

ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS

JUNE 2023

championhills.com | [@ChampionHillsCommunity](https://www.instagram.com/ChampionHillsCommunity) | 828.696.1962

FROM THE GENERAL MANAGER'S DESK



Wow! What a great Memorial Day we just had at the Club. A stellar golf tournament for all who played, especially Dr. Bob McCartha who had a Hole-in-One! The day concluded with an exceptional cookout on the lawn. But, the fun at Champion Hills is just beginning. We look forward to seeing everyone for our luau themed Summer Season Kick Off on June 2. The Caribbean Cowboys will be with us to dance the night away under the stars.

Now that the summer months are here, we're all excited about getting outside and enjoying the opportunities that the season offers. Luckily, there's always something to do in this beautiful place we call home. Take advantage of our golf course, tennis courts and group exercise classes this summer. Take a dip in our pool or enjoy a water aerobics class. Take an early morning or evening walk on the trails in the community. Bike and hike in the gorgeous mountains of Western North Carolina. Grab lunch with family and friends old and new. Sip a cocktail on our patio as you watch the sunset. Whatever you do, take it all in and embrace that you live in one of the most beautiful places in the country. You bring the sunglasses and we'll help you make the memories! Have a great summer!

As always, please let me know if you have any suggestions for improvement or concerns about what is happening at Champion Hills.

See you around the club!

Alan Deck, CCM, PGA
General Manager, COO

CONGRATULATIONS!



A special congratulations goes out to Stu Holcombe and our very own Carson Graham from the Food & Beverage team for winning the Spring Boss of the Toss Cornhole Tournament. Congratulations!



NATIONAL DONUT DAY
FRIDAY, JUNE 2 | 9 AM - 11 AM

Stop by the front entrance of the Clubhouse for complimentary coffee and donuts from HenDough!

SUMMER SEASON KICK OFF
FRIDAY, JUNE 2 | PUTTING CONTEST 5 PM
COCKTAILS 5:30 PM | DINNER 6:30 PM

Join us out on the event lawn as we kick off our summer season! The Caribbean Cowboys will be with us to dance the night away under the stars.



LADIES' LUNCHEON
AT HOMEMADE PASTA NOODLES
FRIDAY, JUNE 16 | 11:30 AM - 1:30 PM

Launa from Homemade Pasta Noodles will share stories of family history coming from Italy, all while demonstrating the making of fresh fettuccine at the pasta table.

ANNUAL CHAMPION HILLS GALA
MONDAY, JUNE 26
COCKTAILS 6 PM | DINNER 6:45 PM

The longtime generosity of Champion Hills provides talented students with the life-changing Brevard Music Center experience. RSVP to Kelly Land Cislo at 828.862.2114.



CHAMPION HILLS BLOOD DRIVE
JUNE 26 | 12:30 PM - 4:30 PM

This year we will have the American Red Cross mobile donation truck on site. People live when people give, so let's come together and make a difference in the community! Please contact Sue Marker to sign up: 828.606.0921.



AROUND THE CLUB



MAY



CONGRATULATIONS class of

2023

We are so proud of the hard work and perseverance of all of our graduates! We cannot wait to see where your success takes you. If you see one them around the Clubhouse, help us congratulate them on their accomplishments.



Arely Perez

Food & Beverage | 2 years
Blue Ridge CC Early College



Morgan Johnson

Food & Beverage | 1 year
Blue Ridge CC Early College



Parker Garrett

Food & Beverage | 1 year
East Henderson HS



Cole Cochran

Food & Beverage | 1 year
Blue Ridge CC



Colton Clevenger

Golf | 2 years
West Henderson HS



Bryce Barnwell

Golf | 1 year
Hendersonville HS



Tyler Druskis

Golf | 2 months
West Henderson HS

EMPLOYEE SCHOLARSHIP



CHAMPION HILLS EMPLOYEE SCHOLARSHIP FUNDRAISER EVENTS

Wednesday, July 12 | Tennis Tournament

Friday, July 14 | Golf Tournament & Dinner/Auction

Sign up today to help support Champion Hills' employees and their families advance their careers through higher education and advanced professional training. All donations and the majority of all participation fees are tax deductible. Register on chmember.com today!

