



MAY NEWSLETTER

Photograph by Anna Bowser Photography



Social Events

Ritas & Fajitas

Friday, May 2nd

Spice things up at Rita's & Fajitas with a menu full of bold flavors and sizzling favorites. Sip on specialty margaritas while you enjoy a lively evening with great food! The menu is attached at the end of the newsletter.

Swim Team Kickoff Meeting

Wednesday, May 7th | 6:30pm | Clubroom

The Hound Dogs will be holding a Kick-Off Meeting on May 7th at 6:30pm in the Clubroom. Join us to learn more and dive into all the opportunities our Swim Team has to offer! Questions? Contact the team at huntinghillswimteam@gmail.com.

Match & Mingle

Friday, May 9th

Social sets/tiebreak mini-tournament from 6:00pm-7:30pm followed by dinner at The Clubhouse. Sign up solo, with a partner, or with an opponent. For more information, reach out to our Director of Racket Sports, Shepherd Newcomb, at shepherdnewcomb35@gmail.com

Ladies Two-Person Golf Tournament

Saturday, May 10th | 9:00am shotgun | \$25/person

Join us for a nine-hole tournament with a 9:00am shotgun with a partner of your choice! Lunch will be in the Clubroom after. If you would like to sign up, please reach out to Jordan Ryan at jryan@huntinghillsc.com.

Mother's Day Brunch

Sunday, May 11th | 10:00am-2:00pm | \$44.95++ for adults, \$19.95++ for 12 & under

Celebrate the amazing moms in your life with our special Mother's Day Brunch on May 11th! Reservations are **required**, and the deadline for reservations is Thursday, May 8th at 5:00pm. The menu is attached at the end of the newsletter.

Men's Member-Guest Golf Tournament

May 15th-May 17th | \$650/team

Grab a guest and team up for a fun and competitive weekend on the course! Members and their guests will compete in teams of two. For more information or to sign up, reach out to Jordan Ryan at jryan@huntinghillsc.com.

Birthday Day!

Wednesday, May 21st

Calling all May birthdays! Celebrate with us for lunch or dinner with a complimentary meal. Only available for dine-in.

Putt & Pour / Nine & Dine

Friday, May 23rd | 4:15pm at putting green & 5:30pm shotgun

Kick off your Nine & Dine with Putt & Pour, a golf clinic designed to sharpen your skills while having fun! To sign up, please reach out to Brett at bpennington@huntinghillsc.com. Afterwards, join us at 5:30pm for nine holes on the course followed by dinner at The Clubhouse.

Art Ybanez Tennis Doubles Tournament

May 23rd-May 25th | \$80/team

Men's and Women's doubles tournament featuring draws for all levels. This tournament will be sponsored by Ivy Rehab Physical Therapy, and the flyer is at the end of the newsletter. To register, reach out to Shepherd Newcomb at shepherdnewcomb35@gmail.com

Memorial Day Golf Tournament

Monday, May 26th

Join us for our annual Memorial Day Golf Tournament on Monday, May 26th! For more information or to sign up, please reach out to Jordan Ryan at jryan@huntinghillsc.com.



MAY NEWSLETTER



Coming up in Golf

Ladies Two-Person Tournament

Saturday, May 10th

Member-Guest Tournament

May 15th-May 17th

Memorial Day Tournament

Monday, May 26th

Putt & Pour / Nine & Dine

Friday, June 20th

Red, White & Blue Tournament

Friday, July 4th

Member-Guest Sponsorships

We're excited to announce that our Member-Guest Golf Tournament is right around the corner this May! As one of the largest golf events of the season, this tournament is a fantastic opportunity to showcase your business while supporting one of The Club's most anticipated traditions.

We are currently seeking sponsors, and we'd love to feature your business! Each sponsor will receive their company name and advertisement displayed on cart signs, the tournament booklet, and the scoreboard, in addition to the benefits listed below:

Banquet Sponsor – \$500

- Name & advertisement displayed at The Club entrance & on dinner tables during the Couples' Dinner

Hole Sponsors:

- Par 3 – \$200 (5 total): Tee box signage on all Par 3s
- Par 4 – \$400 (10 total): Tee box signage on all Par 4s
- Par 5 – \$150 (3 total): Tee box signage on all Par 5s

Driving Range Sponsor – \$300

- Name & advertisement displayed on the driving range for the entire weekend

Putting Green Sponsor – \$300

- Name & advertisement displayed on the putting green for the entire weekend

If you're interested in sponsoring or have any questions, please reach out to Jordan Ryan at jryan@huntinghillsgcc.com.



