



# Blakeney Racquet & Swim Club Newsletter

February 17, 2010

## Dear Members.

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

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## 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](http://www.brcharlotte.com) to download Summer Camp Registration Forms.



## Chess and Bridge Club - NEW

Blakeney has started a Chess and Bridge Club which is coordinated by Rinaldo Bechini. The club meets on Wednesday's night from 7-9 pm and Sunday's from 2-4 pm.

For more information or to RSVP please contact Rinaldo directly at [rbechini@thefranchisecounselors.com](mailto:rbechini@thefranchisecounselors.com)

## Tennis



### Weekday Spring Drill Classes - Starting Week of March 1st

Monday 11-12:30 QC4

Monday 10-11:00 2.5-3.0 **Singles\***

Tuesday 11-12:30 IC2/QC3

Wednesday 11-12:30 IC3

Thursday 11-12:30 IC1/QC1/4.5

Friday 9:30-11 2.5-3.0

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](http://brcharlotte.com)**

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

Monday Cardio 7-8 p.m.

Tuesday Women's Drill 7-8 p.m.

Wednesday Men's Drill 7-8 p.m.

Saturday Learn What the Pros Know 1-2 p.m. 2.5-3.0

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.

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

**For class descriptions see BRC website [brcharlotte.com](http://brcharlotte.com)**

### USTA Captains for Spring 2010

**Please contact them directly to sign up for a team openings. Teams fill fast so do it soon!**

Mon 2.5 Morning Women" Cynthia Spera" [csperacpa@aol.com](mailto:csperacpa@aol.com)

Mon 3.5 Morning Women "Susan Wright" [susanwright4@msn.com](mailto:susanwright4@msn.com)

Mon 3.5 Morning Women "Carole Sackowitz" [csackowitz@carolina.rr.com](mailto:csackowitz@carolina.rr.com)

Mon 3.5 Morning Women "Tena Adams" [insight@carolina.rr.com](mailto:insight@carolina.rr.com)  
Mon 3.5 Evening Men "Sam harmon" [hwdharmon@aol.com](mailto:hwdharmon@aol.com) **FULL**  
Men 3.5 Evening Men "Bob Boyd" [robert.boyd@sungard.com](mailto:robert.boyd@sungard.com)  
Tue 3.0 Evening Men "Ron Sackowitz" [rsackowitz@carolina.rr.com](mailto:rsackowitz@carolina.rr.com)  
Tue 4.0 Evening Men "Jason Giordano" [JasonGio@microsoft.com](mailto:JasonGio@microsoft.com) **FULL**  
Tue 4.0 Evening Men "Ed Childs" [echilds22@yahoo.com](mailto:echilds22@yahoo.com)  
Tue 4.0 Evening Men "Kyle Williams" [pontoonfloat@yahoo.com](mailto:pontoonfloat@yahoo.com)  
Tue 4.5 Evening Women "Robin Sams" [robinsams@carolina.rr.com](mailto:robinsams@carolina.rr.com)  
Wed 3.5 Evening Women "Malena Anders" [manders1@carolina.rr.com](mailto:manders1@carolina.rr.com)  
Thu 4.5 Evening Men "Rinaldo Bechini" [rbechini@thefranchisecounselors.com](mailto:rbechini@thefranchisecounselors.com)  
Thu 4.0 Evening Women "Carole Sackowitz" [csackowitz@carolina.rr.com](mailto:csackowitz@carolina.rr.com)  
Thu 4.0 Senior Evening Men Phil Morrell [pmorrell@carolina.rr.com](mailto:pmorrell@carolina.rr.com)  
Fri 4.0 Morning Women "Beth Storlie" [storlieba@carolina.rr.com](mailto:storlieba@carolina.rr.com) **FULL**  
Fri 4.0 Morning Women "Monica Sferro" [kandmsferro@att.net](mailto:kandmsferro@att.net) **FULL**  
Fri 3.0 Morning Women "Melanie Boyd" [bbmztboyd@carolina.rr.com](mailto:bbmztboyd@carolina.rr.com)  
Fri 3.0 Morning Women "Dawn Wohlfarth" [Dawnww@carolina.rr.com](mailto:Dawnww@carolina.rr.com)  
Fri 3.0 Morning Women "Lana Imhof" [ldimhof@earthlink.net](mailto: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 Spiegel, Jim Choulas) (3.5)  
QCMen4-Will Paco (2.5-3.0)

