



Mark Your Calendar

MARCH

- Thursday, March 6 - SLAPS Ladies Golf
- Friday, March 7 - Casual Dinner Night
- Thursday, March 13 - County Golf Association
- Friday, March 14-16 - Club Championship
- Friday, March 14 - St. Patrick's Day Dinner
- Monday, March 17 - Happy St. Patrick's Day!
- Friday, March 21 - Casual Dinner Night
- Thursday, March 27 - County Golf Association
- Friday, March 28 - Low Gross/ Low Net
- Friday, March 28 - Casual Dinner Night
- Saturday, March 29 - Men's One-Day Member Guest

APRIL

- Thursday, April 3 - County Golf Association
- Friday, April 4 - Casual Dinner Night
- Saturday, April 5-6 - Cunningham Cup
- Saturday, April 5-6 - USTA Tennis Level 6 tournament
- Friday, April 11 - Casual Dinner Night
- Tuesday, April 15 - Taylor Made Demo Day
- Friday, April 18 - Casual Dinner Night
- Thursday, April 24 - County Golf Association
- Friday, April 25 - Low Gross/ Low Net
- Friday, April 26-27 - Casual Dinner Night

MAY

- Friday, May 2 - Casual Dinner Night
- Thursday, May 8 - County Golf Association
- Friday, May 9 - Casual Dinner Night
- Saturday, May 10-11 - USTA Tennis Level 6 tournament
- Sunday, May 11 - Mother's Day Brunch
- Friday, May 16 - Casual Dinner Night
- Friday, May 23 - Low Gross/ Low Net
- Friday, May 23 - Casual Dinner Night
- Monday, May 26 - Red, White, and Blue Tournament
- Friday, May 30 - Casual Dinner Night

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CLUB NEWS

By Clay Thomas
General Manager

February has been a busy month around the Club. We had three large tennis events, including a prestigious USTA National event. It is hard to imagine another tennis club with more activity than ours. On the golf side, we hosted our Senior and Super-Senior Golf Club Championships and the Ladies' Mardi Gras Member-Guest. You can't find a more enthusiastic bunch than our ladies. All of our events were very successful. It has been particularly fun to see our members so engaged in our events.

I had mentioned that the clubhouse patio awning was scheduled for replacement in February. Unfortunately, the company contracted to do the work has been delayed, and they are now telling us that it will be completed in March.

We anticipate an active month of March with the Golf Club Championships and Men's Member-Guest.

I look forward to seeing you all around the Club.



GOLF NEWS

By Mark Codianna
Head Golf Professional

We had seventy-six golfers compete in the Member-Member last month. After round one of the Ladies' Division, six teams were within two shots of the lead held by **Regeana Yeager** and **Joy Brown**. On day two, they shot the lowest score again and won the tournament by four shots over **Elaine Crawford** and **Beth Gavin**. Their final score of 171 also tied for the lowest score in the Men's Division. Two-time champions **Ed Hallock** and **Roger Roof** finished tied for first with **Larry Ahren** and **Steve Webber** after Larry and Steve shot a final-round tournament low 103 on Sunday. Larry and Steve won the sudden-death playoff on the first playoff hole. Last month, we also had the Senior/Super Senior Club Championships with fifty-three golfers. What an incredible weekend it was! Congratulations to **Carol Burnham** for winning her fifth straight Senior Club Championship, **Beth Gavin** for winning the Super Senior Club Championship, and **Nessa Beckham** and **Emily Futch** for winning their flights. **Jim Johnson** won the Senior Club Championship in one of the best playoffs we have ever witnessed, and **Mark Gangier** won the Super Senior Club Championship by four shots. Finally, congratulations to **Pic Jordan** and **Dean Johnson** for winning their flights. Thanks to everyone for participating in these events. I will have the results for the Ladies' Member Guest in next month's article.

This month, we have the Club Championship on the 14th - 16th and the Men's Member Guest on the 29th. Both of those events require a valid handicap, and the sign-up sheets are in the golf shop.





COURSE NEWS

Green Side UP

By Travis Woods
Head Greens Keeper

We have finished edging all of the bunkers. We have added sand to those bunkers where the storms had stripped the sand away. So we are pleased to finally have the bunkers back to where we want them.

We are continuing the process of trimming the Brazilian pepper plants along hole #2.

In the next few weeks we will be applying a bulk granular fertilizer to the entire golf course to prepare for the growing season.

