



July 2025

LAKEWOOD RACQUET REPORT

TENNIS TOURNAMENT

SUMMER SLAM
2025
LAKEWOOD RACQUET & SPORT CLUB

AUGUST 1-3 2025

UNSANCTIONED
USTA TOURNAMENT

ENTRY TICKET
\$50.00/PERSON

FREE SHIRT FOR ALL PLAYERS

FOR MORE INFORMATION VISIT
PLAYTENNIS.USTA.COM

SIGN UP
SCAN HERE

5820 112TH ST SW
LAKEWOOD, WA 98499
LAKEWOOD RACQUET
& SPORT CLUB

Hi everyone,

We're excited to announce our Summer Slam Tennis Tournament is coming up on August 1-3, 2025 here at Lakewood Racquet & Sport Club!

This unsanctioned USTA event is open to all players. The entry fee is just \$50 per person, and every participant gets a free tournament shirt. You can sign up today by scanning the QR code on the flyer or visiting the link below:

<https://playtennis.usta.com/Competitions/lakewoodracquetsportclub/Tournaments/overview/F0B9FB5D-B988-474D-8B52-C1FF1D45EF7F>

Not planning to play? No problem!

We're also looking for volunteers to help make this event a success. Whether you want to BBQ, bring food, or lend a hand with setup and hospitality, we'd love to have your support.

If you're interested in volunteering, just reply to this email and let us know how you'd like to help.

Let's make Summer Slam a fun and memorable weekend for the whole club community!

CONGRATULATIONS TO OUR SECTIONALS TEAM!

A huge congratulations to two of our USTA teams for qualifying for Sectionals this year!

- » The 18+ 4.5 Men's Team, captained by Mark Mettler
- » The 18+ 4.5 Women's Team, co-captained by Natalia DeVore and Mark Mettler
- » We're also proud to recognize the following LRC members competing at Sectionals: Schuyler Soderlind, Jonathan Yu, and Angela Byrum.

And of course, a big shoutout to all the non-members who played a key role in helping these LRC teams punch their ticket to Sectionals.

Good luck in Portland! We'll be cheering you on!

HOURS

Please note:

To allow our staff to spend time with friends and family, we will be closing the pool at 2pm and closing the club at 2:30pm on July 4, 2025.



POLICY UPDATE

Beginning on September 1, 2025, anyone over 90 days late paying their monthly dues will have to set up automatic ACH payments. Beginning on August 1, 2025, any late fees levied for late ACH payments will be paid by the member.

PRO TIP: Move Through Your Volleys

We've all heard it before: Keep your volleys short, compact, and out in front. And that's absolutely true. The fewer moving parts, the better your chances of making clean, consistent contact. But here's the next layer to focus on: forward movement.

On every volley, your goal should be to move through the ball as much as possible. This does a few important things:

It helps you close the distance between you and the net.

Your momentum adds both pace and directional control.

Most importantly, it positions you to make contact closer to and above the net making even tough volleys feel easier.

Think of each volley not as a stationary hit, but as a chance to take ground, step forward, and finish the point.

Next time you're on court, remind yourself: "Move to it and through it."

MEMBER SPOTLIGHT: LEE ROUSSLANG

My name is Lee Rousslang and I recently moved to Tacoma from Honolulu with my wife, Dez, and one year old boy, Koda. During the evening I work as a radiologist, but during the day you can find me here looking to pick up a tennis game!

I joined LRC in April of this year and love the indoor tennis courts, ball machine, and well equipped gym. I played club tennis at the University of Illinois, where I attended medical school, and am very impressed by how many great players are here at LRC. I also love to golf, hike with the family, and spend as much time outside as possible.





July 2025

Sun Mon Tues Wed Thurs Fri Sat

		1 Pickleball 11am-2pm Ladies' Night 5-7pm & Ladies' Potluck 6:30pm	2 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	3 Pickleball 11am-2pm Mixed Night 5-7pm	4 Pool closes at 2pm Club closes at 2:30pm Independence Day	5 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	31 Pickleball 11am-2pm Mixed Night 5-7pm		

**subject to USTA match schedules*



August 2025

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

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