



Mark Your Calendar

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
- Saturday, February 7-9 - USTA Tennis Level 2 Tournament
- Friday, February 13 - Valentine's Dinner Dance
- Thursday, February 19 - County Golf Association
- Friday, February 20 - Friday Dinner Night
- Friday, February 20 - Music by Pat Best
- Saturday, February 21 - Sr, Super-Sr Club Championship Day 1
- Sunday, February 22 - Sr, Super-Sr Club Championship Day 2
- Saturday, February 21-22 - USTA Tennis Level 5 Tournament
- 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

APRIL

- Thursday, April 2 - Ladies' Eclectic Day 1
- Friday, April 3 - Friday Night Dinner
- Saturday, April 4-5 - USTA Tennis Level 6 Tournament
- Thursday, April 9 - Ladies' Eclectic Day 2
- Friday, April 10 - Friday Night Dinner
- Thursday, April 16 - County Golf Association
- Friday, April 17 - Friday Night Dinner
- Friday, April 24 - Low Gross/Low Net
- Friday, April 24 - Friday Night Dinner
- Thursday, April 30 - County Golf Association

www.seminolelake.net

Office 727-391-3318 ~ Golf Pro Shop 727-391-6255 ~ Dining Room 727-392-3008 ~ Tennis Pro Shop 727-394-1733

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CLUB NEWS

By Clay Thomas
General Manager

January ended with quite a cold snap. You will notice some of the turf around the course has gone off-color as a result of several frosts. Fingers crossed for some warmer weather and more enjoyable playing conditions. Please read Travis's article to learn more about how the turf reacts to the cold. Other than some of the turf being off-color, the golf course is in fantastic shape.

About every three years, we resurface the tennis courts adding tons of clay to the base, grading and compacting the clay until the surface is ready and then add new lines and nets. We are about halfway through this project now and the new courts are looking great.

We are excited to be in the middle of the member golf event season. It has been fun to see such great participation from our members. We look forward to the coming weeks of championships.

I look forward to seeing you all around the Club.



GOLF NEWS

By Mark Codianna
Head Golf Professional

Last month we started the Men's and Women's Individual Match Play Tournament. The women's bracket is down to the final two golfers. **Nessa Beckham** and **Cindi Cramer** will play the final match soon to determine who gets the parking space for 2026. In the men's bracket there are four golfers left. **John Paul Lisenbee** will play **Brad Richards** and **Doug McArthur** will play **Pat Smith** with the winner of each match going to the final. I will publish the results of these matches in next month's newsletter.

The 2026 Cunningham Cup was held on the only warm weekend of January. Black Hat Captain **Jim Wahl** and White Hat Captain **Dave Mone** put together their matches and faced off in a Ryder Cup style tournament with players trying to win points for their team. After day one, the tournament was close with the Black Hat team holding a two-point lead heading into the Sunday singles matches. The Black team jumped out to a hot start on Sunday, increasing their lead to six points after the front nine and then continued to rack up points winning the cup with a final score of 44 to 34. This is the sixth year in a row that the Black Hat team has won. Black Hat team members **Al Schaaff** and **Dave Durda** were able to win all four points in their matches giving a nice boost to the team. Congratulations **Captain Jim Wahl** on winning this year. Next year the captains will be **Luann McEwan** for the Black Hats and **Teresita Long** for the White Hats.

This month we have the Men's and Women's Member-Member on February 7th and 8th. We already have a good number of teams signed up to play and if you are a golf member and would like to join them, please sign up by February 4th. The sign-up sheet for the Senior/ Super Senior Club Championships on February 21st and 22nd is open as well. This event has both a gross and net division and is open to golf members of all skill levels. For more information on either event or to sign up, please stop by the golf shop.



COURSE NEWS

Green Side UP

By Travis Woods
Head Greens Keeper

We have had a run of unusually cold weather over the last few weeks resulting in a few frosts. A frost occurs when ice crystals form on the leaf blade of the turf. These ice crystals make the leaf blade brittle and highly susceptible to damage from foot or cart traffic which can rupture plant cells killing the plant and leaving brown tracks where the damage has occurred. So, it is vitally important to keep all traffic off the turf until the frost has burned off. This is the reason for frost delays.

