



OCTOBER 2026

LAKEWOOD RACQUET REPORT

Happy October, Everyone! We have a lot going on at LRC and a lot to talk about, so let's get to it all here. You can always visit our newsletters [online](#) also.

Let's celebrate some awesome tennis as summer leagues finish and fall leagues have kicked off for USTA. We have at least four teams I know of that qualified for Nationals! Congratulations to Tamara, Dave, and Kristin's team. We have Natalia's team, Mark's team, and Esther's team going, they all made it! [See pics!](#) Have so much fun at nationals playing! There are some others still vying for their spots this week as we go to press.

A great portion of our membership plays on a USTA team or multiple teams. I encourage you to get on a team! It is a great way to play tennis, compete, and have fun with your friends, make new friends! Even juniors can play on teams that parents form and coach. Let us know if you need help finding a team or want to learn more about how it works. We also do have specific rules from our board, some items are new, many rules have been a staple here for a very long time. See the next page.

We are one of the unique facilities where you can play indoors and outdoors tennis and pickleball! Lori has started a new pickleball activity Fridays at 11 am. You can sharpen your skills, improve strategies, and play skinny singles. This helps beginners, intermediate, or advanced players. Free to socials and court members, \$15 to non-members, public is welcome so tell your friends. This is member driven, thank you Lori! Another fun Friday activity, by new member Seth and Gio. They have a board game night going after Bump on Fridays! Please come join the fun.

Thank you to all the volunteers and people that helped put on the Member Appreciation Day. Congratulations to tennis winners Rich & Zheng. [Click for pictures!](#) It was a super bbq potluck put on by Jim Henderson, Jim Marso by the Men's Club, and fun pickleball

and tennis event organized by Membership committee, with help from the social and racquet & sports committee's. Thank you Charlie & Teena for taking winners to the Mariners games! Remember our private club is a family, social club that works in all facets by the support of volunteers. Thank you to [Celine and Elijah](#) for running an LRC table at Cabrini to market us. Let me know any questions or if you want to get involved to help out!

We have a spooooooooky Mixed Night upcoming on October 29, costume tennis and pizza party! Then we move into our Thanksgiving month, and holiday season. Save the dates for the annual meeting at 5:30, Monday, December 7, here at LRC, and our Christmas Holiday party Wednesday, December 9 at 7:00 pm at TCGC. Look forward to the business and festivities - we will have music from Randy, Paige, Winston, and Anneke! Thank you to Andrew, we really have the clubhouse/lounge leaks fixed and ready for holiday party, birthday party rentals.

Of course, I hope to see you all at the Fall Slam, our next Adult USTA Level 5 Sanctioned event October 16-18. You earn points. Under 18 can play in an open division. Speaking of Under 18. See the flyer on our new Junior Academy starting October 20 for high level players with Coach David, Head Pro Michael, and more instructors as more students join!

You may have noticed all of our classes and events are starting to book up - the event directors and Pros teaching you really need your help by signing up. Please sign up for the classes on court reserve or talk to the pro shop, call the pro shop and we can help you sign up. Soon we will get to a point where drop-ins are not accepted. For example, if 16 people sign up for Skills & Drills, those first 16 people get to be in the class, and extra players who did not sign up, will not get to take the class. Knowing who is coming makes it much easier for the Pro to teach the class for the ability levels. You still have some weeks

to try our revamped Men's and Ladies' nights with Schuyler feeding balls, drills, and Jereck teaming up players for doubles. [Check out social night and USTA league pictures.](#)

Thank you to all members, after our October 1 quarterly assessment, we have raised \$107,503 Capital, Spent \$54,200 of it, and the rest are in savings. You may have noticed we now have no leaks on the indoor courts. Fixing the leaks is one great example of where the money goes towards. This saved money is for capital projects and maintenance needed to keep our aging facility functioning. We also have standard financial revenues and expenses that can get tough sometimes with a small membership base paying 12-months dues. **It is super important we all pay 12-months dues.** I give a heartfelt thank you to one member philanthropist that has donated us \$10,000 for standard operations.

