



JULY 2026

LAKEWOOD RACQUET REPORT

A MESSAGE FROM YOUR GENERAL MANAGER

A Summer of Growth, Energy, and Community!

Happy July, LRC Family! What an incredible start to the summer. As we celebrate the USA's 250th Independence Day this month, I am looking back at everything we've accomplished together and looking forward to an even brighter future for our club. Our main focus continues to be **membership growth** and showcasing the phenomenal amenities that make Lakewood Racquet Club so special. From our pristine indoor and outdoor courts, fully equipped gym, and 85+ heated pool, to our massive 11-acre field (perfect for volleyball and badminton!), walking spaces, deck, and community room, we truly are a great place to be! **Our #1 asset is our people.** Our top-tier professionals are always here to elevate your game with expert tennis, swim, and fitness lessons, and help you have a fun social event. More than just a facility, this is a social club powered by a fantastic community of members and friends.

Summer Slam 2026: A Smashing Success!

The energy at our recent Summer Slam tournament was absolutely electric! We hosted over 100 players who experienced our signature LRC hospitality. The viewing areas were packed, and the entire facility was bubbling over with positive energy and roars of excitement during those nail-biting match points. **Boy, did we show off the club!**

- **A Massive Thank You:** To our dedicated staff, amazing volunteers that each played a vital role Tamara, David, the entire Racquet Sports Committee Schuyler, Chi, Lori, Theresa, Aaron, Michael, Jereck, and Connie, Jessi, all the Smith Family, Patti, Wilma, Vicki, Sonja, Sarah, Debbie, and Paul, my apologies to anyone missed on accident. I want to give a special shout out to huge time investments daily the last two months from Schuyler, Trish, and Connie, generous sponsors Head with ProPenn tennis balls for each match, and the USTA regional director Krista who helped me run my first tennis event. Cheers to all!
- **Thank You, Members:** We know you gave up your weekend court time so we could host this major tournament when the weather turned rainy.
- **Relive the Memories:** We will be sharing a Google Drive link with tournament pictures very soon, so keep an eye on our evolving website!

As a proud USTA Tournament Director, I am thrilled to tease that we may see more exciting tournament action soon. By utilizing our outdoor courts for events, we can generate profits for the club without disrupting our members' indoor court play.

Growing Our Roots: Lakewood Chamber of Commerce

We have had a fantastic month of community outreach! LRC is officially a member of the **Lakewood Chamber of Commerce** once again. This reunion is already sparking valuable local partnerships.

If you visit the Partner Page on our website, you'll see several local businesses. In most cases, we are trading advertising space to support one another. Remember, we are a social club that thrives on member involvement, if you'd like to volunteer or help with our outreach efforts, please let me know!

Quarterly Update: Investing in Our Future

Because July marks the start of Q3, you will see your **third-quarter capital assessment** on this month's statement. At a private club, these funds are incredibly valuable. They ensure we have a "rainy day" fund ready to deploy exactly when needed to maintain, protect, and improve our club. We now have new units above the indoor courts installed in late December, vital electrical upgrades, and commercial mower upgrades, fixed leaks above Court 3. We look forward to being able to care for the upcoming needs of an entire new HVAC system and a new pool heater. Thank you for investing in the longevity and quality of LRC!

Exclusive Perks for Our Newest Members!

We want to make sure you are plugging into the community and staying active. Don't forget to claim your welcome perks. **Summer Memberships** - Adults come enjoy a **free tennis/pickleball group clinic!** This can be 101 to learn or skills/drills if you know how to play. **New 2026 Full Members** - Join us for a **free clinic OR a swim aerobics class!**

LRC is Open to All: Bring Your Friends!

Word of mouth is our best tool for growth. Remember to invite your friends and neighbors to experience LRC! Non-members are always welcome to take private or group lessons, clinics, and rent our community room and deck for summer BBQs, potlucks, and pizza parties (with pool access included!).

Happy 4th of July!

Wishing everyone a safe, fun, and happy 250th 4th of July wherever you celebrate! Remember Loren and his family help out at the **annual Steilacoom Parade and Block Party**, which will feature incredible food trucks and vendors. Stop by for a hat or shirt.