TENNIS TIPS & TRAINING



Tennis truly is the sport for a lifetime. To make sure that you continue to excel in the game as you age, follow these USTA tips:

Keeping Fit

Here's the bottom line for anybody who wants to play well into middle age, and beyond: be fit, or suffer the consequences. Conditioning preordains much about any player's game, but it becomes even more vital with age. Sure, anybody with a booming serve or knockout ground strokes will always have a fighting chance - especially in doubles, where there's less real estate to cover - but generally speaking, staying in top shape allows for the speed, flexibility and power everybody requires on the court.

Adjust Expectations

Even for supremely fit players, with age comes the necessity to adjust expectations and goals, perhaps even letting go of a results-oriented mindset. Take pride in playing well, working hard, fighting back from the brink of a lopsided defeat (even if you lose again) and leaving it all on the court.

Align Body & Mind

With the inevitable decline in speed, strength and stamina come necessary changes. As you get older you don't have the kill shot you used to have. You have to adjust your brain and look to frustrate your opponent and play smart. This is where high-percentage play comes in; you have to put the ball in the right place.

Use the Resources

For optimum performance and comfort be smart about how you prepare your body for a match and how you recover. Fueling up properly before and during a match is essential: a protein shake or other sustenance 30 to 60 minutes before a match and bananas, dried fruit or a sports drink during competition can stave off the dreaded glucose shakes and keep your energy level from lagging.

Living with Injury

Even professional players struggle with short and long-term injuries, but for older players, it's increasingly important to find the sweet spot between keeping active and letting the body recover from both exertion and injury. Every tennis player relishes the intensity of competition, but it's important to recognize when a serious or potentially serious injury has occurred, or worsened.

Don't be a hero, if you hurt yourself, or feel something is hurt, don't play through it. Get it seen, rest it up and live to fight another day. Even the pros eventually succumb to age. It's how we fight and acknowledge the clock that determines how well and for how long we can continue to play the game the way we'd like.

Get out there and enjoy the game of Tennis at any age!

- Join a tennis clinic by registering online at chmember.com.
- To find our tennis clinics select Racquets and Wellness click "Book a Class".
- To reserve a court time select Racquets and Wellness click "Book a Court".

Monday

8 AM - 9 AM Men's Clinic

9 AM - 10 AM USTA Team Practice

Only 3.0/3.5 USTA summer league team players may participate in this clinic.

10 AM - 11 AM Tennis 101

Suitable for beginners or those returning to the game and USTA 2.5 team players.

Tuesday

6 PM - 7:30 PM Drill & Play

30-minute drill followed by an hour of round robin match play, suitable for advanced players.

Saturday

9:30 AM - 11 AM Morning Clinic

To book a private or semi-private tennis lesson contact Nicole at 828.507.6062.

FRIENDLY COURSE REMINDERS

Head Golf Pro, Scooter Buhrman



PACE OF PLAY

We all love spending time on our beautiful course, but we also have to keep in mind how long it takes us to play a typical round here. Some players are faster than others, but we all should still get around in a timely manner. Be ready when it is your turn to play and do your part to help your group keep up with the group in front of you. Our Pace of Play is 4 hours and 10 minutes.

REPLACING DIVOTS

Always replace the divot in the fairways and on the tee boxes if there is a significant amount of soil remaining. Press down firmly with your foot, which will in turn help with root attachment. If the divot is not significant enough to replace, fill the divot with sand provided and smooth over any mounds created after pouring. Sand mounds can dull or damage mowing units. There are sand refill stations located at each comfort station, at the turn, and we now have sand boxes on the par 3 tee boxes.

REPAIRING BALL MARKS

Please remember to repair all ball marks on the greens. Ball marks should be repaired by gently pushing in from the sides of the mark using a golf tee or a single prong repair tool. Do not twist or push up. After the proper repair is made, gently tap the mark with the bottom of your putter creating a smooth surface.

