# TREVISO BAY

MARCH 2018 | E-NEWSLETTER FOR MEMBERS OF TREVISO BAY COUNTRY CLUB



# **ANNOUNCEMENTS**

# **NEW RESTAURANT HOURS**

# Clubhouse Grille:

Happy hour daily 3 PM - 6 PM

# Lunch:

Mon. - Sun. 11 AM - 6PM

## A la Carte Dinner:

\*\*Upgraded dinner menu to include lighter fare and hearty entrees seven days a week!

Sun. - Tues. 6 PM - 8 PM

Wed. - Sat. 6 PM - 9 PM

Sun. - Thurs.: Dining in the Grille Room Fri.: Dining in the Grand Dining Room

#### Bar

Sun. - Tues. 11 AM - 9 PM Wed. - Sat. 11 AM - 10 PM

## **CLUBHOUSE CLOSURES**

3/10 & 3/23 CLOSES AT 2PM (La Piscina OPEN)

### La Piscina Bar and Grille:

Sun. - Tues. 11 AM - 8PM Wed. - Sat. 11 AM - 9PM Happy hour daily 3 PM - 6 PM

## **MISCELLANEOUS**

Snack Shop Hours: 8am - 4pm

Beverage Cart's Hours:
10am - Volume
(To accommodate volume on golf course)

# JUST A LITTLE REMINDER...

## TREVISO BAY STAFF LIST

### Main Clubhouse Office Staff:

## **General Manager**

Joseph Iafe, CCM, CAM Office: 239-302-5738 ext. 119

Cell: 941-786-7212 Jlafe@theiconteam.com

# Community Association

# Manager:

Gabby Vail, LCAM

Office: 239-302-5738 ext. 117 ggeraci@theiconteam.com

### Food & Beverage Director

Adriana Wright

Office: 239-302-5738 ext. 129 awright@theiconteam.com

## **Executive Chef**

Alan Peters

Office: 239-302-5738 ext. 125 apeters@theiconteam.com

## **Event Coordinator**

Adriana Wright

Office: 239-302-5738 ext. 129 awright@theiconteam.com

## **Administrative Assistant**

Larisa Asanache

Office: 239-302-5738 ext. 107 Lasanache@theiconteam.com

# **Administrative Assistant**

Josie Semenza

Office: 239-302-5738 ext. 135 jsemenza@theiconteam.com

## **Head Golf Professional**

Ben DeArmond, PGA Office: 239-331-2052

bdearmond@theiconteam.com

## Villa Rilassare Staff:

### **Director of Tennis**

Milos Simovic, PTR Certified

Professional

Office: 239-228-7027

msimovic@theiconteam.com

#### **Director of Fitness**

Kimberly Williams

Office: 239-228-7027

kwilliams@theiconteam.com

# La Piscina Bar & Grille

Manager

Samantha Roberts
Office: 239.228.7027
sroberts@theiconteam.com



# GOLF NOTES PGA HEAD GOLF PROFESSIONAL

Members,

Can you believe it's March already?! Congratulations to our Ladies Member Guest Champions; Judy O'Malley, Diana Russell, Cindi Sabourin, and Sherry MacLellan. They narrowly beat our Runner-Up team of Carla Woodhouse, Lori Cameron, Teresa Tugman, and Jean Dohring. The theme this year was "Mardi Gras". The event was a major success, and fun was had by all participants. It was a Ladies Member Guest we can look to repeat for years to come! February will conclude with our Member-Member tournament with a record 136 players. Results for this event will follow in the April Newsletter.

Looking ahead to March, it is championship month! Congratulations again to our 2017 Club Champions, Rob Myhill and Kathy Glennon. As a reminder, our Men's Club Championship will be match play format with a stroke play qualifier on March 3rd. The amount of flights and the size of flights will be determined by the amount signed up and the handicap variance of the field. First round matches will begin on Sunday, March 4th and extend into the following weekend for all those who advance. The Ladies Club Championship will be Saturday & Sunday, March 3rd and 4th. The format will be 36 hole medal play, awarding both gross and net, with the overall gross champion being our Ladies Club Champion. Please see the golf shop for more details.

The Men's Member Guest Invitational will change formats for 2018, moving to a team flighted, round robin event, concluding with a shootout to determine our Champions. Along with a format change, there are many new and exciting additions to this event. See the attached tournament page below for further information. Additional details and schedules will follow to those who are participating. If you have any questions on the specifics of the event, please contact the golf shop. We will conclude the month with the Couples Club Championship on March 31st. Details for this event are also included below. For all championship events and member guests, sign-up is available 30 days in advance on the Chelsea System.

As for other non-tournament events, the club will welcome back Scott Sikorski, PGA Master Club Fitter for the Aimpoint Express putting class as well as Edel wedge and putter fittings following the class on March 16th. We will also welcome back TrueSpec Custom Club Fitters on March 27th and 28th. Most importantly, we will be welcoming back Tom Zaris of the Florida State Golf Association for a wonderful Rules of Golf Seminar. This will be offered Monday, March 19th, at 4:00pm in the Grand Dining Room. It is free of charge to the membership, and we encourage all members who have questions with the Rules of Golf, Procedures, and Etiquette to attend. This is an important event for all of those who are involved or interested in club tournaments and league play.

All of our events continue to reach new levels of participation we have not reached in the past, and I can't thank you all enough for your support of the club! We look forward to the exciting championship events this coming month, and continuing our great 2018 season. If you have any questions or concerns, please do not hesitate to call the golf shop at (239) 331-2052. We are very excited for the rest of the season here at TPC Treviso Bay!

Kindest Regards,

Ben DeArmond, PGA Head Golf Professional







Members,

With the warmer weather, the grass is greener and growing, although at a much slower rate because of limited daylight. During the month of March, we will gain a minute and a half of daylight every day which equals an extra hour of sunlight by the end of March. We are trying our hardest to keep the grass growing and are constantly looking for ways to manipulate the turf. Your help would be very much appreciated by trying not to drive on the turf any more than you have to in order to get around the course. Discussion about 90 degree rule and other topics have come up; but I feel that, if we can vary our patterns, along with not driving more in the taller cut grass than needed, then we will be able to sustain definition in our rough. During the winter months, it is difficult to grow grass especially in rough because it is constrained due to being farther from the ground which buffers the temperature. During the summer and fall, we do not have trouble growing thick rough. Although the grass is still green and growing, paspalum prefers warmer temperatures.

After a fertilizer application in late February, our expectations are more growth on the tees, fairways and rough. Our plans are for a foliar fertilizer with a preventative fungicide at the beginning of the month. After a month full of events, a timely application will be applied to keep our mole crickets in check from doing drastic damage to the turf. Until the application, you might see some similar sites as the below picture on the course because we will be flushing these nuisance insects out of there tunnels to monitor their egg hatch. After a fertilizer application on the greens late in February, our plans are to maintain the fertility with weekly sprays until a scheduled fertilizer application in the beginning of April.

