



# Newsletter

www.oprctennis.com

JUNE 2011



## Town Hall Meeting Set for June 20

The OPRC Board of Directors invites members to a Town Hall meeting on Monday, June 20 at 7 PM in the clubhouse for an overview of the Board's strategic and financial plans.

Board action on the recently proposed by-law amendment concerning Senior Membership dues has been delayed until the membership has a chance to attend this Town Hall meeting. No RSVP is required for this meeting.

Within the past few months, the Board held two Focus Groups and a specially called meeting to get input from members and for the Board to detail strategic and financial plans.

Go ONLINE to [CourtsideUSA.com](http://CourtsideUSA.com)

## Club Ladder Programs

Club members age 19 and above of all skill levels are encouraged to take advantage of this great addition to the OPRC tennis programs—adult singles, doubles and mixed doubles ladders. The inaugural ladder session starts play June 13 and goes until August 13. Ladders are an excellent way of having an organized match against players of similar strengths anytime you are ready to play.

A **Ladder Launch Party** to give details about online sign-ups for the ladder is scheduled for Saturday, June 11. The **Ladder Launch Party** will start at 1 PM in the clubroom and will feature soft drinks, beer and light refreshments.

See page 2



*You Bring It...The Staff Grills it!*

## Coals & Ice at the Pool

On each Friday evening in June, you are invited to bring burgers or whatever you want the OP staff to grill for you poolside. Live music, cooking and fun are free! The grills will be ready at 6 PM. Music from 6:30 to 8:30 PM.



Continued on page 4

## Membership Drive: Tell Your Friends

Thanks to all the OP members who are spreading the word about the limited-time OPRC membership drive!

The lowered initiation fees are being offered to help the club return to the membership capacity status it enjoyed for several years prior to the economic slowdown.

**The current membership drive has been very successful—let's keep up the momentum!** See page 3

## Home Meets June 9, 16, 23, 27

### Pirahnas Swim Team

The members of the OP Pirahnas Swim Team, along with the coaching staff and an army of parent-volunteers have been getting ready for their six swim regular meets. Everyone is invited to OP for their four home swim meets, each starting at 6 PM:

- > Thursday, June 9 Windy Rush at OP
- > Thursday, June 16 Hembstead at OP
- > Thursday, June 23 Siskey YMCA at OP
- > Monday, June 27 River Hills at OP

More swim team news on page 4



Peter Ayers (left) receives the Fight Club champion's belt from event organizer Jerry Tylman (center) as finalist Mitch Sprenglemeyer looks on.

## FIGHT CLUB RULES!

See page 4

Keep Your Thursday Evenings Free!  
**Charlotte Pro League**  
Contact [Randy@oprctennis.com](mailto:Randy@oprctennis.com) to play

## Junior Club Championships

OPRC juniors ages 6 to 18 are encouraged to play in the upcoming club singles and doubles championships.

The junior SINGLES club championships are scheduled for June 20-July 2. DOUBLES events are scheduled for July 11-23.

## Pre-School Enrichment Summer Camps

See page 5

## Club Doubles Champs Crowned

see PAGE 3



**Bosom Buddies Benefit Sets New Records in the Rain**

Details page 4

Details page 4



## WELCOME NEW MEMBERS!

**ALEX GROOT**  
**MIKE MASON**  
**TODD BADGLEY**  
**TODD AND JULIET FREELAND**  
**MITCH AND KELLY SPRENGELMEYER**  
**CHRISTINE AND JOSHUA JEWETT**  
**ERIC AND JENNIFER HORSLEY**  
**GRANT AND HEATH ALEXANDER**  
**ANN AND NEIL LAMBIOTTE**  
**REBECCA STOWE**  
**GARY AND TERRI GERLACH**  
**JAMES SPICER AND ANITA WU**  
**JEFF AND AMY FOLEY**  
**ERIC AND SALLY SMITH**  
**ERIK AND CAROLINE GROSSMAN**  
**CLARK AND SUZY JOHNSON**  
**LARRY AND TRACY FREESE**



Here's a summary of recent, current and upcoming projects. Please contact either Randy@oprctennis.com phone 704 295-6444 or Jason@oprctennis.com phone 704 295-6451 with any questions.

