



A MASTER PLANNED  
COMMUNITY

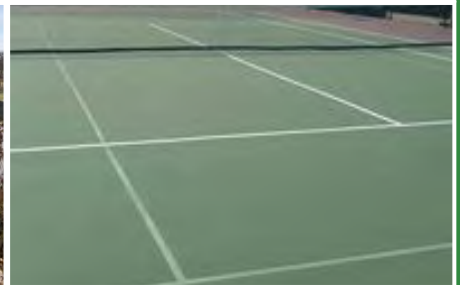
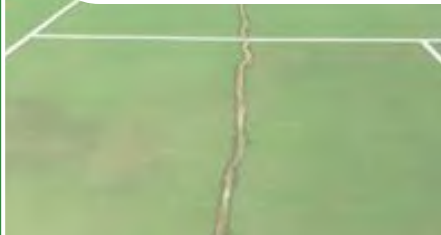
*An Extraordinary Lifestyle*

THE NEWSLETTER

*April 2019*



*Newly Resurfaced Courts*



*In This Issue*

- Community News & Notes
- Golf - LGA & MGA Kickoffs
- GCM - Drill & Fill Aerification
- Tennis - Resurfaced Courts
- Fitness - Macronutrient Needs
- Overlook - BBQ Theme Month
- SVCC General News & Notes
- Shadow Valley Misc. Info

**EASTER EGG HUNT**  
**SATURDAY, APRIL 20<sup>TH</sup>**  
**SHORT GAME AREA 12-2PM**



Shadow Valley NWA

**HIT**

Like

**EASTER BRUNCH**  
**SUNDAY, APRIL 21<sup>ST</sup>**  
**10AM & 12:30PM SEATINGS**



@ShadowValleyNWA

follow us on  
twitter





**DEVELOPERS**



**Charles R. Reaves**  
Shadow Valley MPC & CC  
479-619-9203  
[charles@shadowvalleyinfo.com](mailto:charles@shadowvalleyinfo.com)



**Richard C. Reaves**  
Shadow Valley MPC & CC  
479-903-4141  
[rich@shadowvalleyinfo.com](mailto:rich@shadowvalleyinfo.com)

**Premier Builders**



**David Harris\***  
David Harris Construction Co.  
479-696-0680  
[david@dharrishomes](mailto:david@dharrishomes)



**Dean & Todd Horton\***  
Horton Homes, Inc.  
479-903-0870 & 640-1209  
[todsth@aol.com](mailto:todsth@aol.com)



**Kurt Puttkammer\***  
Kurt Puttkammer Homes  
479-636-3292  
[kphomes@sbcglobal.net](mailto:kphomes@sbcglobal.net)



**Lance Johnson\***  
Lance Johnson Building Co.  
479-717-2952  
[lance@jbcinc.biz](mailto:lance@jbcinc.biz)



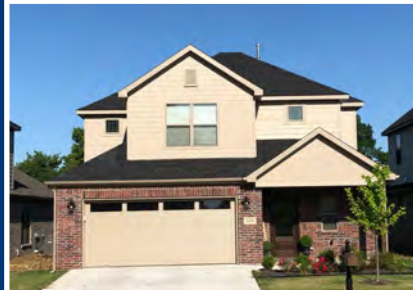
**Mark Phillips\***  
Mark Phillips Construction  
479-877-0176  
[kmarkp@me.com](mailto:kmarkp@me.com)

**\* A licensed Arkansas  
Real Estate Agent**

**DEVELOPMENT UPDATE**

Lots Sold: 672  
Lots Under Contract: 23  
Lots For Sale: 30  
Total Developed Lots: 725  
Lots To Be Developed: +/- 225  
New Homes Sold: 654

**THE GARDEN HOMES  
AT SHADOW VALLEY  
PHASE 8  
SINGLE FAMILY HOMES**



Contact Charles, Rich or one of the SV Builders for more information.

**WELCOME TO  
"THE VALLEY"**

**MARCH**

JOHN & LAURA GORE  
BRYAN JACKSON  
DEREK & KRISTEN RADCLIFFE  
MALLIKA SHINKLE  
VINCE & LIZ VILAFRANCA

**FEBRUARY**

LAWRENCE "LARRY" &  
MARIA DAVIS III  
RICHARD "DICK" &  
CHARLOTTE MACARTNEY

**JANUARY**

BRAY & LAURA BUFFINGTON  
MARK & ELIZABETH RAFFERTY  
BEN & PHYLLIS SLUYTER  
MICHAEL & ANN THEILE  
EDUARDO & GISELA TOUCEDO

**RESALE HOMES: 32**

All Shadow Valley Resale Homes listed in the MLS will be included on the SV website without any action required by the Homeowner or Realtor.

Homeowners with homes for sale are encouraged to have their Realtor use the Welcome Center and other SVCC facilities just as they do for new homes.



**GATEHOUSE 203-0135**

Please proceed slowly and be prepared to stop when entering or exiting the community for the safety of the staff and to allow them to read your vehicle sticker.

**YOUR COOPERATION IS EXPECTED!**





# SVMPC Phase 8: The Garden Homes



A MASTER PLANNED  
 COMMUNITY

*An Extraordinary Lifestyle*



**PHASE 8  
 UPDATE**  
 Lots Sold: 47  
 Lots Under Contract: 20  
 Specs Available: 4

## P8 The Garden Homes (Lots 1-76)

SVPOA Green Space
 CH Clubhouse
 DR Driving Range
 SG Short Game

Contact Charles, Rich or one of the SV Builders for further details.

THINK ABOUT OTHERS AND

**OBSERVE THE TRAFFIC RULES:**

**"18 MPH" / "STOP" / "GOLF CART X-ING"**

This is a community filled with families (especially kids) wanting to enjoy the outdoors. Be considerate of others!  
 Hold your friends, neighbors and their guests accountable!