To follow is a brief update on our plans with the landscape after the hurricane. A group of members are working with us on a tree and shrub replant plan. Please keep in mind that planting might not start until late April or May when the course slows down. Also, you might have noticed more wildflowers are growing, and more varieties are being considered with spring around the corner.

Kind Regards,

Gregory Jack Golf Course Superintendent



# FEBRUARY TOURNAMENT WINNERS

\*REMAINING FEBRUARY EVENTS WILL BE INCLUDED IN FOLLOWING NEWSLETTER!\*

COUPLES 9 & DINE THURSDAY, JANUARY 25TH, 2018

Kevin & Monica McGrath Richard & Maria Rothman SUPER BOWL SCRAMBLE SUNDAY, FEBRUARY 4TH, 2018

Greg Rauch
Paul Shapiro
Paul Katigbak
Heather Connolly

MIXED 9 & DINE

Bob & Bev Garcia Doug Whitehead Sue Gonor LADIES MEMBER GUEST SATURDAY, FEBRUARY 10TH, 2018

Judy O'Malley

Diana Russell

Cindi Sabourin

Sherry MacLellan

# March Golf

# **Upcoming Events**

Thursday, March 1st

Saturday - Sunday, March 3rd-4th

Saturday - Sunday, March 10th-11th

Tuesday, March 13th

Wednesday, March 14th

Thursday, March 15th

Thursday - Saturday, March 22nd-24th

Saturday, March 31st

Mixed 9 & Dine (3PM Shotgun)

Club Championship (8AM Tee Times)

**Club Championship** (8AM Tee Times)

Ladies Breast Cancer Event (8:30AM Shotgun)

Men's Breast Cancer Event (8:30AM Shotgun)

Couples 9 & Dine (3PM Shotgun)

Men's Member Guest (Tee Times)

Couples Club Championship (8AM Tee Times)

\*All event times are subject to change depending on participation\*

# **Golf Schools**

Men's Women's

Tuesday, March 6th – **Putting** Wednesday, March 7th – **Putting** 

Tuesday, March 13th – Chipping/Pitching Wednesday, March 14th – Chipping/Pitching

Tuesday, March 20th – **Irons**Wednesday, March 21st – **Irons**Tuesday, March 27th – **Woods**Wednesday, March 28th – **Woods** 

All Clinic times are from 10:30AM – 12:00PM.

Golf School Cost: \$150/person | Clinic Size – 20 Maximum

\*Cash/Check required for payment\*

\*Golf Schools are subject to participation level\*

# 2018 Demo Day/Fitting Schedule

Date

Friday, March 16th Friday, March 16th Tuesday, March 27th Wednesday, March 28th **Event** 

Aimpoint Express
Edel Putter & Wedge Fittings
True Spec Custom Fittings
True Spec Custom Fittings

Time

10AM - 12PM

112PM - TBD

By Appointment

By Appointment

# MEN'S MEMBER GUEST

## **Date**

Thursday, March 22<sup>nd</sup> - Saturday, March 24<sup>th</sup>

## Time

Thursday – 8:30am Shotgun Practice Round Friday – 8:00am Tee Time Start Saturday – 8:30am Tee Time Start

#### **Format**

- 2 Person Teams 8 Flights of 6 teams each, formulated by total team handicap of team.
- Each team will play 5 nine-hole matches (3 on Friday, 2 on Saturday)
- Each match will be played 1 Best Ball of 2 (90% handicap), with one point per hole and one point for the match winner, totaling 10 total points per match.
- The highest point earning team from each flight plus the 2 remaining wild card teams (highest overall points outside of winners) will compete in the final shootout.
- Further details and schedules will be available in the golf shop prior to event registration opening.

# Entry Fee

- Members \$300 Package
  - Includes: Five 9-hole Golf/Cart Fees, Awards, Gifts, Friday Dinner & Cocktail Hour, Continental Breakfast both days, Lunch both days, and all tax and gratuities.
- Guests \$450 Package
  - Includes: Five 9-hole Guest/Cart Fees, Awards, Gifts, Friday Dinner & Cocktail Hour, Continental Breakfast both days, Lunch both days, and all tax and gratuities.
  - Each participant can bring 1 guest to Dinner at an additional \$35 each.

#### Restrictions

Resident Members Only

# Registration

Opens: Thursday, February 22<sup>nd</sup> Closes: Saturday, March 17<sup>th</sup>

- Only available on the Chelsea Reservation System
- Must sign-up with a guest/partner
- Guest can be a transfer member (they will pay just cart fee)

# COUPLES CLUB CHAMPIONSHIP

# Date

Saturday, March 31<sup>st</sup>

# Time

8:00am Tee Times

# **Format**

- Pinehurst Alternate Shot
- 40% of Team Combined Handicap
- Couples Only

# Entry Fee

- \$30++ per player + Cart Fee (++ does not include tax & gratuity)

  o Includes: Golf, Awards, Prizes, and Lunch
- Optional lunch following golf

# Restrictions

Resident Members Only

# Registration

Opens: Thursday, March 1<sup>st</sup> Closes: Monday, March 26<sup>th</sup>

• Only available on the Chelsea Reservation System

# **CLUB NEWS**

## **GIRLFRIENDS OF TREVISO BAY**

**GOTB Sunshine Committee has** 

GOTB is holding cocktail gatherings on the clubhouse patio on Wednesday evenings at 4PM

established a network to assist neighbors. If you know of anyone who needs a helping hand please contact:
Heather Cheyne, dhcheyne@gmail.com
289-259-8076 or
Georgie Davis, georgiejohn@frontier.com
612-816-9939

### **BOOK CLUB**

Book Club meets in the library from 5PM-7PM on the first Tuesday of every month. Interested in joining? Contact Geri Kull at kullg@hotmail.com.

# MIXED BRIDGE (MEN & WOMEN)

Mixed Bridge will meet on Wednesdays in the Private Dining Room from 1PM-4PM.

### **LADIES MAH JONG**

Ladies Mah Jong will meet in the Social Activities Room on Mondays from 1 PM to 5 PM. (Instruction will begin Monday, January 8th for anyone who wants to learn to play.) To play contact Doris Velto at 845.893.9555 or dorisv30@aol.com or Nancy Herman at 201-602-9465 nherman0319@optonline.net

### **LADIES CANASTA**

Thursdays from 1PM-4PM in ladies card room

#### TREVISO BAY MOTORCYCLE CLUB

Interested in joining? Contact Mike Armbruster at 920-421-3900 or marmbruster@wi.rr.com

# **QUILT QUEST**

This group will meet on Thursdays from 10 AM -4 PM in the clubhouse library. Questions? Contact Deb Lawson at 517-605-2149 or debbielawson67@gmail.com

# **CLUBHOUSE LIBRARY**

# **BOOK SHARING INFORMATION**

As many of you know, we have a library in the Clubhouse. The books have been contributed to the library by residents in Treviso Bay.