Once again this month we will continue to do our detail work on the clay courts. This mainly involves removing dead material and any kind of growth on the courts.

We are still resurfacing courts. We have recently started adding two tons of new material per court to courts 5 and 6. These courts will receive new service lines and baselines. Once complete, we will begin work on courts 9-12. These courts will also receive two tons of material per court.

With the weather getting warmer and warmer, we have also begun to put out magnesium chloride on the courts as needed. This is used on clay tennis courts during long periods of dry weather for long-term moisture control; as the courts will not dry out as fast.

Also, take a look at the landscape beautification project near the sign in board by court one. Two angled sidewalks have been installed. An array of knockout rose bushes, sago palm trees, along with an assortment of annual flowers, small boulders, mulch and sod also have made this area a real beauty.

## Pro Shop Hours

**Monday though Thursday**    8:30 AM – 8:30 PM  
**Friday and Saturday**        8:30 AM – 5:00 PM  
**Sunday**                            10:00 AM – 5:00 PM



**Father's Day is Sunday, June 19**  
**Special Pro Shop Sale Saturday, June 18**  
 Receive an extra 25% Discount  
 Not valid on Final Sales, Shoes & Accessories

## July 4th Firecracker Events

The entire family will enjoy the fun, games and special events at OPRC on Monday, July 4.

### SPECIAL TENNIS MIXER:

\$12 per person. Club provides balls, burgers & prizes. 11 AM until 1 PM. Please pre-register by July 2. Lee@oprctennis.com 704 366-9817

### CARNIVAL AT THE POOL: Free fun & games!

10 AM-8 PM pool open  
 11 AM-6 PM: Moon Bounce Castle  
 1-3 PM: Magician performs poolside  
 11:30-6:30 PM: Deli café open to serve special menu  
 1:00-4:00 PM: Pool games for kids, plus clown & face painting



*Continued from page 1*

## Club Ladder Programs



To register for the ladder programs, go to **Court-sideUSA.com** and select the ladder(s) you want to join. EMAILS from the club to give you additional details. Here are the ladders ready for you to join:

<ul style="list-style-type: none"> <li>• SINGLES 2.5-3.0 MEN &amp; WOMEN</li> <li>• SINGLES 3.5-4.0 MEN &amp; WOMEN</li> <li>• SINGLES 4.5 &amp; above MEN &amp; WOMEN</li> <li>• DOUBLES 2.5-3.0 MEN &amp; WOMEN</li> <li>• DOUBLES 3.5-4.0 MEN &amp; WOMEN</li> <li>• DOUBLES 4.5 &amp; above MEN &amp; WOMEN</li> </ul>	<b>MIXED DOUBLES NTRP Combo</b> <ul style="list-style-type: none"> <li>• 6.0 and below</li> <li>• 7.0 and below</li> <li>• 8.0 and below</li> <li>• 9.0 and below</li> <li>• 9.5 and above</li> </ul>
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**Save the Date: Saturday, July 16**

## Family SportsDay Cookout

You are invited to participate in the first annual OPRC Family SportsDay Cookout on Saturday, July 16. Here is the schedule:



12:00-12:30 PM    Hamburgers & hot dogs served in the clubroom  
 12:40-1:40 PM     Fun 3 inning baseball game at OP...drinks served  
 1:40-2:20 PM     Cricket demonstration and game...drinks served  
 2:30-3:05 PM     Tennis QuickStart demo and contests...drinks  
 3:15-4:00 PM     Fun, games, contests in the pool...drinks  
 Friendly competition ... your family can join a team and win some fun prizes. \$20 per family includes food, drinks, prizes. Includes children 6 and above. Contact Lee@oprctennis.com 704 366-9817

This coupon entitles you to receive  
**20% Discount in the OPRC Pro Shop**  
*Not valid on Final Sales, Shoes & Accessories*  
**Please present this coupon to receive discount**  
**Valid until June 30, 2011**

**CardioTennis** each Monday 6:30 PM in June. This is a high intensity on-court training session aimed at burning calories and having fun. All adult players are welcome. Maximum of 16 participants. \$15 per class. Sign up weekly. Taught by Sean Snee. Sign up: Lee@oprctennis.com 704 366-9817.



