



Mark Your Calendar

September

- Friday, September 6 - Casual Dinner Night
- Saturday, September 7/8 - Tennis Level 6
- Thursday, September 12 - County Golf
- Friday, September 13 - Casual Dinner Night
- Friday, September 20 - Casual Dinner Night
- Thursday, September 26 - County Golf
- Friday, September 27 - Low Gross/ Low Net
- Friday, September 27 - Italian Dinner Night

October

- Friday, October 4 - Casual Dinner Night
- Thursday, October 10 - County Golf Association
- Friday, October 11 - Casual Dinner Night
- Friday, October 18 - Casual Dinner Night
- Thursday, October 24 - County Golf Association
- Friday, October 25 - Low Gross/ Low Net
- Friday, October 25 - Casual Dinner Night
- Saturday, October 26 - Monster Day Tournament

November

- Friday, November 1 - Casual Dinner Night
- Thursday, November 7 - County Golf Association
- Friday, November 8 - Casual Dinner Night
- Saturday, November 9 - Two Person Match Play Starts
- Friday, November 15 - Casual Dinner Night
- Saturday, November 16 - Two Person Match Round 2
- Thursday, November 21 - County Golf Association
- Friday, November 22 - Low Gross/ Low Net
- Friday, November 22 - Casual Dinner Night
- Thursday, November 28 - Thanksgiving Dinner
- Friday, November 29 - NO DINNER

IN THIS ISSUE

CLUB NEWS

GOLF NEWS

TENNIS NEWS

MEMBERSHIP NEWS

FITNESS NEWS

COURSE NEWS

CHEF'S CORNER

SOCIAL NEWS

AUGUST PHOTOS

CLUB NEWS

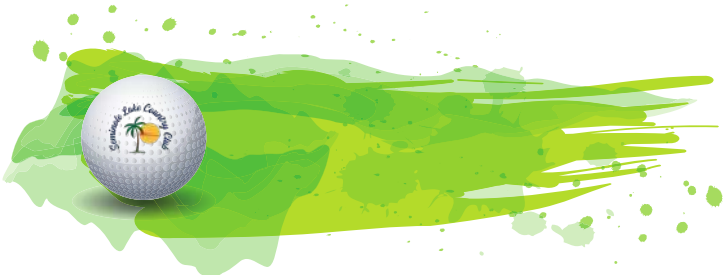
By Clay Thomas
General Manager



Despite the heavy rainfall throughout the month of August, we had a good month at the Club. Hats off to Travis and his crew for keeping the golf course in excellent condition and open for a surprising number of days. Vicente, along with Erick and the tennis staff, has put in extra hours through the month to keep the tennis courts open. After 12" of rain from Tropical Storm Debby, the crew had to add new clay to replace all that was washed away. I am thankful to all of our staff for their extraordinary work keeping the facilities playable through the toughest part of the year.

We are pleased that the new flooring has been installed in the pro shop, dining room, and men's locker room. The ladies' locker room carpet is scheduled to be installed in the second week of September. The new lockers arrived right at the end of August and are being installed this week. They are beautiful. Be sure to stop by the golf pro shop if you would like to reserve your locker.

We are looking forward to September and the completion of our busy summer of facility improvements. I look forward to seeing you at the Club.



GOLF NEWS

By Mark Codianna
Head Golf Professional



Last month, we had the Summer Classic, a two-day eclectic tournament. The format was a true alternate shot but with the chance to improve each hole score on day two. The last-minute pairing of **Al Schaaff** and **Jim Foster** teamed up to shoot 74 on day one and had a one-shot lead over **Bud Williams** and **Louis Dugas**. However, the teams with the higher scores on day one had the best chance of improving, and **Ben Humphries** and **Nessa Beckham** improved their score by an incredible 13 shots on day two, but they came up one shot short of Al and Jim and finished in second place. Congratulations to Al and Jim on winning. The participation was small, but everyone who played loved the format and will help increase participation next year.