If you have books to contribute, please bring them to the library and leave them inside the bottom left cupboard in the library. If you would like to have your books picked up, please send an email to Marie Downey at mabdowney@gmail.com and she will arrange a pick up time. If you have borrowed books, please return them when you are finished.



# CHAIR OFFICERS FOR THE TURNOVER COMMITTEES

# CREATED FOR THE UPCOMING MASTER TURNOVER OF THE ASSOCIATION LATE 2018 - EARLY 2019

Treviso Bay Residents,

Here you will find a list of the Chair Officers for the Turnover Committees created for the upcoming Master Turnover of the Association late 2018 – early 2019. We would like to thank all committee members for their hard work and dedication to the Community! If you wish to bring a topic up to one of the ad hoc committees chairs, their information can be found below.

#### Committee Chair List

Steering	Ralph Bilbrey - Chairman	rbilbreytbma@gmail.com	404-849-4410
	Joe Hering - Co-Chairman	joehering@gmail.com	571-926-7465
	Natalia Armstrong - Secretary	coarmnatalia@gmail.com	201-572-0518
	Heidie Hutchinson - Treasurer	heidie.teacher@gmail.com	412-805-1297
Communications	Heidie Hutchinson - Chair	heidie.teacher@gmail.com	412-805-1297
	Bernadette McQuade - Secretary	bern1249@yahoo.com	401-226-5880
<u>Finance</u>	Raymond Dufresne - Chairman	rdufresne 1947@gmail.com	518-859-5997
	David Schermer - Co-Chair	david@wbs-stl.com	618-580-1100
	Lawrence Shanda - Secretary	lpscom@comcast.net	917-856-6294
<u>F&amp;B</u>	Candace Cody - Co-Chair	candacecody@icloud.com	804-339-3779
	Pamela D'Alessandro - Co-Chair	pdd9602@gmail.com	518-505-6360
<u>Maintenance</u>	Doug Oby - Chairman	dougoby@gmail.com	703-628-7842
	Gary Milan - Co-Chair	gmilan50@gmail.com	216-470-6177
	Ken Bellavia - Co-Chair	kbellavi@gmail.com	847-641-8415
<u>Operations</u>	Peg Grathwohl - Chairman	peggysue50@verizon.net	703-801-4108
	Roger Cook - Co Chairman	rogercook@comcast.net	401-601-5962
	Susan Ritter - Secretary	sueb@ritterinc.com	610-715-2168
	Diane Gordin - CO-Secretary	deeg324@aol.com	347-515-3061



# Treviso Bay Fishing Club!

Objective: To identify men and women from Treviso
Bay interested in joining together to take advantage of
the multiple fishing opportunities in Southwest Florida.
Realizing that guided trips often need 2-6 participants
to make them affordable, the intent of forming a club is
to establish an email list to aid in securing enough
individuals to fill a boat which often needs to be done
well in advance of the outing. Then, once a list is
established, it could become a platform for additional
fishing related activities which are commonly part of
other fishing clubs.

If interested, please email kevin.mcgrath5132@gmail.com



# START YOUR WEEK WITH SOME TENNIS!

# Tennis Director – Milos Simovic USPTR

Office 239.228.7027 ext. 2 Mobile 646-361-7279

msimovic@theiconteam.com

½ Hour Private \$40 1 Hour private \$80

# Tennis Professional - Kyle Roeser USPTA

Mobile 239-272-4841

# kroeser @theiconteam.com

½ Hour Private \$40 1 Hour private \$80

# Pickleball lessons

½ Hour Private \$30 1 Hour Private \$60

- Bundle your \$20 tennis clinics, buy 5 get 1 free \$100
- For Tennis clinics, minimum of 2 sign-ups required
- For Pickleball clinics, minimum of 4 sign-ups required

# TENNIS & PICKLEBALL SCHEDULE

# **March 2018 Tennis and Pickleball Calendar**

Tennis		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drill and Play	\$20		8:30am- 10am			8:30am- 10am	
Super Stroke	\$20	9am-10am			9am-10am		
Cardio Tennis	\$10			8:30am- 9:30am			
Doubles R .Robin	\$5	8:30am- 10am			8:30am- 10am		8:30am- 10am
Pickleball	Pickleball						
Group Class	\$10			10am-11am			
Round Robin	\$5		11am- 12:00pm		11am- 12:00pm		

\*Tennis Online Court Reservations for social play, clinics, events, etc. \*

- 1. Go to www.salixreservations.com
- 2. Click "create a new member account"
- 3. Click on "arrow" and choose membership type (Resident member, Guest, Transfer Member)
- 4. Click on "Enter Facility Code"
- 5. Type "Treviso1"
- 6. Click on "Type or part of club name" and enter "Treviso Bay", click on "FIND"
- 7. Club name will show up "Treviso Bay", click on "Treviso Bay" and click "NEXT"
- 8. Fill out your profile
- 9. If you have a guest for a short period of time (no more than one week), you are not required to make an online account, simply call our Tennis Pro Shop at 239.228.7027 and reserve the court time.

# TENNIS CLASS DESCRIPTION

# \* CARDIO TENNIS PRACTICE CLINIC\*

Cardio tennis is a great way to burn calories and improve foot-work and conditioning...all while having fun in a tennis workout. The class is an hour long, accompanied by music and open to any level player. Be ready to get moving and hit a ton of balls!

# \*SUPER STROKE CLINIC\*

Enjoy working out on the ball machine? Join us for "super stroke" a clinic that will utilize our state of the art ball machine court. During this clinic, the teaching pro will work with you on improving specific tennis techniques. This is a great class for developing and improving your topspin forehand and backhand, slice backhand, your volleys, and other key tennis techniques.

# \*DRILL AND PLAY PRACTICE CLINIC\*

This practice clinic is designed for doubles players. The clinic is broken up into a warm-up section, drill section (covering groundstrokes, volleys, lobs, overheads) and real point-play practice. During practice drills, coaches will work with students on tennis fundamentals and strategies. To end the clinic, coaches will put together teams of doubles and end with point-play. Throughout this section the coach will work with the team on strategy, choosing the correct shot, and placement of the ball.

Overall this is an amazing way to master your doubles strategy and tennis techniques within in a realistic, fun, point-play format.

# **TENNIS COURT POLICIES**

**Guest fee policies:** Guest fees are \$10 per player all season. All members are responsible to have their guests pay their fees.

## **Court Reservation policies:**

- 1. You are allowed to make social reservations 7 days in advance, reservations can begin to be made at 8 a.m.
- 2. Please check in with the pro shop prior to play to confirm your court reservation
- 3. Reservations are limited to 1.5 hours, you are welcome to play longer than that time if the courts are available.

# Ball machine policies:

- 1. Ball machine fees are \$10 per hour, or \$150 per year for unlimited usage.
- 2. Ball machine reservations are limited to 1 hour.
- 3. Please bring the remote to the front desk after play.
- 4. Please check in at the pro shop so we can give you the remote control and a tutorial if you are new.

# Court rules/etiquette:

- 1. Soft/clay court shoes are required
- 2. Please wear appropriate tennis clothing, no cut offs, bathing suits, etc.
- 3. Men-shirts required while on the court
- 4. Please refrain from loud conversations that distract the adjacent courts
- 5. No cell phone use on the court



# TENNIS INFORMATION

# **TENNIS ROUND ROBIN**

Men's RR is every Thursday 8:30am-10:30am FEE: \$5

Women's RR is every Monday 8:30am-10:30am FEE: \$5

Mixed Doubles is every Saturday 8:30am-10:30am FEE: \$5

**REGISTRATION:** Everyone who wants to play in the round robin needs to register at least two days before the event.

**SCHEDULE:** When everyone arrives, there will be a chart with each person's name and number. This number tells you who you play with and against and on what court number. For example Mike is number 1, Mary is number 2, John is number 3 and Linda is number 4. When we arrive we can see that number 1 plays with number 2 versus numbers 3 and 4 on court 2.

**NUMBER OF GAMES AND MATCHES:** Everyone plays the same number of games in each match. For example, a total of 7 games in each match. Matches cannot end in a tie. The only scores can be 7-0 or 6-1 or 5-2 or 4-3. Everyone will play the same number of matches over a 2 hour period. There will be breaks throughout the event so that players get a chance to rest. This will work just fine when the number of players isn't a multiple of 4. Someone has to sit out. This would be the break for that person. Since we are playing two hours, there will need to be enough matches to last 2 hours. Five matches each.

**SCORING:** Each person keeps their own score. After each match, every player writes it down beside his/her name. So, if Mike and Mary won the first match 5-2 versus John and Linda; Mike and Mary scored 5 points each and John and Linda scored 2 points each.

**WINNERS RECOGNITION:** There will be a large plaque made and displayed in the tennis center showing the weekly winners of the men's.

**SEEDING:** Players want to play with and against others that have similar skills. Milos will decide who plays with whom based on his understanding of the skills of the players.



# TENNIS INFORMATION



# March 27<sup>th</sup>/Quarterfinal

# Miami Open Tennis Tournament

We have day tickets from 11am-6pm AND a luxury 55 seater bus to take us from Treviso Pro Shop to the Main Stadium gate and back.

We will be gathering at 7:00am in front of Tennis Pro Shop. Continental breakfast will be served and then we will depart at 8am sharp! The bus will bring us to the Miami Tournament around 10:30am, matches start at 11am on all of the courts. We will have access to all the courts and seats at the Main Stadium.

At the tournament you can buy: Food, Drinks, and Clothing (available at any time).

<u>Ticket prices vary based on the ticket you would like to purchase:</u>

\$200 per person includes breakfast, Bus Ride, and ticket with level 3 Main Stadium seating

\$300 per person includes breakfast, Bus Ride, and ticket with level 1 Main Stadium seating

(Number of people is limited, sign up as soon as possible).

\*Cash or check\*



Director of Tennis Milos Simovic 646.361.7279

msimovic@theiconteam.com

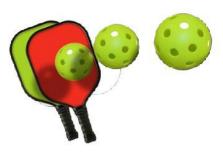
# **PICKLEBALL Information**



Interested in Pickleball!? Want to learn proper technique and scoring and enjoy social play? We offer weekly private lessons, clinics, and round robins.

# \*Private/semi private lessons\* with Coach Kyle

- \$60 for 1 hour / \$30 for ½ hour
- To book a lesson, call or text: 239-272-4841 or email:kroeser@theiconteam.com
  - \*Group Instructional Clinic\* is every Wednesday at 10am FEE: \$10 per person.
- Best suited for beginners and intermediate players who wish to learn/practice proper technique, strategy, and scoring in a fun group environment.
- Sign up at <a href="mailto:kroeser@theiconteam.com">kroeser@theiconteam.com</a> or by leaving your name and contact information in the tennis pro shop!
  - Mixed Round Robin is every Tuesday and Thursday at 11am FEE: \$5 per person.
- Best suited for players who have prior playing experience and wish to have fun playing points and games in doubles format.
- Sign up for Tuesday 11am round robin at <u>msimovic@theiconteam.com</u>
- Sign up for Thursday 11am round robin at <u>kroeser@theiconteam.com</u>



# PICKLEBALL 101 OVERVIEW

**Starting Play** – Serve 1<sup>st</sup> point from baseline behind right service court. Thereafter, serves alternate L & R with each point. Server continues serving until server (or serving team) faults.

**Scoring** – A point is scored only when a team is serving and the opponent faults. A game is played to 11 points and continues until someone wins by 2.

**Serving** – Only 1 attempt per serve is allowed.

- · Server must have both feet behind the baseline when serving.
- Server must hit ball underhand, below the waist with the ball dropped from hand.
- Ball must clear non-volley zone and land in service box diagonally opposite the server.
- A serve hitting net and landing in is re-played (service let).
- Doubles At the beginning of each new game, the team serving 1<sup>st</sup> is allowed only 1 fault before giving up serve to the opponents. Afterwards, both members of each team are allowed to serve and fault before giving up the serve to opposing team.

**Double bounce rule** – before volleying, each team's first shot most bounce –meaning the serve must bounce, then the server must allow the return shot to bounce.

**Volley** – hitting a ball out of the air before it bounces

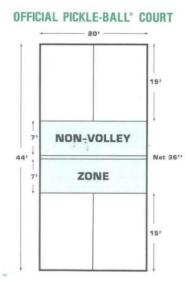
- Volleying must take place with players feet behind the non-volley zone.
- A player cannot step on or over the non-volley zone line on the follow through.