Pictures do tell a thousand words and are fun to celebrate. You can send in your shareable moments to me anytime. See you around the city and club, Chris

We Proudly Sponsor



Thank You Partners



LRC Rules for Members and Non-Members Playing on USTA and PCL Teams:

Captains are responsible for notifying any players on their team to follow all rules

1. Non-Members Playing on LRC USTA Teams:

- Captains are responsible for submitting all non-member registration sheets to LRC prior to the first match.
- Captains are responsible for collecting and confirming all non-member match fees are paid BEFORE each match.

2. Non-Member Match Fees:

- Non-members on LRC teams pay **\$15 per person per match.**
- Non-members on away teams pay **\$15 per person per match.**

3. Team Practices for LRC USTA Teams:

- Baskets of balls may be used for team practices, provided that play on adjacent courts is not disturbed.
- LRC members may reserve up to one court per week for USTA team practice, without such reservation counting against that member's allotted LRC's weekly court reservation. The reserving member will be charged \$40 per court for such (USTA Practice) reservation, but non-members on the USTA team participating in that practice will not be charged a guest fee. At least one LRC member must be present for a USTA practice, and it is up to the reserving member to collect the \$40 court fee from the participants.
- Members may also reserve a court for a USTA team practice using their own personal LRC allotted court reservation without incurring a court fee. However, non-members, in that instance, will be charged a guest fee \$17.
- Non-members participating in a team practice that is properly reserved as a USTA team practice (incurring a \$40 court fee) will not be using a "guest visit." Non-members participating in a team practice for an LRC USTA team that is reserved by a member using such member's personal reservation will be using a "guest visit."

4. Team Lessons for LRC USTA Teams:

- Tennis instructors/pros are available to provide team lessons with advanced requests.
- The rate will be \$125 per court for a team lesson.
- Participating in a team lesson does not use up a "guest visit." Non-members will NOT be charged an additional guest fee when participating in a team lesson.

5. USTA Matches:

- All USTA team matches are scheduled for 90 minutes, however, matches may go longer on the same court, and the match stays on that court until it is finished. Court locations do not change. The next match has to wait for that court or start on another court, if available. Matches will be completed and have precedence over next court reservation.

6. Flex Singles & One Doubles:

- Match Fees: non-members pay **\$15 per person per match.**
- Matches may only be booked for 90 minutes and are timed matches (meaning they do not have precedence over the next court reservation).

7. Pierce County League (PCL):

- Match Fees: non-members, regardless of team (LRC/home or away), pay **\$15 per person per match.**

TRX TRAINING WITH HUGH GRIFFIN



- Prevents Injuries
- Improves Your Sports Performance
- Improves Sleeping Patterns
- Controls Body Fat
- Boosts Stamina

When done with proper form, TRX training protects your joints from injury. Who wouldn't want to perform their best on the court?! You are less likely to suffer from insomnia if you strength train regularly. Lean muscle burns more calories at rest, thereby increasing your resting metabolic rate. The more muscle you build, the more calories you'll burn. You will find that you fatigue less easily when you strength train. Every Monday & Wednesday there are open TRX classes:

Mondays

8:30 am, 1 pm, 4 pm

Wednesdays

8:30 am, 1 pm, 6 pm

Contact:

griffinpersonaltraining@yahoo.com
phone: 253.861.4916

Does anyone have home school or online kids that need a P.E. activity? A lot of elementary, middle, and high school students take online classes now. We do have court space and teaching Pros available that could teach your students tennis and pickleball for P.E. Contact me if interested please!

LRC EVENTS

DUNLOP
GRAND PRIX SALE

BUY A CASE, SAVE \$45!

LRC LOGO TENNIS BALLS
24-PACK | \$99
SINGLE TUBE | \$6

ONLY AT YOUR LAKEWOOD RACQUET CLUB

WWW.LAKEWOODRACQUETCLUB.COM 253.582.6331

Lakewood Racquet & Sports Club
TENNIS • FITNESS • COMMUNITY

JUNIOR ACADEMY INVITATIONAL
SERIOUS TRAINING • MORE PLAYERS • A STRONGER COMMUNITY
A focused training program for motivated junior players. Work on your game, build fitness, and train with friends in a fun, inclusive, and competitive environment!

4-WEEK SESSION
Members: **\$350**
Tuesday and Thursday
Non-members: **\$400**
Tuesday and Thursday

FITNESS & FOOTWORK
Build speed, agility and movement.

ON-COURT TRAINING
Skill stations, drills and point play.

GROUPED BY SKILL LEVEL
Train and compete with players at your level.