The changes to the setup of the tee markers and new tee boxes have been completed. We built a new men's red tee marker tee on hole 5 and a new red tee marker tee on hole 11. Holes 5, 12, 13, and 14 now all have separate green and red tee markers for men and women. They are labeled with an M for men and a L for ladies. The reason for this change is that par is now factored into the formula to calculate playing handicaps, and for a hole to be considered a par 5 for men, the playing length must be at least 450 yards. This forced us to move the tee markers for the men back on some of the par fives. We had already planned for these changes last October when the course was rated, so all of this was considered during the course rating process. Out of fairness to the men who play the red tees against the men who play the white tees, we built a new tee box 30 yards shorter on hole 11. I hope that when you see 12 tee box moved back, you will remember that hole 11 was shortened.



TENNIS NEWS

By Erick Chall
Director of Tennis Operations



MEMBERSHIP NEWS

By Stacy Perdue
Membership Director

ADULTS

Summer leagues are done, and the fall leagues are starting up again.

Congratulations to Matt Bilger's 8.5 18+ team! The team, which includes eight SLCC members (Brian Cooper, Chris Eversole, Mike Fernandez, John Hockin, Gary Hutton, Ed Jagger, Randy Meisner, and Jon Mellen), just finished the summer season undefeated at 7-0 and is now headed to Sectionals in early 2025!

Congrats to Martin D'sa for going to sectionals, though they did not advance. Martin's 7.0 Mixed Spring league has been invited to sectionals. They came in second place in the standings, but the first-place team is not going. So, never say never. Good luck at sectionals!

The weekly ladies' leagues will be in full swing beginning next month. We have five teams that play out of Seminole. Rosters are set, but if you are looking to sub, please send us your name, cell phone number, and player level. We will forward your info to the captains. They are looking for 3.0 and above players.

JUNIORS

We are so proud of these kids and their hard work in the number 1 state for tennis.

USTA L7 Back to School Tournament; **Maddie Harrison Champion, Kavya Johnson 2nd, Kate Chall 3rd, B16 Xavier Jones Champion, B18 Luca Mantione 3rd, Hayden Goodrich 4th, B12's Roman Bernal, 2nd Luke Barlow 3rd** USTA Junior Circuit Green / Orange --B10 Green Ball **Andrew Deitrck** Champion, B12 Green **Austin Carboneau** 2nd place. **Logan Hayden** 3rd place, **Arya Johnson** 4th place.

USTA L4 Summer Bash State Championships, Boca Raton, Florida

Players must qualify for this tournament. The best in the state get in. Good job qualifying: Annika Anuszkiewicz, Freddee Hendricks, and Kate Chall. Freddee Hendricks took 3rd place! That is her biggest result of her young career.

LET'S GIVE A BIG WELCOME TO OUR NEW MEMBERS!

Golf

Alexander Johnson

Tennis

Hartmann Family
Gregory Hanat
Jennifer Vonhof

Pickleball

Donna & Stephanie Poulos
Shane Boswell

Social

Cynthia da Silva

TENNIS cont'd...

She beat the #2 seed along the way while reaching her highest UTR, now a 6 UTR. Coach Jorge is doing a great job. Kate Chall won her first round in a state-level tournament, which was her biggest win.

CAMPS

Labor Day Camp, September 2nd. NO Charge for those signed up for Mondays. Players not signed up for Mondays will pay the entry fee.

Junior Home Tournaments coming up:
September 7th-8th: USTA Junior L6 "Grandparents Day" Tournament
September 21st: USTA Junior L7 "Peace Day" Tournament
SESSION 2 Junior Programs Starting 9/9

FITNESS NEWS



By Jodie Johnson
Fitness Director

Dynamic Mobility Training for warming up, improving performance in sport and occupational movement.

Dynamic Mobility training is a powerful tool in the world of human performance and fitness for preparing the body for activity, increasing mobility and enhancing nervous system function. The word dynamic indicates movement-based mobility. A moving human body is optimized when the core body temp is elevated. Moving muscles generate heat to increase core body temperature. A moving body is also optimized when the joints have been put through various ranges of motion to elongate and contract respective musculature and activate nervous system components and function.

Dynamic mobility training should be used extensively in warm-ups prior to any moderate to intense activities to accomplish these goals. A dynamic mobility regimen consisting of 15 to 20 exercises taking 7-10 minutes to complete should be used prior to training, playing your favorite sport or just preparing for your day. It will enhance your performance for most tasks. The picture is a collage of images representing several dynamic exercises. These exercises are a great way to get started!



