



## Mark Your Calendar

### APRIL

- Thursday, April 2 - Ladies' Eclectic Day 1
- Friday, April 3 - **NO Friday Night Dinner**
- Saturday, April 4-5 - USTA Tennis Level 6 Tournament
- Sunday, April 5 - Easter Brunch
- Thursday, April 9 - Ladies' Eclectic Day 2
- Friday, April 10 - Friday Night Dinner
- Friday, April 10 - Music by Pat Best
- Tuesday, April 14 - Member Appreciation Night
- Thursday, April 16 - County Golf Association
- Friday, April 17 - Friday Night Dinner
- Saturday, April 18 - USTA Tennis Level 7 & Jr Circuit
- Friday, April 24 - Low Gross/Low Net
- Friday, April 24 - Friday Night Dinner
- Thursday, April 30 - County Golf Association

### MAY

- Friday, May 1 - Friday Night Dinner
- Friday, May 8 - Friday Night Dinner
- Saturday, May 9-10 - USTA Tennis Level 6
- Sunday, May 10 - Mother's Day Brunch
- Thursday, May 14 - County Golf Association
- Friday, May 15 - Friday Night Dinner
- Friday, May 22 - Low Gross/Low Net
- Friday, May 22 - Friday Night Dinner
- Friday, May 29 - Friday Night Dinner

### JUNE

- Thursday, June 4 - County Golf Association
- Friday, June 5 - Friday Night Dinner
- Saturday, June 6-7 - USTA Tennis Level 6
- Friday, June 12 - Friday Night Dinner
- Friday, June 19 - Friday Night Dinner
- Saturday, June 20-22 - USTA Tennis Level 5
- Thursday, June 25 - County Golf Association
- Friday, June 26 - Low Gross/Low Net
- Friday, June 26 - Friday Night Dinner

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## CLUB NEWS

By Clay Thomas  
General Manager

We had a very active month at the Club. All of our Club events were very successful, but no one had more fun than the ladies going all out for the western theme of this year's Member-Guest. Be sure to read about all of our events in Mark's article. As is the tradition every March, many of our tennis members and staff made their way down to the Miami Open Tennis tournament. They had a great time watching one of the top events on the professional calendar.

After an exceptionally cold winter, the golf course is waking up and greening up. Despite the cold, the golf course is in excellent condition. Conditions will continue to improve as the nights get warmer.

We have all been inconvenienced throughout the month of March with the plumbing project. That has limited access to certain parts of the Club. We are working with our contractor and the City of Seminole to complete the project as quickly as possible, but the process has been much slower than anticipated. Thank you for your patience as we work diligently to finish the work.

We look forward to seeing you all around the Club.



## GOLF NEWS

By Mark Codianna  
Head Golf Professional

March was a very busy tournament month. The cowgirl themed Ladies' Member-Guest had 72 golfers and sold out this year! All the ladies and the SLCC staff had an amazing time. The net champions this year are **Emily Futch** and **Peggy Burrahm** with a 61 and the gross champions are **Heather Dunn** and **Carol Burnham** with a 71. Next up was the three-day Men's and Ladies' Club Championships. **Carol Burnham** went wire to wire to win her second straight Club Championship. Her total score of 260 was one shot better than her winning total last year. On the men's side **Maltha Helt** had a four-shot lead going into the final round over defending champion **Jimmy Johnson** before shooting a 70 in the final round to win the championship by twelve shots over Jimmy. His three-round total of 221 is the lowest Club Championship score we have on record. The final event of March was the Men's Member-Guest Championship. We had 88 participants this year, which gave it the largest field of any member event in at least the last eight years. After winning the putting contest, **Dave Taylor** and his guest **Dan Knowlton** shot a 62. This was the lowest round of the tournament and qualified them and six other teams for the shootout. Hole 12 was the final hole of the shootout and the two teams left were **Dean Johnson/Greg Hardwick** and **Dave Durda/Zach Taylor**. The wind was blowing hard into the players' face, but Dave stepped up and hit a great tee shot in the alternate shot format. After Dean and his guest struggled with a few shots, Dave hit their team's third shot from about 150 yards that almost landed in the hole. His guest Jack stepped up and made the birdie putt to win the tournament. Congratulations to them and thanks to everyone who played.



## COURSE NEWS

### Green Side UP

By Travis Woods  
Head Greens Keeper

Last summer we installed some landscaping around the golf course maintenance area and over the last month, we have been working to continue to clean up that area. We have painted the two buildings and removed old equipment from the area. In the coming months we will do some work on the entry road to make that smoother.