#### **Queen City Mixed Doubles Captains:**

QCMxd1-Amy Ballard  
QCMxd2-TBD  
QCMxd3-TBD  
QCMxd4-TBD

#### **Weekday Queen City and Interclub Players**

Weekday QC and IC teams are formed according to the Captain's Council bylaws. Revised bylaws are available to all players. Please contact the club if you need a copy.

#### **New Ladies Queen City Saturday Team**

There are only two spots left on our new Queen City Saturday 2.5-3.0 team this spring. If you are interested, please contact captain Carmen Childers at [Carmen.L.Childers@bankofamerica.com](mailto:Carmen.L.Childers@bankofamerica.com)

#### **Weekday Spring Drill Classes-Starting Week of March 1<sup>st</sup>:**

Monday 11-12:30 QC4  
Tuesday 11-12:30 IC2/QC3  
Wednesday 11-12:30 IC3  
Thursday 11-12:30 IC1/QC1/4.5  
Friday 9:30-11 QC South/2.5  
Friday 11-12:30 QC2/3.5

**Package: \$84 for 7/10 Classes- each additional class \$12**

#### **Round Robin Social - Sundays 3:00 PM-Ends Feb 28th**

(no partner needed-Men and Women)

Just bring your racquet and come out and play!  
The first 32 that sign up in person on the same day will play!!

### **Private Lessons**

**Private lessons are available this fall 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!**

Spring sign up has begun for junior team tennis. This junior league will begin play at the end of March but registration is now. Teams will be formed by age and level based on participants. Deadline for INTERNAL sign up is February 25th. At that time teams will be organized and on line registration completed.

### **SPECIAL JUNIOR CLASSES**

#### **"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**

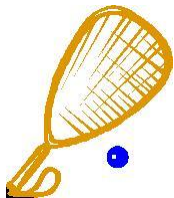
Ratio 4:1 - Boys Ages 12 and under only

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!



## **Racquetball**

### **Racquetball Interest?**

Contact Phil Lane to play: [philiplane@mac.com](mailto: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: March**

**Days: TBD**

**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

### Saturday Morning- SUPER CIRCUIT CLASS

**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!!)**

**Monday Morning EARLY RISER CIRCUIT CLASS**

**New Session Starts February 8th! - You can still sign up through Feb. 22!**

Time: 5:30 - 6:30 AM

Packages Only - 8 Week Session

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

Minimum of 4 people required

**Thursday Morning PILATES CLASS - No class this Thursday, Feb. 18th! This class will be added to the end of the package!**

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

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

Minimum of 6 people required

**We only have 2 spots left....Please call to reserve your spot!!**

**FITNESS TIP OF THE WEEK**

Don't forget, air is your friend! Exhale on the exertion of a movement and inhale on the return. This keeps a constant flow of oxygen traveling to the body and brain, enabling you to do more reps comfortably.

- Marian Kohut, Ph.D



**The Zumba®**

**Classes are held on Monday's from 6:30-7:30 PM**

**Free of Charge to Members! Sign up today**



required.

**Kickboxing:** You'll enjoy high-intensity drills while burning 300-600 calories per hour. A cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind. No equipment is used and gloves are not

**Classes are held on Friday's from 6:30-7:30 PM**

**Free of Charge to Members! Sign up today**



## CHILDWATCH

### ChildWatch Hours

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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](mailto: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:**

- 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.

- 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 don't bring any kind of alcohol inside our club house due to alcohol permit regulations. Beer and wine are available in the Carolina room.
- **Please remember** to wear **onlytennis** 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.**
- 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.