On a personal note, I've been keeping up with my own tennis journey this month! A huge thank you to Judy for the singles lessons, and thanks to Joe, Marty, and Bill for letting me sub in for some great doubles action. I

can self-rate to USTA 3.0 and may or may not get much better, it's great fun and super cardio though! Tip! Watch tennis and take a lesson from Michael Parretta!

See you at the club, remember we have our UPS Head Coach Matt here on July 9 & 10 speaking about his book at the mixed couples social BBQ and Bump pizza nighs, July 9-10.

Be awesome, have fun, and be kind!
Chris

Hi LRC Ladies,

I hope you're all well and got a chance to catch some of the fantastic tennis at LRCs Summer Slam this weekend. It was a lot of fun and an annual event so block off your calendars for next year if you haven't already :-)

Every Tuesday is Ladies Night so I hope you'll pop by if you're available to get some games in with different people every 30 minutes. It's fun and really good practice from 5pm to 6:30pm. Next Tuesday will be the first LRC Ladies Night of the month so we'll do a friendly potluck in the lounge after tennis.

In addition, starting this week, Wednesday mornings from 9:30-11am in the summer are for ladies outdoor Bump and Split. It's one of my favorite things to do in the summer at LRC so be sure to sign up before Wednesday at the front desk (sign up sheet is on the bulletin board in the lobby) so we know who's coming. Each court requires multiples of 4 so we have as many doubles courts going as possible. Ladies should show up 10-15 minutes in advance so they can determine randomly who their partner will be. Each foursome will play 8 no-ad games with the winner having to win by 2. A tie will be broken via a single point tie breaker. Winners will move up a court, losers will move down a court with the champions being the winners on Court 1. I'll note how much fun this is, as well as a great chance to practice with and against lots of different ladies.

I hope you'll join in the fun!
Thanks,
Teena

PS. LRC has Water Aerobics on Tues, Thurs from 8:45-9:30am & Sun from 9-9:45am throughout the summer. Come out and enjoy the pool time while keeping fit!

Trish says: "I've done it 4 times now, and it's really fun. Julia does a great job. I'm a big fan of the music and it's a surprisingly good workout. I've ordered some water dumbbells for the club we can add into the mix soon as well. See you in the pool!"



Thank You Summer Slam Sponsors



We Proudly Sponsor



Thank You Partners



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

WATER AEROBICS

Come for the workout, stay for the vibes...

The playlist is hot, the pool is cool, and the energy is high! Bring a friend to this fitness class, pool party mashup!

SUNDAYS:
9:00AM – 9:45AM

TUESDAYS & THURSDAYS:
8:45AM – 9:30AM

SIGN UP TODAY ON COURTESERVE OR IN PERSON!

SWIM LESSONS

2026 SUMMER SCHEDULE
ALL AGES AND LEVELS

LEVEL 1: WATER DISCOVERY
Mon, Wed, Fri | 9:00 AM – 9:30 AM
Perfect for non-swimmers and beginners!
Build water confidence and basic water safety skills.

LEVEL 2: WATER CONFIDENCE
Mon, Tue, Wed, Thu | 9:30 AM – 10:00 AM
For swimmers who are comfortable in the water and ready for more independence.

LEVEL 3: STROKE FOUNDATIONS
Mon, Tue, Wed, Thu | 10:00 AM – 10:30 AM
Designed for swimmers who can move independently in the water and are ready to build endurance and learn strokes.

LEVEL 4: STROKE TECHNIQUE & CONDITIONING
Mon, Tue, Wed, Thu | 10:30 AM – 11:00 AM
For strong swimmers ready to refine technique. Swimmers will improve efficiency in all four strokes.

SESSIONS

June 14 - June 27

June 28 - July 11

July 12 - July 25

July 26 - August 8

August 9 - August 22

Private Lessons:
Sunday + Friday AM
Monday + Wednesday PM

LRC EVENTS

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 COURTRESERVE _____ APP.COURTRESERVE.COM.

LAKEWOOD RACQUET & SPORT CLUB

POOL OPEN

SUMMER MEMBERSHIPS AVAILABLE
TENNIS + PICKLEBALL + FITNESS
SOCIAL NIGHTS + ALL INCLUDED

lakewoodracquetclub.com

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 Parretta!

LAKEWOOD RACQUET CLUB

5820 112TH ST SW
LAKEWOOD, WA 98501



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

Community Room Rental

Lakewood Racquet Club

Small Groups (up to 40)

\$150 + tax

\$200 (non-member)

Large Groups (40+)

\$300 + tax

\$200 (non-member)

To Book

Contact the front desk or email
chrisuglick.LRC@lakewoodracquetclub.com

Full payment due at booking.

Subject to availability.

MENTALLY TOUGH TRAINING • A LIVE TALK

Thu July 9

6:30 PM Mixed Doubles BBQ

Fri July 10

7:00 PM Bump Dinner

• Open to everyone — you don't have to play tennis to come listen.

Turning Chaos into Clarity

The mental game, made trainable.

Matches aren't won on talent alone — they're won on what you do with pressure. **Matthew Simons** turns that into a skill you can build.



THE NEW BOOK
& ON-COURT JOURNAL

WHY THIS TALK

Nerves, momentum swings, the voice in your head between points — most players treat them as noise. Matthew treats them as the game inside the game — showing how to reprogram the mental side of tennis and measure real progress. You leave with a concrete method, not a pep talk.

THE BALANCE BLUEPRINT

The framework Matthew forged across elite sport, high-stakes sales, and recovery — adapted in his new book and coach-training program.

BUILT FOR

Players • Parents • Coaches



Matthew Simons

MINDSET COACH & AUTHOR

Head Men's & Women's Tennis Coach at the **University of Puget Sound** since 2018, and a world-ranked ITF Masters competitor. His authority on mental toughness was forged through reinvention — sales, a long battle with addiction, and the recovery that followed.

"...whether you are closing a deal, fighting for a championship point, or reclaiming your life, the mechanics of human performance are identical."

— MATTHEW SIMONS

More at MentallyToughTraining.com

2018

NCAA HEAD COACH
UNIV. OF PUGET SOUND

World-Ranked

ITF
MASTERS TOUR

2

BOOKS
AUTHORED

15 yrs

HIGH-STAKES
TECHNICAL SALES

JULY 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 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	2 Water Aerobics, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	3 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	4 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* INDEPENDENCE DAY Club Closes at 2pm
5 Water Aerobics, 9-9:45am	6 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	7 Water Aerobics, 8:45-9:30am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	8 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	9 Water Aerobics \$15, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	10 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	11 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
12 Water Aerobics, 9-9:45am POOL SESSION 3 STARTS	13 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	14 Water Aerobics, 8:45-9:30am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	15 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	16 Water Aerobics \$15, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	17 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm* HEAD DEMO DAY	18 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
19 Water Aerobics, 9-9:45am	20 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	21 Water Aerobics, 8:45-9:30am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	22 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	23 Water Aerobics \$15, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	24 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	25 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* UTR Junior Circuit Level 1-4.99
26 Water Aerobics, 9-9:45am POOL SESSION 4 STARTS	27 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm Board Meeting 5:30pm	28 Water Aerobics, 8:45-9:30am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	29 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	30 Water Aerobics \$15, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	31 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	

*subject to USTA match schedules

AUGUST 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
2 Water Aerobics, 9-9:45am	3 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	4 Water Aerobics, 8:45-9:30am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	5 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 S&D, 6:30-8pm	6 Water Aerobics \$15, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	7 Foundations Strategy 9:30- 11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	8 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
9 Water Aerobics, 9-9:45am POOL SESSION 5 STARTS	10 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	11 Water Aerobics, 8:45-9:30am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	12 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 S&D, 6:30-8pm	13 Water Aerobics \$15, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	14 Foundations Strategy 9:30- 11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	15 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
16 Water Aerobics, 9-9:45am	17 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	18 Water Aerobics, 8:45-9:30am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	19 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 S&D, 6:30-8pm	20 Water Aerobics \$15, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	21 Foundations Strategy 9:30- 11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	22 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
23 Water Aerobics, 9-9:45am	24 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm Board Meeting 5:30pm	25 Water Aerobics, 8:45-9:30am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	26 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 S&D, 6:30-8pm	27 Water Aerobics \$15, 9-9:30am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	28 Foundations Strategy 9:30- 11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	29 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* UTR Junior Circuit Level 1-4.99
30 Water Aerobics, 9-9:45am	31 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm					

*subject to USTA match schedules