# Club NTRP Doubles Champs

**Congratulations to all! Here are the Club NTRP DOUBLES RESULTS:**

**Women's NTRP 3.0 Doubles:** 1st: Shawn Cone & Tiffany Orndorff. 2nd: Mary Skibinski & Meredith Starling. 3rd: Kate Ficca & Mary Beth Hedrick. 4th: Lisa Bottle & Sandra To.

**Women's NTRP 3.5 Doubles:** 1st: Meghan Beverley & Meredith Tye. 2nd: Kathy Bennett & Marie Shuford. 3rd: Susan Dunn & Leigh Zimmerman.

**NTRP 4.5 Mixed Doubles:** 1st: Chris Drury & Anders Liljestrand. 2nd/3rd TBD: Allison & Matt Homan vs Alan & Melissa Burns.

**NTRP 3.5 Mixed Doubles:** 1st: Josie & Andrew Sanctis. 2nd: Ron & Janice Abluton. 3rd/4th TBD: Susan Dunn & Bob Meyer vs Tom & Maude Root.



NTRP 4.5 Mixed Doubles Champions  
Anders Liljestrand and Chris Drury



Women's 3.0 Doubles Champs  
Shawn Cone & Tiffany Orndorff



NTRP 3.5 Mixed Doubles Champions  
Andrew & Josie Sanctis



Women's 3.5 Doubles Champs  
Meredith Tye & Meghan Beverley



Thomas Low (left) was interviewed by Charlotte Observer reporter Herb White after his final three-set singles victory.

## Thomas Low Helps MP Win

OP junior standout Thomas Low fought through six hours of tennis, six sets, hand and leg cramps to help his Myers Park High School team win the NC 4A West Regional tennis championships May 7 at Ardrey Kell .

Seeded second, Thomas defeated Kell's top seeded Jim Fan 4-6, 6-2, 6-4 to take the singles title. Thomas and Jim had met twice earlier in the season, each winning a previous match. "It's different," said Low, who lost the Southwestern 4A singles final to Fan. "You've just got to ignore that and play. It doesn't matter who's on the other side of the net, he's your opponent, but it's always hard to play Jim." Congratulations, Thomas on a great season! Best of luck during the summer!



## SUPER Senior Tennis Diamonds in the Rough

OPRC SUPER SENIOR men ages 75 and above will be playing their annual doubles tournament and have lunch on Tuesday, June 14. It's all free!

To play, sign up on the board or contact one of the event organizers: Bill Moffitt, Lindy Stevens or Gene Silverman. Players should arrive by 9:30 AM with play scheduled to begin at 10:00 AM. The FREE LUNCH will be served in the clubroom at noon. RAINDATE: Wednesday, June 15



### OPRC MEMBERSHIP CAMPAIGN

## Now is a Great Time to Encourage Your Friends to Join OPRC

The INITIATION FEES required to join OPRC have been reduced to encourage new members to join the fun at Olde Providence Racquet Club. Please contact [Patti@OPRCtennis.com](mailto:Patti@OPRCtennis.com) to let us know about friends who may want to join.

<b>I-FEES</b>	Young Adults \$500	Associate Resident \$1,500	Resident \$3,500
	Swim Only \$1,100	This is a limited time offering. Act quickly to take advantage of these rates.	

**CURRENT SWIM MEMBERS:** If you become a TENNIS member now, the Swim I-FEE you have paid goes toward the I-FEE structure shown above. Tennis, Fitness, Swim, Social...everything your family wants!