**Fault** – errors that result in a loss of serve or point

- Breaking any serve, double bounce or non-volley zone rules
- Ball landing on or not clearing the net (lines are good, except NVZ line)
- Player touches ball with any body part or clothing

## **Key Terms**

Approach shot – A hit allowing player to come to net Match – A series of games, winner is the best of 3 Non-volley zone – Area where no volleys are allowed Pace – The speed of the ball Let- Replay of a point





# March 2018 Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am Barre (ADVANCED) Vicky \$	8:00am Power Hour (ADVANCED) MYZONE HR Kim \$	8:00am Spin & Strength MYZONE HR Kim \$	8:00am Strength & Tone Renee	8:00am Zumba (Strength) Rhonda \$	8:00am Total Body Conditioning Diana \$	
9:15am Spin <mark>MYZONE HR</mark> Jayne \$	9:15am Half Spin Half Stretch Page	9:15am Box & Sculpt Rhonda \$	9:00am Barre Vicky \$ (no class 3/1)  10:15am Total Body Toning Rhonda \$	9:00am Spin MYZONE HR Kim\$  10:00am Aqua Zumba (Avellino Pool) Page \$	9:15am Spin MYZONE HR Jayne \$	9:15am Total Body Toning Rhonda \$
10:00am Aqua Fitness (Avellino Pool) Scott \$	10:15am Zumba Page \$	10:30am Mat Pilates Sam\$	11:15am Yoga Ashley \$	11:00pm Mastering Mobility/Foam Rolling \$ Paul	10:30am Strength & Tone Renee \$	
11:00am Yoga Ashley \$	11:30pm Aqua Zumba (Avellino Pool) Page \$	10:00am Aqua Fitness (Avellino Pool) Scott \$	3:30pm La Blast Page \$	12:00pm Clube Vibe Page	10:00am Aqua Fitness (Avellino Pool) Scott \$	
4:00pm Rockin' to the Oldies Page \$	4:00pm Lengthen & Strengthen Rhonda \$	4:00pm Rockin' to the Oldies Page \$	4:30pm Corrective Stretch & Core David \$	3:00pm Corrective Stretch David	1:00pm Intro to the Fitness Center David	

\*\*\* All classes are 50 minutes \*\*\*

### CLASS PASSES NOW AVAILABLE FOR SALE: Members only

5 classes for \$40.00 10 classes for \$80.00 25 classes for \$200.00

Please pay by <u>cash</u> or <u>check</u> at the fitness center office. Individual class fee \$8

\*\* TB Member guests are welcome for a \$12 class fee Guest fees apply to all free member classes.

# FITNESS CLASS DESCRIPTIONS

### Power Hour: (ADVANCED)

Come join us for a wide variety of strength training exercises that will shape and define your entire body. Our exercises will work multiple muscle groups that will burn the maximum amount of calories while increasing your strength and stamina. Please bring your mat, towel and water bottle.

#### **Corrective Stretch:**

This relaxing class incorporates different stretching techniques including dynamic, static and assisted stretches that increase flexibility and range of motion. Bring your mat, towel and water bottle.

#### Strength and Tone:

This is a non-intimidating strength building class that offers a variety of exercises to promote muscle conditioning and core strength. If you have been considering getting back into the gym, this is a great place to start! You will control your own intensity according to how much weight you choose to use. Get ready to get toned. Bring your water bottle, towel and a smile.

#### Yoga:

Renew, relax, and restore. Increase strength, flexibility, postural alignment, range of motion and circulation. This healing art form helps improve joint flexibility, balance and muscular endurance. Using movement postures and breathing you can gradually release physical, mental and emotional tension and improve your ability to manage stress all while you become stronger and more at ease.

#### Aqua Fitness:

A great, low impact workout perfect for all levels. Have fun exercising while moving to the beat with a variety of moves to burn those calories, get the heart pumping and strengthen your muscles. Water shoes are optional. Bring your noodle, towel and water bottle.

#### Barre:

This ballet inspired class corners the market for lean sculpted legs and core stability. We work on centering the hips, challenging your balance, strength and stability, while moving the body in multiple planes of motion. Barre is traditionally a barefoot class or if preferred using socks with grips is an option. Please bring a mat, a towel and your water bottle.

#### **Mastering Mobility:**

This class is designed to help you discover new areas of your body to mobilize, to make sure you're doing it correctly, help answer any questions you have along the way and educate you on fun/nerdy facts about your body.

#### Spin:

High energy indoor cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music. Spinning is challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories.

Because Spinning is low impact it is suitable for most people, and our classes can accommodate all ability levels.

#### **Mat Pilates:**

This class focusing on developing core strength, flexibility, balance and stamina. You will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. All levels are welcome. Bring your mat, towel and water bottle.

#### **Total Body Conditioning:**

This total body conditioning class focuses on muscular strength and muscular endurance through a full range of motion. We will utilize a variety of free weights, resistance bands, bender balls, and body weight exercises to get a complete full body workout. This class can be modified for all fitness levels.

#### Rockin' to the Oldies:

Easy to follow dancing to great music with energetic people. This motivating class is fun and takes the "work" out of workout. Come join the dance party atmosphere. Any level welcome. No previous dance experience required.

#### Zumba: (Cardio)

A fusion of Latin and International music / dance themes that creates a dynamic and exciting workout based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

#### Club Vibe:

Studio style dance meets cutting edge fitness in this hot new explosive and effective fitness format. Club Vibe will keep you moving from start to finish with structured interval training formula combining dance and total body fitness. This formula delivers an effective well balanced workout mix of cardio and strength.

# FITNESS CLASS DESCRIPTIONS

#### Box & Sculpt:

This fat-blasting, ab-defining cardio workout is a mix of upper and lower body kickboxing choreography taught in the "add on style" which will challenge the advanced participant while accommodating the beginner. Segments of toning are interspersed to complete a total body interval workout set to heart pounding dance music that will have you looking forward to your next class!

#### Spin & Strength:

This multi-level spin class is a 2 for 1 powerhouse workout, coupling cardiovascular endurance with muscular strength both on and off the bike. This workout uses fun music to separate your intervals incorporating a mix of full body movements off the bike between cardio intervals on the bike. Please arrive 10 minutes early for proper bike set up. Bring your water bottle and towel.

#### La Blast:

A revolutionary dance fitness program that fuses dance into a serious calorie workout that will get you into the best shape of your life! Take your mind body and soul on a journey through ballroom based dances from different countries cultures and characteristics. It is a workout in disguise while learning the true skill of dance.

#### **Total Body Toning:**

A super fun, low-impact and safe way to change your body shape, burn immense calories and tone up the 'essential' muscles together with Pilates and Yoga stretches to feel-good music.

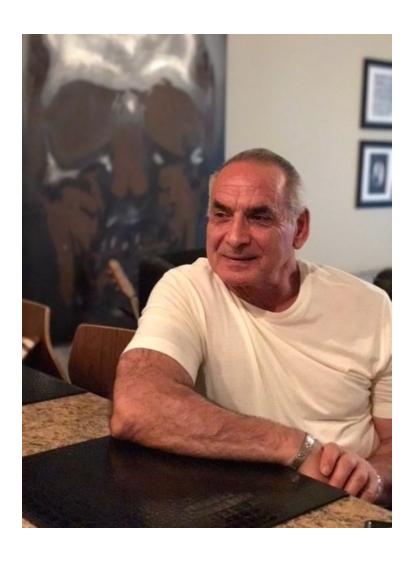
#### Lengthen & Strengthen:

Strengthen & Lengthen is fitness class that fuses yoga, gymnastics, Pilates and functional exercises. This is an extraordinary combination targeting improved balance, flexibility and strength throughout your core and lower body.