Over the last month you have seen the crew aerifying greens, tees and fairways to relieve the compaction. With as little rain as we have had and the amount of play the golf course has experienced, we are still very firm so we will continue this process of aerifying with small hollow tines to allow air and water to get down to the roots of the plants.

Now that the grass is actively growing again, we will begin to verticut and topdress the greens lightly to keep them rolling smooth. We are pleased with the conditions of the greens and want to continue these practices that will help us maintain the excellent turf conditions.



## MEMBERSHIP NEWS

By Stacy Perdue  
Membership Director

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

### TENNIS

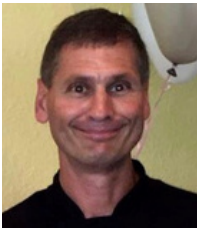
Barry Crook

Janet Petrillo

### SOCIAL

Vincenzo Lolasso





# CHEF'S CORNER

By Chef David Justice



# SOCIAL NEWS

By Kelly Vaughn Williams  
Director of Sales and Marketing



## Easter Brunch

SUNDAY, APRIL 5, 2025

Seating is available from 11:00am to 3:00pm

### BREAKFAST ITEMS

Scrambled Eggs - Smoked Bacon - Country Sausage  
Cubed Seasoned Potatoes - French Toast with Maple Syrup - Assorted Danish  
Fresh Cut Seasonal Fruit

### SALAD

Traditional Caesar Salad

### ENTREES

Grilled Atlantic Salmon  
Topped with Bay Shrimp and Scallops and a Lemon Dill Beurre Blanc Sauce

OR

Chicken Madeira  
Tender Chicken Breast Sautéed with Wild Mushrooms  
Topped with Madeira Wine Sauce

### CARVING STATION

Top Round of Roast Beef with Creamy Horseradish Sauce  
Honey Glazed Ham

### DESSERTS

Carrot Cake with Cream Cheese Frosting

ADULTS \$35++  
CHILDREN 12 AND UNDER  
\$15++

RESERVATIONS  
REQUIRED  
(727) 392-3008



## Shamrocks, Shenanigans & Shepherd's Pie!

Thank you to everyone who joined us for our St. Paddy's Day Dinner — what a fun night! Great food, festive spirit, and lots of laughs made it one to remember.

## Easter Brunch – Sunday, April 5th

This one always sells out! Gather the family and join us for a beautiful Easter celebration.

RSVP to (727) 392-3008

## No dinner - April 3rd

## Dinner Plans? You Don't Want to Miss This!

April 10, 17 & 24 – Join us for great food and a relaxed, fun atmosphere.

Make your plans now — these nights are always better when the room is full!

Call to reserve your table.

## April 10 – Live music by Pat Best (5–8 PM)

He was such a hit last time, we had to bring him back!

## Member Appreciation Night

April 14 | 5:30–7 PM

Free appetizers, happy hour pricing, and a chance to connect — it's our way of saying thank you!

We can't wait to see you this April for great food, music, and fun!

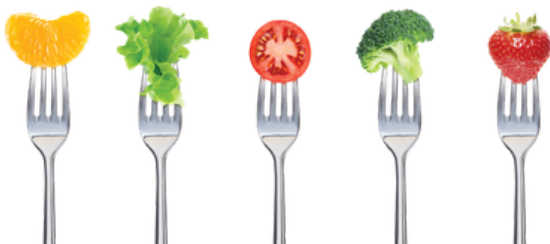


## WHY NOT HAVE DINNER AT THE CLUB? FRIDAY NIGHT DINNER

APRIL 10TH

APRIL 17TH

APRIL 24TH



Reservations (727) 392-3008



# TENNIS NEWS

By Erick Chall  
Director of Tennis Operations



We have exciting updates and achievements to share from around the club!

## Facility Update

Most courts have been re-surfaced with fresh clay and new lines, with only 2 remaining to finish. Thank you for your continued patience as we complete these final improvements.

## Adult News

Congratulations to **David DiPaola** from Tennis for Fun for earning a silver medal at the Special Olympics—an incredible accomplishment!

The ladies' day leagues are wrapping up the season soon. Captains **Ruth Barnett** and **Jackie Detrick's** Racquetees teams are still in 1st and 2nd place! For next year, the Ladies League challenges run March 15–April 30 (members only, doubles format). Contact the pro shop if interested.