### MEMBERS: Display OP Brochures?

To help generate interest in OPRC memberships, we can provide your business with brochures in attractive lucite holders.

Contact [Patti@oprctennis.com](mailto:Patti@oprctennis.com)

### OPRC on Facebook!

Not sure how to Facebook?

A link to Facebook is located on the club website:

[WWW.OPRCTENNIS.COM](http://WWW.OPRCTENNIS.COM)

# Fun! Fun! Fun! Swim Team, Pool and Pool Deli Café at OP



## OP Piranhas Swim Team Meet Schedule

Enjoy the excitement of the OP swim team!  
All Swim Meets start at 6 PM

- Thursday, June 9 Windy Rush @ OP
- Thursday, June 16 Hembstead @ OP
- Monday, June 20 OP @ Sardis Forest
- Thursday, June 23 Siskey YMCA @ OP
- Monday, June 27 River Hills @ OP
- Thursday, June 30 OP @ Foxcroft East
- Sunday, July 10 All-Star Meet



## Coals & Ice Friday evenings in June

Music, food and fun at the pool

On each Friday evening in June, you are invited to bring burgers or whatever you want the OP staff to grill for you poolside. Music, cooking and fun are FREE! The coals will be ready at 6 PM. Music from 6:30 – 8:30 PM. Pool deli café will be open 'til 8 PM.

- June 3 Party DJ – Chris Beachley
- June 10 Jeff Rearick
- June 17 Jeff Brown
- June 24 Jeff Rearick



## SUMMER SCHEDULE – OPEN TO ALL AFTER MEMORIAL DAY AND ENDING LAST CMS DAY OF SCHOOL

Monday through Friday, May 31 to June 10 (last CMS day of school)  
Friday, June 3: First Coals & Ice at the Pool  
Saturday, June 4

POOL HOURS	DELI Café HOURS
3:30 – 8:00 PM	3:30- 6:30 PM
3:30 – 8:30 PM	3:30-8:00 PM
10:00 AM – 8:00 PM	11:30 AM – 7:00 PM

## SUMMER SCHEDULE – Starting June 11

FIRST DAY AFTER CMS SCHOOL IS OUT until DAY BEFORE CMS FIRST DAY BACK TO SCHOOL

Each Monday, Tuesday, Wednesday, Thursday, Friday and Saturday  
Each Sunday

POOL HOURS	DELI Café HOURS
10:00 AM – 8:00 PM	11:30 AM – 7:00 PM
1:00 – 8:00 PM	1:00 – 6:00 PM



## OP Pirahnas Swim Team PRACTICE TIMES

GROUP	START	END
Beginner Shrimpers	5:30 PM	6:00 PM
7 and 8 year olds	6:00 PM	7:00 PM
All ages 9 and above	7:00 PM	8:00 PM

Practice times may CHANGE: Please check with your coach

## Swim Lessons Charlotte Swim Club Management, Inc. Learn-To-Swim School

Charlotte Swim Club Management believes in providing children with a positive environment in which they can feel comfortable and learn basic water safety. We feel that through patience, encouragement, and frequent repetition of skills, your child will have a fun, safe and rewarding swimming experience. Group lessons ratio is four swimmers per one instructor. **Classes are held Monday through Thursday for 30 minutes for the four-day session.**

- Group Lessons: \$ 45 per session
- Semi-Private (two students): \$ 55 per session (per student)
- Private: \$ 95 per session



Enrollment is available during pool hours and must be done in person. Checks should be made payable to Charlotte Swim Club Management. See your Swim Club Manager for more information.

- Session I: June 13 - 16
- Session II: June 20 - 23
- Session III: June 27 - 30
- Session IV: July 5 - 8
- Session V: July 11 - 14
- Session VI: July 18 - 21
- Session VII: July 25 - 28

## STAY IN TOUCH



- Pool Desk Phone 704 364-2077
- Pool Deli Café Phone 704 364-1654
- Main OPRC Clubhouse 704 366-9817

Continued from page 1

## Bosom Buddies Benefit



OPRC Board member Barbara Haughey (center) joins other Bosom Buddies volunteers to help with the auction in the OP clubroom.