It's Pool Season!

We're excited to announce the opening of our newly renovated pool, just in time for summer! With fresh updates and a refreshed look, the pool is set to open on May 10th (weather permitting). We can't wait to welcome you back for a season of sun, fun, and relaxation—see you poolside!



Hound Dog Swim Team

The Hound Dogs will be holding a Kick-Off Meeting at The Club Wednesday, May 7th at 6:30pm in the Clubroom. Join us to learn more and dive into all the opportunities our Swim Team has to offer!

For more information visit the swim team website:

<https://www.gomotionapp.com/team/hhccst/page/home>

Questions? Contact the team at huntinghillsswimteam@gmail.com.

Referring Your Friends to HHCC is Easy!

Help us continue to grow our membership this year and earn Club credit. As a thank you for helping us grow our membership you will receive a one-time credit on your bill up to \$235 for each membership referral.

Refer Your Friend

They Fill Out the Referral Card in the Application

We Will Credit Your Account!



MAY NEWSLETTER

From the General Manager's Desk

Dear Members,

It's hard to believe we're already diving into May, and speaking of diving, I know everyone is just as excited as we are about the start of the pool season. The final step of the renovation, the plaster liner, is scheduled for installation the first week of May. As soon as it's in, we'll start filling the pool up with water. Several moving parts have to fall into place for us to open safely, and our target date is Saturday, May 10th, for a fully operational pool.

Our pool and Snack Shack teams are trained, ready, and eager to welcome everyone back. As with any renovation, the biggest wildcard is Mother Nature. The liner installation requires a warm, sunny day, so any rain may cause a bit of a delay. Our Health Department inspection is scheduled for May 8th, and we're hoping to announce an official opening shortly after that. Please keep an eye out for our annual pool informational email—it'll have everything you need to know for a safe and fun season.

Over on the golf course, a huge thank you goes to Mike and his crew for keeping things in top shape this spring. They are in the process of filling the last few bunkers with fresh sand, and then we'll turn our focus to cart path repairs, starting with the worst areas first. With a small crew and plenty of mowing to keep up with, it's a labor-intensive job, but we're aiming to have most of the major work wrapped up by mid-May. Tree cleanup will also continue as time allows.

I'm also thrilled to officially welcome Bradley Brown, our new Assistant General Manager. Bradley has a strong hospitality background, and his main focus here at The Club will be on our F&B operations. Bradley has already made a noticeable impact on service quality and speed in the restaurant, two areas that members identified as top priorities in our most recent surveys. We're committed to continuing that momentum. Please give him a warm welcome when you see him around The Club!

Thank you to everyone who joined us for Easter Brunch in April—it was a great day filled with good food, good company, and lots of smiles. Special thanks to our Kids' Club team and to Stephen, our Director of Family Services, for hosting two fun and successful Egg Hunts for our families to enjoy. Events like these are what make our Club community feel so special.

With the retirement of John Barker in March, we've moved Shepherd Newcomb into the role of Interim Director of Racket Sports. We're also actively searching for the right fit for an Assistant Racket Sports Professional and currently speaking with a promising candidate for the summer season. Stay tuned for updates!

As we move into our busiest months, be sure to check out the upcoming events for May and June. There's so much to look forward to, and we hope to see you around The Club soon.

Sarah Blanchard

General Manager, Hunting Hills Country Club



Coming up at HHCC...

Summer Camp Starts!
Monday, June 2nd

Father's Day Pool Party
Sunday, June 15th

HHCC Vendor & Craft Fair
Saturday, June 28th

Family Brunch Buffet
Sunday, June 29th



Member Rate: \$250
Guest Rate: \$275

Session 1: June 2nd-6th (Nature)
Session 2: June 9th-13th (Sports Camp #1)*
Session 3: June 16th-20th (Culinary Camp #1)*
Session 4: June 23rd-27th (Sports Camp #2)
Session 5: July 7th-11th (Halloween)
Session 6: July 14th-18th (Sports Camp #3)*
Session 7: July 21st-25th (Art/STEM)
Session 8: July 28th-August 1st (Sports Camp #4)*
Session 9: August 4th-8th (Disney Adventure)

*Sessions 2, 3, 6 & 8 currently have waitlists



MAY NEWSLETTER



Racket Sports News

The Zone

Is it a made up phrase to describe good tennis, or is it a physiological response to the activity and mindfulness of sport?

