

CLUB CHAT

SBC NEWSLETTER

August at SBC

Pool Open Daily 11am-7:30pm

Beginning August 5 Drop in Basketball
7pm-9pm

Open Intermediate Badminton
Mondays 1pm-2:30pm
Thursdays 10:30am-11:30am

Open Intermediate Pickleball
Fridays 1pm-2:30pm
Sundays 9:30am-11am

August 15 Teen Back to School Party
August 23 Fall Tennis Begins
August 28 Member Guest Tennis Mixer

POOLSIDE AT SBC

The indoor will be closed and drained for yearly cleaning from August 17 - 23rd. Pool features may be unavailable at times in August as our college and high school staff return to school. We'll do our best to have the features running for part of your visit.

The Outdoor Pool closes on September 7th. Fall swim lessons begin the week of Sep.13th. Register early, as they will fill up. Online registration will begin in August.

Tempered glass swim masks are not permitted in the pool. While tempered glass is durable, it can still shatter if subjected to sufficient impact. If a mask breaks in the pool, the pool must be drained to safely remove all glass fragments. To help maintain a safe swimming environment, only swim masks with shatter-resistant, non-glass lenses are permitted.

Eat Well, Be Well

RAW's Zoodle Stir Fry (chicken optional)

Prep time: 30 minutes

Cook time: 15 minutes

INGREDIENTS

2 tsp sesame oil (or 1 tablespoon olive oil)
1 bunch scallions, thinly sliced
2 cloves garlic, minced
1 tbsp Chopped fresh ginger
2 carrots, cut into thin strands
1 red bell pepper, cut into thin strands
2 cups snap peas
4 zucchini, spiraled into noodles
¼ cup soy sauce
3 tbsp rice vinegar
½ cup chopped fresh cilantro
½ cup peanuts
1 lb chicken breast, cooked and diced (optional)

DIRECTIONS

1. In a large sauté pan, heat the oil over medium heat. Add the scallions, garlic and ginger, and sauté until fragrant, 1 to 2 minutes.
2. Add the carrots, bell pepper, snap peas and zucchini noodles. Sauté until the vegetables just begin to become tender, 5 to 6 minutes.
3. Add the soy sauce and rice vinegar, and continue to cook, tossing occasionally, until the vegetables are very tender and flavorful, 3 to 4 minutes more. Optional: fold in the chopped and cooked chicken breast.
4. Serve warm, garnished with cilantro and peanuts.

4 - Servings Calories: 480 per serving



Dear South Barrington Club Members,
I hope everyone is enjoying a fantastic summer and taking full advantage of everything our Club has to offer—from tennis and the pool to fitness, and all of the wonderful amenities that make SBC such a special place.

I recently returned from Rome, where I had the honor of representing Team USA at the ITF Masters World Team Championships. Team USA finished 5th out of 24 countries, and my doubles partner, Dana Gill, and I were proud to earn a silver medal as finalists in the ITF Masters World Doubles Championship. While I always strive for the top spot, I'll gladly take being second in the world!

Competing in Rome allowed me to play at three different facilities, each with its own unique atmosphere. While they were all wonderful venues, the experience reminded me just how fortunate I am to call the South Barrington Club home. We truly have an exceptional club, but what makes it so special isn't just our facilities—it's our members. The sense of community, friendship, and family that exists here is something I never take for granted, and I sincerely appreciate each and every one of you for making SBC such an incredible place.

August is packed with exciting events and activities throughout every department, so be sure to check out this month's calendar. Whether you're trying something new, participating in a favorite program, or simply spending time with family and friends at the Club, there's something for everyone to enjoy.

I also want to extend a heartfelt thank you to everyone who participated in our 250 Challenge. It was inspiring to see so many members embrace the challenge and support one another along the way. The good news? We're already working on our next BIG Club Challenge, and I can't wait to share the details with you soon!

On behalf of our entire staff, thank you for being part of the South Barrington Club family. We hope you have a safe, fun, and memorable August, and we look forward to seeing you around the Club.

See you at the Club!

Kurt

Kurt Kopp

Club Manager
& Director of Racquet Sports
South Barrington Club



Trainer's Tip: Power Up Your Tennis, Pickleball & Paddle Game

Racquet sports are all about explosive rotation, quick footwork, and a rock-solid base. One of the best ways to elevate your performance is to strengthen the muscles that drive your swing: the obliques, hips, and upper back. Incorporate rotational exercises like medicine-ball twists, standing cable rotations, or resistance-band torso turns. These movements build the power behind your serve, forehand, and backhand, helping you hit cleaner, faster shots with less strain. Balance that rotation with strong legs and glutes. Lateral lunges, mini-squats, and single-leg balance drills build the stability you need for quick changes of direction and clean strokes. A powerful core plus a steady lower body means better performance on the court and improved recovery after long matches.