We have been working with the homeowners behind hole 6 tee to try to identify the source of the water that has been flooding across the cart path by 6 tee. We hope that they will be able to isolate the leak and make the repair so that we can get that area dried out. In the meantime, please watch your step in that area as it is a little slippery.

Our heavy rain this past Monday totaled almost two inches. While it was disruptive to play, it was beneficial to have an all-day, steady rain to flush the salt through the soil profile.



MEMBERSHIP NEWS

By Stacy Perdue
Membership Director

**A BIG WELCOME TO OUR
NEW MEMBERS!**

GOLF

Tom Hall

Richard Masi

Dan Murphy

Richard Schau

Ron Tuttle

TENNIS

Jon Kieffer

Alex Larys

Nakamoto Family

Tom Patitucci

SOCIAL

Jacob Parkhill

James Royce

Sam & Joy Sawmiller

Jerika Taylor





CHEF'S CORNER

By Chef David Justice

Friday, March 14, 2025
6:00pm - 9:00pm

ST. PADDY'S DAY DINNER

3 COURSE DINNER SPECIALS

YOUR CHOICE OF SOUP OR SALAD
CREAMY POTATO WITH LEEKS - HOUSE OR CAESAR SALAD

YOUR CHOICE OF ENTREES

CORNED BEEF WITH CABBAGE - SLOWLY COOKED WITH SAVORY CABBAGE AND VEGETABLES

BRAISED LAMB SHANKS - SLOWLY ROASTED WITH FRESH GARLIC, HERBS AND VEGETABLES

COTTAGE PIE - A MEATY FILLING OF LAMB, BEEF, FRESH VEGETABLES AND GRAVY LAYERED WITH BUTTERY MASHED POTATOES

BEER BATTERED COD - BATTERED AND FRIED SERVED OVER STEAK FRIES AND COLESLAW

BANGERS AND MASH - ASSORTED GRILLED SAUSAGES SERVED OVER BUTTERY MASHED POTATOES TOPPED WITH ONION GRAVY

DESSERT
CHOCOLATE MOUSSE PIE

R S V P BY MARCH 12TH (727) 392-3008

KIDS \$15.95 ADULTS \$29.95



SOCIAL NEWS

By Kelly Vaughn
Director of Sales and Marketing

Exciting Events this Month...

A heartfelt thank you to everyone who joined us for the Valentine's Dinner Dance -it was truly a night to remember with live entertainment by Katie Talbert and an exceptional menu crafted by Chef David.

Upcoming Friday Night Dinners

Join us for a delightful evening of dining on March 7th, 21st, and 28th. Be sure to check your weekly email for Chef's featured dinner specials!

St. Patrick's Day Celebration

Get ready for a festive evening on Friday, March 14th, featuring Chef David's St. Paddy's Dinner. This event is expected to fill up quickly, so don't forget to RSVP by calling (727) 392-3008. And, of course, wear your best **GREEN** attire to celebrate in style!

Share Your Club Memories!

We love capturing the special moments at Seminole Lake Country Club. If you have photos from recent events that you'd like to see featured in our newsletter or on Facebook, please send them to kvaughn@seminolelake.net.

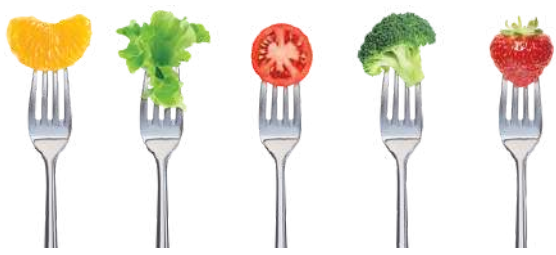
We look forward to seeing you at the club!



WHY NOT HAVE DINNER AT THE CLUB?

CASUAL DINNER NIGHT

MARCH 7TH
MARCH 21ST
MARCH 28TH



Reservations (727) 392-3008



TENNIS NEWS

By Erick Chall
Director of Tennis Operations



Our **Women's County Leagues** are back!

Rankings...

Padl: Seminole 1 – 10th place

Seminole 2 – 24th place

Satellite: Seminole Ospreys - 8th place

Racqueteers: Seminole Tennis Ctr – 3rd place

Seminole Lets – 5th place

DROP-IN GROUPS ROCKING! We are having huge numbers in our drop-in groups ranging from 16-32 players consistently.