When you're truly present on the court, you're in what tennis players call "the zone."

But every tennis player knows what it's like when you're physically there on the tennis court, but your actual tennis game is nowhere to be found. You just can't find the rhythm on your serve. You feel tense and anxious, or you're distracted by your inner dialogue, emotions, or the stressors of life waiting outside the tennis court.

Why does this distraction happen, even though you fully intended to show up and play your game? How do you enter the zone?

For most, myself included, it's often easier said than done. Being physically present and mentally present are not the same. Same with being physically and mentally prepared. Finding the zone is a constant challenge in tennis. I believe that experiencing "the zone," or even the quest to find it, is a large part of what appeals to us about the game— and why some of us just can't get enough of it.

Awareness of present moment

- Both of yourself and what is happening in the match narrative
- Not worried about the last point (past), the outcome of the match (future), who is watching or what others are thinking about your performance

Breathing

- Natural deep breaths in between points
- Exhale when hitting the ball
- Deep breath to release doubts and distractions before start of point

Posture

- Let oxygen and energy move freely throughout your body by carrying yourself with posture
- Walk tall, chest out, shoulders relaxed
 - creates and communicates confidence and balance

Eye Control

- Focus on the task at hand happening on your side of the court
- Looking outside the court is looking for distractions (who is watching, who is playing on the court next to me)

Meditate on the tennis ball during the point

- Strike the ball when it comes, and let every other thought and worry float past you

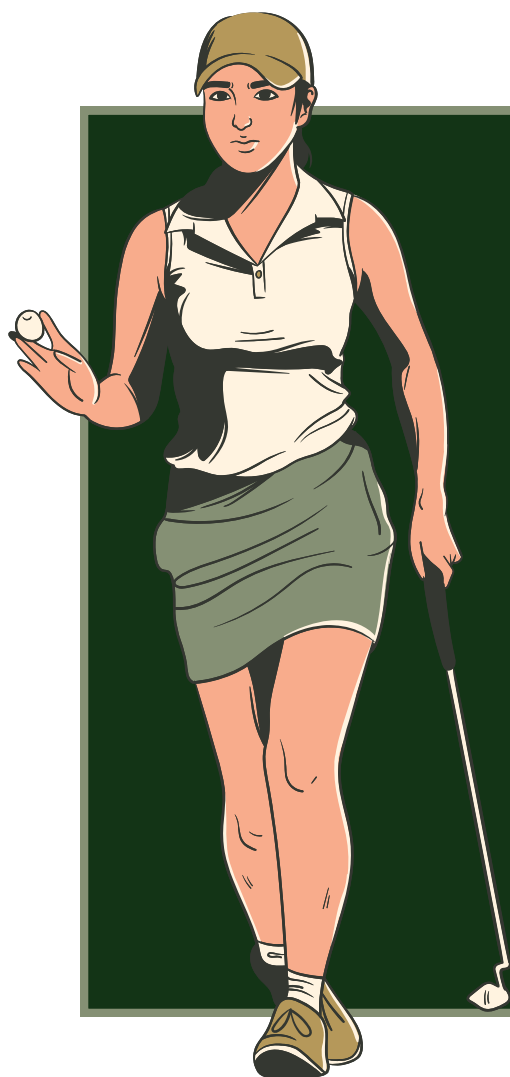
Positive self talk between points

- You got this
- Reinforce tactics/strategy
- Encourage yourself, your partner, even your opponent

Shepherd Newcomb

HUNTING HILLS COUNTRY CLUB

LADIES TWO-PERSON *Tournament*



9:00AM SHOTGUN
\$25/PERSON
NINE HOLES
FOLLOWED BY LUNCH
IN THE CLUBROOM



**MAY 10TH,
2025**

TO SIGN UP, CONTACT:

