



LAKEWOOD
RACQUET
& SPORT CLUB

April 2022

LAKEWOOD RACQUET REPORT



LRC TOURNAMENTS

Please keep your eye out for updated information on Junior/Adult outdoor tournaments this spring and summer. Weather permitting, we will be hosting junior tournament April 15-17 on our outdoor courts.

USTA LEAGUE

We are in the middle of 55+ mixed and 65+ leagues at LRC. Please check our court scheduler to see when they are playing. 18+ league will be starting up in a couple weeks. This is a 5 court team format. Our standard Saturday/Sunday match schedule starts at 3:45pm with a 4/1 split. Followed by 5:45pm starts with 3/2 split.

Captains, please confirm your courts on [10sportal](#). The entire schedule has been inputted by staff. Thank you all for your great sportsmanship on and off the court.

SUMMER WORK PARTY

Plan now to be part of the all-club Spring Work Party on Saturday, June 4th to spiff up the club for your spring and summer seasons. If you can't help on that day, please email lakewoodracquetclub@gmail.com of your interest to help at another time. Member-owned club, right? Right! Thank you all in advance for your volunteer efforts.





MEMBERSHIP PROMOTION

Any current member will receive \$100 credit on their account when they sponsor a new membership package with initiation fee. Please make sure new member adds sponsors name to their application.

SPRING SECOND SESSION JUNIOR TENNIS PROGRAMS

Program starting May 2nd and completing June 16th. Please check our website for class schedule and class descriptions. All classes are one day/time a week for 7 weeks. Members can log into their 10sportal account to register online. Front desk can answer your questions or you can email our Junior Director Katie O'Riley at katie@lakewoodracquetclub.com.

Monday: Level 1 3:30-4:30PM, Level 3 4:30-5:45PM, Level 5 5:45-7:00PM

Tuesday: Level 2 3:30-4:30PM, Level 4 4:30-5:45PM

Wednesday: Level 1 3:30-4:30PM, Level 3 4:30-5:45PM, Level 5 5:45-7:00PM

Thursday: Level 2 3:30-4:30PM, Level 4 4:30-5:45PM

MEMBERSHIP COUNTS!

Members receive 20% off suggested retail price on racquets and footwear.

WILSON RACQUETS: All new Clash and Blade available now in pro shop.

Babolat, Head, Volkl, Tecnifiber, and Yonex racquets available by special order. We also can get you most Adidas, Nike, and other footwear/apparel by special orders. New LRC Logo apparel and hats coming by May 1st.

Thank you all for supporting your club pro shop.





SUMMER JUNIOR PROGRAMMING

All classes will start Monday June 20th. Monday thru Thursday 9am-12 Noon will be for Level 1-4 tennis. Advanced High School classes will run Monday-Thursday 12:30-3:30pm. Junior Director Katie O'Riley will have more details for programming coming this month. Registration is open for summer programming now.

Swimming classes will also be held Monday thru Thursday 9am-12 Noon. We are excited to have Gabi Bellin and Amelia Cotter back as our instructors/lifeguards. If you know anyone interested in lifeguarding please have them contact bruce@lakewoodracquetclub.com. ~ Thank you.



SUMMER MEMBERSHIP

A great way for tennis enthusiasts to test out our club is with our Summer Membership. Summer season runs from Memorial Day to Labor Day. The cost for single membership is \$419 and \$539 for a family.

Membership includes use of the entire club. That includes 6 outdoor tennis courts, 4 indoor tennis courts, 1 center court pickleball court, member pricing on tennis/swim/pickleball lessons, pool, hot tub, lounge, playground, fitness center, bbq with family/friends and much more!

Get Social with Us!



[@piercecountytennis](https://www.facebook.com/piercecountytennis)



[@lakewoodracquetsportclub](https://www.instagram.com/lakewoodracquetsportclub)





LAKEWOOD
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SPORT

SPRING JUNIOR PROGRAMMING

RUN BY JUNIOR DIRECTOR KATIE O'RILEY

Call front desk or email Katie for availability
katie@lakewoodracquetclub.com



ADULT CLASSES:

Beginning Skills & Drills:

Monday 12-1pm

Cardio Skills & Drills:

Tuesday 6:30-7:30pm

Thursday 6:30-7:30pm

Weekend Skills & Drills: [3.5+ level]

Saturday 9:30-10:45am

**Advanced Registration and Prices available online:*
www.lakewoodracquetclub.com

Call for more information - (253) 582-6311

YOUR LRC BOARD MEMBERS

President Terry Wright

Vice President Paul Whittaker

Secretary Mark Mettler

Treasurer Charlie Hyde

Member Scott Baird

Member Teddy Grenley

Member Dave Hendrickson

Member Dick Hutchison

Member Teena Ward Hyde

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

Paul Whittaker

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 2022

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

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|--|--|---|--|--|---|---|
| | | | | | 1 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 2 Skills/drills 9:30-10:45am Beginning of Ramadan |
| 3 Pickleball 12-2:30pm | 4 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 5 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 6 TRX @ 8:30am, 1pm, 6pm | 7 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 8 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 9 Skills/drills 9:30-10:45am |
| 10 Pickleball 12-2:30pm | 11 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 12 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 13 TRX @ 8:30am, 1pm, 6pm | 14 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 15 Pickleball 6:45-9:30am Pickleball 5-7:30pm Passover Good Friday | 16 Skills/drills 9:30-10:45am |
| 17 Pickleball 12-2:30pm Easter | 18 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 19 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 20 TRX @ 8:30am, 1pm, 6pm | 21 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 22 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 23 Skills/drills 9:30-10:45am |
| 24 Pickleball 12-2:30pm | 25 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Board Meeting 6:30pm | 26 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 27 TRX @ 8:30am, 1pm, 6pm | 28 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 29 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 30 Skills/drills 9:30-10:45am |



May 2022

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|---|-------------------------------------|---|--|---|
| 1 | 2 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 3 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 4 TRX @ 8:30am, 1pm, 6pm | 5 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 6 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 7 Skills/drills 9:30-10:45am |
| 8 Pickleball 12-2:30pm Mother's Day | 9 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 10 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 11 TRX @ 8:30am, 1pm, 6pm | 12 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 13 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 14 Skills/drills 9:30-10:45am |
| 15 Pickleball 12-2:30pm | 16 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 17 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 18 TRX @ 8:30am, 1pm, 6pm | 19 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 20 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 21 Skills/drills 9:30-10:45am |
| 22 Pickleball 12-2:30pm | 23 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Board Meeting 6:30pm | 24 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 25 TRX @ 8:30am, 1pm, 6pm | 26 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 27 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 28 Skills/drills 9:30-10:45am |
| 29 Pickleball 12-2:30pm | 30 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Memorial Day | 31 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | | | | |