



March 2025

LAKEWOOD RACQUET REPORT

TENNIS ADVANCED 4.0+ SINGLES BUMP



SUNDAYS FROM 8:00-9:30 AM

MEMBERS \$10
GUESTS \$20

LIMITED SPOTS

FOR ANY QUESTIONS, PLEASE REACH OUT TO MICHAEL CAMPBELL AT MICHAELCAMPBELL.LRC@GMAIL.COM

PRO TIP: Mental Resilience

Tennis is a game of incredibly fine margins—winning a match doesn't even require winning the majority of points. Just look at the 2019 Wimbledon Final, where Novak Djokovic won despite winning fewer total points than Roger Federer. Because of this, improving around the margins can have a huge impact on your game.

One often-overlooked area is the mental side of tennis, specifically the ability to stay mentally tough and resilient. It's easy to get frustrated after a bad point or a rough stretch, but allowing that negativity to linger can quickly snowball into losing multiple points, games, or even the entire match.

The key? Let go of the past and focus on the present. The quicker you can reset and commit to playing each point with full focus—regardless of what just happened—the better you'll perform. As Rafael Nadal famously said:

"I play each point like my life depends on it."

Train your mind to move on quickly, compete with resilience, and take the game one point at a time. That's how champions are made.

Stringing Price Change:

Pro Shop Stringing
costs have gone down!

It is now only \$20 + the
cost of strings.

LRC is more fun with friends



Refer a friend to join &
you both get a month
of free dues!

Limited time only

A huge congratulations to Mike Huffman, Terry Wright, and Kim Larson for their incredible performance at Nationals in Arizona, earning an impressive 6th-place team finish. A special shoutout to John Shelton for going undefeated in his matches—an outstanding achievement! We're proud of all of you for representing LRC at the highest level. Well done!



MEMBER SPOTLIGHT: DAVID & MARIANNE MIKKELSON



David and Marianne Mikkelson met online in mid-2020, at the height of the COVID-19 pandemic and shared a cautious, socially-distanced first date, eating picnic lunches while sitting six feet apart on the beach at Des Moines. Marianne, a lifelong tennis player, hoped to find a partner in both love and tennis. Although David could offer the former, he had never played the latter before but gamely offered to give it a try. They've been playing with -- and against -- each other ever since, joining Lakewood in 2024 to have more opportunities for regular and team play.

Before they married in 2022, David was busy running Snopes.com, the fact-checking website he created, while Marianne was serving as the director of a child care center in Olympia. Both have since retired, leaving more time in their lives for travel, board gaming (David's hobby), grandchildren (Marianne's hobby), and TENNIS!

YOUR AD HERE!

Did you know members get 50% off our advertisement rates? Imagine your business's logo here, on the fence, in the parking lot, or even on the courts.

Email General Manager, Lily, at Lily.LRSC@gmail.com for pricing and more info!



Tom Kuhlmann, Agent

360-943-9565

MyOlympiaAgent.com

PICKLEBALL PADDLE

Demo Day

Featuring Head's newest and most popular paddles, plus giveaways!

MARCH 15
11:00 AM

DURING OPEN PLAY
PICKLEBALL



LRC GOES TO THE TACOMA RAINIERS



JOIN US ON OPENING DAY
IN A PRIVATE LUXURY SUITE

FRIDAY MARCH 28 7 PM

TICKET INCLUDES SALAD, DINNER, COOKIES, DRINKS, & ENTRY TO THE GAME. PLUS, ENJOY FIREWORKS AFTER THE GAME!

CHENEY STADIUM
2502 S TYLER ST,
TACOMA, WA 98405

TICKET
ONLY **\$75**



March 2025

Sun Mon Tues Wed Thurs Fri Sat

						1 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
2 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	3 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	4 Pickleball 11am-2pm Ladies' Night 5-7pm & Ladies' Potluck 6:30pm	5 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	6 Pickleball 11am-2pm Mixed Night 5-7pm	7 Pickleball Adv 3.5+ 3:30-6:30pm	8 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
9 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	10 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	11 Pickleball 11am-2pm Men's Night 5-7pm	12 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	13 Pickleball 11am-2pm Mixed Night 5-7pm	14 Pickleball Adv 3.5+ 3:30-6:30pm	15 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
16 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	17 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	18 Pickleball 11am-2pm Ladies' Night 5-7pm	19 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	20 Pickleball 11am-2pm Mixed Night 5-7pm	21 Pickleball Adv 3.5+ 3:30-6:30pm	22 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
23 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm* 30	24 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm 31	25 Pickleball 11am-2pm Men's Night 5-7pm	26 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm Board Meeting 5:30pm	27 Pickleball 11am-2pm Mixed Night 5-7pm	28 Pickleball Adv 3.5+ 3:30-6:30pm	29 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*

**subject to USTA match schedules*



April 2025

Sun Mon Tues Wed Thurs Fri Sat

		1	2	3	4	5
		Pickleball 11am-2pm Ladies' Night 5-7pm & Ladies' Potluck 6:30pm	TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	Pickleball 11am-2pm Mixed Night 5-7pm	Pickleball Adv 3.5+ 3:30-6:30pm*	Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
6 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	7 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	8 Pickleball 11am-2pm Men's Night 5-7pm	9 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	10 Pickleball 11am-2pm Mixed Night 5-7pm	11 Pickleball Adv 3.5+ 3:30-6:30pm*	12 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
13 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	14 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	15 Pickleball 11am-2pm Ladies' Night 5-7pm	16 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	17 Pickleball 11am-2pm Mixed Night 5-7pm	18 Pickleball Adv 3.5+ 3:30-6:30pm*	19 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
20 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	21 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	22 Pickleball 11am-2pm Men's Night 5-7pm	23 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm Board Meeting 5:30pm	24 Pickleball 11am-2pm Mixed Night 5-7pm	25 Pickleball Adv 3.5+ 3:30-6:30pm*	26 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
27 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	28 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	29 Pickleball 11am-2pm Ladies' Night 5-7pm	30 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm			

**subject to USTA match schedules*