Continued from page 1

## Junior Club Championships

Enter at [CourtSideUSA.com](http://CourtSideUSA.com) or to get more details contact one of the OPRC tennis pro staff or [Lee@oprctennis.com](mailto:Lee@oprctennis.com) 704 366-9817. Entry fee \$10 per event. Players furnish balls, club furnishes prizes. Players schedule matches at mutually agreeable times. Age categories: 8 & under, 10 & under, 12 & under, 14 & under, 16 & under and 18 & under.

## Fight Club Rules!

Using a unique one-on-one half court singles format, the OPRC Fight Club included 30 of the best male tennis players at the club in this May 14 tournament. Results: MAIN DRAW FINALS: Peter Ayers def. Mitch Sprengelmeyer 21-12. FIC FINALS: Ashley Shaw def. Trip Caldwell 21-12. Congratulations to all—let's do it again soon!

<BOSOM BUDDIES: The rain didn't deter volunteers, players and pros at the May 17 Benefit at OP from raising over \$12,000 (a record) to benefit research and awareness programs for breast cancer. OP was one of ten local clubs scheduled to hold special drills, auctions and food events. Bosom Buddies is the largest tennis charity fundraiser in the area.



# SUMMER

## Calendar of Events

*Updated Throughout the Year*

June 3, 10, 17, 24	Coals & Ice at the Pool
June 9	Swim Team HOME MEET
June 11	CourtsideUSA.com LADDER KICKOFF PARTY
June 13	Official start of tennis LADDER PROGRAM
June 16	Swim Team HOME MEET
June 20	Swim Team AWAY MEET
June 20-July 2	Club Junior Age Division SINGLES tournament
June 23	Swim Team HOME MEET
June 27	Swim Team HOME MEET
June 30	Swim Team AWAY MEET
July 4	Firecracker Tennis Round Robin & Pool Carnival
July 7, 14, 21, 28	Charlotte Pro League matches at OP
July 10	Swim Team ALL STAR MEET
July 11-23	Club Junior Age Division DOUBLES tournament
July 16	Family Sportsday Cookout
July 30	Summer Parent-Child tennis event
August 1-4	NC Junior Clay Court State Open
Aug. 4, 11, 18, 25	Charlotte Pro League matches at OP
August 25	1st Day of School for CMS



John Meyer

## Tennis Directors

### Summer Time JUNIOR TENNIS



Peter Ayers

OLDE PROVIDENCE RACQUET CLUB

## SUMMER JUNIOR TENNIS CAMPS

Full and half day sessions at OPRC's famous Summer Junior Tennis Camp program are available for the following weeks:

- June 6-10
- June 13-17
- June 20-24
- June 27-July 1
- \*July 5-8 (4 days)
- July 11-15
- July 18-22
- July 25-29
- August 8-12



Registration & Information:

**Lee@OPRCtennis.com**  
**704 366-9817**

The OPRC Camp Staff has been a pioneer in the use of the **USTA QuickStart** format to help young players learn and enjoy the game of tennis.

Half day camp sessions are from 8:30 AM until 12:30 PM.  
Full day camp sessions are from 8:30 AM until 3:45 PM.

Learning tennis and developing a love for the game of tennis is the focus of these camps. Campers also enjoy arts & crafts, sports and swimming. The OP camp staff uses the air-conditioned indoor hard courts, as well as the outdoor hard and clay courts for instruction and play.

**Summer Junior Tennis Camps NOW ENROLLING**  
Go ONLINE [www.OPRCtennis.com](http://www.OPRCtennis.com)  
For the Summer Jr. Tennis Camp brochure or email [Lee@OPRCtennis.com](mailto:Lee@OPRCtennis.com)

## Pre-School Enrichment Summer Camps

The child-care program at OPRC will be providing Monday-Friday half-day camps for ages 2-5 throughout the summer starting the week of June 13.

