

## LAKEWOOD RACQUET REPORT

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

# 127TH ANNUAL PNW SENIOR CHAMPIONSHIPS

July 26-29th, 2018

Register for this year's annual club championships. All senior members (ages 35+) are encouraged to come join in the fun. All participants will receive tournament t-shirt, one bbq burger, chips, and beverage.

#### **Tournament ID: 600027018**

If you would like to volunteer for BBQ, tournament desk staff, and/or kitchen angel, please contact Bruce Dayton at bruce@lakewooodracquetclub.com

### LAKEWOOD RACQUET & SPORTS CLUB

### LADIES' SUNDAY FLIGHTS

Starts Sunday July 15th

Please sign up in Pro Shop. First 8 ladies in each flight will be regulars. Please sign up to be a sub as we will keep a sub list available for players.

LRC doubles flights will test your abilities as a doubles player with different partners. Each week you are randomly paired up with 3 other players. You will play a total of 24 games, (no-add game scoring).

At the end of the eight week flight session we declare a champion and the top two scorers have an option to move up to the next flight level.

Match Format: USTA Rules, 10 minute warm-up, 3 rotations, eight games each rotation, court captain serves first, no-add game scoring.



#### Welcome New Members!

Senior Family

♦ Brian/Sara Gilfeather

Senior Single

- Rob Gillanders
- ♦ Mlou Hayden
- ♦ Shirley Shen
- ♦ Kira Truebenbach

Junior Single

♦ Ryan Garrette

#### **Skills & Drills Class:**

Tuesday/Fridays 12-1pm

Adult 2.5/3.0

Fridays 8:15-9:30 am

3.5+ Advanced Skills

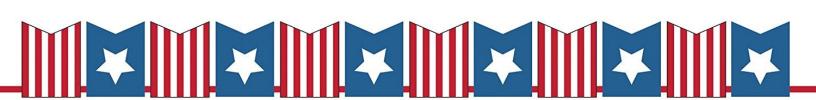
**Saturdays 9:30-10:45am** 

3.5+ Cardio/Doubles

**Pricing!** 

\$16+Tax/member

\$20+ Tax/Guest





### **JULY 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Ladies' Night 5-7:30pm Potluck Dinner	3 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	Happy July 4th Club Open 8am-5pm	<b>5</b> Mixed Doubles 5pm-7:30pm Grilled Burgers!	6 Skills/Drills 8:15-9:30am3.5+ 12-1pm 2.5/3.0	7 Skills/Drills 9:30-10:45am 3.5+
8	9 Ladies' Night 5-7:30pm	10 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	11	12 Mixed Doubles 5pm-7:30pm Grilled Burgers!	13 Skills/Drills 8:15-9:30am3.5+ 12-1pm 2.5/3.0	14 Skills/Drills 9:30-10:45am 3.5+
15	16 Ladies' Night 5-7:30pm	17 Skills/Drills 12-1pm 2.5/3.0 Men's Night Dinner	18	Mixed Doubles 5pm-7:30pm Grilled Burgers!	20 Skills/Drills 8:15-9:30am3.5+ 12-1pm 2.5/3.0	21 Skills/Drills 9:30-10:45am 3.5+
22	23 Ladies' Night 5-7:30pm	24 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	25	26 Mixed Doubles 5pm-7:30pm Grilled Burgers!	27 127 Annual PNW Senior Championship	28 127 Annual PNW Senior Championship
29 PNW Senior Championship	30 Ladies' Night 5-7:30pm	31 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm				

#### **TRX Classes Are Offered:**

Monday 8:30am & 1pm & 4pm & 6pm Wednesday 8:30am & 1pm & 6pm

Hugh Griffin is our Certified Strength and Condition Specialist. Each session is \$20. July Member Special: 10 sessions for \$170.

No Classes week of July 9th-15th.





## "Bump and Split"

Ladies' Day Tennis Every Wednesday

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9:30 am to 11:30 am

Please sign up in Pro Shop!

## Junior Tennis Lessons

Junior Swim Lessons

Next Session starts July 9th. Sessions are Monday thru Thursday every week.

Please check appropriate skill level class time in Pro Shop.

## Why You Should Strength Train



**Prevents Injuries.** When done with proper form, protects your joints from injury.



Improves Your Sports Performance. Who wouldn't want to perform their best on the court?!



**Improves Sleeping Patterns**. You are less likely to suffer from insomnia if you strength train regularly.



Controls Body Fat. Lean muscle burns more calories at rest thereby increasing your resting metabolic rate. The more muscle you build, the more calories you'll burn.



**Boost Stamina.** You will find you fatigue less easily when you strength train.



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