EXPERIENCED COACHING TEAM
Learn from our experienced coaches!

TUESDAY & THURSDAYS
6:00 PM - 8:00 PM

COURT GROUPS
Groups by skill level. Rotate through coaches and focused training stations.

4-WEEK SESSION
No drop-ins (convert to the full session)

BRING A FRIEND!
Current members receive \$50 OFF when you refer a friend or teammate.
Your friend gets the entire session at member pricing!

The Junior Academy Invitational brings together motivated junior players for a structured, high-quality training experience. Sessions are designed to be inclusive and engaging, with more players, full-court use, and a strong focus on skill development, match play, and teamwork. It's a great opportunity for current and up-and-coming varsity players to train, compete, and be part of a supportive tennis community.

Better Players. Brighter Futures.

LAKWOOD RACQUET & SPORT CLUB

LAKWOOD RACQUET & SPORT CLUB
USTA LEVEL 5 OPEN SANCTIONED TOURNAMENT

OCTOBER 16-18, 2026 MATCHES START FRI 5 PM

FALL SLAM
USTA LEVEL 5 OPEN SANCTIONED TOURNAMENT

DOUBLES DIVISIONS
Men's Doubles: Open, 3.0, 3.5, 4.0
Women's Doubles: Open, 3.0, 3.5, 4.0
Mixed Doubles: Open, 3.0, 3.5, 4.0
Play up to two (2) events

DOUBLES DIVISIONS
First Event \$50
Second Event \$30

MATCH FORMAT
Guaranteed Play: First-Match Consolation (Minimum of 2 matches per event).
Main Draw: Standard sets.
Consolation Draw: Fast 4 Format

DOUBLES DIVISIONS
Court prizes for Every Player!
Every participant receives a special tournament prize upon arrival.

2-MATCH MINIMUM GUARANTEE
Drop your first match? No problem! Our First-Match Consolation bracket ensures all teams get at least two full matches per event entered.

ALL DOUBLES
This is all doubles. The format for all main draw matches will be 2 out of 3 no ad sets to 6 with a 30 point tiebreaker for the third set.

INDOOR COURTS
All matches will be played on the indoor courts.

IMPORTANT DATES
Entries close on October 9th.
Draws will be posted ASAP by Wednesday, October 14 at 5 PM.

TOURNAMENT LOCATION
Lakewood Racquet and Sport Club
1820 112th St SW, Lakewood, WA 98499

NEED A PARTNER?
We are happy to help you find a partner to make a doubles team!

REGISTER ONLINE TODAY!
Spots are limited per division. Click below to sign up on USTA.

[CLICK HERE TO REGISTER ON USTA](#)

Hosted by the Lakewood Racquet & Sport Club | All USTA rules and regulations apply.

LET'S PLAY!
PICKLEBALL 101

Every Wednesday
11:00 AM - 1:00 PM
Join our experienced instructor as they teach beginner foundations, followed with open play

Lakewood Racquet Club

TENNIS 101

ADULT CLINIC

**Every Wednesday
5:00 PM - 6:30 PM**
\$20 MEMBERS | \$25 NON-MEMBERS

Learn the basic foundational skills for tennis with Head Pro, Michael Parrettal

LAKEWOOD RACQUET CLUB
5620 112th St SW
LAKEWOOD, WA 98501



LAKEWOOD RACQUET CLUB MEMBERSHIP RATES & INFORMATION

Please note: All memberships are subject to Quarterly Capital Dues

COURT MEMBERSHIPS

Court Membership gives you full access to everything the club offers, including booking courts, playing on member courts, attending social nights, enjoying the fitness center, enjoying the summer pool, relaxing in the lounge, and accessing pickleball and racquetball courts. Members also receive exclusive discounts and additional perks year-round.

SOCIAL MEMBERSHIP

Social Membership includes our social nights, fitness center, pool, lounge, and member discounts. This membership does not include reserving courts or playing on member courts.

MILITARY MEMBERSHIPS

Active Duty Military receive zero initiation fee for any of the listed memberships.

Retired/Reservist Military receive half-off of the regular initiation fee for any of the listed memberships.