Enrichment Camps will be held from 8:30 AM-12:30 PM and will include activities that focus on technology, exercise, fitness, social skills building, arts and crafts and science. The cost will be \$95 per child per week, with discounts for multiple children in the family and for attending multiple weeks. For more information and to register: [OPKidsClub@gmail.com](mailto:OPKidsClub@gmail.com)

## 704 366-9817 MAIN CLUB PHONE: STAYING IN TOUCH

The phone system allows you to call the main club number, then dial the club extensions listed below, or you may dial many of the staff on their direct line.

**DIAL 704 366-9817, then THIS EXTENSION**

2221	Lee Byrd, Club Secretary
6454	Pro Shop
6446	John Meyer, Tennis co-Director
6448	Peter Ayers, Tennis co-Director
6445	Zen Mottershead, Tennis Professional
6449	Sean Snee, Jr. Development Coordinator
6457	Jerry Orr, Tennis Professional
6442	Patti Furr, Member Services Director
6451	Jason Sochon, Operations Manager
6450	Larry Bradshaw, Courts
6441	Kathy Plattner, Member Accounts
6440	Jan Bradshaw, Pro Shop Manager
6443	Brenda Culbertson, Associate Mgr.
6444	Randy Chamberlain, Club Manager
2214	John Moss, Fitness Center Manager
2240	Sherrlyn Success, Kids' Club Director

**OR You may DIAL the DIRECT PHONE LINE**

704 366-9817
704 295-6454
704 295-6446
704 295-6448
704 295-6445
704 295-6449
704 295-6457
704 295-6442
704 295-6451
704 295-6450
704 295-6441
704 295-6440
704 295-6443
704 295-6444
803 414-2379
704 295-6456

**EMAIL ADDRESS**

LEE@OPRCTENNIS.COM
PROSHOP@OPRCTENNIS.COM
JOHNMEYER@OPRCTENNIS.COM
PETER@OPRCTENNIS.COM
ZEN@OPRCTENNIS.COM
SEAN@OPRCTENNIS.COM
JERRY@OPRCTENNIS.COM
PATTI@OPRCTENNIS.COM
JASON@OPRCTENNIS.COM
LARRY@OPRCTENNIS.COM
KATHY@OPRCTENNIS.COM
JAN@OPRCTENNIS.COM
BRENDA@OPRCTENNIS.COM
RANDY@OPRCTENNIS.COM
JOHNMOSS@OPRCTENNIS.COM
OPKIDSClub@GMAIL.COM



## 2011 Board of Directors

- Joel Turner, President**
- Jerry Tylman, Vice President**  
Chair, House & Grounds Committee
- Barbara Haughey, Secretary**  
Chair, Tennis Committee
- David Stern, Treasurer**  
Chair, Finance Committee
- Carl Scheer, Immediate Past President**  
Chair, Nominating and Long Range Planning Committees
- Toby Contor, Director**  
Chair, Personnel Committee
- Christi Hart Hayden, Director**  
Chair, Social Committee
- Rosemary Hill, Director**  
Chair, Indoor & Fitness Committee
- Linda Maloney, Director**  
Chair, Swim Committee
- Ted Pearce, Director**  
Chair, Tournament Committee
- Lee Peery, Director**  
Chair, Rules & Grievance Committee
- Jan Sandoval, Director**  
Chair, Junior Tennis Committee
- Chris Skibinski, Director**  
Chair, Membership Committee



**TOWN HALL MEETING JUNE 20**  
The OPRC Board of Directors has scheduled a Town Hall meeting for OPRC members to focus on the overview of the strategic and financial plans of the club and the proposed by-law amendment related to Senior Membership Dues.





