it's worth it because you're worth it. Now before you start rolling your eyes at the triviality of the pervious sentence realize that it's true. The daily grind is tough, it's hard to make time for work, family, friends, life, etc. But skipping out on your health is not a good choice

We have all heard all that - it's too time-consuming, it costs too much. But guess what? It isn't all that hard to fit in, and as for the cost - well, if you view a trip to the gym as a replacement to going out for a meal and going to the cinema occasionally, does it really cost so much? At any rate, the health benefits are definitely worth it.

- Daily exercise becomes addicting, so do it tonight
- Daily exercise helps prevent heart diseases
- Daily exercise improves flexibility.
- Daily exercise improves stamina.
- Being in shape (and round is not the shape I'm talking about) is sexy.
- Competing with yourself (or the girl next to you on the bike) is healthy. Enjoy, and may the best man (or woman) win!
- Daily exercise helps control weight... ie. helps to lose those pesky love handles/muffin top.
- Because you can't get your heart rate up watching TV... or playing Wii Fitness.

Sorry but it's true. Going to the gym is an investment in your future. No joke. If you're healthy now it's easier to stick with it than to try and get healthier when you are in physical trouble

Upcoming Races

Wild Goose Chase

October 10th, Currituck County High School

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

November 8, 2009 at 7:20 a.m.

For more information www.outerbanksrunningclub.org

Core Training Class

Starting Back!!! October 7th - 6pm till 6:50pm

Join us for a quick 50 minute circuit workout that will use those abs we are looking to firm up, challenge your balance, as well as work all major

muscle groups. Sign up in the gym in advance.
\$10/members \$20/non-members

Circuit Training Class

Tuesdays and Thursdays - 9 a.m. to 10 a.m.
\$10/members \$20/non-members

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