

CLUB CHAT

SBC NOVEMBER NEWSLETTER

A Season of Gratitude at South Barrington Club

Fall is officially here, and how fortunate have we been to enjoy such beautiful weather! While we have certainly been spoiled with these warmer temperatures, we all know that colder days are just around the corner. As the temperatures begin to drop, there is no better place to stay warm, active, and connected than right here at South Barrington Club!

As we turn the page on another incredible month, I want to take a moment to reflect on one of the highlights of our year – the 2026 USTA National Father/Son Indoor Championships.

We recently wrapped up our fourth year hosting this prestigious national event, and I could not be prouder of what we have accomplished as a club. Each year, father-and-son teams travel from across the country to compete for a USTA Gold Ball, but what makes this tournament truly special is the experience we provide for every player and family who walks through our doors. First and foremost, I want to extend my heartfelt appreciation to our incredible members who generously sponsored this year's tournament. Your support is what allows us to go above and beyond to create an experience that these players and their families will remember for years to come. I wanted to share just a little of what your generosity makes possible.

Beginning Thursday, when players arrive, they are welcomed with complimentary practice court time, a fresh can of tennis balls, and full access to enjoy our club throughout the weekend. On Friday, we provide breakfast, lunch, and a special players' dinner. Saturday and Sunday, we continue to take care of our guests with breakfast and lunch each day. Every player receives a fantastic tournament swag bag, and we make sure snacks and refreshments are available throughout the entire weekend.

These may seem like small gestures individually, but together they create an atmosphere that separates our tournament from so many others across the country. Our goal has always been simple: When these players arrive at South Barrington Club, our club becomes their club for the weekend. We want every participant to feel welcomed, appreciated, and treated like a member of our own family.

Thanks to the generosity of our members, we can continue delivering that experience year after year. I truly cannot thank you enough.

Now, I want to recognize the people who make all of this possible – OUR STAFF! I have been in this industry for a long time, and I can tell you that what our staff accomplishes during this tournament is nothing short of remarkable. The preparation begins months before the first ball is struck. Countless hours of planning, organizing, coordinating, setting up, and attending to every little detail go into making this event successful. From our front desk and maintenance teams to our tennis professionals, café staff, and everyone working behind the scenes, the effort is

extraordinary. Our staff doesn't simply put on a tennis tournament. They create an experience, set the standard, and raise the bar for what a national championship should look like. Year after year, our tournament has received a five-star rating, and while that recognition is something we are extremely proud of, I know exactly why we continue to earn it. IT IS BECAUSE OF OUR STAFF! Their dedication, professionalism, teamwork, and genuine desire to make every player feel special are what set South Barrington Club apart.

As we head into the colder months, we look forward to another exciting fall and winter season filled with tennis, paddle, pickleball, fitness, swimming, and plenty of opportunities to enjoy everything our club has to offer.

Thank you for continuing to make South Barrington Club such an incredible place to work, play, and belong.

Kurt

Kurt Kopp

Eat Well, Be Well

Ingredients

4 Acorn Squash, small

4 tbsp olive oil

salt/pepper

1 C quinoa

½ C fresh parsley, chopped

½ C feta, crumbled

½ C pistachios, roasted, salted, chopped

2 tsp red wine vinegar

Pinch red pepper flakes



Directions

Heat oven to 425 degrees. Brush squash with olive oil and season with salt and pepper. Roast, cut side down, on a baking sheet until tender and caramelized, 15-20 minutes.

Bring 2 cups of water to a boil with the quinoa. Reduce heat and simmer, until tender and water is absorbed, about 15 minutes. Let cool.

Combine quinoa, parsley, feta, pistachios and 2 tablespoons of oil and red wine vinegar. Season with salt and pepper. Fill squash with mixture. Add a pinch of red pepper flakes on top.

POOLSIDE AT SBC

Session 2 of Swim lessons start 11/4, classes are filling up.

No swim lessons Thanksgiving Week - November 23rd - 29th

Now hiring for Lifeguards/ Swim Instructors

WHATS HAPPENING AT THE PRO

Join us for a Girl's Night out with friends!

Sip on our signature holiday cocktails and enjoy delicious holiday appetizers with a cash bar. Shop exclusive pro-shop discounts, enjoy festive giveaways and an opportunity to own our limited-edition SBC womens sweatshirt!

Enjoy complimentary gift wrapping on all purchases.

