



Blakeney Racquet & Swim Club Newsletter

March 17, 2010

Dear Members.

Here's what's happening this week at the club...

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Blakeney Racquet & Swim Club **Swim Team**

Now Accepting Registrations!

Swim Team registrations are now available on our website www.brccharlotte.com
Payments can be made by cash or check only (\$85/per child).

Children must be Tennis, Pool, Racquetball & Pool or Fitness & Pool Members to

participate.



6th Annual Bosom Buddies Benefit Clinic Tuesday, May 18th, 2010

The History: In 2005, the First Annual Bosom Buddies Benefit Clinic was held at Weddington Swim & Racquet Club. Thirteen Area Tennis Professionals from various clubs used their expertise to conduct mini-clinics for 113 ladies. The event was very successful and generated over \$7000 for the Susan G. Komen for the Cure. The event grew in 2006 and was held at two sites. 150 participants and 21 Area Tennis Professionals attended. The event generated \$10,400 for Komen for the Cure. In 2007, we grew to 3 sites and 252 participants and 30 pros attended. We were able to donate \$20,800 to the Susan G. Komen for the Cure. In our fourth year, we grew to 6 sites, 54 Tennis Professionals and 435 participants. Our donation to the Komen for the Cure was over \$37,000. Last year, we continued to experience growth with 9 sites, 81 Tennis Professionals and 632 participants. We donated a total of \$53,000 for breast cancer awareness: \$46,000 was donated to Komen for the Cure and \$7,000 to Ann's Fund, a local breast cancer organization that provides mammograms to indigent women in our community. To date, Bosom Buddies Benefit Clinic has donated over \$125,000 for breast cancer research and awareness.

Clinic Format: Area Tennis Professionals from various clubs will use their expertise to conduct mini-clinics. Participants will be arranged in groups of eight. Each grouping will attend six 30 minute clinics.

Donation: \$50 per player (cash or check)
Make checks payable to **Bosom Buddies Benefit Organization**. (All proceeds to benefit Breast Cancer Research and Awareness)

Registration Opens: March 1, 2010.

Registration forms can be found on our website: www.bosombuddiesbenefit.org. Sign up in groups of eight or individually.

Space is limited. Reserve your spot early.

<u>Time:</u>	Check-in/Court Assignments	8:45am
	3 Half Hour Clinic Rotations	9:00-10:30
	Intermission/Pro Exhibition	10:30-11:00
	3 Half Hour Clinic Rotations	11:00-12:30
	Lunch/Raffle	12:30- 2:00pm

Locations: Blakeney Racquet Club Charlotte, Carmel Country Club, Charlotte Indoor Tennis Club, Firethorne Country Club, Olde Providence Racquet Club, Providence Country

Club, Raintree Country Club, Rock Hill Tennis Center, Sardis Swim and Racquet Club and Weddington Swim & Racquet Club.

Lunch: Lunch will be served at each site.

For more information, please contact Donna Branham at DBranham@carolina.rr.com



Pro Shop

**\$10.00 Off All Blakeney Racquet & Swim Club
Logo Wear!**



Member Services

GOT SUMMER CAMP??

Register and pre-pay for Summer Camp by March 31st and receive a **15% discount.**

Log onto www.brcharlotte.com to download Summer Camp Registration Forms.

Tennis



Weekday Spring Drill Classes

NEW: Monday 10:30-11:30 Men's USTA Rated 3.5 and up Clinic

Package: \$96 for 8/10 Classes- each additional class \$12-Drop In \$15

Tuesday 9:30-11 QC4

Tuesday 11-12:30 IC2/QC3

Tuesday 11-12:30 QC2

Wednesday 11-12:30 IC3

Thursday 11-12:30 IC1/QC1/4.5

Friday 10-11:00 3.5-4.0 **Singles***

Friday 11-12:30 QC2/3.5

Package: \$126 for 7/10 Classes- each additional class \$18-Drop In \$21

Singles Classes only 1 Hour \$96 for 8/10

For class descriptions see BRC website brcharlotte.com

Evening/Weekend Spring Drill Classes-Starting Week of March 1st:

