



LAKEWOOD  
RACQUET  
& SPORT CLUB



April 2021

# LAKEWOOD RACQUET REPORT

## MEMBER VOLUNTEER SPRING PRUNING

**APRIL 24TH**

**8:30am - Coffee & Donuts**

**9:00am SHARP! - The work begins**

Spring is here! As a member-owned club, we appreciate the generosity of our members coming together for the betterment of our community. We will work until noon on several outside projects. Please sign up at front desk or on [10sportal.net](https://10sportal.net). If you have any questions please contact Grounds/Building Committee Chair Dick Hutchison. We will need at least 20 members to accomplish the three major areas of improvement. Pruning and painting will be the common theme for the day. Thank you in advance for your time and effort. ~ LRC Board and Management.

## WELCOME NEW MEMBERS

*Junior Single*

**Natalia Devore**

**Michael Schoettler**

*Junior Family*

**Matt & Julie Anderson**

*Senior Family*

**Deanna &**

**Tom Latendresse**

**Loren Dollet &**

**Patricia Hemphill**

*Family Fitness*

**Lee & Tracy Baker**



## MEN'S, LADIES', & MIXED NIGHTS AT LRC

The new normal for all three nights is starting at 5pm and going until 6:15pm on two tennis courts. First 8 people to sign up in person at front desk, via phone, or logging onto [10sportal.net](https://10sportal.net) reserve your spot. Staff will set up each foursome. You will stay with the foursome for the entire time. You will rotate every 8 games to have a different partner at least 3 times during the night. Please contact Bruce if you have any questions [BruceLRC@gmail.com](mailto:BruceLRC@gmail.com).



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## **SPORTSMANSHIP POST QUARANTINE: A CAPTAIN'S OBSERVATIONS BY ANNEKE BERRY**

USTA is back. Masks are no longer required on the courts. There is less talk about Covid and more talk about a brighter tomorrow. Is everything back to normal? Not really. We have some rule changes, including timed matches, which is further complicated by the fact that not all facilities are using the same amount of time. Are the rule changes to blame for an increased feeling of incidents of unsportsmanlike conduct? Let's think about this for a moment. We have eagerly awaited this day - a day when everything would appear to be "getting back to normal." Yet there are increased arguments over line-calls and heated discussions over rules we have all accepted for many years. So, what is different? WE HAVE CHANGED. For good and bad, we have survived an extremely difficult year, losing friends and family, homeschooling children, losing businesses, financial struggles, strained friendships - and we cannot go back. Unfortunately, each of us is forever changed by the occurrences of the last year and we will never be "back" to normal.

Unfortunately, the pain of this forced change has left each of us RAW and permanently scarred. Each of us suffers from Covid-related wounds, that, while invisible to the eye, are still in the process of healing. As we step out on the court to compete against one another, each of us may not be at our best. Competing is tricky in the best of circumstances, and we are not in the best of circumstances. Our opponents have had a tough year, like each of us, they have suffered losses and disappointments, and yet DESPITE the anguish of this last year, we are all coming together to rebuild and enjoy the thrill of competition.

Each of us is doing our best to survive this unexpected and prolonged nightmare. It may be challenging, yet, we should begin to trust each other again; trust that our opponents are doing their best to make good line calls and enjoy a fair match and trust we all want to come out of this shared experience better people and players. As you step on the court for your next match, take a deep breath, be kind, and remind yourself to appreciate that we are returning to the sport we love...as we discover a new normal together.

### **Phase 3: Masks are optional while playing tennis**

We are now in phase 3. Our main concern is your safety, so please continue to follow all guidelines. You are still required to wear masks throughout the club. While playing tennis, masks are optional.

Vaccinations are becoming more and more available and it is a matter of finding a location and booking an appointment. It can be difficult locating available appointments near you, but the Washington state department of health has made it easier to locate and book a covid vaccine appointment. The website prompts you to enter a zip code and locate various locations near you for possible availability. Most facilities require appointments, but some accept walk-ins. <https://vaccinelocator.doh.wa.gov>

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# LESSONS ARE IN FULL SWING!