# OPRC Kid's Club

**Child care provided by Reservation**

Sherrlyn: Kid's Club Director  
704 840-4792  
opkidsclub@gmail.com

**DROP-IN: Up to 3 hours**  
\$23 per child

**MONTHLY:**  
10 sessions:  
\$105 first child \$65 second child

**PUNCH PASS:**  
4 sessions: \$65

**LATE PICK-UP FEE:**  
\$15 up to 15 minutes late

## JOHN MOSS FITNESS FUSION at OPRC

GROUP FITNESS CLASSES AND PERSONAL TRAINING

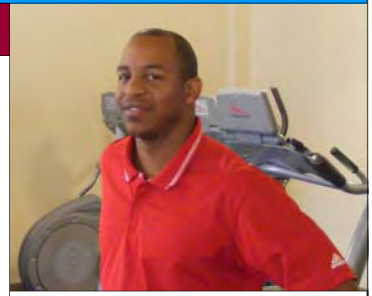
### JUNE PROGRAMS

Contact  
**John Moss**  
to form a new Fitness Class  
or for Fitness Class  
DROP IN availability  
JohnMoss@OPRCtennis.com

Half Hour  
**Personal Training Rates:**  
MEMBER      GUEST of MEMBER\*  
**\$35.00      \$39.00**  
\* GUEST FEE rates and rules apply

### GROUP EXERCISE CLASSES

MONDAY 7 AM: Body Balance  
MONDAY 8:30 AM: Fusion Cross Training  
MONDAY 5:00 PM: Jr. Strength and Conditioning  
TUESDAY 5 PM: Ladies' Fitness  
WEDNESDAY 9:30 AM: Cardio/Core Conditioning  
WEDNESDAY 6:30 PM: Body Balance Fitness  
WEDNESDAY: Jr. Strength and Conditioning  
THURSDAY 8:30 AM: Total Body Sculpt  
THURSDAY 4:30 PM: Pilates Plus!  
THURSDAY 8:30 AM: Total Body Sculpt  
SATURDAY 9:00 AM: WIPEOUT!



**John Moss**, Fitness Director  
JohnMoss@OPRCtennis.com

**Gift Certificates Available Personal Training, Stretch/Massage and Group Exercise Packages**

### GROUP EXERCISE CLASS PRICE OPTIONS:

10 session package: \$100      20 session couples package: \$180  
1 Drop-in Per Class: \$15      Monthly Unlimited Pass: \$130

### GROUP EXERCISE CLASS DESCRIPTIONS:

**LADIES FITNESS:** No guts, no glory in this total body workout! This class incorporates drills designed to enhance agility, speed, power, strength and quickness. You'll move around the room to a number of different stations, each designed for a specific skill or muscle group. Check "LAZY" at the door when you step into this workout.

**BODY BALANCE:** This is the Ultimate Mind-Body workout that fuses Flexibility, Core Strength and Dynamic Movement. This class will have you feeling long, strong, centered and calm.

**TOTAL BODY SCULPT:** This strength-training class consists of endurance drills and functional resistance exercises. We use hand weights to guarantee you'll burn calories while giving your muscles a great workout. This class will present a challenge for even an experienced athlete. Less aerobic compared to the Fusion Cross Training Class.

**WIPEOUT:** This class is not for beginners! This is the toughest class on the schedule. Anything goes...each week we challenge you in ways you never imagined. It's a lot of fun and laughs as well. Come if you are not scared!

**FUSION CROSS TRAINING:** This is a class that blends 3 different elements of fitness: Cardio Intervals (running, spinning, boxing), Strength Training (free weights, band, body weights) and Stretch (Yoga based). This result is an addictive and motivating training session that burns up to 1000 calories

**JUNIOR STRENGTH and CONDITIONING:** This training system will take you to the next level! Components include: Pre-Hab (injury prevention), Movement Prep (warm-up), Plyometrics (jump training), Movements Skills, Med Ball Training (power), Strength Training and Regeneration (recovery).

**CARDIO/CORE CONDITIONING:** Join Heidi as she challenges you each week with her world-class fitness routines and "take no prisoners" attitude.

**PILATES PLUS!:** This is the ultimate Mind-Body workout that focuses on feeling long, strong, centered and calm. Follow Amy as she stretches you and strengthens your body with static and dynamic movement. Benefits include improved posture, more alignment and improved athleticism.