# **NEW PERSONAL TRAINER**

# **David R. Tavern**

Founder and owner of training done right. NCCPT certified with 25 years of experience in physical therapy (Advanced Health). David also has over 30 years of personal training experience, working in Utah, California, Texas, and Southwest Florida (but not limited to). David has developed innovative and effective personal training programs for his clients ranging from beginner level up through professional athletes ranging from ages 10 to 92.



# TREVISO BAY FITNESS



# Can you believe it's March already??

So, here it is, the beginning of March and it already feels like summer here in Naples! That means the outdoor activities and trips to the beach and pool will be starting earlier than we anticipated. More tennis, golf, swimming, biking, paddle boarding or whatever your outdoor passion will be added to your daily routines. With that in mind, it is a great idea to get our bodies ready for activities that require more movement, shorts, tank tops and bathing suits. Are you ready to be pro-active at hitting your summer fitness goals a little earlier than you thought? This is a great time of year to try a new aerobics class! Jump in the pool for Aqua fit or Aqua Zumba (just beware of the community Walrus) you will have to attend an aqua class to find out what that means... We are offering more classes than ever and we would love to have you come try a class led by our Aerobics team of instructors. We truly have some amazing instructors this year and a large variety of classes for all fitness levels. Every week we offer 5 free classes to our community members. The free classes alternate each month to insure that all members receive an equal opportunity discount.

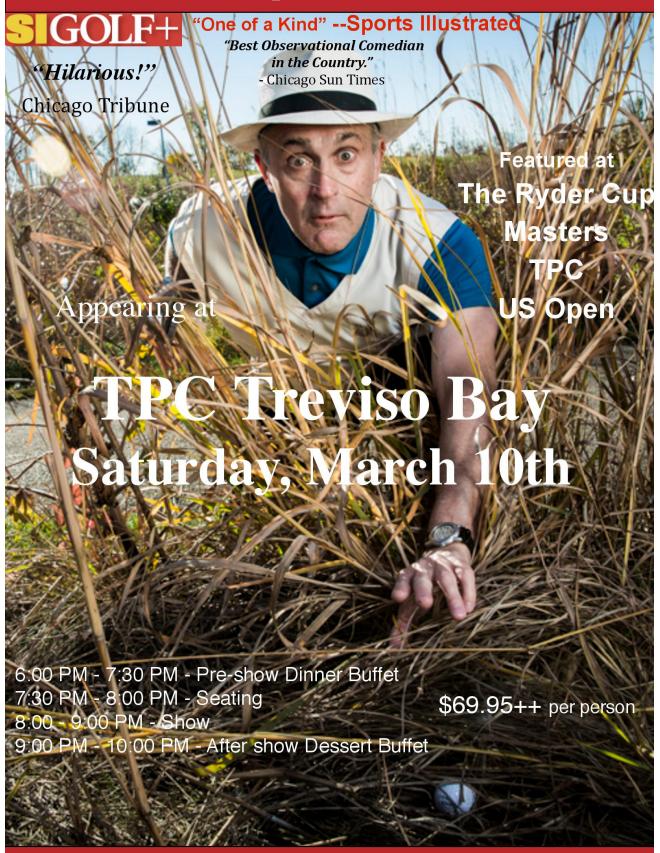
Another way to ensure that you are getting the right exercises for your outdoor passions would be to consider working with a personal trainer. It is a trainer's job to help you prepare for these more personal goals. A few sessions with the right focus can do wonders and many who hire a trainer find it easy to retain the knowledge and proper exercise form learned during sessions. Living in a community like Treviso Bay makes it easy and convenient to access a fabulous training center where there are three highly effective and well qualified personal trainers who would be happy to help you achieve your goals.

# Don't hesitate to be the best you can be!

The fitness team would like to kindly ask our members to please remember to use the tread-blasters to wipe off your shoes before entering the fitness center. The tread-blasters are located right outside of the fitness center doors next to the card fob swiper on the wall. We are experiencing a higher than normal demand for equipment repair this year and one of the main sources of equipment breakdown is tennis court clay, beach sand and dried grass getting caught in the motors and belts of the cardio equipment. Please help with this effort to prevent higher repair costs and to maintain budgeted equipment repair fees for 2018.

Class passes can be purchased in the fitness center office by cash or check during the hours of 8am until 1pm. If you would like to purchase a class pass by CC or member charge please come between 8am to 12pm Thursday, Friday and Saturday. We apologize for any inconvenience. This is the time of year that the fitness center experiences a higher level of compaction and quick and timely service is our goal. Purchasing with cash or check will help us to ensure quality customer service that you deserve!

# **TP Mulrooney The Golf Comic**



RSVP by email only by 12pm on 3/7/18 to Larisa at <a href="mailto:lasanache@theiconteam.com">lasanache@theiconteam.com</a>

Seating is at a first come first serve basis and will be ushered into room per reservation order













Clubhouse Grille & Bar Saturday, March 17th, 2018 6:00 PM - 9:00 PM

Creamy Potato Leek Soup

Grilled Salmon, Colcannon, Guinness Braised Cabbage \$17

Corned Beef and Cabbage - Buttered New Potatoes, Steamed Carrots \$16.95

Shepard's Pie - Ground Beef and Lamb, Savory Stock, Peas, Carrots, Onions, Cheddar Mashed Potatoes \$15.95

All Served with House Made Irish Soda Bread

Irish Chocolate Whisky Cake - \$6.00

Cocktail Specials Green Beer Available Honeydew Martini - Tito's Vodka, Midori & Triple Sec - \$7 Guinness - \$4

> RESERVATIONS REQUIRED: WWW.TREVISOBAYHOA.COM

\*\*Dinner Menu will not be available during this time









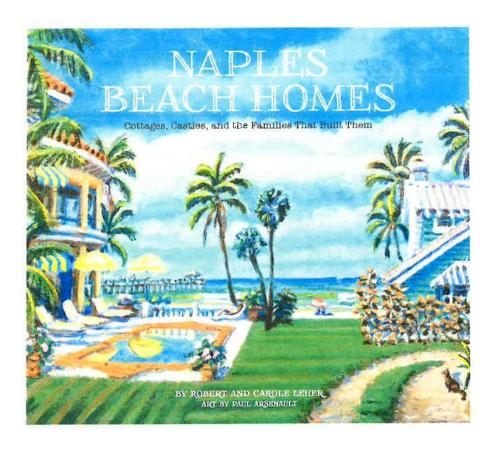












# MONDAY MARCH 19th



Girlfriends of Treviso Bay

END OF SEASON

LUNCHEON

A Presentation and Luncheon Featuring Authors Carole and Robert Leher

# NAPLES BEACH HOMES: COTTAGES, CASTLES AND THE FAMILIES THAT BUILT THEM

11:30 Treviso Bay Clubhouse Social Room

Luncheon choice - Roasted Vegetable Quiche or Quiche Lorraine

\$25 prepaid Happy Hour Cocktail prices

Now in its third printing, the authors are pleased to announce that all the net proceeds from the sale of their book will be donated to The Naples Historical Society.