PROPER USE OF GOLF CARTS

Nothing causes more damage to golf courses than improper use of golf carts. The problems are not just with quick starts and stops, but also with sharp turns. Accelerate and brake slowly and take long sweeping turns. As a reminder, carts must enter the fairway between the stakes located at the beginning of the hole and exit at the next set of stakes. You may not drive past the exit stakes. These are wooden stakes with burgundy tops and these locations change daily. Lastly, it is particularly important that the carts stay in the fairway and avoid driving in the rough. Please use caution and watch your speed when traveling around the Clubhouse or to and from the practice facilities.

SHORT GAME AREA ETIQUETTE

As a reminder, members using the short game area are strongly urged to pick up the golf balls after their practice as a courtesy to fellow members. We will send staff by periodically to help keep the area clean. If another member is there before you, please be respectful and find a spot to practice that will not interfere with them.

ATTIRE

In addition to the provisions of Rule 1.17 of the Rules and Regulations, tee shirts, sweat suits, running shorts, swimwear, and denim attire are not permitted on the golf course or practice facilities. Shirts should be tucked in and hats should be worn forward.

PRO SHOP NEWS



LADIES' OPENING DAY WINNERS

Lynn Copper
Lisa Landis
Denise Anderson
Bertie Woods



MEN'S OPENING DAY WINNERS

Todd Roadman
Steve Anderson
Gregg Hague
David Doudna

Don't forget to sign up for the **2023 Member-Guest Events!**

Ladies' Member-Guest: July 19 - 21

Men's Member-Guest: October 11 - 14

UPCOMING EVENTS

Match Play Begins | Saturday, June 10

Champion Guest Day | Friday, June 16

Couples Golf | Sunday, June 18

Ladies' Queen Bee | June 20 & June 22

9 & Dine | Sunday, June 25

4 Clubs on the 4th | Tuesday, July 4

Club Championship | July 8 & 9

If you have any questions regarding any of the upcoming events please contact the golf professional staff or visit ForeTees.



GRILLED SWORDFISH

WITH TOMATO VINAIGRETTE & ROSEMARY AIOLI

Outdoor grilling season is officially here! Entertaining friends and family on your deck or patio gives them a special atmosphere, and a chance for you to show off your culinary powers on your outdoor grill as well. This is one of my favorite late spring and summer fish recipes for the grill.

INGREDIENTS

- 2 - 8 oz. Swordfish Steaks. At least 1" thick (ask your fishmonger for cold water swordfish as this will be lighter in color, and have a more desirable flavor).
- 1 oz. Olive Oil
- Sea Salt & Fresh Cracked Pepper (to taste)

DIRECTIONS

- Brush swordfish steaks with olive oil and season with salt and pepper.
- Once the grill is very hot, cook swordfish for approximately four minutes on the first side, after turning over, continue to grill for another three minutes.
- Set fish on a plate when done and top with the tomato vinaigrette and rosemary aioli (in that order).

ROSEMARY AIOLI - mix all ingredients together in a small bowl and set aside

- 1/4 Cup Mayonnaise
- 1/2 Fresh Lemon (juiced)
- 1 Tsp. Fresh Rosemary (chopped finely)
- 4 Shakes Tabasco Sauce

TOMATO VINAIGRETTE - mix all ingredients together in a small bowl and set aside

- 1 Ripe Tomato (peeled, seeded and finely diced for concasse)
- 2 Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. Red Wine Vinegar
- 1 Clove Garlic (chopped finely)
- 1 Tbsp. Fresh Chives (chopped finely)
- Salt & Pepper (to taste)

If all this seems like too much work, you can always come and visit us at the Clubhouse. We'll do the grillin' and you do the chillin'!

CHAMPION HILLS REAL ESTATE

21 LACOSTE DRIVE

\$695,000



Details of the Property

- Built in 1995
- 2,080 Sq. Feet One Level Living
- 2 Bedrooms/2.5 Baths
- Open Floorplan
- HVAC Replaced in 2019
- 20KW Generator
- Trex Decking

Interested in learning more?

Call our Real Estate Team for more details:

Mary Kay Buhrke: (828) 243-3346 | Amber Saxon: (828) 699-0171

LISTING OF THE MONTH

June

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