MONTHLY MEMBERSHIP RATES

MEMBERSHIP TYPE	MONTHLY AMOUNT
Family Court (35+ Years Old)	\$235
Single Court (35+ Years Old)	\$180
Junior Family Court (Under 35)	\$180
Junior Single Court (Under 35)	\$135
Student (18 & Under)	\$70
Social	\$70
Medical	\$70

QUARTERLY CAPITAL DUES

MEMBERSHIP TYPE	QUARTERLY CAPITAL DUES
Family Court (35+ Years Old)	\$200
Single Court (35+ Years Old)	\$155
Junior Family Court (Under 35)	\$155
Junior Single Court (Under 35)	\$115
Student (18 & Under)	\$60
Social	\$60
Medical	\$60

DISCOVER THE LRC DIFFERENCE

A place for racquet sports, fitness, relaxation, and community — all year round.

We look forward to welcoming you!

STAY CONNECTED

lakewoodracquetclub.com
253-562-6311
5620 112th St SW
Lakewood, WA 98499
LakeWood.racquetclub



Community Room Rental

Lakewood Racquet Club

Small Groups (up to 40)
\$150 + tax
\$250 (non-member)

Large Groups (40+)
\$300 + tax
\$500 (non-member)

To Book
Contact the Pro Shop at 253-562-6311 or email at proshop@lakewoodracquetclub.com. Full payment due at booking. Bookings are available.



TENNIS

Cardio Skills & Drills

High-Energy Doubles Drills & Point Play

**EVERY
WEDNESDAY
6:30 PM - 8:00 PM**

**LOCATION:
LAKEWOOD RACQUET
& SPORT CLUB**

Class Focus:

- Doubles live ball
- High-intensity doubles drills
- Continuous movement
- Competitive point play



Fast-paced doubles drills designed to keep players moving while improving consistency, positioning, and match play.

REGISTER ON COURTERESERVE _____ APP.COURTERESERVE.COM

MIXED NIGHT HALLOWEEN SOCIAL

THURSDAY, OCTOBER 29
MIXED NIGHT - HALLOWEEN THEME

SAME GAME. SCARIER OUTFITS!

TENNIS FRIENDS GOOD TIMES

POTLUCK STYLE **PIZZA WILL BE PROVIDED** **DRESS-UP** **CLUBHOUSE WILL BE DECORATED** **GUESTS ARE WELCOME** **PRIZE DRAWING**





ALL ARE WELCOME!



OCTOBER 2026

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

SAVE THE DATE: Holiday Party at TCGC Wednesday, December 9th at 7pm Annual Meeting Monday, December 7th at 5:30pm				1 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm	2 Foundations Strategy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	3 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
4	5 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-6:30pm	6 Pickleball Int 3.0+, 11am-2pm Ladies' Night & Potluck 5-6:30pm	7 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	8 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm	9 Foundations Strategy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	10 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
11	12 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-6:30pm	13 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-6:30pm	14 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	15 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm	16 Foundations Strate- gy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm* FALL SLAM	17 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* FALL SLAM
18 FALL SLAM	19 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-6:30pm	20 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-6:30pm JuniorAcademy 6-8pm	21 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	22 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm JuniorAcademy 6-8pm	23 Foundations Strategy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	24 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
25	26 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-6:30pm Board Meeting 5:30pm	27 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-6:30pm JuniorAcademy 6-8pm	28 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	29 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm JuniorAcademy 6-8pm Halloween Mixed Night Party	30 Foundations Strategy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	31 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* HALLOWEEN

*subject to USTA match schedules

NOVEMBER 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-5-6:30pm	3 Pickleball Int 3.0+, 11am-2pm Ladies' Night & Potluck 5-6:30pm JuniorAcademy 6-8pm	4 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	5 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm JuniorAcademy 6-8pm	6 Foundations Strategy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	7 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
8	9 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-6:30pm	10 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-6:30pm JuniorAcademy 6-8pm	11 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	12 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm JuniorAcademy 6-8pm	13 Foundations Strategy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	14 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
15	16 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-6:30pm	17 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-6:30pm	18 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	19 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm	20 Foundations Strategy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	21 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
22	23 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-6:30pm	24 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-6:30pm	25 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	26 Pickleball Int 3.0+, 11am-2pm Mixed Night 5-6:30pm Thanksgiving	27 Foundations Strategy 9:30-11am* Pickleball Skinny Singles 11-12:30p Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	28 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
29	30 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-6:30pm Board Meeting 5:30pm					

**subject to USTA match schedules*