Mark Your Calendar

JANUARY
Thursday, January 1 - Happy New Year!
Thursday, January 1 - Red Eye Tournament
Friday, January 2 - NO Friday Night Dinner
Saturday, January 3 - Individual Match Play Round 1
Thursday, January 8 - County Golf Association
Friday, January 9 - Friday Night Dinner
Saturday, January 10 - Individual Match Play Round 2
Friday, January 16 - Friday Night Dinner
Friday, January 23 - Low Gross/ Low Net
Friday, January 23 - Friday Night Dinner
Saturday, January 24 -Cunningham Cup Day 1
Sunday, January 25 - Cunningham Cup Day 2
Friday, January 30 - Friday Night Dinner

FEBRUARY
Thursday, February 5 - County Golf Association
Friday, February 6 - Friday Dinner Night
Saturday, February 7 - Member-Member Day 1
Sunday, February 8 - Member-Member Day 2
Friday, February 13 - Valentine's Dinner
Thursday, February 19 - County Golf Association
Friday, February 20 - Friday Dinner Night
Saturday, February 21 - Sr, Super-Sr Club Championship Day 1
Sunday, February 22 - Sr, Super-Sr Club Championship Day 2
Friday, February 27 - Low Gross/ Low Net
Friday, February 27 - Friday Dinner Night

MARCH
Thursday, March 5 - Ladies Member Guest
Friday, March 6 - Friday Night Dinner
Thursday, March 12 - County Golf Association
Friday, March 13 - Friday Night Dinner
Friday, March 20 - Friday Night Dinner
Thursday, March 26 - County Golf Association
Friday, March 27 - Low Gross/ Low Net
Friday, March 27 - Friday Night Dinner

IN THIS ISSUE

CLUB NEWS

By Clay Thomas
General Manager

We had a wonderful Egg Nog Party. This was the most well-attended Egg Nog Party in quite some time. It was a pleasure to see so many members enjoying each other's company around the holidays. Chef David and his staff created an amazing display of delicious food that everyone thoroughly enjoyed.

Thank you to all of our members for helping to make this a wonderful holiday season with your generous contributions to the Employee Holiday Fund. This is an impactful program for our staff. We all sincerely appreciate it.

As January comes around, we are in full swing with our calendar of member golf events. Be sure to watch the calendar for all of our great events in the coming weeks.

I look forward to seeing you all around the Club.

GOLF NEWS

By Mark Codianna
Head Golf Professional

Last month, our Men's and Women's Interclub teams had great performances at their home match. The ladies finished in third place, but they were only ½ point outside of first place. The men won their tournament by two shots with the help of a 63 from **Max Stodart** and **John Lisenbee.** Both teams currently sit in second place for the season. I will keep you updated on their standings. Congratulations to **Al Schaaff** and **Mark Borkowski** on winning the Men's Two-Person Match Play Tournament! They defeated **John Kremp** and **Cory O'Hanlan** 2 & 1 in the final match. Al and Mark were three up through five holes before Cory and John won four of the next five holes to flip the match and go one up. The match stayed that way until Mark birdied the 14th hole to square the match, and his partner Al won holes 16 and 17 to win the match 2 & 1. Al and Mark will split the $450 pot and Cory and John will split $210 for second place. The Nite Lite tournament was another big success with 40 participants. We also had 40 participants in the Christmas Shamble. The winning score was 22 under par by **Scott Halisky, Dave Durda, Jeff Chene,** and **Taylor Nevett.**

Upcoming, we have the Red Eye Tournament on January 1st, the Individual Match Play Championships starting on January 3rd, and the Cunningham Cup on January 24th and 25th. All of these sign-up sheets are available in the golf shop. We also have the Member-Member Tournament on February 7th and 8th. Look for that sign-up sheet to be available in early February.

COURSE NEWS

Green Side UP

By Travis Woods
Head Greens Keeper

Thank you to all of the members who donated to make the holiday season better for our staff. Many of you have been very complimentary of the golf course conditions. We appreciate your kind words.

