WELCOME New Members to the Club, Steve & Jamie Coate!

Looking Ahead

*Live Music by Tipton Jones-Boiter Friday Night, March 24th 6-9pm*

*Carolina Living Neighborhood Party March 30th 5-8pm on the Zimmerli Patio*

*Nine & Dine on Friday April 7th 5:30pm*

*Easter Brunch Sunday, April 16th from 11am-2pm – No Evening Dining* (Menu on Page 6)

*Gentlemen’s Cigar & Poker Night Thursday, April 20th 6:30pm*
Social

 CCC Bracket Challenge
Standings as of 3/21
1st: George Taylor
Tied for 2nd & 3rd: Tom Blexrud & Wally Novak
Watch our Facebook Page to see who is in the lead after Thursday’s Games!

Shall We Dance?
Are you interested in taking Dance Lessons at the Club?

6 Week Session—1 Hour Class
Sunday Night from 6-7 pm in the Milliken Room
Taught by Matthew Krabbe

Dance Lessons Available:
The Shag
The Salsa
The Cha Cha

The Class will be chosen by Popular Vote.
Cost will be determined on how many participate.

If you are interested in participating please Call or Email
Jan Witherspoon by Friday, March 24th.

Gentlemen’s Cigar, Whiskey & Poker Night
Thursday, April 20th 6:30pm

Boiling Springs Cigar Bourbon & Whiskey Tasting
From Aleph Wines
Poker Champions Win Dining Certificates

Reservations are Limited
Sign up in the CCC Grille
864-580-2299
Shamrock Shamble Results

1st Place: Jason Gosnell, Matt Mahle, Todd Whitehead, & Tyler MaColly

2nd Place: George Taylor, Tom Propst, Louis Phipps, & Kingsley Martin

3rd Place: Yogi Hiremath, Matt Bettencourt, Chi Lim, & Michael Infante

4th Place: John Orr, Bill Mayrose, Chuck Ewart, & Walt Novak

Upcoming Golf Events

Couples Nine & Dine Friday, April 7th at 5:30pm

Better Ball Invitational April 22-23rd
**Junior Clinics**

*NEW* Ages 3-5  
Thursday 3-4 PM

Ages 7 to 10  
Tuesday/Thursday  
4 to 5:30 PM

Ages 11 to 16  
Wednesday  
4 to 5:30 PM

Advanced  
Tues./Thurs. 4 to 6 PM  
& Wednesday  
4 to 5:30PM

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**Summer Tennis Camps**

June 5th – June 9th  
June 19th – June 23rd  
July 10th – July 14th  
July 31st – August 4th  
Monday – Friday  
9am-12pm  
Ages 5-16,  
Cost $180 per child

*Multiple Child Discount  
& Late Stay Options Available*  
Call the Tennis Pro Shop to Sign Up  
864-573-9385

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**Our Junior Tennis Players are hard at work!**  
Will Graham, Drew Hrubala, George Nottely, David Hrubala,  
Mac Morehead, & Bryce Keim.

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**Tip From the PRO**

The object of the return of serve is to get the server out of position, therefore getting your partner up at net into a more offensive position. The most underutilized shot is the lob over the server’s partner’s head. This makes the server have to move across the baseline to retrieve this ball, most times with a backhand stroke, the weakest for most players. The returner’s partner can move to the middle or even farther to intercept this return and end the point with a well placed volley.
Are you maximizing your body’s peak potential? When discussing your body’s peak potential, the ability to disassociate your upper body and lower body is essential. You may be asking what does it mean to disassociate or how do you test your ability to disassociate? What things would prevent you from being able to disassociate? Disassociating your upper body and lower body requires moving either the upper body or lower body while keeping the other portion of your body completely still. You may have also heard this termed creating an “X-Factor”. Often when swinging a racquet or a club one moves their upper body at the same time as their lower body. When this is the case, you are not able to store as much energy and therefore are unable to deliver the energy with speed, resulting in decreased power.

To evaluate your ability to disassociate perform the following tests:

- See Picture 1: Get in your athletic posture with arms across your chest and rotate your shoulders to the right and left while not allowing your hips, knees, or feet to move.
- See Picture 2: Get in your athletic posture with arms across your chest and rotate your hips to the right and left while not allowing your chest or shoulders to move.

If these tests are difficult for you then it is important to evaluate your core stability, which allows for you to keep part of your body quiet while moving the other portion. It is also helpful to evaluate your spine rotation flexibility and hip rotation flexibility. If you are limited in any or all of these areas your ability to generate power will be dramatically limited.

The good news is that all of these areas can be improved by incorporating the appropriate exercises giving you the ability to use your body better as you play your favorite sport.
2017 Easter Sunday Brunch
April 16th Seating from 11am-2:pm
Adults $24.99++ Children $12.99++

Organic Mixed Greens Salad
Tomato Bisque
Fresh Fruit and Pastries
Broccoli & Bacon Salad
Smoked Salmon with Bagels and Cream Cheese

Chef Carved Herb & Garlic Prime Rib
Chef Carved Honey Glazed Ham
Carolina Country Club Fried Chicken
Eggs Florentine with House-made Hollandaise
Over Easy Eggs with Root Vegetable Hash

Balsamic Marinated Vegetables
Green Bean Casserole
Three Cheese Macaroni and Cheese
Garlic Whipped Potatoes
Creamed Sweet Corn Soufflé

House-made Carrot Cake
Chocolate and Vanilla Cupcakes
Strawberry Cheesecake

Call 864-583-1246 for Reservations!

*48 Hour Cancellation Policy*