

LAKEWOOD RACQUET REPORT

Lakewood Racquet & Sport Club, 5820 112th Street SW Lakewood, WA 98499

From the Board Room

Spring has sprung, the flowers are blooming and the pollen is at its height. We are all looking forward to playing outdoors and the LRC staff and volunteers are waiting until pollen lessens to put up the windscreens on the outdoor courts. We've got a lot to do to get the club ready for the outdoor season and are planning another member work day on May 19 starting at 8am to get everyone involved in taking care of our club.

Remember, Lakewood Racquet Club is a member owned club which is run by the member elected Board of Directors who work with the staff and volunteer committees to get things done around the club. The purpose of committees is for members to take ownership for the club and responsibility to make things happen. It is vital for the volunteer run committees to work with the board who approve initiatives and projects. Please be sure to read the Committee Charters posted on the bulletin board around the club to get an understanding of how and why they're important part of LRC and let your friendly board president know if you're interested in getting involved.



LAKEWOOD
RACQUET
CLUB
SPORT

Welcome New Members!

Summer Membership

- ◆ *Jaime Yeveirino*
- ◆ *James & Megan Dempsey*

Rod & Custom Show

Lakewood Racquet Club, Saturday, June 9th, 2018

5820 112th St SW Lakewood, WA 98499

8am Start ~ Trophies at 3pm

Door Prizes, Raffle Prizes, Dash Plaques to the first 100 Cars

\$20 Pre-Paid Entry Fee \$25 Day of Show Entry Fee

Available all Day: Food, Tennis & Swimming!

Please contact Larry Hanson at 253-277-2525 or

Jim Henderson 253-219-3390

Skills & Drills Class:

**Tuesday/Fridays 12-1pm
Adult 2.5/30**

**Fridays 8:15-9:30 am
3.5 + Advance Skills**

**Saturdays 9:30-10:45am
3.5 + Cardio/Doubles**

Pricing!


**\$16+Tax/member
\$20+ Tax/Guest**





MAY 2018

Sun Mon Tue Wed Thu Fri Sat

		1 Skills/Drills 12-1pm 2.5/3.0 Men's Night	2	3 Mixed Doubles Potluck 5pm-7:30pm	4 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	5 Skills/Drills 3.5+ 9:30-10:45am
6	7 Ladies Night Potluck 5pm-7:30pm	8 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	9	10 Mixed Doubles 9:00-5:00pm	11 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	12 No Classes CFF Tennis PRO/AM @TLTC
13 HAPPY MOTHER'S DAY!	14 Ladies Night 5pm-7:30pm	15 Skills/Drills 12-1pm 2.5/3.0 Men's Night Dinner 3:45-7:30pm	16	17 Mixed Doubles 5pm-7:30pm	18 Skills/Drills 8:15-9:30m 3.5+ 12-1pm 2.5/3.0	19 Member Volunteer Clean-up Day 8am-Noon Skills/Drills 9:30-10:45am
20	21 Ladies Night 5pm-7:30pm	22 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	23	24 Mixed Doubles 5pm-7:30pm	25 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	26 Skills/Drills 3.5+ 9:30-10:45am
27	28 	29 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	30	31 Mixed Doubles 5pm-7:30pm		

Monthly Meetings: Board Meetings: 4th Monday 6:30pm: All Members Welcomed

> Membership—Third Wed 6:15-7:30 > Sports & Rec 4th Thursday 5pm

> Finance—1st Thursday 9:30am > IT—3rd Sunday 12pm > Social—TBD

> Personel—TBD > Building & Grounds—TBD



LAKEWOOD RACQUET REPORT



GRIFFIN PERSONAL TRAINING @ The Lakewood Racquet Club

TRX Classes Are Offered:

Monday & Wednesday: 8:30am & 1pm & 4pm & 6pm
Hugh Griffin is our Certified Strength and Condition Specialist.
Half hour sessions are \$30 and Full Sessions (50-60 minutes)
are \$50. Take advantage of this month's special.

Member Special: Buy 5 Get 1 Free, good through May 31, 2018.

Purple Cow

-8 oz. 100% pure grape  juice

-4 oz. (approximately 1 scoop) fat free vanilla frozen yogurt

In a blender, mix the grape juice and yogurt until yogurt is slightly melted and you have a thick, creamy shake. Serve immediately. Makes 1 serving: 260 calories, 4 g protein, 61 g carbohydrate, 0 g fat, 0 g fiber.





Lakewood Challenge (WTT) June 9 & 10:

New format for NTRP level players. World Team Tennis rules and scoring will be in effect. Coed teams of minimum 2 men and 2 women will compete in a non-elimination team format (3 team matches guaranteed) where singles, doubles and mixed are played. Mid-match substitutions and coaching are allowed. Winners of the tournament in each division will be eligible for a future WTT National Qualifier. Check out flyers throughout the club.

Player party scheduled for June 9th, 6pm.



Monthly String Special

First person to name the most LRC members in this picture receives a free racquet stringing from our pro shop. Entry must be sent to:

bruce@lakewoodracquetclub.com

Deadline is May 21, 2018 10pm.

\$100 Member Credit

The best advertisement and community outreach for our club is our members. Each of you can receive or donate a \$100 credit for bringing in a new member who has paid their club membership initiation fee.