## MEMBERSHIP INFORMATION

Fees and dues excluding taxes:

Membership Type	Initiation Fees	Monthly Dues
Social	\$1,000	\$120
Tennis	\$2,250	\$205
Golf	\$5,000	\$385
Transfer Fee: \$250		

## SVCC DEPARTMENTS

Welcome Center 203-0000 x 0  
Overlook Restaurant 203-0000 x 1  
Golf Shop 203-0000 x 2  
Tennis Shop 203-0000 x 3  
Fitness Center 203-0000 x 4  
Children's Act. Ctr. 203-0000 x 5  
GM's Office 203-0000 x 6

### STAFF DIRECTORY

#### General Manager

Rich Reaves 903-4141

#### Overlook Manager & Executive Chef

Aaron Nix 203-0000 x 1

#### Golf

Kyle Fulbright 203-0000 x 2

#### Golf Course Superintendent

Jason Ward 203-7046

#### Director of Tennis

Luke White 203-0000 x 3

#### Director of Fitness

Kip Krupka 203-0000 x 4

#### Office Manager

Teresa Booher 203-0000 x 6 or  
479-236-5877 C

#### Director Member Services & Events

Tammy Beever 203-0000 x 7 or  
479-427-1397 C

#### SVPOA GATEHOUSE

Bill Boyd 479-203-0135

## CAC PICS OF THE MONTH



## CHILDREN'S ACTIVITY CENTER

The Children's Activity Center (CAC) is a great asset for SVCC which allows your kids to enjoy a great atmosphere and numerous activities while you take advantage of what you want to do throughout the rest of the Club.

In order to make the CAC experience the best possible for all involved, your help and cooperation is expected.

### CAC REMINDERS

- Please allow enough time to sign in all kids and inform us of any outstanding issues we should be aware of relative to your child.
- Please DO NOT bring in any sick children (if they have a fever or otherwise are ill, you will be contacted to pick them up).
- Make sure all kids in diapers are "changed" prior to entering and provide additional diapers in their bag.
- Leave "personal" toys or other such items at home.
- You MUST REMAIN on SVCC property (not in the development or elsewhere) to leave your child in the CAC.
- Absolutely NO outside snacks/food will be allowed inside the CAC. Many children have allergies to certain foods (most commonly peanuts). In an effort to minimize the problem, our snacks are limited to Cheerios and Goldfish and we do not allow any food items to be brought into the CAC.
- Sign In/Out: Please remember to sign in your child's FIRST & LAST NAME as well as your SVCC location (fitness, tennis, golf, restaurant, etc.).
- If you DO NOT sign your child/children in, there will be an additional \$5 charge added to your bill (daily and monthly included).
- Non-Member fees are \$7.00 per child for the first two hours and \$3.00 per child for each additional hour.

Please remember it's your responsibility to pick up the children prior to closing time, NOT the SVCC staff.

- Feeding Policies: CAC personnel will only bottle/sippy cup feed infants and toddlers. No solid baby foods.

Please keep in mind the CAC is a service provided for our members. Those who choose not to follow the rules WON'T be allowed to use the service.

## CLUBHOUSE HOURS OF OPERATION

The Clubhouse will be open at 8:00 AM to 10:00 PM 7 days a week. These times are subject to change when special events, weather, etc. warrant.

See the department sections for specific hours or call 203-0000 x 0.

Check [www.shadowvalleyinfo.com](http://www.shadowvalleyinfo.com) for closing information.

## PAYMENT POLICY

There are two options for purchases at SVCC:

- 1) Utilize the credit card that you registered with SVCC to be kept "on file."
- 2) Present a credit card at the time of transaction.

If you do not have a card on file or would like to add a card, please stop by the Welcome Center.



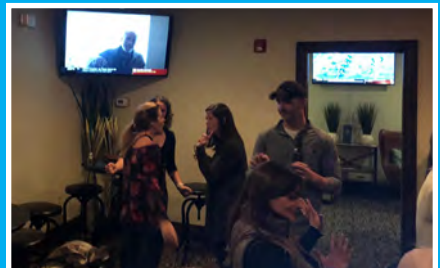
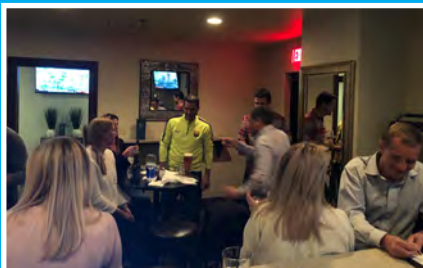
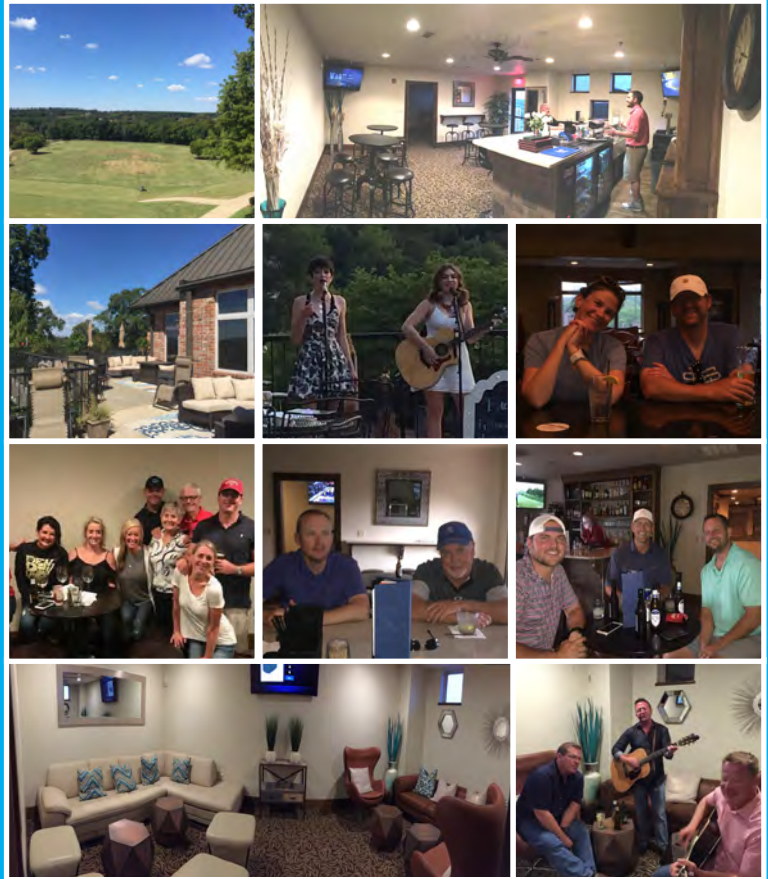


# LOOKOUT LOUNGE



MUST BE 21 TO ENTER!!!