It is interesting to note that a frost can occur even as air temperature readings approach 40 degrees. Temperatures at ground level can often read several degrees colder than those just a few feet above the ground. Frosts are less likely on windy days as the wind can mix the warmer higher air with the colder air at ground level.

Travis



MEMBERSHIP NEWS

By Stacy Perdue
Membership Director

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

GOLF

Ed Bailey

Begin Family

Ben Crowder

Hayes Milne

Charles Nash

Diane Stephenson

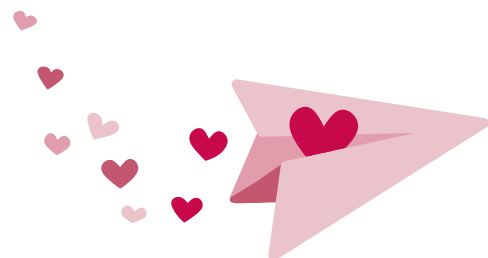
TENNIS

Kevin Day

SOCIAL

Alexander Lewis

Adam Norris





CHEF'S CORNER

By Chef David Justice



SOCIAL NEWS

By Kelly Vaughn Williams
Director of Sales and Marketing

Valentine's Dinner Dance

FRIDAY, FEBRUARY 13TH

YOUR CHOICE OF A SOUP OR SALAD
LOBSTER BISQUE * CAESAR SALAD * HOUSE SALAD

ENTREES

Beef Tenderloin Oscar

Six-Ounce Center-Cut Beef Tenderloin Seasoned and Grilled
Topped with Blue Crab Meat and Béarnaise Sauce

Chilean Sea Bass

Pan-Seared and Served Over Black Truffle Risotto

Salmon Florentine

Grilled Atlantic Salmon Topped with a Shrimp and Scallop Skewer
Served with Steamed Spinach and a Tomato Hollandaise Sauce

Boursin and Prosciutto-Stuffed Chicken Breast

Tender Chicken Breasts Generously Stuffed and Lightly Fried
Topped with a Lemon Butter Sauce

Tuscan-Style Veal Chop

Bone-In Veal Chop Seasoned with Garlic, Rosemary, and Thyme
Grilled and Topped with a Garlic and Wild Mushroom Bordelaise Sauce

All Entrees are Served with Garlic, Parsley Red Potatoes and a Vegetable Medley

DESSERT

Chocolate Mousse Cake * Red Velvet Cake

\$65 per person++

Call (727) 392-3008 for Reservations

DJ starts at 6pm



What's Happening Around the Club

February is shaping up to be a fun one at the club. Join us for Friday Night Dinner on February 6th, 20th, and 27th. It's an easy, laid-back way to enjoy a great meal and catch up with friends. On February 20th, we will have live music by Pat Best in the clubhouse from 5p-8p.

Planning something special for Valentine's Day?

Our Valentine's Dinner on Friday, February 13th is the perfect excuse for a night out. Chef Dave will be serving up delicious dinner specials, plus we'll have a DJ to keep things lively on the dance floor. This evening tends to fill up fast, so be sure to reserve your spot early by calling (727) 392-3008.

Dine In or Take It Home

Staying in? No problem. Breakfast, lunch, and dinner are always available to-go. Just call the dining room at (727) 392-3008 to place your order.

Stay in the Loop

Our weekly club email goes out every Wednesday at 8:30 AM with updates, events, and reminders. Not receiving it? Email kvaughn@seminolelake.net and we'll make sure you're added.

Share Your Photos

We love seeing the club through your lens. If you've snapped photos at a recent event, send them to kvaughn@seminolelake.net and they may be featured in an upcoming newsletter. We can't wait to see you around the club this month!



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

FEBRUARY 6TH

FEBRUARY 20TH

FEBRUARY 27TH

Reservations (727) 392-3008



TENNIS NEWS

By Erick Chall
Director of Tennis Operations



Hello members!