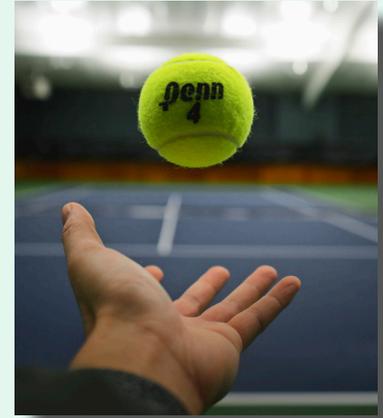
## Junior Classes Every Day:

Tennis 101 (Ages 10-18) - Tuesday/Thursday 3:45-4:45 pm  
Varsity HS and Intermediate Tournament player  
Future Stars (ages 6-10) - Monday/Wednesday 4-5 pm  
Beginner strokes and games  
Little Tennis (ages 3-6) - Friday 3-4 pm  
Introduction to tennis

## Adult Classes:

Cardio Skills & Drills - All levels  
Monday/Wednesday 6:15-7:30 pm  
Skills & Drills ( 2.5/3.0 level)  
Tuesday/Friday Noon - 1 pm  
Weekend Skills & Drills - 3.5+ level  
Saturday 9:30-10:45 am

\* *Advanced Registration available online.\**



## YOUR LRC BOARD MEMBERS

**President** Teena Ward Hyde  
**Vice President** Dick Hutchison  
**Treasurer** Charlie Hyde  
**Secretary** Connie Worthen  
**Member** Tad Davis  
**Member** Terry Wright  
**Member** Paul Whittaker  
**Member** Dave Henderson  
**Member** Teddy Grenley

## YOUR LRC COMMITTEE CHAIRS

**Financial**  
Charlie Hyde  
**Grounds and Building**  
Dick Hutchison  
**Membership**  
Teena Ward Hyde  
**Planning (Long Range)**  
Terry Wright  
**Social**  
Anneke Berry Morley  
**Sports and Recreation**  
Teddy Grenley

## TRX TRAINING IS GREAT FOR YOUR TENNIS GAME!

- 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.*



# April 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				<b>1</b>  Mixed Doubles 5-6:15pm	<b>2</b> Skills/drills 12-1pm Pickleball 5-7:30pm <b>Good Friday</b>	<b>3</b> Skills/drills 9:30-10:45am
<b>4</b>  Pickleball 12-2:30pm <b>Easter Sunday</b>	<b>5</b> TRX @ 8:30am, 1pm, 4pm, 6pm Skills/drills 6:15-7:15pm Ladies' Night 5-6:15pm	<b>6</b>  Skills/drills 12-1pm Men's Night 5-6:15pm	<b>7</b> TRX @ 8:30am, 1pm, 6pm Skills/drills 6:15-7:15pm	<b>8</b>  Mixed Doubles 5-6:15pm	<b>9</b> Skills/drills 12-1pm Pickleball 5-7:30pm	<b>10</b> Skills/drills 9:30-10:45am
<b>11</b>  Pickleball 12-2:30pm	<b>12</b> TRX @ 8:30am, 1pm, 4pm, 6pm Skills/drills 6:15-7:15pm Ladies' Night 5-6:15pm	<b>13</b>  Skills/drills 12-1pm Men's Night 5-6:15pm	<b>14</b> TRX @ 8:30am, 1pm, 6pm Skills/drills 6:15-7:15pm <b>Ramadan begins</b>	<b>15</b>  Mixed Doubles 5-6:15pm <b>Tax Day</b>	<b>16</b> Skills/drills 12-1pm Pickleball 5-7:30pm	<b>17</b> Skills/drills 9:30-10:45am
<b>18</b>  Pickleball 12-2:30pm	<b>19</b> TRX @ 8:30am, 1pm, 4pm, 6pm Skills/drills 6:15-7:15pm Ladies' Night 5-6:15pm	<b>20</b>  Skills/drills 12-1pm Men's Night 5-6:15pm	<b>21</b> TRX @ 8:30am, 1pm, 6pm Skills/drills 6:15-7:15pm	<b>22</b>  Mixed Doubles 5-6:15pm <b>Earth Day</b>	<b>23</b> Skills/drills 12-1pm Pickleball 5-7:30pm	<b>24</b> Skills/drills 9:30-10:45am
<b>25</b>  Pickleball 12-2:30pm	<b>26</b> TRX @ 8:30am, 1pm, 4pm, 6pm Skills/drills 6:15-7:15pm Ladies' Night 5-6:15pm <b>Board Meeting 6:30pm</b>	<b>27</b>  Skills/drills 12-1pm Men's Night 5-6:15pm	<b>28</b> TRX @ 8:30am, 1pm, 6pm Skills/drills 6:15-7:15pm	<b>29</b>  Mixed Doubles 5-6:15pm	<b>30</b> Skills/drills 12-1pm Pickleball 5-7:30pm	

If you are interested in attending a virtual Board meeting, please contact President Teena Ward Hyde or GM Bruce Dayton at least five days before meeting. Thank You.