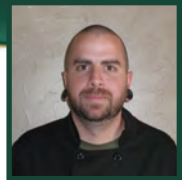
GREAT HAPPY HOUR SPECIALS!  
SPECIAL FOOD & DRINK MENU  
CHECK FACEBOOK FOR DETAILS



HAPPY HOUR DAILY FOOD & DRINK SPECIALS!!!



LOOKOUT LOUNGE HOURS: MON-THU 4-10PM & FRI-SUN 3-10PM



## CHEF AARON'S NOTES

This month we will be featuring a BBQ Theme in The Overlook. One of my favorite things to eat hands down is a great pulled pork sandwich with coleslaw. We will not be sticking strictly to the US for this cuisine but trying different countries ideas of "BBQ." I also enjoy Jamaica's take with their Jerk style or a great sticky short rib with an Asian influence. We will try to get to as many as we can as this is a very big spectrum of food with a lot of interesting possibilities. This month we will also be experimenting with smoked cocktails. This is a relatively new trend that has brought a whole new perspective to some of your favorite drinks. By adding smoke to enhance the existing natural flavors just like it does with BBQ.

The Live Music on the Patio is back! Check out the calendar and Facebook for upcoming events and artists. It is a great time of the year to chill with family and friends to enjoy the sunset, great music, food and drinks on one of the best patios in the area. We have a lot of great talent coming this year with some familiar faces as well as some newcomers. It will be a great summer for sure and I hope to see everyone come out and enjoy.

One of our most popular weekends of the year is coming...Easter weekend. It kicks off with Good Friday followed by a great Easter Egg Hunt (new location this year- Short Game Area with parking on Brookridge Rd in Phase 8) and and then capped off with our incredibly popular Easter Brunch (10AM & 12:30PM seatings). The Easter Bunny will be making a special appearance at the Easter Egg Hunt where we'll be grilling hot dogs (see flyer) and will be available for pictures during the Easter Brunch. So make sure to RSVP through the Welcome Center ASAP as these always fill up quickly so reservations are important.

To keep updated as possible, be sure to stop by or contact the Welcome Center and add your name to the email distribution list that is sent every morning containing the daily specials and upcoming events. Please contact me with your feedback on the menus or other suggestions for the food and beverage operation.

## CHEF'S TABLES / EVENTS / MEETINGS / PARTIES

The opportunities are endless...Baby Showers, Bunco Night, Graduation Parties, Rehearsal Dinners, Business Meetings and Meals. You name it, we'll work with you to plan it.

Our various rooms in the Clubhouse have spaces to accommodate groups from 10-180. We look forward to working with you to customize your menu and event décor to meet your expectations at a fraction of the price of other event venues.



## POLICIES, RULES & REGULATIONS

- Although reservations are not required for normal dining, we highly encourage them. It allows us to be prepared for you and offer the best service possible; however, if you are more than 15 minutes late, your reservation will be forfeited so that we may accommodate other patrons.
- Reservation cancellations for any of our special meals or events that require reservations require a 72 hour or otherwise stated notice. Otherwise, you'll be charged 50% of the party's reservation.
- Be mindful of your child's behavior. The Overlook is a casual environment, but it's also a fine dining experience for many.
- Children need to be at a table and supervised by an adult at all times and are not permitted to be roaming around the Clubhouse (inside or out).
- Please allow us to seat you, inside or outside.
- Must be at least 21 to sit at the bar or ENTER the Lookout Lounge.

## SHADOW VALLEY'S LIVE MUSIC SERIES

@ THE OVERLOOK

featuring



**FRIDAY, APRIL 5<sup>TH</sup>**  
**JERROD MOUNCE**

**FRIDAY, APRIL 12<sup>TH</sup>**  
**JEFF FOX**

**FRIDAY, APRIL 19<sup>TH</sup>**  
**RANDY SOLLER**

**FRIDAY, APRIL 26<sup>TH</sup>**  
**JON DOLLY**

## UPCOMING EVENTS



### EASTER EGG HUNT

Saturday, April 20<sup>TH</sup> 12-2PM  
Short Game Area  
(Park in Garden Homes on Brookridge Road)

### EASTER BRUNCH

Sunday, April 21<sup>ST</sup> 10AM & 12:30PM

## HOURS OF OPERATION

EVERY DAY 11AM-10PM

Note: The Kitchen closes at 9:00PM





## DRINK SPECIALS!!!

### HAPPY HOUR WEEKDAYS (2-6PM)

#### BEER

Domestic Drafts  
\$3 Pints & \$4 Pilsner  
Craft Drafts  
\$4 Pints & \$5.50 Pilsner  
\$2.50 Domestic Bottles  
\$3.50 Craft or Import Bottles

#### WINE

\$4 House Wine

#### LIQUOR

\$7 Top Shelf Long Island  
\$5 Club Zero or House Long Island  
\$5 House Margarita or Mojito  
\$3 Well Drinks

### DAILY DRINK SPECIALS (5PM - CLOSE)

#### MONDAY

\$5 Honey Whiskey Lemonade

#### TUESDAY

\$5 Grapefruit Mojito

#### WEDNESDAY

\$5 Citrus Fizz

#### THURSDAY

\$5 Spring Garden Margarita

#### FRIDAY

\$5 Watermelon Mule

#### SATURDAY

\$5 Peach Tea

#### SUNDAY

\$5 Malibu Sunset

Note: Subject to change without notice

## BIRTHDAY DINNER NIGHT

Dine in on your birthday and get a complimentary appetizer or dessert with your meal. No RAIN CHECKS!