COURSE NEWS



By Travis Woods
Head Greens Keeper

August has been one of the wettest months in history, beginning with Tropical Storm Debby dumping 12" on our course. The storm also killed nine trees on the golf course. The heavy rains have continued throughout the month, complicating golf course maintenance plans. We have been spraying herbicides where we have been able to find dry days. Too much rain, and it may wash it away. There may be some temporary discoloration, but that will go away soon enough.

The greens have been very healthy but need topdressing to help smooth them out. However, the soft conditions caused by the rain will not allow us to pull the heavy topdresser across the greens without causing damage.

We have been catching up on edging bunkers and adding sand as needed where it has been washed out.





CHEF'S CORNER

By Chef David Justice



SOCIAL NEWS

By Kelly Vaughn Williams
Director of Sales and Marketing

Chef David's PASTA NIGHT



TO GO ORDERS MUST BE PLACED BY 3PM



CIOPPINO (ITALIAN FISH STEW)
SAUTÉED BAY SHRIMP, COD AND BLACK MUSSELS
COOKED IN A BRIGHT AROMATIC TOMATO SAUCE
TOSSED WITH SEASONED LINGUINI PASTA
\$32

TUSCÁN SALMON
PAN ROASTED SALMON COOKED WITH
PROSCIUTTO HAM, GARLIC, GREEN ONIONS,
RED PEPPER FLAKES, LEMON AND PLUM
TOMATOES TOSSED WITH BABY SPINACH
AND SERVED OVER CREAMY RISOTTO
\$27.95

THREE MEAT LASAGNA
BEEF, PORK, ITALIAN SAUSAGE, FRESH BASIL,
MOZZARELLA CHEESE, RICOTTA CHEESE AND
BASIL MARINARA SAUCE
\$24.95

VEAL PARMIGIANA
BREADED VEAL CUTLETS WITH TOMATO-BASIL
MARINARA SAUCE AND MOZZARELLA CHEESE
SERVED OVER SEASONED SPAGHETTI
\$26.95

PROSCIUTTO AND MOZZARELLA STUFFED CHICKEN
TENDER CHICKEN BREAST STUFFED WITH
PROSCIUTTO HAM, FRESH BASIL AND MOZZARELLA
CHEESE, TOPPED WITH SEASONED BREADCRUMBS
AND DRIZZLED WITH A BALSAMIC FIG REDUCTION
\$26.95

SOUP OF THE DAY \$6
HOUSE SALAD OR CAESAR SALAD \$6

FRIDAY, SEPTEMBER 27TH

WHY NOT HAVE FRIDAY NIGHT DINNER AT THE CLUB? CASUAL DINNER NIGHT

SEPTEMBER 8TH
SEPTEMBER 15TH
SEPTEMBER 22ND



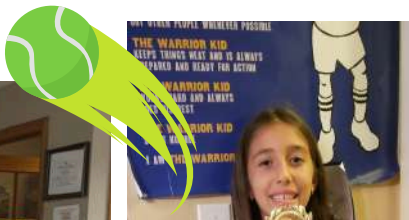
If you haven't checked out the recent updates at the clubhouse, our casual dinner nights are the perfect reason to stop by! This month, we're hosting these relaxed gatherings on September 6, 13, and 20. Plus, mark your calendars for a special Italian Dinner Night with our chef on September 27. Make sure to keep an eye on your weekly emails for more details—and don't forget, reservations are essential!

With the holiday season just around the corner, we still have a few dates available for holiday parties. Don't miss out on securing your preferred datebook now to get the best spot for your celebration!

Finally, we love to see the fun moments you capture around the club. If you have any photos you'd like to share, please send them to kvaughn@seminolelake.net. We'd be thrilled to feature them in our newsletter or on our Facebook page!



August Photos



Kate Chall, Kavya Johnson, Maddie Harrison



Arya Johnson



Peyton Lyle, Roman Bernal, Luke Barlow



Andrew Deitrick



Fredee Hendricks



Austin Carboneau(left), Logan Hayden (right)



New red tee box on #11



New Men's red and green tee box on #5

Damage from Tropical Storm Debby