Jordan Ryan
jryan@huntinghillsccl.com

HUNTING HILLS COUNTRY CLUB

MEMBER-GUEST

Tournament



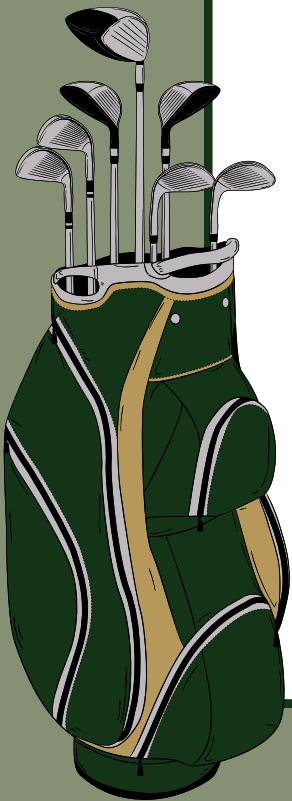
MAY 15TH-17TH
\$650/TEAM

MAY 15TH – PRACTICE ROUND
MAKE YOUR OWN TEE TIME

MAY 16TH – ROUND 1 (8:30AM) ROUND 2 (11:15AM)
ROUND 3 (3:00PM)

MAY 17TH – ROUND 4 (8:30AM) ROUND 5 (11:15AM)

LUNCH ON THE COURSE, COUPLES' DINNER,
STAG NIGHT, CHALLENGES, AWARDS & MORE!



GRAB A GUEST & TEAM UP FOR A FUN & COMPETITIVE WEEKEND ON THE COURSE! MEMBERS & THEIR GUESTS WILL COMPETE IN TEAMS OF TWO.

To sign up, contact:
JORDAN RYAN
jryan@huntinghillsc.com



3RD ANNUAL MEMORIAL DOUBLES TOURNAMENT

ART YBANEZ

**WOMENS/MENS/
MIXED DOUBLES
MAY 23RD-25TH**

**A FUN WEEKEND COMPLETE
WITH SPRING TIME VIBES,
SNACKS, DRINKS, AWARDS,
GIVEAWAYS, GOOD TENNIS
& GREAT COMPANY!**

**COMPLIMENTARY SERVICES
SUCH AS SOFT TISSUE WORK,
TAPING, STRETCHING &
EDUCATION FROM
IVY REHAB PHYSICAL THERAPY**

**\$80/TEAM
REGISTER DEADLINE MAY 21ST**

**TO REGISTER, CONTACT SHEPHERD AT
SHEPHERDNEWCOMB35@GMAIL.COM**

The 3rd Annual
Art Ybanez Doubles
Tournament is in
honor of Art Ybanez's
legacy & impact on
the Roanoke Tennis
Community

SPONSORED BY



R I T A S & F A J I T A S

APPETIZERS

QUESO FUNDITO	\$10
melted cheese with chorizo, roasted corn & diced tomatoes, served with tortillas	
GUACAMOLE	\$15
fresh-made guacamole served with grilled pita bread	
SOPE DE TORTILLA	\$6
traditional Mexican soup served with crispy tortillas & Cotija cheese	

FAJITAS

all served with Spanish rice, shredded lettuce, sour cream & Pico de Gallo

CHICKEN	\$15
chicken breast with bell peppers & onion, served on flour tortillas	
BEEF	\$20
beef with bell peppers & onions, served on flour tortillas	
SHRIMP	\$25
grilled shrimp with bell peppers & onions, served on flour tortillas	

SIDES

YUCCA FRIES	\$5
FRIED SWEET PLANTAINS	\$5
CILANTRO & LIME RICE	\$4

DESSERT

FRIED BANANA CHEESECAKE (BANANA XANGO)	\$10
DULCE DE LECHE CAKE	\$10



Mother's Day Brunch

Adults \$44.95++ | 12 & Under \$19.95++

Fruit & Cheese Display

DOMESTIC & IMPORTED CHEESES WITH FRESH
FRUITS & BERRIES

Display of Breads & Pastries

Seafood Display

CHILLED SHRIMP, FRIED SHRIMP & SMOKED SALMON SALAD

Salad Display

PASTA SALAD, CAESAR SALAD, SPINACH SALAD
& SPRING GREENS WITH A VARIETY OF TOPPINGS

Chef Attended Station

OMELET STATION

Belgium Waffle Station

WITH WHIPPED CREAM, FRUIT JAMS & WARM
MAPLE SYRUP

Carved Station

MAPLE GLAZED HAM

Buffet Line

SMOKED BACON & SAUSAGE
CHICKEN WITH FRESH HERBS & SPICES
HERB-ROASTED STRIP STEAK
ROASTED RED POTATOES
MIXED SPRING VEGETABLES
BISCUITS & SAUSAGE GRAVY

Kid's Buffet

FRENCH FRIES, CHICKEN NUGGETS &
MACARONI & CHEESE

Chef's Dessert Table