## KIDS EAT FREE

### MONDAY - THURSDAY 5-9PM

Let us cook for the kiddos!!! Kids Eat Free Monday through Thursday from 5-9PM. We are offering a complimentary Kids Meal (excluding "Kids Entrées") with the purchase of each adult entrée (includes a la carte protein with 2 sides).

**DINE IN ONLY!!!**

## EMAIL DISTRIBUTION LIST

Contact the Welcome Center to add your email to the distribution list and stay informed (list not shared).

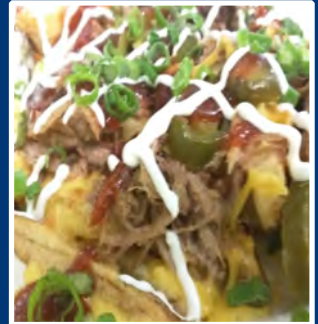
## CHEF'S LATEST CREATIONS



Brisket Dip



BBQ Chicken Sandwich



BBQ Fries



Steamed BBQ Buns



BBQ Hot Dog



Rib Caps



BBQ Meatball Sandwich



Blackened Salmon



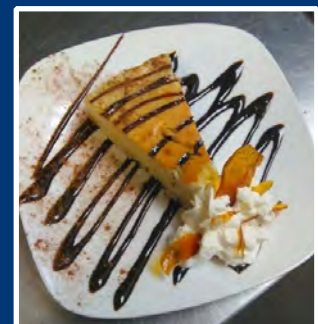
Lettuce Wraps



Grilled Ribeye



Cookie Butter Bread Pudding



Cheesecake

These will be featured throughout the month as our daily specials.



**KIP KRUPKA**  
**DIRECTOR OF FITNESS**



**CO-OWNER / PERSONAL TRAINER**  
**INSTRUCTOR**

- Grew up in Rogers and graduated from Rogers High School in 2001.
- My wife, LeAnn and I met in Independence, MO in 2011, married in 2013 and welcomed our son, Reed in 2014. We are all very excited about becoming part of the Shadow Valley community!
- Graduated with a B.S. in Sports Management degree from Southwest Baptist University in 2006.
- Worked for the YMCA in Delaware and Kansas City as an Aquatics Director from 2006-2009.
- In 2009 I decided to become a Personal Trainer (PT) and became certified through the American Council of Exercise. I have accumulated over 14,000 hours of personal training and reached Master Trainer status.
- Worked at 24 Hour Fitness in Independence, MO as a Personal Trainer and member of the Management Team from 2009-2013.
- In 2014 opened Snap Fitness 24/7 in Rogers as a Co-Owner and Personal Trainer.
- I approach PT with a well-rounded knowledge of exercise and nutrition which allows my clients to develop a greater understanding of their fitness.
- Life Bible verse – Philippians 4:13 “I can do all things through Christ who strengthens me”
- Favorite activities: Spending time with family, sports of all sorts, outdoor activities, mountain biking, obstacle style events and attending Razorback games with my plastic Hog hat and yelling “WOOOO PIG SOOOOIE!”

## APRIL 2019

### GROUP CLASS SCHEDULE

DAY	START	CLASS TYPE	INSTRUCTOR	LOCATION
MON	9:00 AM	METCON	Kip	Fitness Center
TUE	9:45 AM	AB ASSAULT	Kip	Belfry Room
WED	9:00 AM	METCON	Kip	Fitness Center
THU	9:45 AM	AB ASSAULT	Kip	Belfry Room
FRI	9:00 AM	METCON	Kip	Fitness Center

***Your First Class Is On Us!!!***

***PLEASE PROVIDE YOUR FEEDBACK & SUGGESTIONS***

**\$15 Drop-In**

**\$50/Month Unlimited Household**

Class Memberships can be purchased for the individual, Partner or Household.

Punch Cards Also Available: \$80/8 Classes \$100/12 Classes \$120/20 Classes

Punch Cards can be used for classes or Bootcamp.

Go to <https://aces.ptminder.com> to set up your fitness account.

**Inclement Weather Policy**

**When local schools close due to weather -**

**ALL classes will be cancelled!**

**MON - FRI**

**5AM - 10PM**

**FITNESS CENTER HOURS**

**Must Be 12 Years Old To Enter Fitness Center**

**SAT - SUN**

**7AM - 10PM**



*Titleist*

**PERFORMANCE**  
**I N S T I T U T E**

### TPI ASSESSMENT & GOLF FITNESS ASSESSMENT & PROGRAM - \$200

- ◆ MEDICAL QUESTIONNAIRE
- ◆ TPI MOVEMENT SCREEN
- ◆ STRENGTH & POWER TEST
- ◆ DISCUSSION OF FINDINGS
- ◆ TPI ONLINE ACCOUNT
- ◆ PERSONALIZED WORKOUT PROGRAM
- ◆ PRE-ROUND WARM UP
- ◆ GOLF CARDIO PLAN

**PACKAGES:**

TPI ASSESSMENT, CUSTOMIZED PROGRAM & # SESSIONS

**PAR 8**

**BIRDIE 12**

**EAGLE 18**





## HOW TO DETERMINE MACRONUTRIENT NEEDS BASED ON GOALS



The term “macronutrients” (or macros, as some call them) and macronutrient profiling (the customization of ratios to fit an individual’s health or fitness goals or needs) are hot topics in the health and fitness industry these days. But what exactly do these terms mean for you and your clients? As it turns out, one’s choice of macronutrients can have a significant effect of the achievement of specific goals (endurance, strength, fat loss, weight gain, etc.).

“Macro” is a Greek word that means “large,” which, in the context of nutrition, relates to the size of the nutrient and its importance in energy balance. In basic terms, this balance can be defined as “energy in” (calories taken into the body through food and drink) versus “energy out” (calories being used in the body for daily energy requirements). Energy (or calories) is the core of nutrition and health, and the foundation for this energy comes from the three macronutrients: carbohydrates, proteins and fats.