Tuesday Women's 2.5-3.0 Drill 7-8 p.m.
Wednesday Cardio Drill 7-8 p.m **CHANGE**
Saturday Learn What the Pros Know 2-3 p.m. 3.5-4.0
Sunday Women's Beginners 2-3 p.m.
Sunday Pee Wee (Age 5-7) 3-4 p.m. (**JUNIOR**)
Sunday Star (Age 8-10) 4-5 p.m. (**JUNIOR**)

Package: \$96 for 8/10 Classes- each additional class \$12-Drop In \$15

For class descriptions see BRC website brcharlotte.com

USTA Captains for Spring 2010

Please contact them directly to sign up for a team openings.

Mon 2.5 Morning Women" Cynthia Spera" csperacpa@aol.com
Mon 3.5 Morning Women "Susan Wright" susanwright4@msn.com
Mon 3.5 Morning Women "Carole Sackowitz" csackowitz@carolina.rr.com
Mon 3.5 Morning Women "Tena Adams" insight@carolina.rr.com
Mon 3.5 Evening Men "Sam harmon" hwdharmon@aol.com **FULL**
Men 3.5 Evening Men "Bob Boyd" robert.boyd@sungard.com
Tue 3.0 Evening Men "Ron Sackowitz" rsackowitz@carolina.rr.com
Tue 4.0 Evening Men "Jason Giordano" JasonGio@microsoft.com **FULL**
Tue 4.0 Evening Men "Ed Childs" echilds22@yahoo.com
Tue 4.0 Evening Men "Kyle Williams" pontoonfloat@yahoo.com
Tue 4.5 Evening Women "Robin Sams" robinsams@carolina.rr.com
Wed 3.5 Evening Women "Malena Anders" manders1@carolina.rr.com
Thu 4.5 Evening Men "Rinaldo Bechini" rbechini@thefranchisecounselors.com
Thu 4.0 Evening Women "Carole Sackowitz" csackowitz@carolina.rr.com
Thu 4.0 Senior Evening Men Phil Morrell pmorrell@carolina.rr.com
Fri 4.0 Morning Women "Beth Storlie" storlieba@carolina.rr.com **FULL**
Fri 4.0 Morning Women "Monica Sferro" kandmsferro@att.net **FULL**
Fri 3.0 Morning Women "Melanie Boyd" bbmztboyd@carolina.rr.com
Fri 3.0 Morning Women "Dawn Wohlfarth" Dawnww@carolina.rr.com
Fri 3.0 Morning Women "Lana Imhof" ldimhof@earthlink.net>

Queen City Men Captains:

QCMen1-Bubba Rushing (4.5+)
QCMen2-Rick Knoll (Co-cpts Lou Mossotti, Joe Dalton) (4.0)
QCMen3-Rick Knoll (Co-cpts Marty Spiegall, Jim Choulas) (3.5)
QCMen4-Will Paco (2.5-3.0)

Queen City Mixed Doubles Captains:

QCMxd1-Amy Ballard
QCMxd2-Rinaldo Bechini
QCMxd3-Jason Giordano
QCMxd4-Leni Brigham

Queen City Saturday Women Captains:

BRC 1 Malena Anders
BRC2 Carmen Childers

Private Lessons

Private lessons are available Spring by appointment. Please book well in advance as the pros are extremely busy during this season. Please remember there is a *24 hour cancellation policy*. Last minute cancellations will be charged.

JUNIORS AFTER SCHOOL PROGRAMS - Run August through May

Next session begins on March 1st!

JUNIOR TEAM TENNIS!

Teams have been formed for spring. Players must register on line by March 10th!!