### Your Events at OPRC



**Parties, Receptions,  
Family or Business Events**  
For details, please contact:  
**Patti@OPRCtennis.com**  
**704 295-6442**

### Triple Doubles League Results



The spring season of the OP Men's Triple Doubles League produced these results:

1. Tm. 2: Logan Howe, Regan Miller, Rick Hartsell
2. Tm. 4: Jim Starling, Hal Lewis, Phil McCrory
3. Tm. 8: LJ Stambuck, Jeff Ewert, Randy Chamberlain
4. Tm. 1: Ed Easton, Zack Wagner
5. Tm. 5: Michael Sherck, Jeff Brown, Doug Albert
6. Tm. 7: Richard Matulis, Steve Ockerman, Chris Skibinski.
7. Tm. 6: Scott Schrimsher, Gus Obleada, Sean Hickey.
8. Tm. 3: Peter Abken, John Fulton, Octavio Salazar

Congratulations to all. Thanks to OP pro Zen Mottershead for organizing this event!

# JUNE 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat			
<b>Coals &amp; Ice at the Pool</b> Every Friday Evening in June FOOD MUSIC FUN				<b>Home and Away Swim Meets</b> Fun Exciting Cool					
OPRC Junior Age Division SINGLES and DOUBLES Club Championships		Join the CLUB LADDER PROGRAM		1	2	3	4		
5	Cardio Tennis Starts	6	7	8	Home Swim Meet	9	10	LADDER LAUNCH Party CourtsideUSA	11
12		13	Diamonds in the Rough-SENIORS	14	Home Swim Meet	15	16	17	18
19	AWAY Swim	20	21	22	Home Swim Meet	23	COALS & ICE at the Pool	24	25
Town Hall Meeting		TENNIS JUNIOR AGE DIVISION CLUB SINGLES CHAMPIONSHIPS using FLEX SCHEDULING>>>							
26	Home Swim Meet	27	28	29	AWAY Swim Meet	30	JUNIOR TENNIS Club Championships STARTING JUNE 20		
TENNIS JUNIOR AGE DIVISION CLUB SINGLES CHAMPIONSHIPS									

# JULY 2011

FIRECRACKER EVENTS JULY 4TH PLUS FAMILY BASEBALL COOKOUT

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
WOMEN 10:30 AM	SATURDAY Adult Clinics SIGN UP WEEKLY By Friday 3:30 PM LEE@OPRCTENNIS.COM				MEN 9:00 AM	1	2		
3	4	5	6	7	8	9			
10	FIRECRACKER Pool & Tennis Events	11	12	13	PRO LEAGUE	14	15	Family SportsDay Cookout	16
TENNIS JUNIOR AGE DIVISION CLUB DOUBLES CHAMPIONSHIPS using FLEX SCHEDULING>>>									
17	18	19	20	21	22	23			
TENNIS JUNIOR AGE DIVISION CLUB DOUBLES CHAMPIONSHIPS using FLEX SCHEDULING>>>									
24	25	26	27	28	29	30			
31	SATURDAY 11-AM MIXER FUN! FREE!				PRO LEAGUE	Saturday Mixer 11 AM—1 PM	PRO LEAGUE Thursdays 7 PM Bring Friends!		



OPRC Newsletter  
5630 Sharon View Road  
Charlotte, NC 28226  
www.oprcennis.com  
704.366.9817

## Diamonds in the Rough



**SUPER SENIOR  
Tennis Event June 14**  
see page 3

## TOWN HALL MEETING JUNE 20 AT 7 PM

SEE PAGE 1

*TELL YOUR FRIENDS!*

## OPRC SUMMER MEMBERSHIP DRIVE REDUCED INITIATION FEES

SEE PAGES 1 AND 3

## COALS & ICE AT THE POOL FRIDAYS IN JUNE

SEE PAGES 1 AND 4



## CLUB LADDER PROGRAMS COURTSIDEUSA.COM

SEE PAGES 1 AND 2