A macro-based diet looks at the percentage combination or ratios of carbs, proteins and fats in a person’s diet rather than total calorie counts alone. These traditionally have been set as percentages for total calories, falling somewhere within the following USDA guidelines: Carbohydrates: 45-65% Protein: 10-35% Fat: 20-35%

These guidelines provide a very broad range for each of the macros, however, so how do you determine which ratio or range is right for an individual’s particular needs and goals? Recent research and position stands have helped narrow these ranges quite a bit. Below is a review of some basic recommendations for macros, along with some strategies to help educate clients on their individual nutritional needs.

### CARBOHYDRATE

Provides fuel during high-intensity exercise and for the brain. Spares protein (to preserve muscle mass during exercise).

1 gram of carbohydrate = 4 calories

- Active Individuals (General Fitness Program): 45-55% total carbohydrates [3 to 5 grams per kg of body weight (g/kg) per day]
- Medium to High-intensity Training (1 to 2 hours per day, 4 to 6 days/week): 55-65% total carbohydrates (5 to 8 g/kg per day)
  - 1 to 1.5 g/kg post-workout (3:1 ratio of carbohydrate to protein)
- Weight Loss or Decrease Body Fat: 45-50% total carbohydrates (3 to 4 g/kg per day); choose lower-glycemic carbohydrate sources, particularly later in the day
  - 5 g/kg post-workout; choose lower-glycemic carbohydrates or low-fat carbohydrate/protein sources such as fruit or cottage cheese

### PROTEIN

Used for building, repairing and maintaining body tissues. Involved in metabolic, transport and hormone systems.

Component of enzymes that regulate metabolism

1 gram of protein = 4 calories

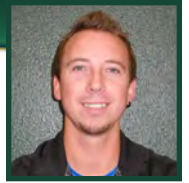
- Active Individuals (General Fitness Program): 10-15% total protein (0.8 to 1.0 g/kg per day)
- Medium to High-intensity Training (1 to 2 hours per day, 4 to 6 days/week): 20-30% total protein (1.5 to 2 g/kg per day); this is equivalent to 5 to 10 servings of quality protein sources per day
  - 2 to 0.3 g/kg post-workout (3:1 ratio of carbohydrate to protein) (Kreider et al., 2010)
- Weight Loss or Decrease Body fat: 25-30% total protein (1.5 to 2 g/kg per day); a protein intake of approximately 25 to 30 percent of calories has been shown to boost metabolism by up to 80 to 100 calories per day, compared to lower-protein diets (Westerterp-Plantenga, 2008)

### FAT

Energy reserve. Protects vital organs. Insulation. Transport of fat-soluble vitamins.

1 gram of fat = 9 calories

- Active Individuals (General Fitness Program): 25-35% total fat (0.5 to 1.0 g/kg per day)
- Medium to High-intensity Training (1 to 2 hours per day, 4 to 6 days/week): Approximately 30% total fat (0.5 to 1 g/kg per day)
  - Choose minimal to low-fat pre- and post-workout nutrition to allow for better digestion and absorption of carbohydrates and proteins (Kreider et al., 2010)
- Weight Loss or Decrease Body fat: 20-25% total fat (0.3 to 0.5 g/kg per day)
  - Choose higher sources of unsaturated and essential fatty acids (such as fish oils, nuts/seeds, vegetable oils, etc.) to support immune system and metabolism (Kreider et al., 2010)



## SHADOW VALLEY JUNIOR ACADEMY NEWS

The Shadow Valley Junior Academy is designed for players interested in reaching an advanced level of tennis including preparation for State/Sectional junior tournaments and later in preparation for high school/college teams.



There are different levels in the Academy starting from 8 & Under through high school/college prep level.

## JUNIOR ALL SPORTS NIGHT

We have had a great start to the year and our monthly Junior All Sports Night will be Friday, April 12<sup>th</sup> 6–8:30PM. The cost is \$20 for members and \$25 for guests of members. We will play an array of games from tennis to dodge ball and have dinner and drinks for the kids. Look for signups on the Fitness wall or contact us at the Tennis Shop and we will sign your kids up for you.

## TENNIS COURT RESURFACING

If you haven't seen our newly resurfaced outdoor courts, come take look! They look awesome and we have some improvements with 60ft 10 & under lines painted a softer blended green, so it does not affect adult play. These lines are on court 4 and 5 and gives our 10 & under juniors the ability to hit the courts with their friends and play on a court that they'd play on during tournaments. Also, we added something new...we are Shadow Valley of course! So, we added gold SVCC logos to the surface and it's a head turner.

During the resurfacing we have also leveled some parts of the courts that had sunk and created low spots, patched holes, fixed all the cracks and made the courts play just slightly faster to stop the really high bounces and overall made them more playable.

## JUNIOR ACADEMY & BEGINNER CLASSES

We are currently in the first week of our 9-week classes. If you missed the signup and would like to get your child/children into our Jr. Academy or if you would like to join our Adult classes, please do not hesitate to contact us. We will prorate the cost of the class you're interested in for the remainder of the session.

If you have any questions, please contact Jonathan Zielke our Junior Director of Tennis and he will get you or your children slotted into the program.

## CARDIO TENNIS

Cardio Tennis is a great way for players to enjoy the game. In about an hour, you can get an AMAZING workout, socialize, and enjoy tennis..... All at once! Our Shadow Valley Cardio Classes are run by Jonathan Zielke on Tuesdays at 7PM, Wednesdays at 10AM and Saturdays at 10:30AM. So come out and burn some calories in a fun and energetic setting.

## UPCOMING EVENTS/ TOURNAMENTS

Date	Event
4/5-7	Midseason Tournament 2, Little Rock
4/12	Jr All Sports Night
4/12-14	Midseason Tournament 3, Little Rock
4/14	Ladies Doubles and Bubbles
5/10-12	Mercedes-Benz of NWA Open (Adult)
5/20	Jr. Academy & Adult Beginner Classes End
5/31-6/2	NTRP State Championship 1, Little Rock.

Note: Subject to change without notice.