## \*\*\*SPACE IS LIMITED\*\*\*

RSVP to Larisa Asanache, lasanache@theiconteam.com by March 15 to secure your reservations with your member number or credit card

	10				1941	2018 ubhouse
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Grill 11am -10pm HH 3-6pm 9 & Dine 6-9pm Live Entertainment	<b>2</b> Grill 11am-10pm HH 3-6pm DJ & Dancing	<b>3</b> Grill 11am -10pm HH 3-6pm
<b>4</b> Grill 11am-9pm HH 3-6pm	<b>5</b> Grill 11am -9pm HH 3-6pm	<b>6</b> Grill 11am -9pm HH 3-6pm	<b>7</b> Grill 11am -10pm HH 3-6pm Prime Rib Buffet Live Entertainment	<b>8</b> Grill 11am -10pm HH 3-6pm Nightly Specials 6-9pm Live Entertainment	<b>9</b> Grill 11am -10pm HH 3-6pm DJ & Dancing	Grill 11am -10pm CLUBHOUSE CLOSES 2PM (LA PISCINA OPEN) TP Mulrooney Golf Comic show 6-10pm
<b>11</b> Grill 11am-9pm HH 3-6pm	<b>12</b> Gri∥ 11am -9pm HH 3-6pm	<b>13</b> Grill 11am -9pm HH 3-6pm Ladies Breast Cancer Event	<b>14</b> Grill 11am -10pm HH 3-6pm Men's Breast Cancer Event Live Entertainment	15 Grill 11am -10pm HH 3-6pm 9 & Dine 6-9pm Live Entertainment	<b>16</b> Grill 11am-10pm HH 3-6pm DJ & Dancing 6pm	<b>17</b> Grill 11am -10pm HH 3-6pm St. Patrick's Day Plated Specials 6PM-9PM
<b>18</b> Grill 11am-9pm HH 3-6pm	<b>19</b> Grill 11am -9pm HH 3-6pm	<b>20</b> Grill 11am -9pm HH 3-6pm	<b>21</b> Grill 11am -10pm HH 3 -6pm Buffet Live Entertainment	<b>2.2</b> Grill 11am -10pm HH 3-6pm Nightly Specials 6-9pm Live Entertainment	Grill 11am -10pm HH 3 -6pm  CLUBHOUSE CLOSES 2PM (LA PISCINA OPEN)	<b>24</b> Grill 11am -10pm HH 3-6pm End of Season Party (stay tuned!)
<b>25</b> Grill 11am-9pm HH 3-6pm	<b>26</b> Grill 11am -9pm HH 3-6pm Jukebox BINGO (stay tuned!)	<b>27</b> Grill 11am-9pm HH 3-6pm	<b>28</b> Grill 11am - 10pm HH 3 - 6pm Live Entertainment	<b>2.9</b> Grill 11am-10pm HH 3-6pm Nightly Specials 6-9pm	<b>30</b> Grill 11am -10pm HH 3-6pm DJ & Dancing	<b>31</b> Grill 11am -10pm HH 3-6pm

			1		<b>/larch</b> scina Bar Dining	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 11am-9pm HH 3-6pm	<b>2</b> 11am-9pm HH 3-6pm Live Entertainment	<b>3</b> 11am-9pm HH 3-6pm Live Entertainment
<b>4</b> 11am-8pm HH 3-6pm	<b>5</b> 11am-8pm HH 3-6pm	<b>6</b> 11am-8pm HH 3-6pm	<b>7</b> 11am-9pm HH 3-6pm	<b>8</b> 11am-9pm HH 3-6pm	<b>9</b> 11am-9pm HH 3-6pm Live Entertainment	10 11am-9pm HH 3-6pm Live Entertainment
<b>11</b> 11am-8pm HH 3-6pm	<b>12</b> 11am-8pm HH 3-6pm	<b>13</b> 11am-8pm HH3-6pm	<b>14</b> 11am-9pm HH 3-6pm	<b>15</b> 11am-9pm HH 3-6pm	16 11am-9pm HH3-6pm Live Entertainment	<b>17</b> 11am-9pm HH 3-6pm Live Entertainment
<b>18</b> 11am-8pm HH 3-6pm	<b>19</b> 11am-8pm HH 3-6pm	<b>20</b> 11am-8pm HH 3-6pm	<b>21</b> 11am-9pm HH 3-6pm	<b>22</b> 11am-9pm HH3-6pm	23 11am-9pm HH 3-6pm Live Entertainment	<b>24</b> 11am-9pm HH3-6pm Live Entertainment
<b>25</b> 11am-8pm HH 3-6pm	<b>26</b> 11am-8pm HH3-6pm	<b>27</b> 11am-8pm HH 3-6pm	<b>28</b> 11am-9pm HH 3-6pm	<b>29</b> 11am-9pm HH 3-6pm	<b>30</b> 11am-9pm HH 3-6pm Live Entertainment	<b>31</b> 11am-9pm HH 3-6pm Journey Tribute Concert (stay tuned!)

			2	M		2018 al Events
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Quilt Quest 10am-4pm Euchre 6:30-9pm	2	3
4	<b>5</b> Ladies Mah Jong 1-5pm	6 Social Ballroom Dance 5:30- 6:30pm Book Club 5pm-7pm	<b>7</b> GOTB Cocktail Hour 4pm Clubhouse Terrace	<b>8</b> Quilt Quest 10am-4pm  Euchre 6:30-9pm	9	10 TP Mulrooney Golf Comic 6-10pm CLUBHOUSE CLOSES AT 2PM (LA PISCINA OPEN)
11	<b>12</b> Ladies Mah Jong 1-5pm	13	<b>14</b> GOTB Cocktail Hour 4pm Clubhouse Terrace	15 Quilt Quest 10am-4pm Euchre 6:30-9pm	16	17
18	19 Ladies Mah Jong 1-5pm GOTB Luncheon 11:30am (RSVP Required)	<b>20</b> Social Ballroom Dance 5:30- 6:30pm	<b>21</b> GOTB Cocktail Hour 4pm Clubhouse Terrace	<b>22</b> Quilt Quest 10am-4pm Euchre 6:30-9pm	23	<b>24</b> End of Season Party (stay tuned)
25	<b>26</b> Ladies Mah Jong 1-5pm Jukebox BINGO (stay tuned!)	<b>27</b> Social Ballroom Dance 5:30- 6:30pm	<b>28</b> GOTB Cocktail Hour 4pm Clubhouse Terrace	<b>29</b> Quilt Quest 10am-4pm Euchre 6:30-9pm	30	<b>31</b> Journey Tribute Band— La Piscina (stay tuned!)

