

CLUB CHAT

SBC NEWSLETTER

Fall is officially here, and October is always an exciting month at the South Barrington Club! Our fall programs are in full swing, the courts are busy, and this month we are preparing for one of the biggest weekends of the year at SBC. The USTA National Father/Son Indoor Championships return, October 23–25!

We are extremely proud to once again host this prestigious national championship and welcome father-and-son teams from across the country to South Barrington. These teams will be competing for one of the highest honors in USTA competition—a coveted USTA Gold Ball.

This tournament has truly become a signature event for our club, and it would not be possible without the tremendous support of our SBC community. A huge thank you to our members and sponsors for continuing to support this event year after year. Your generosity allows us to provide an experience that we hope players and families remember long after they leave SBC. I also want to recognize our incredible staff. Hosting a national championship takes months of preparation and many extra hours throughout the tournament week. Our team takes tremendous pride in the details—from the courts and tournament desk to hospitality, food, player services, and everything behind the scenes. Our goal every year is simple: continue making the South Barrington Club one of the best stops on the national tournament calendar.

I encourage our members to stop by throughout the weekend and watch some outstanding tennis. It is a unique opportunity to see some of the best father-and-son teams in the country competing right here on our courts. Sunday matches will begin at 9 a.m., with the championships being decided throughout the day. Come out, grab a seat, and help us create a great atmosphere for our players and guests!

Important Programming & Court Update

Because this is a national championship and all six indoor courts will be needed for competition, there will be no regularly scheduled junior or adult tennis programming from Thursday afternoon October 22nd through Sunday, October 25th also, we will not have any court availability during this period. We appreciate everyone's patience and understanding as we dedicate our facility to hosting this special event.

October is a great reminder of what makes SBC such a special community. We have the opportunity not only to host a national championship, but also to showcase our club, our staff, and especially our membership to players and families traveling here from across the country.

Thank you for helping us make this event so special. I look forward to seeing everyone around the club—and hopefully in the stands cheering on some great father-and-son tennis!

Kurt Kopp
Club Manager / Director of Racquet Sports
RSPA Elite Professional | PTR Professional

Eat Well, Be Well

RAW's Italian Ravioli Soup

Prep time: 30 minutes Cook time: 30 minutes
8-10 Servings Calories: 410 16 oz bowl



Ingredients

3 tbsp Extra Virgin Olive Oil
1 lb Spicy Italian Sausage (pork or turkey)
1 lb Ground Pork
1 ½ C Chopped yellow onion
1 Bell pepper, chopped
1 C Baby Bella Mushroom, chopped
1 C Carrot, chopped
2 Garlic Cloves, minced
2 tbsp Italian seasoning
1 6oz Tomato paste, low sodium
28oz Diced Tomatoes with basil, garlic and oregano, undrained
6 cups Chicken Broth, low sodium
3 cups Baby Kale or spinach, stems removed
2-9oz Cheese Ravioli or Tortellini, fresh
½ tsp Ground Pepper
12 Basil leaves + more for garnish



Directions

1. In a large stockpot, heat 1 tablespoon of the olive oil. Add the sausage and pork. Cook over medium high heat, until crumbled and brown.
2. Add the bell pepper, carrots, mushrooms and onion. Cook over moderate heat until onions are softened (1-2 minutes). Add the garlic, Italian seasoning, stirring frequently until fragrant (1 min).
3. Add the chicken broth and tomato paste, tomatoes, and their juices, Season with ground pepper. Bring to a boil.
4. Add in the spinach and mini ravioli and cook until greens are wilted and pasta is tender.
5. Ladle into soup bowls and garnish with fresh basil and parmesan (if desired). **Enjoy!**

POOLSIDE AT SBC

No swim lessons October 15th

Now taking registrations for Fall II lessons that begin November 8th



October at SBC

October	Open Badminton Mondays 1pm-2:30pm
October	Euchre Friday Nights
October	Mens Open Basketball Wednesdays
October 10	Paddle Team Cup
October 11	4 Your Health Challenge Begins
October 22-25	Natl. Father Son Tournament
October 25	Pizza and Pumpkins Event
October 27	Trick or Treat Slime Event

Membership Connection

Welcome New Members:

The South Barrington Club is pleased to welcome Chris Wester, Jaclyn Koepke, Rich Mosciopinto, Lisa Neyfeldt, Bob & Barb Covek, Sandeep Chunduri, Bill Neurater & Family, Jay Patel & Family, Dhauna Prasad & Family, Katie Grady & Family, Cristina Reyna Elorza & Family, Nahera & Lilian Hermis, Kirk Gramarossa & Lisa Stenglein and Umaima Feroz & Family

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 at the Bar~ 4pm (**time change)

Stop in at the lobby bar and enjoy a Friday drink while socializing with other members. What a great way to meet other members and 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!!

October Trainer Tip: Stay Motivated Indoors Through the Holidays

October is the perfect time for a reset at SBC. As the weather cools and the holidays approach, motivation can dip – but a few simple habits make a huge difference: Pick a “non-negotiable” workout day each week. Choose one day you always show up no matter what. That anchor day keeps your routine steady even when life gets busy. Schedule your workouts like appointments. Putting them in your calendar makes them feel intentional, not optional.

Lean into the energy of group classes. When the holidays get hectic, the community at SBC keeps you accountable, supported, and moving! Focus on consistency, not perfection. Even shorter workouts keep your momentum strong through the season. And to keep things fun this month, many of our Group Ex classes always bring their Halloween spirit to SBC with costumes, laughter, and a reminder that staying motivated indoors can be playful and energizing as we head into the holiday season.



The Tennis Corner



Thanks to all who participated in the Greater Suburban Kick-Off Party! It was a great way to start the season. Matches and drills are on for the month of October. Men's 2.5+ In-House- we are always looking for more guys to join the 2.5+ In-House League. Email Lisa (lpearson@sbgpd.net) for more information.



JTT



Paddle Pulse

Platform Tennis Is Growing at SBC!!

Our program now includes more than 100 men and 25 women. We are excited to have a club record nine men's CPTC teams competing this season, along with our first women's SWPTL team at the Series 15 level.

Our recent Viking Demo Night was a huge success, with approximately 50 members and guests joining us for paddle, drinks and a fun night at the hut.

Women's daytime drills are now running on Monday and Tuesday, and Monday Night. Men's Open Play features two sessions from 6:30–8:00pm and 8:00–9:30pm.

Our next big event is the 2026 SBC Paddle Team Cup on Saturday, October 10 at 9:00 AM. Players will sign up individually and compete on balanced teams of four. The \$45 entry includes a catered lunch, and Viking Tour Bags will be awarded to the winning team.

Please contact Brandon at bdechter@sbgpd.net if you are interested in joining our paddle program or signing up for an upcoming event.