For more information contact Denise Gappa at dgappa@sbpd.net

Staff Spotlight - Jose "Elmer" Londono

Elmer was born in Columbia and moved to Chicago almost 30 years ago. Most of his family still lives there. Elmer has 2 children, a son, Andres Felipe, 33 years old and a daughter, Alejandra, 28 years old. He started his professional career in house remodeling right around the time he moved to the United States. Elmer began working at The South Barrington Club in 2012. You will see him doing all sorts of hands-on projects while supporting the maintenance department. He also helps to maintain Community Park and does some side work for the Village of South Barrington. One of Elmer's best traits is his wonderful disposition and positive attitude. He always has a smile and a kind word for others. Elmer takes great pride in his work ethic and provides the best customer service. During his off times, Elmer loves to watch Soccer and is a die-hard Cubs Fan. He also loves to salsa dance and visits the city of Chicago for great food and music! If you see Elmer in the building, please stop and say hello!



Membership Connection

Welcome New Members: The South Barrington Club is pleased to welcome Tarita Thomas-Nanda & Family, Fletcher McCombie & Family, Elizabeth Donovan & Family, Alice Czarnecki, Frankie Guzman & Family, Ali Husain, Roseann Gager & Family, Cassie Benedict, Sultan Musaeve & Family, Jaimie Moe & Family, Tom Schreiner & Family, Lea Yared & Family

Referrals are Where it's At!

We love a good referral! Did you know if you refer a new member, you will receive a \$40 gift card and 2 free guest passes. Thank you to those who continue to talk about their club experience with others!

Refresh Yourself for the Summer!

Please take the time to update any personal information for your membership file. Keeping your membership details up to date keeps your membership running smoothly!

Is 1966 your birth year?? Once you turn 60, you can switch to a Senior Membership.

Membership

A new Monthly Socials Calendar is active above the lobby drinking fountain! Check it out!

New Euchre Friday Nights at 7pm! Join us in the lobby for a simple evening of cards and being social. Euchre is a simple game to learn and always a fun way to meet new friends! No experience necessary! Beginning Friday, Sept 11th.

Member/Guest Tennis Mixer ~ August 28th, 5-7pm

Bring a guest, play some tennis and enjoy some friendly competition! Join us for a taco bar, RAW's Skinny Margaritas and some tasty snacks too. Sign up at our Membership Window! \$50/person. (additional drinks for purchase)

Basketball Open Gym on Wednesday Nights~ 7-9pm

Want to get your exercise without heading into the weight room? Join us in the gym for some competitive adult pick-up basketball games! For members/non-members 16 years and older. Non members \$5 drop-in fee. Beginning August 5th.

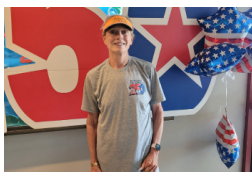
Stars and Strides Challenge

Congratulations to all who participated in our 3-month challenge! Together we logged over 22,000 miles!!

SPECIAL CONGRATULATIONS TO OUR PARTICIPANTS WHO LOGGED THE MOST MILES

First Place: Kim Carone, 1217 miles Second Place: Sudha Sheth, 914 miles

Third Place: Joanna Barclay, 648.5 miles



What's "HOT" at the ProShop

As the summer winds down think of indoor tennis! Team uniforms to arrive second or third week of August. Come and stock up on whites the Pro Shop will have 35% off all white for the month of July & August. What's Hot at the proshop is all new Rhone colors that will arrive for fall starting Aug 1st.

The Tennis Corner



A big THANK YOU goes out to all Fox Valley captains: Kathy Pritchett, Kathleen McLaughlin, Renee Sears, Cinda Pittman, and Robin Daugherty. Thanks for making the 2026 season so great!

Congratulations to A2 for finishing 2nd and A1 for finishing 3rd in their respective league.



Greater Suburban- SIGN UPS start August 3.

Sign up at the club on the tennis board or email Lisa (lpearson@sbgpd.net)

Junior Travel Team Sectional Championships

July 25-26, South Barrington Club will be sending two Junior Travel Teams to compete at the USTA Junior Team Tennis Sectional Championships at North Central High School in Indianapolis. Our players will have the opportunity to represent SBC while competing against top teams from across the Midwest. Brandon will be coaching both teams throughout the weekend, making it an exciting experience and a great opportunity for our juniors to compete, learn, and create lasting memories.

Paddle Pulse

We're excited to announce that SBC will be fielding 9 Men's Platform Tennis teams for the 26-27 CPTC season! We can't wait to see our members competing at every level and are looking forward to a great season on the paddle courts.

Monday Night Open Play is on !! Brandon will organize weekly sign-ups through TeamReach, giving everyone a great opportunity to improve, meet new players, and mix in with different partners.

Viking Demo Day is set for Thursday, Sept. 10 at 6:00 pm! Come out for a fun evening of hitting, demo the newest Viking paddles, enjoy giveaways, surprises, and check out some Viking gear before the season begins. Pre-season social event for the players to come together and gear up for the season.

We're also excited for the opportunity to launch an SBC Women's Platform Tennis Team in the Southwest Platform Tennis League (SWPTL)!! Those matches will be played on Thurs or Fri. If you've ever wanted to learn paddle or are interested in joining the men's or women's teams at SBC, please email Brandon Dechter bdechter@sbgpd.net for more information.