# HOW TO AUTHORIZE YOUR GUESTS FOR GATE ACCESS



#### Treviso Bay

#### How to authorize your guests for gate access

#### 1. INTERNET (the easiest and preferred method)

- a. Use your computer...or your apple/android device to download gateaccess.net from your devices app store (its free!)..and it will remember your login information so you won't have to enter it each time.
- Go to gateaccess.net
- c. Select community code TRVB from the drop down list
- Enter your user name and password
  - USERNAME your 10 digit primary phone number (no spaces) unless you changed it
  - PASSWORD your security code (PIN) which is the same as when using the VOICE MESSAGE
    option...unless you have changed it
- e. Click login
- Click on guest list tab
  - Please "scrub" your list by deleting old entries that no longer apply
  - Add your visitors name.. along with the beginning and end of their visit; leave the end date blank for 'permanent guests'
  - BE SURE TO CLICK UPDATE on the right at the bottom of the list

#### 2. VOICE MESSAGE (DIAL 239-300-4266)

- Enter your security code (PIN) if asked
- Follow the prompts, DO NOT hang up until told to do so or your authorization will not be recorded.
   You can authorize a guest for..
  - Today (Press 1)
  - Tomorrow (Press 2)
  - Today AND tomorrow (Press 3)
  - ANY beginning and ending date you want (Press 4)

.....

# **AUTHORIZE GUESTS**

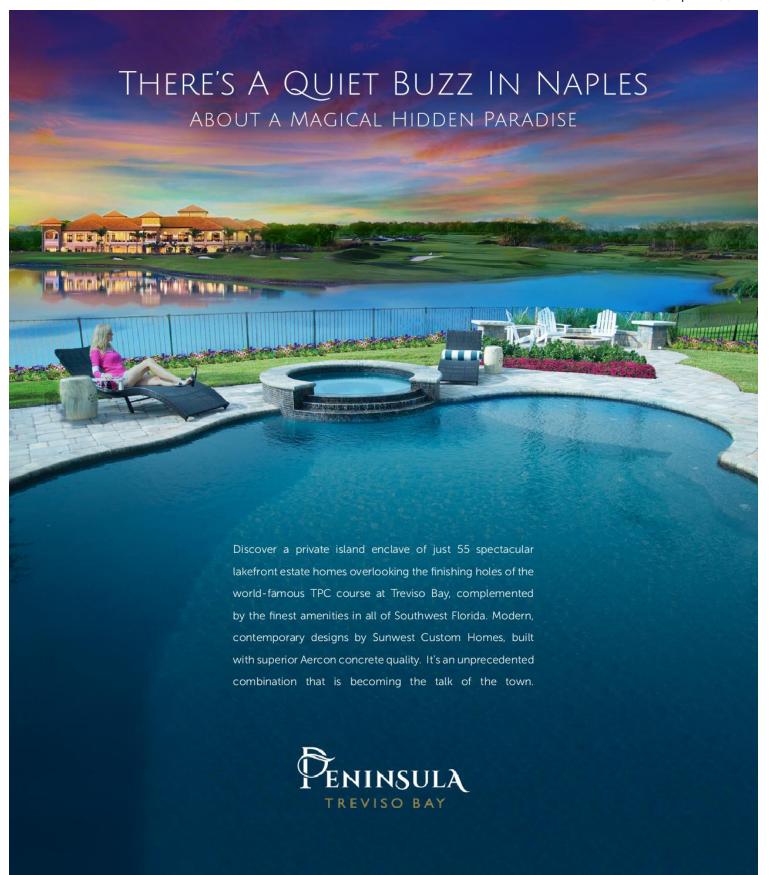
My GateAccess.net community code: TRVB

My GateAccess.net User Name: Your Primary Phone # is your USERNAME:

Treviso Bay Voice Authorization (239.300.4266) Security Code (PIN) is your PASSWORD:

Forgot your username, password, or security code?

Send an email to: Larisa Asanache at Lasanache@theiconteam.com



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Full golf membership.

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# TREVISO BAY CONTACTS

General Manager

Joseph lafe, CCM, CAM

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Community Association Manager

Gabby Vail, LCAM

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Head Golf Professional

Ben DeArmond, PGA Phone: 239-331-2052

E-Mail: bdearmond@theiconteam.com

Food & Beverage Director

Adriana Wright

Phone: 239-302-5738 ext. 129 E-Mail: awright@theiconteam.com

**Executive Chef** 

Alan Peters

Phone: 239-302-5738 ext. 125 E-Mail: apeters@theiconteam.com

**Event Coordinator** 

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Administrative Assistant

Larisa Asanache

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E-Mail: Lasanache@theiconteam.com

Administrative Assistant

Josie Semenza

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**Director of Tennis** 

Milos Simovic, PTR Certified Professional

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E-Mail: msimovic@theiconteam.com

Director of Fitness

Kimberly Williams Phone: 239-228-7027

E-Mail: kwilliams@theiconteam.com

La Piscina Bar & Grille Manager

Samantha Roberts
Phone: 239-228-7027

Email: sroberts@theiconteam.com

Icon Management Services Office

Clubhouse General Office Monday-Friday, 9:00AM—5:00PM Saturday, 9:00AM—3:00PM

Phone: 239-302-5738

Golf Shop

7:00AM-5:00PM Daily Phone: 239-331-2052

Tennis Shop

Monday-Saturday, 8:00AM-5:00PM

Sunday, 10:00AM-2:00PM Phone: 239-228-7027

Fitness Center

24 Hours, Daily

Treviso Bay Member ID Card Only

Phone: 239-228-7027

**Swimming Pools** 

Open from dawn until dusk.

Gate House

Phone: 239-384-9380

La Piscina Bar & Grille

Sun.—Tues. 11AM-8PM Wed.—Sat. 11AM-9PM Happy hour daily 3PM-6PM

Phone: 239-228-7027

Clubhouse Grille

Sun.—Tues. 11AM-9PM Wed.—Sat. 11AM-10PM Happy hour daily 3PM-6PM Phone: 239-302-5738 ext. 118

Utopia Spa

For appointments, please call:

Phone: 239-228-7026