These coordinators make it fun and competitive for our players. Great job, and thank you to all of our Drop-In Group Coordinators.

Pickleball

After a lengthy stretch of tournaments and events, we turn our attention toward the pickleball operation, which includes a pickleball academy with organized classes, level-based drop-in groups, a ladder, and socials.

We appreciate your patience while the future courts are under construction. We are navigating through some challenges. In the not-too-distant future, we will have 10 pickleball courts!

Juniors

We held a USTA National Level 2 tournament recently which is part of a tournament spread across the United States. These tournaments are only awarded to top clubs and directors. It was great to see some of the best junior players in the country. Four of the players were in the top 10 in the country. Our own Kate Chall won the Sportsmanship Award! We received outstanding reviews, thanks to our team! Thank you: Terry Walker (admin), Eddie Beach (great courts), Todd Andrews (great courts), Coach Jorge Bernal (assist tournament director), Coach Matt Bilger (trainer/courts), Coach Eddie Dechow (courts), Hatim Fikry (courts), Julianna Silva (courts) JoAnn Lind (admin), and Eileen Marquez (admin)

Congratulations to the following:

USTA L5 IMG **Brianna Vok** - Finalist

USTA National L2: **Kate Chall** - Sportsmanship Award

USTA L6 Seminole:

Kate Chall and **Maddie Harrison** 2nd place Doubles

Hayden Goodrich - Consolation Finalist

Kavya Johnson - Consolation Finalist

USTA L5 Seminole Lake:

Kate Chall and **Maddie Harrison** - 3rd Place G12 TEAM

Luke Barlow and **Emmanuel George** Consolation Finalist



Honorable mentions: Freddie Hendricks and **Brianna Vok** are now Top 50 in the State of Florida rankings

Summer Camp: Get ready to level up and have a blast doing it. Mark your calendars! We administer the best summer camp program in the area. More details coming soon...



Protecting the Wrist and Elbow while Improving Performance

The wrist and elbow are critical joints in the kinetic chain for the movements made in tennis, golf, and pickleball. Keeping these joints injury-free will keep you on the course and court, and improving their strength and mobility can contribute to improved performance. Consistent mobility and strength training of these joints will reduce the chance of injury, and the severity of an injury should one occur.

The wrist is a complex joint that can move in multiple directions and in multiple planes. These movements include flexion and extension, supination and pronation, and radial and ulnar deviation. The elbow resembles the knee in that it primarily moves in one plane, flexing and extending, but it is additionally stressed by the extensive mobility of the two joints above and below it. Thus, the elbow is protected by improved function and strength of the shoulder and wrist, in addition to strengthening it.

Strengthening of these joints involves progressive overload resistance training of the primary movement patterns while also maintaining and/or improving their range of motion. Exercises for basic strengthening of the wrist are wrist extension and flexion or also called wrist curl and reverse wrist curl, performed on a bench with dumbbells. For the elbow, a hammer curl with dumbbells and triceps cable pushdown is excellent for strengthening the primary movements of the elbow. This strengthening also thickens the connective tissues of the joint, including the tendons and ligaments.

A stronger wrist and elbow can play a critical role in increasing your drive distance and consistency, as well as forehand power and spin. Additional strengthening of the near kinetic chain, i.e., the shoulder, also provides another layer of protection to these joints by allowing the shoulder to properly absorb the appropriate amount of stress placed by these sports-related movements. When properly implemented, there is an abundance of exercises related to the wrist and elbow, which can provide outstanding synergy for improved sports performance and provide more productive time to play and practice due to the reduction in injury time off.



 **We Love Our Members** 



2025 Mens Senior Club Championship Winner Jimmy Johnson and Super Senior Winner Mark Gangier.



Ladies' Senior Club Championship Winner Carol Burnham, Super Senior Club Champion Beth Gavin(middle), runner-up Jane Donoghue and Senior Net Winner Nessa Beckham.



Nick teaching the kids during the Tuesday golf clinic.



Men's Member Member Winners Larry Ahern and Steve "Hammer" Webber.



Men's Senior Club Championship Winner Jimmy Johnson and Net Winner Pic Jordan.



Seminole Ladies Interclub Team



Ladies' Member Member Champs Regeana Yeager and Joy Brown (far right) runners-up Elaine Crawford and Beth Gavin and third place team Nancy Hart



*Ladies' Member Guest
Mar-tee Gras*