SPECIAL JUNIOR CLASSES

*****NEW*****

Middle School Boys

Time: 1-3 PM

Day: Saturday

Cost: \$160 for 8 out of 10 classes, Drop Ins \$25

Two Hour Class is taught by Berhe

High School Boys

Time: 3-5 PM

Day: Saturday

Cost: \$160 for 8 out of 10 classes, Drop Ins \$25

Two Hour Class is taught by Berhe

Power Girls

Starts March 6th-March session full

Time: 9-11 a.m.

Day: Saturdays

This is a 3 week, two hour class taught by Jo working on drills and techniques for young girls preparing for tournament play.

Future Aces"

Next Session TBA

Ratio 6:1 - Boys Ages 12 and under only

Time: 10:30 AM - 12:30 PM

Day: Saturdays

Cost: \$112 (package only)

This is a 4 week two hour clinic which will be taught by Berhe. During this two hour session your child will work on drills, fitness and technique. Four students will graduate to the "ACES" clinic. Guaranteed improvement or your money back!

"Aces"

Next Session TBA

Ratio 4:1 - Boys Ages 12 and under only

Time: 10:30 AM - 12:30 PM

Day: Saturday

Cost: \$112 (package only)

This is a 4 week two hour clinic which will be taught by Yani. During this two hour session your child will work on drills, fitness and technique. Guaranteed improvement or your money back!

*****NEW*****

Middle School Boys

Time: 1-3 PM

Day: Saturday

Cost: \$160.00 for 8/10 Clinics or \$25 Drop In

This is a 10 week 2 hour clinic taught by Berhe.

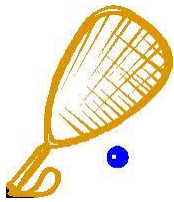
High School Boys

Time: 3-5 PM

Day: Saturday

Cost: \$160.00 for 8/10 Clinics or \$25 Drop In

This is a 10 week 2 hour clinic taught by Berhe.



Racquetball

Racquetball Interest?

Contact Phil Lane to play: philiplane@mac.com



Fitness

"Reboot" Boot Camp

"Are you 100% committed to "rebooting" your life?"

This intensive program includes two boot camp workouts each week!

It also includes homework, basic nutrition guidance, and follow-up quizzes!

Before and After body measurements and photos will be taken.

If we get enough interested participants, a meeting will be held to discuss the program in more detail.

Proposed Start: April 12

Kick Off Meeting: Week of March 29th

Cost: \$200 per person

(includes 2 workouts per week with a personal trainer....and more! - the breakdown is \$25/wk)

A minimum of 8 participants is required to run this program.

Make the Commitment!!
Contact the Front Desk NOW to reserve your spot!!

Pre-Season Training

Would your team be interested in putting together a training package to include circuit, strength, speed and agility training? As your teams are preparing for the upcoming Spring season, why not add a fitness component to your regular practice sessions! Sometimes the missing piece, to improve your overall tennis game, is movement on the court. In addition, by improving our overall fitness in the preseason, we can hopefully prevent injury. Team training could include weekly 1 hour sessions, or even a weeklong fitness "camp" before the season starts. This can be something designed especially for your team, and/or could possibly be incorporated into your team's clinics. Even if the entire team can't participate, there might be several players on your team who would like to do this. Please contact our Club Trainer, Beth Storlie, for more information

Monday Morning EARLY RISER CIRCUIT CLASS

No Class on April 5th

Time: 5:30 - 6:30 AM

Packages Only - 8 Week Session

Price: \$80/pp for 8/10 Classes

Minimum of 4 people required

-

Kickboxing - New Time and Day - MONDAY

Time: 5:30 - 6:30

Free to Members!

Zumba - Monday

Time: 6:30 - 7:30

Free to Members!

Thursday Morning PILATES CLASS -

No Class on April 8th

Time: 8 - 9 AM - Before Tennis!!!

Price: \$60/pp for 8/10 Classes

Minimum of 6 people required

Saturday Morning- SUPER CIRCUIT CLASS

No Class on April 10th!