As the weather has cooled and the grass isn't growing aggressively, this is a good time to remind everyone to remember to fill your divots and to keep your carts on the paths around the greens. Please pay attention to the turnout stakes as you near the greens and return to the path when you reach the stakes. If you require a handicap flag for your cart, we ask that you keep your carts on the path until you have passed the green, and then approach the green in your cart from the rear of the green. This will help us to maintain our excellent turf conditions through the winter.

This month, the crew will be giving the tee boxes extra attention to fill divots and keep the boxes level.

Happy Holidays

MEMBERSHIP NEWS

By Stacy Perdue
Membership Director

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

Golf

Curtis Barnard
Alan Kleier
John Lacava
Tom Oberer

Pickleball

Wade and Melissa Farmer
The Thellab Family

TENNIS

Robert and Carol Frey

Social

Anthony Buono

Seminole Lake Country Club

CHEF'S CORNER

By Chef David Justice

WHY NOT HAVE FRIDAY NIGHT DINNER AT THE CLUB?

JANUARY 9th

JANUARY 16th

JANUARY 23rd

JANUARY 30th

SOCIAL NEWS

By Kelly Vaughn Williams
Director of Sales and Marketing

Happy New Year from all of us at Seminole Lake Country Club!

We hope your holidays were filled with joy, laughter, and special moments with family and friends. December was a wonderful month at SLCC, full of community spirit, giving, and festive fun.

A big thank you to everyone who supported Toys in the Trunk. Partnering with the Rotary Club of Seminole and the SLCC Estates HOA, we were able to collect an incredible number of toys for the YMCA's Neighbor-to-Neighbor program. Your generosity helped make the holidays brighter for local children, and we're so grateful.

Our Family Christmas Golf Cart Parade, sponsored by the SLCC HOA, was another highlight of the season. Seeing the neighborhood come together to decorate carts, wave to neighbors, and celebrate was truly special. Don't forget — our next parade will be the 4th of July Golf Cart Parade, and it's always a favorite!

We also loved gathering at the annual Egg Nog Party, hosted by the Cunningham family. Chef once again delivered an amazing spread of hors d'oeuvres and his famous egg nog, making it a perfect way to celebrate the season with friends.

As we head into January, we're looking forward to our Friday Night dinners — January 9, 16, 23, and 30. These are a great way to wrap up the week and spend time with fellow members.

Thank you for being part of what makes SLCC such a special community. Here's to a fun, festive, and memorable 2026!

- Kelly

TENNIS NEWS

By Erick Chall
Director of Tennis Operations

December was full of fun and great weather!

Our juniors had a blast at the annual Santa Slammer! They competed in a level based round robin to earn chances to hit the present and win the present. Winners received free lessons, free stringing, shirts, and more. Plus it is always fun to see Erick dressed as Elf.

Our first Holiday Pickleball Pot Luck was a hit with 36 players. Special thank you to members **Kevin and Gina Deorsey**, and **Stacy and Glenn Somers**. Players competed in preliminary round robin while enjoying some holiday goodies, then fought it out in the championship for bragging rights.

Standings on the women's day leagues:
Our two Racqueteers teams are in 1st & 2nd place so far. Captains **Ruth Barnett** & **Jackie Detrick** and their teams are neck and neck for this year's top prize. Go get 'em!
Satellite: Captain **Nathalie Kobel's** team is in 10th place.
Our two PADL teams are captained by **Lauri Foti** (13th place) and **Cindy Apter** (23rd place).
We are so proud of our teams! Good luck in the rest of the season.

Don't forget to contact us if you would like to be on a team or sub for one of our teams.
Stay tuned for info on team challenges coming up soon.

Congratulations to our USTA 7.0 Mixed Doubles team for reaching 3rd place at Sectionals in Orlando. Members include **Martin D'sa**, **Dane** & **Robyn Houston** and **Carlos Rodriques**.