We have been working on renewing the courts. We rip up all the lines, remove all the old clay, fix the base, add tons of new clay and then poof! Beautiful courts! We have completed 7 and will finish the remaining 6 in the next few weeks. We will have some of the best courts in town for our wonderful members. Please excuse our mess and noise as we work.

The New Year's Eve-Eve Cosmic Tennis party was so much fun! Players experienced coach-fed drills and games while under the glow in the dark black lights. Great food and drinks were enjoyed by all.

Seminole Lake is going to the Miami Open, March 21st! Group rates for members and junior academy players are available. You must place your order and pre-pay by Feb 28.

We hosted the prestigious USTA Level 3 State Championships, the biggest state tournament in Florida. Players from all over the state of Florida compete to see who is the best. We had a phenomenal turnout and great reviews of the facility and staff.

Our very first Pickleball Moneyball Tournament was a great success. Thanks to **Joy D'sa** for helping to coordinate. Players won \$245 in prize money. Our next Pickleball Moneyball Tournament will be held on March 7. Details will be out soon.

Upcoming, we're hosting the USTA Level 2 National Tournament, on Feb 7-8. You'll see the best players in the country. Stop by and get inspired! Courts will not be available for members at that time.

Way to go to our Junior Players!

Narah Provencher USTA L5 Championship: Doubles Champion and 4th place in Singles.

Aakash Pondugula will play club tennis for University of Florida!

Let's not forget our Adult Players!

GOOD LUCK to **Gary Hutton's** USTA 8.5 50+ Combo league with our very own Coach Matt Bilger at the state sectionals in Orlando, Feb 1. These guys crush it and practice hard to consistently win the Pinellas area local leagues.

Martin D'sa's USTA 7.5 40+ Combo team is heading to sectionals Jan 31st. His 6.5 Ladies Combo Team made it to sectionals this month and while they lost 1-3, they had a great time.

Our ladies Day Leagues continue to rock and roll through the season. Our coaches provide pre-match warm ups for the home matches and we love that the players take advantage!



FITNESS NEWS

By Jodie Johnson
Director of Fitness



Shoulder Mobility for Injury Prevention and Improved Performance

The shoulder is a critical joint for Tennis and Golf as well as many other sports and in many of life's daily activities. Having adequate and optimal mobility is critical for injury prevention as well as performance of many movements demanded by the sports we play and other normal daily activities. Two movements that are critical for the use of the shoulder and especially overhead use are horizontally abducted external and internal rotation of the shoulder. Shown below, these movements are critical to be able to perform with a nominal amount of range of motion. The pictures below illustrate each position with an example range of motion. Can you achieve this range of motion? If not, please schedule a training session with me to accurately measure your current range of motion in these specific movements and others to see if you are optimal as well as learn some stretching exercises and techniques to improve the one that you have deficits.



Contact – Jodie Johnson, Jstathlete.com 813-389-5032 For Information on Evaluations and Training



Enjoy Live Music by Pat Best at the Clubhouse on February 20th!



Originally from Illinois, Pat made his way to Florida in the 80's and has been part of the Gulf Coast music scene ever since. He picked up the guitar at 19 while in the Navy and never put it down.



His style features classics from the Eagles, the Allman Brothers, and CSN&Y, including a crowd favorite version of Hotel California. Come enjoy an evening of music, drinks, and friends at the club!

We Love Our Members



**Winning Captain Black Hat team
Jim Wahl and Assistant
Luann McEwan**



**Cunningham Cup
Scoreboard**



**Joe Cornish with
another hole-in-one**



Pickleball Moneyball Event



**State Championship
Winners Alexandra Rusnak
and Brooke Martin**



**Aakash Pondugula will
play club tennis for the
University of Florida**



**Congrats Lee Carr
hole-in-one on #3**



Moneyball Event Winners



Tennis court reconstruction



Narah Provencher



New Year's Eve-Eve Cosmic Tennis party