MUST SIGN UP IN ADVANCE TO SECURE YOUR SPOT

Time: 9 - 10 AM

Class will be held in the Fitness Room.

Limit of 10 Members (If you have not made a reservation and the class is FULL you will be turned away!!)

FITNESS TIP OF THE WEEK

Focusing on each rep of every set and feeling the muscle working and contracting allows you to build the "mind-muscle connection".

This is a powerful tool for success and continued passion. Simply going through the motions will eliminate the intensity and interest you need to see results.



CHILDWATCH

ChildWatch Hours



Monday:	8:30 am - 1pm
Tuesday:	8:30 am - 1pm
Wednesday:	8:30 am - 1pm and 2-5:30 pm*
Thursday:	8:30 am - 1pm
Friday:	8:30 am - 1pm and 6-9 pm
Saturday:	9 am - 1:00 pm
Sunday:	1 - 5:30 pm

➤ Reservations for ChildWatch are to be made by calling the club (704.841.7529) or emailing the club (info@brccharlotte.com) during ChildWatch hours at least 48 hours in advance.

➤ We will no longer be able to offer the "Shop Alone" service for all ChildWatch hours. ChildWatch will be available for those members playing tennis, racquetball or using the fitness center for all hours listed above, *"Shop Alone" our will be available on Wednesday from 2-5:30 pm only.

Activities: Playing, coloring, puzzles, story time, art projects, free play, snack time, movie time.

HOURS: State Mandated Two and one half Hour Maximum Per Day

Monday - Friday 9:00 AM - 1 PM

MEMBER FEES: **Unlimited Childcare Use Fee**
(NC State mandated maximum of 2 1/2 hours per day)

\$80.00 per month - 1 Child*
\$120.00 per month - 2 Children*
\$180.00 per month - 3 or More Children*

**Monthly Child Watch Program requires one year commitment.*

Hourly Fees:

1 child \$8.50 per hour
2 children \$12/hour
\$5 each additional child

Non-Member Fees: 1 child \$10/hour, 2 children \$15/hour \$5 each additional child

Note: Blakeney ChildWatch is a Peanut Free Center!

No-Show Fee:

If a reservation is made and not kept, a \$3 "no-show" fee will apply per child.

Late Fee:

If a child is not picked up by the designated child watch closing time, a \$10 late fee per child will apply.

Reminders when using Child Watch:

- Make reservations at least 48 hours in advance
- The age limit for Child Watch is 7 years old
- Please remember to fill out registration forms and return to the Child Watch Center
- Take child(ren) to the bathroom before dropping off in Child Watch
- If still in diapers, bring diapers, wipes and change of clothes
- Bring a snack and drink for child(ren) BUT NO PEANUT PRODUCTS PLEASE
- Call and cancel reservations if your plans change and you are not bringing your child(ren) to Child Watch
- Avoid bringing toys from home if possible



BRC Reminders:

- **Each time you come to the club Please Remember to stop by the Front Desk and Check-In before going out to the tennis courts, pool or upstairs to the Fitness Center.**
- In order to prevent our alcohol permit from being terminated, alcohol is **not allowed** to be brought in to our property including the tennis courts and swimming pool area. Beer and wine are available in the Carolina room.
- If you need a member's phone number or address please email the club rather than call.
- Please be courteous to others while working out in the fitness. Turn your

cell phone off. Thank you.

- Please remember to wear **only tennis** or **racquetball** shoes on the racquetball courts.
- Please remember that shirts must be worn at all times while on Blakeney Racquet Club property.
- Pay it forward - Please Sweep and Line the courts when finished. (The club will make sure courts are ready for league play).
- If you plan to work out in the Fitness Center after playing tennis on the clay courts, **PLEASE CHANGE YOUR SHOES!! The clay is damaging the floors and fitness equipment. Thank you.**
- **We have a 24 hour cancellation policy for all clinics and lessons.**