## APRIL SPECIALS

It's all about our wonderful Junior tennis players in the month of April. Any of our in-stock junior racquets will be 15% off. Come check out our selection of 21", 23", 25" and 26" racquets from Wilson, models include the Federer, Burn, Burn Pink and Blade. So, stop by the Tennis Shop today and get the kiddos prepared for upcoming Junior Academy classes, tournaments and summer camps.

## LADIES DOUBLES & BUBBLES BRUNCH

We had to reschedule our March Ladies Tennis Brunch and moved it to Sunday, April 14<sup>th</sup>. We will start off with rounds of Mimosas during our AM tennis, ladies will play for a couple hours mixing up partners for a fun, social setting. Then we will move up to the restaurant and enjoy a Chef selected Brunch menu with continued service of Mimosas. Tennis will be played from 10AM – 12PM and the cost will be \$35 per person and will only be available to Tennis and Golf members with a 24-player max if we can only use the indoor courts due to weather, if not then it's 56 ladies! The courts have been resurfaced and revamped so hopefully we get to use them for this fun event. Deadline for \$35 early sign up will be Wednesday, April 10<sup>th</sup> by 6PM. If we have space and anyone signs up after this date, then the cost will go up to \$50.

## 6.5 COMBO SECTIONAL



What a great experience our ladies had in Mobile, AL at the Mobile Tennis Center for the 2019 Southern Combo Championship. This is the biggest Sectional tournament in the U.S. with all levels from 5.0 – 9.5, 18+ and 40+, Men and Women's teams playing matches from Friday to Monday and utilizing all 60 courts at the facility non-stop! Overall our ladies went 2-2, beating Georgia and South Carolina handedly and lost 2 really tight matches against Alabama and Mississippi (eventual champs).

We are super proud of our ladies and I can honestly say that we were one of the top teams. Nerves played a tiny part as most of our ladies had never played at the sectional level before.

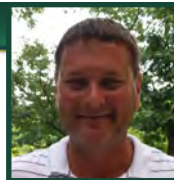




# TENNIS PICS OF THE MONTH







## THE GREEN SIDE OF THE VALLEY WITH JASON

Spring seems to have arrived and I am looking forward to switching gears and getting this season going. The project on #18 green is starting to come together and some consistent warm temperatures will make a big difference in the push to get it all tied together. The bentgrass is moving along slowly as the night time temperatures are still not quite warm enough, but the greens cover has helped to keep frost off and thus we got a little head start on getting the seed to germinate. The weather has played a little havoc on us being able to finish a lot of the sod and dirt work. If we can get about two weeks of dry work days, I believe we can finish the majority this project.

The month of March wasn't the greatest month in terms of weather for the greens recovery. However, we did put plugs in as many areas as we could using sod from our nursery and then from the bottom of our chipping green. As the temperatures start to rise in April, we are going to be very aggressive with our cultural practices in order to get the turf ready for the summer. This will include aggressive verti-cutting, Drill & Fill aerification and core aerification at the end of the month. The Drill & Fill will remove a lot of organic material and replace it with clean sand which will allow water and air to move down through the soil profile easier which should produce a better root zone going into the summer months. The Drill & Fill is a slow process that will take two days for the company to finish the aerification and we will need another two days to work on the greens to get them in shape to be played on. The full recovery time will be about 10-12 days after the application.

As for other projects for the month of April, we will continue to do sod work on the areas between holes #13 and hole #15. We still have a lot of work to do in these areas and it looks like we are going to have to add some additional drainage to #14 fairway. As soon as the grass starts to green up and grow a little, we will be able to move the ropes and allow cart traffic on the new fairway. We will also be moving the irrigation main line from #14 to #15. There is one good thing about having to move the main line on these holes. This project allows us to increase the size of the pipe which should get us a little more volume and produce better pressure in that back corner. If time permits, we will be filling parts of bunkers on #13. Some of the bunkers do not really come into play and other parts are nearly impossible to maintain properly.

We will also try to finish putting our goose wire around #2 green. We have also installed a laser in Shadow Valley Lake (#3 & #4) in the hopes that this will deter the geese from staying here. The laser is supposed to disrupt their sleep and cause such nuisance to the geese that they go other places. If this doesn't work, we will explore other products in order to keep these geese from tearing up the greens and making a mess on the golf course.

We have purchased six more John Deere Gators over the past few weeks. These utility vehicles are used daily and are the backbone of our operation.

We will be putting out our flowers and landscape materials now that the frosts should be gone for the year. This year we have added some new plants and flowers and nearly doubled the plant material this year. The whole property will get a refresher of mulch in the month of April.

Please feel free to stop me or contact me with any questions and remember to fix your ballmarks and replace your divots.



Handwatering #18 Green



Zoysia Sod on #18 Collar



Sodding the Hill



Sodding Old Cart Path on #13



First Vert-Cutting of the Season



New JD Gator Work Cart



New Sand Container



New Mulch in Playground





## VANDALISM

Help us protect the course. If you see someone acting suspiciously or witness anyone on the course not playing golf, please notify the Golf Shop or the Gatehouse to report such incidents.

We utilize multiple wireless cameras on the Golf Course. Property damage detected by these cameras will be used to prosecute the responsible individual(s) to the fullest extent of the law.

## GOLF COURSE & PATHS

No one is allowed on the Golf Course (including cart paths) unless they have checked in with Golf Shop personnel. If the Golf Shop is closed, so is the Golf Course.

Any unauthorized activity on the Golf Course is not allowed and risks suspension of membership privileges.

Remember, Parents / Legal Guardians are responsible for Minor Children.

## PERSONAL CARTS & VEHICLES

Personal Carts and Vehicles will NOT be allowed behind the Clubhouse or on any cart paths. Personal vehicles may only be driven on the **ASPHALT** portions of the Clubhouse parking lot and are to be parked in the designated cart parking spaces.

Please monitor the drivers as many of you have expressed concerns about the "reckless" driving.