Want to practice? Don't forget we have Adult Clinics on Mondays and Wednesdays, 6:30 PM, and Saturdays, 8:30 AM. Semi-private lessons are another great way to build your team's skills!

We attended the Miami Open last month, with some members and their families. Everyone had a great time, and we're thrilled to be able to get discounted tickets for our members each year.

Congratulations to **Joy D'sa** for winning the Skyway Beach Resort Pickleball tournament.

Our 2nd Moneyball Pickleball tournament was held on March 7. 32 players competed for cash prizes. Congratulations to our winning members: **Tom Lindner** with 1st place, **Julian D'sa** with 2nd place, and **Mike Bennetts** with 4th place. We will be hosting another Moneyball tournament coming soon.

## Junior News

We are proud to highlight several outstanding junior member performances: **Naya Silver** competed in the L6 tournament at Mouratoglou on March 21 and won the tournament. She also played at Wesley Chapel on March 6, earning Consolation Champion. **Freddee Hendricks** was the L5 Girls 18 Consolation Finalist on March 21. Great job to all our players for their hard work and success on the court!

We're hosting 2 USTA tournaments in April: Level 6 on April 4th and 5th, and Level 7 Junior Circuit on April 18th. You can register for upcoming events at [usta.com](https://usta.com) or by visiting our events calendar at <https://seminolelake.net/events/>

We are hosting High School District championships April 13-16, so courts will be limited. Northside, Keswick, and Osceola have been practicing with us this season, and we are excited to root them on!

For our after-school programs, we will be separating our Orange Ball group into two levels:

Advanced Orange Ball

Beginner Orange Ball

This will allow for more tailored instruction and player development.

Hard to believe, but Summer Camp is coming soon! Be sure to register early. Camp runs from June 1st through August 7th. Kids will play tennis, pickleball, field games, and have an option to join weekly bowling and kayaking! Register at [www.seminolelake.net/summer-camp](http://www.seminolelake.net/summer-camp)



## Dynamic Warm-up Exercises for the Lower Body

A dynamic warm-up is a powerful tool for preparing the body for activity by increasing mobility and enhancing nervous system function. Dynamic mobility warm-ups for the lower body and spine are critical for protecting the joints, muscles, tendons, and ligaments involving the Lumbar spine, Hips, knees, and ankles, including the intersection between the spine and the hips. The word dynamic indicates movement-based mobility. Moving these lower body areas will appropriately generate heat to increase core and peripheral body temperature and ensure that synovial fluid, the lubricator of the joint, is more viscous and spread throughout the joint for optimizing their movement. In these dynamic exercises, the movements of the joints and their respective musculature are put through various ranges of motion to elongate and contract the respective musculature. The nervous system is also stimulated in motions that will be involved in the sports and training activities that are about to ensue.

Four effective lower-body dynamic exercises used in our training system are shown below in one static position of the exercise. Each of these exercises works through various planes of motion and ensures they are properly warmed up and ready for action:



1. Front lunge with thoracic Extension



2. Front Lunge with Lateral Spinal Flexion



3. Front lunge with Rotation



4. Front lunge with Elbow to ankle

# We Love Our Members



**Dave Durda and Zach Taylor  
Men's Member Guest Winners**



**Awesome aerial shot of the Ladies'  
Member Guest putting contest**



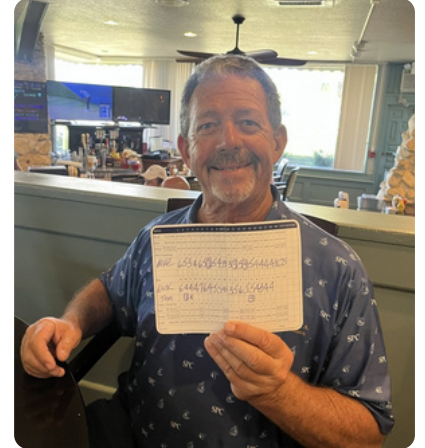
**Always a blast at the Ladies'  
Member Guest Tournament**



**Golf with Friends  
Rock and Sally Mohr with  
Lori Karns and Joanie  
Dagostino**



**Club Champion winner  
Malthe Helt and his caddie,  
Jim Foster**



**Congratulations to Mike Reilly  
for his hole-in-one on #7**



**David DiPaola won the  
silver medal at  
the Special Olympics**



**Freddee Hendricks and  
Kate Ensor**



**Joy D'sa**



**Moneyball Tournament**



**Rod Serpa hole-in-one on #3**



**Naya Silver**