RSVP by Nov.5th

Sweatshirt pre-order is available by contacting Gina at proshop@sbgpd.net



Thanksgiving Hours

Club	7am-1pm
Guarded Pool	7am-12:30pm
Nursery	Closed
No Group Exercise Classes	



Membership Connection

Welcome New Members:

The South Barrington Club is pleased to welcome Sri Donthi and Family, Eric Wostl, Marian and Alessandra Pucci, Rayaan Modi, Jessica Martinez and Gerelle Smart, Colleen Wright and Family, Mark Bennett, Lea Larsen, William Rohner, Lucy Yang, Joe Stock and Wanda Cheng

Refresh Yourself! Is 1966 your Birthyear?

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! Once you turn 60, you can switch to a Senior Membership. Referrals are the heart of SBC!

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!

Membership Events

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 pickup basketball games! For members/non-members 16 years and older. \$5 non-member drop-in fee.

Happy Hour Fridays~ 4pm (**time change)

Stop over to the lobby bar and enjoy a Friday drink while socializing with other members. What a great way to meet other members and to kick off your weekend!

4 Your Health Membership Challenge~ October 11th-November 22nd

Are you ready to take on the challenge?? Let us help you be your healthiest self before the holidays begin! Choose which challenge to pursue: Ace Challenge, Splash Challenge, Fitness Challenge or take the Ultimate Challenge! Complete the challenges and gain prizes for your efforts! Let's do this!!

Girl's Night Out ~ Tuesday, November 10th 7pm-9pm

Join us for a Girl's Night out with friends! Sip on our signature holiday cocktail and enjoy delicious holiday appetizers with a cash bar. Shop exclusive pro-shop discounts, enjoy festive giveaways and purchase our limited-edition SBC Sweatshirt! Enjoy complimentary gift wrapping on all purchases. RSVP by Nov. 5th

November Trainer Tip:

Holiday Energy in Motion: Our Zumba Crew Celebrates 10 Years with Caryn Rivera

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For nearly a decade, Caryn Rivera has brought fun, movement, and pure energy to SBC through her Zumba classes — and this December marks her 10-year anniversary with us. Caryn describes Zumba as "Zumba is all about moving and having fun! It is exercise disguised as dance! A dance-fitness workout inspired by global rhythms. When we walk into the studio, we turn off the outside world, and we turn on the music! Zumba is a fun way to relieve stress and to work up a sweat at the same time! No dance experience is required, and there are no wrong moves in Zumba! The choreography is easy to follow. We move, we sweat, we burn calories, and we have fun! But the best thing about the class is the people! Everyone is so friendly and welcoming!"

December is always a standout month for this group, and the photo says it all. Our Zumba crew goes all-in on holiday spirit with reindeer clips, festive shirts, and anything else that adds sparkle and fun to the studio! Their energy shines through every routine, creating a welcoming atmosphere filled with laughter, friendship, and holiday cheer.

It's the perfect reflection of the fun and community that Caryn has cultivated over her 10 years at SBC — and the joy this group brings to every workout!



The Tennis Corner



Junior Tennis

September Junior Tennis Players of the Month
Congratulations to our September Junior Players of the Month.

Andrew Gacek and Avni Arora

We're also excited for the upcoming High School JTT season and want to congratulate Abby Wolf (Sr), Courtney Croll (Sr), Ella Qian (Jr), and Audrey Kim (Sr) and Enya Neagu (Jr) on qualifying for the IHSA State Tournament!

Adult Tennis

Men's In-House: Tuesdays 7-9pm

No drills or matches the week of 11/23-11/27.

Have a great Thanksgiving.



Paddle Pulse

Platform tennis season is off to a great start at SBC!! We have 10 highly competitive paddle teams this season, including 9 men's CPTC teams and 1 women's SWPTL team. Our teams are competing well, and it's been great seeing so much action on the courts.

SBC Paddle Team Cup: We hosted a successful event on October 10 with 16 combined men's and women's players competing on four balanced teams. Great competition and a fun morning!!
Monday Night Paddle: Men's and women's open play and private lessons continue, along with women's team drills offered on Mondays and Tuesdays. Wednesday night open play has now also become an option for Platform Tennis as well as Sunday mornings.

Weekly Paddle Schedules: Updated schedules are posted in the Paddle Hut each week to help everyone stay informed about matches, open play, and lessons.

Club Championships & Member-Guest: Our perpetual championship plaques are now proudly displayed in the SBC Paddle Hut!!