Congratulations to our junior players! They work hard and it shows:
Annika Anuszkiewicz, won USTA level 5
Luke Barlow won USTA level 6
Rome Baror reached the finals at USTA level 6
Jordana Alpert reached the finals at USTA level 6

In January, look out for the USTA Level 3 tournament Jan 17th-20th. This is a big one and great to watch these promising kids.

New after school session for juniors starts January 5th and runs for 5 weeks. We are excited to have them back.

Adults, don't forget we offer tennis & pickleball clinics, private lessons & semi-private/group lessons. Get your teammates together and schedule a clinic! Call us to register or visit the website.

FITNESS NEWS

Dietary Management for Performance and Fitness Success

By Jodie Johnson

Our appetites will be directly involved in our ability to maintain an optimum body composition for Performance and fitness. The size of appetite is influenced by many factors in our life including our food intake processes and food types ingested. Also influencing our appetite are physical activity and hydration habits.Life's stresses and sleep habits will affect our desire to consume food. Our environment can additionally contribute by the types of activities and responsibilities that our professional life contains.

To ensure success achieving our performance and fitness goals, certain dietary management habits can attenuate some of potential negative and challenging effects of the previously mentioned factors. Below is a short list of some potential action items pertaining to dietary management and variables that impact it that you can implement to achieve greater success in pursuit of your sports performance and fitness goals.

1. Have a body composition test to measure your current lean body mass and fat to mass.
2. Set some healthy macronutrient goals based on your current and goal body composition. (Consulting with licensed professional certified with the appropriate credentials who can assist with this process is always a good idea.)
3. Sleep 7 plus hours per day regularly.
4. Hydrate regularly, getting up to 8 cups of water per day or more.
5. Eat a balanced diet, getting ample protein with balanced carbohydrate and fats intake.
6. Exercise daily with resistance training, cardiorespiratory endurance and mobility to maintain appropriate daily calorie burn as well as a strong skeletal and cardiorespiratory system.

Body Weight	190
Age	20
Body Fat %	18.3%
Fat Weight	34.7
Lean Body Weight	155.3

Body Weight	240
Age	30
Body Fat %	32.0%
Fat Weight	76.7
Lean Body Weight	163.3

		P %	
Daily Intake		0.4	
Grams of Protein	**219**	**219**	**219**
Calories of Prot	876	876	876
Total Calories	2190	2190	2190
Calories of Carbs	985.5	591.3	219
Calories of Fat	328.5	722.7	1095
Grams of Carbs	**246**	**148**	**55**
Grams of Fat	**40**	**80**	**120**
Percent Fat by calorie	15	33	50

To find out more about measuring percent body fat and calculating macronutrients, contact Jodie at: 813-389-5032

Small Group Personalized Training Session Schedule -
Mon – Fri – 8-9 AM, 12-1 PM and 330PM-730PM & Sat. at 9-10 AM

NON-MEMBER INVESTMENT:

Small Group Personalized Training investment – Monthly Training rates – 60 mins sessions
1 time per week - $220, 2 times per week – $295, 3 times per week - $345, Unlimited (up to 1 time per day) - $395

Small Group Personalized Training investment – Monthly Training rates – 30 mins sessions
1 time per week - $130, 2 times per week – $220, 3 times per week - $275, Unlimited (up to 1 time per day) - $300
Personal training - $90 per hour and $50 per half hour.

We Love Our Members

The Cunningham Family

Chef David's amazing buffet at the Egg Nog party!

2025 Men's Two-Person Match Play
Winners Al Schaaff and Mark Borkowski

Nite Lite Tournament

The Christmas Cart Parade

Members Tommy Greene
and Joe DiLella

Members Janet Richey,
Sally Mohr and
Rita Ruddock

Thank you for your Toy Drive donations!

TENNIS PHOTOS

Hazel Chall, Santa, The Grinch and an Elf

Annika Anuszkiewicz

Luke Barlow (on left)

Santa Slammer

Rome Baror (on right)

Pickleball

Jordana Albert and Coach Matt