## COMMUNITY CART MAINTENANCE & REMINDERS

**MAINTENANCE** - It's very important that your leased cart is well maintained. Therefore, if you are leasing a cart we **REQUIRE** that you bring your cart in for monthly service. We will check the battery water level, check the tire air pressure and clean the cart. Your cart should be ready for pick up within 24 hours.

### **DON'T BREAK YOUR LEASE AND LOSE YOUR CART!!!**

You are in violation of your lease if you are:

- Strapping kids in the bagwell.
- Allowing anyone not in your household to drive the cart.
- Stopping at a house during a round to get food or beverages.
- Letting kids without a driver's license (not a permit) drive the cart.
- Driving anywhere on the course without first checking in at the Golf Shop **PRIOR** to playing (and yes that includes at night).

If you have any questions about Community Carts, please contact the Golf Shop.



## SVLGA & SVMGA

For information on joining the SVLGA or the SVMGA, please contact the Golf Shop or any member of the Board.

FB: Shadow Valley Ladies Golf Association  
FB: Shadow Valley Men's Golf Association

## GUEST PLAY: POLICIES / PROCEDURES / PACKAGES

Guest Fees  
Weekdays (M-TH): \$65  
Weekends (F-SU) & Holidays: \$80  
Junior & Family: \$50

Our goal is to serve our members and their guests in a professional, friendly manner.

### GUEST POLICIES & PROCEDURES

- Members are responsible for their guests.
- All Guests **MUST** check in at the Golf Shop **PRIOR** to any play (including warm-up) and must be accompanied by the member.
- Tennis and Social members plus Benton and Washington county residents may only play **4 times per calendar year** and must be accompanied by a Golf member.
- Inform your guest of the dress code.
- Always call ahead for a tee time.
- Inform the staff **BEFORE** your guest arrives with any special instructions on how you'd like to handle any payments.
- Members who have guest(s) that "sneak on" will be charged for a full round of golf and are subject to suspension of privileges.

### GUEST FEE GIFT PACKS

8 Pack \$481\* (\$60 per guest)  
12 Pack \$683\* (\$57 per guest)  
16 Pack \$832\* (\$52 per guest)

\* = Non-Refundable

## GOLF CARTS!!!



All the Community Carts are currently leased out. Contact the Golf Shop to get on the **WAITING LIST** ASAP to get on it!!!

## GOLF LESSONS

Struggling with your game? Looking to try to lower your handicap? ...Short game problems, long game problems, putting problems? Book a lesson and let's fix it!! Start having fun while you are playing! (Struggling with your game isn't much fun.) Inquire in the Golf Shop!!

## HOLE-IN-ONE CLUB!!!



Sign up for the Hole-in-One (HIO) Club before you tee up your next round! Any time a member of the HIO Club records an ace, we will bill each member of the HIO Club \$10.00 (half will be applied to the Overlook and half to the Golf Shop's credit book).

## APRIL HOURS (7 DAYS A WEEK)

SHOP: 8:00AM - DUSK

COURSE: 8:00AM - DUSK

PRACTICE FACILITIES: 8:00AM - DUSK

Please call ahead for current conditions.



## KYLE'S GOLF CHAT

Spring is officially here and with it our golf season will soon be in full swing! We have a full slate of events throughout April. The Match Play Championship begins April 1<sup>st</sup>, the MGA Presidents Cup is April 6<sup>th</sup> and the Spring Kickoff will be April 13<sup>th</sup>. The MGA begins their Monday night play April 8<sup>th</sup> and the LGA will kick off April 30<sup>th</sup>. We also have several fitting days scheduled (details in section).

Also, we will be doing a Drill & Fill aerification of the greens April 22<sup>nd</sup>. The course will be closed the 22<sup>nd</sup> – 25<sup>th</sup> to accommodate the Drill & Fill. The Drill & Fill is different from our normal greens aerification because it allows us to drill 1 inch holes 10-12 inches deep about 7 inches apart. This is a very aggressive practice which will help remove some bad organic material from the greens providing a better putting surface throughout the season. Our Junior and Ladies Academies start in April (details in section).

## JUNIOR & LADIES GOLF ACADEMIES

April begins our season long golf academies. We have moved to an online portal to schedule and register for clinics and event. Please go to [shadowvalley.letsplay.golf](http://shadowvalley.letsplay.golf) to view the schedules and register.

## LIVE SCORING @ SVCC



Download the USGA Tournament Management App from the Apple or Android store and you will be able to input a code the day of the event to keep up with live scoring!

## 2019 MEMBER-GUEST

Our 2019 Member-Guest will be held June 20–22<sup>nd</sup>. The 2019 field is set!

## GOLF ETIQUETTE

If you hit your ball into someone's property and any damage occurs, it is YOUR RESPONSIBILITY! Contact the homeowner or get their address and let the Golf Shop know. Members, you are responsible for your guests.

## MATCH PLAY CHAMPIONSHIP

Matches begin April 1<sup>st</sup> and it is the responsibility of the participants to schedule their matches within the allotted time. We extended the windows in which to play to better accommodate the matches throughout the season. Since you have more time to play, we will strictly enforce the deadlines to play this year. If a match hasn't been played, the Golf Shop will set a time for the match on the last day to play. If only one person is able to make it, they will be declared the winner of the match by forfeit. If neither side shows, we will flip a coin to determine the winner.

## MEMBER-MEMBER MATCH PLAY

The Member-Member 4-Ball Match Play signup sheet is available in the Golf Shop. We will seed teams based on combined handicap index. Matches will run all season long. The cost is \$40 per person and matches may begin April 28<sup>th</sup>.

## 2019 RULES CHANGES

Effective January 1, the Club will be adopting the new changes to the rules of golf. We would be more than happy to discuss any of the new changes and how they should be administered during your round.

## LADIES GOLF ASSOCIATION



The SVLGA held their kickoff and registration party on March 26<sup>th</sup> and there were a lot of new faces and excitement to get the new LGA season underway. Thanks to Cimarron Grubb from Cutter & Buck and Bill Sulley from Levelwear and Jack Grace for doing trunk shows for the ladies.

The ladies will begin their season play April 30<sup>th</sup> at 6:00PM. Signup will be in the Golf Shop.

Many thanks to our wonderful sponsors: Mark Phillips Construction, Blakeman's Fine Jewelry, Ben Biesenthal (Gusanos) and Todd & Christy Seidle (PostNet).



## SUPERVISED PRACTICE

One new instructional event this season will be supervised practice. Supervised practice is a great tool for anyone taking lessons from the staff or just want to know how to effectively practice. Golf professionals will be on hand to give tips and reinforcement to get the most out of your practice sessions. Sessions will be held twice a month and registration is available in the [shadowvalley.letsplay.golf](http://shadowvalley.letsplay.golf) portal. We are offering the first session for free for anyone that wants to give it a try.

## REMINDER: SVCC'S GOLF COURSE POLICY

**ALL GOLF COURSE FACILITIES ARE LIMITED TO THOSE WHO HAVE CHECKED IN AT THE GOLF SHOP!!! AND YES, THIS INCLUDES WALKING, JOGGING, PERSONAL CARTS, ETC. AT ANY TIME!!! VIOLATORS ARE SUBJECT TO SUSPENSION AND FINANCIAL RESPONSIBILITY FOR DAMAGES.**





## 2019 PGA JR. LEAGUE



We had a ton of registrations for our PGA Jr. League which will result in SVCC having two teams this year! We had to extend the registration until March 31<sup>st</sup> so if you've signed up your child, you will receive information in early April. We are looking forward to an awesome season!

## WINTER 2-PERSON RINGER RESULTS

### GROSS

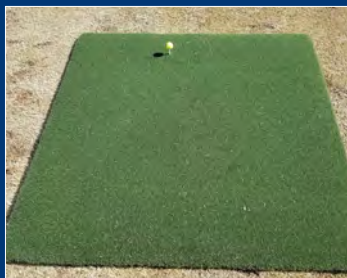
- 1<sup>st</sup> - John Baker & Eric White
- 2<sup>nd</sup> - Kyle Fullmer & Kenneth Delozier
- 3<sup>rd</sup> - Andy Tiner & Drew Stoner
- 4<sup>th</sup> - Ed Ozimek & Amir Mahjoory

### NET

- 1<sup>st</sup> - Drew Miller & Will Malatesta
- 2<sup>nd</sup> - Tim Huber & Dan Floyd
- 3<sup>rd</sup> - Net Marc Levin & Trevor Nikles
- 4<sup>th</sup> - Net Tony Katzer & Dave Pollard

## NEW DRIVING RANGE MATS

We just purchased 12 new 5' x 5' driving range mats that will allow you to tee it up directly in the mat.



## LET'S PLAY IS HERE

Letsplay.golf is an interactive portal that will allow us to schedule, organize, plan and schedule our golf instruction, clinics and more.

Our goal is to have the service up and running by late February and would appreciate your help in completing this brief survey at: <https://www.surveymonkey.com/r/R6MDNHM>.

## APRIL FITTING DAYS

### BRIDGESTONE BALL FITTING

Friday, April 5<sup>th</sup> 12-4:00PM



Bridgestone will be on hand with their Trackman launch monitor to fit for the proper golf ball. If you want to figure out which Bridgestone golf ball is right for you, stop by and check it out

### PXG FITTING DAY

Tuesday, April 16<sup>th</sup> 12-4:00PM



PXG will be here to fit for their new Gen 2 Drivers and metal woods. Iron and wedge fittings are also available. Times available by appointment only!

### CALLAWAY FITTING DAY

Saturday, April 20<sup>th</sup> 12-4:00PM



Callaway fitters will be at the club showcasing the 2019 Callaway line. Come try the Callaway Epic Flash driver for explosive distance! Times are by appointment only!

### TITLEIST FITTING DAY

Saturday, April 27<sup>th</sup> 12-4:00PM



Titleist will be here with the new TS line of woods. Times are by appointment only!

This fitting day is from 12-4PM and is by appointment. Contact Kyle to schedule an appointment.

## GOLF & LIFESTYLE SHOP @ SVCC

New merchandise is arriving all the time! The Shadow Valley Golf Shop is evolving to meet more than your golf needs. Stop by and check out the new arrivals!





## SHADOW VALLEY SWIM TEAM

*Shadow Valley Members have  
priority registration until April 15.*

The Shadow Valley Sharks would serve as a developmental swim team for the Shadow Valley community. Our goal is to teach swimmers competitive swimming skills in a low pressure environment. **Practice begins Monday, June 3.** Practices will be Mondays, Tuesdays, Wednesdays, and Thursdays.

### PRACTICE SCHEDULE

8:15-9:15 AM – 9 & Older Swimmers  
9:15-10:00 AM – 7-8 Swimmers  
10:00-10:30 AM – 6 & Under Swimmers

### SWIM MEETS

6/11 Pinnacle at SV  
6/27 SV @ Jones Center  
7/10 SV @ Har-Ber Meadows  
7/21 Walmart & FAC @ SV  
7/25 Championships @ Rogers

### COACH JOHN MOSELEY

John Moseley is in his second season as the Shadow Valley Sharks Head Coach. He is a USA Swimming Coach and has been coaching in Northwest Arkansas since 2008. He also serves as Northwest Arkansas Aquatic Head of Development. John has previously coached with Fayetteville Athletic Club and RAC AquaHawgs.

## LITTLE FINS SWIM SCHOOL

The Little Fins Swim School believes in small group instruction for all levels of swimmers. All levels of the Little Fins Swim School have a 3:1 swimmer to instructor ratio. Information on levels is available on the Northwest Arkansas Aquatics website.

**New sessions start every week.** All sessions will be Monday-Thursday for a weeks. Make up lessons will be offered for inclement weather. Make ups will be held on Friday during your regularly scheduled class time. Classes will be 25 minutes in length.



Registration available at:  
[NorthwestArkansasAquatics.org](http://NorthwestArkansasAquatics.org)

More Information contact  
Coach John Moseley  
(713) 515-6487  
nwaajohn@gmail.com