



LAKEWOOD
RACQUET
& SPORT CLUB

December 2022

LAKEWOOD RACQUET REPORT



Lakewood Racquet Club Annual Holiday Celebration & 60 Year Anniversary

Date: December 7, 2022

Time: 5pm Cocktail Hour, 6pm Dinner

Location: Tacoma Country & Golf Club

Cost: \$45 per person

(invoiced to members' November statements)

RSVP: by November 21, 2022

(RSVP by replying to the email or contacting the Pro Shop Staff)

See more details in the email sent out regarding the celebration and through the website under Events & More.

BOARD NEWS

Thank you Teena Ward Hyde, Dick Hutchison, and Charlie Hyde for your past 3 year term on the Board. Your many hours of volunteer service are truly appreciated by staff and management. Without your dedication to our club, our bottom line would not be as good as it is today. At the Annual Board Meeting, our three new Board members were sworn in. Congratulations to Nicole Enslow, Tricia Parsons, and Kate Perry. Thank you Allan Leaman for supporting your club by running for the Board. I truly hope you are able to pick a committee to support with your extensive tennis background.

Sincerely, Bruce Dayton - GM, Dir. Of Tennis

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
Scott Baird
Planning (Long Range)
Terry Wright
Social
Anneke Berry Morley
Sports and Recreation
Paul Whittaker



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Letter from your Board President – Terry Wright

Dear Members,

Your LRC Board is busy making plans for the Holiday Party, Wednesday, December 7 at the Tacoma Country & Golf Club. Staff will be calling each member in November to explain the available menu, cost, and to obtain a “head-count” for attendance.

Since we are also celebrating the 60-year anniversary of the club, the Board is also requesting that members dig through their old photos of the club and/or club activities, and provide copies or originals, that staff can copy, directly to Bruce, or staff at the front desk.

Also coming up very soon are the elections for Board positions – there are three positions up for election this year. If you are interested in competing for one of those positions, then please notify our Election Committee Chair, Chris Fynboe (ccfynboe@cs.com) and provide a short paragraph about your background and why you would like to be on the Board. Members are also needed to participate in all of the Board Committees. Please contact any Board member, Committee Chair or Bruce if you would like to participate on any Committee.

A short update on the project to add additional indoor courts at LRC, is that the City of Lakewood voted to proceed with the zoning change requested by LRC that is required before we can move forward to build courts.

Keeping with our theme of our member owned club functioning better when the members are engaged, the Board is requesting assistance from those using the ball machine to remove dead-balls each time they use the machine and take them to the front desk for recycling. We believe that this is a more efficient way to keep the balls in the machine fresh.

Wishing you all good Health, Wealth and Wisdom



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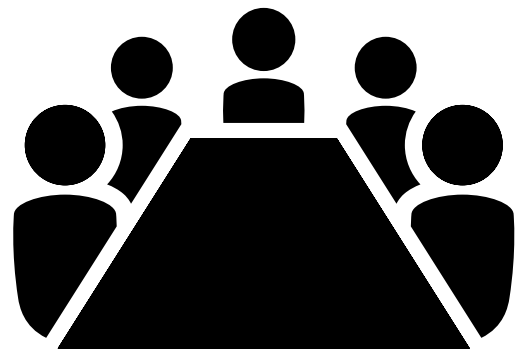
ANNUAL BOARD MEETING NEWS

The Board concluded with the Annual Board Meeting December 5th. Financially, the club is recovering very well since Covid-19 closers in 2020 and 2021. Membership has had a steady increase with total of 7% net gain in 2022. Thank you all for inviting your friends and family to try out our club. You are the best marketers for our club.

We will have new club logo apparel and accessories in our pro shop to celebrate our 60th year in service.

The club is buzzing with excitement from our 18+, 40+, 55+ and our 65+ teams. Please let us know if you are interested in playing on our teams. Keep your eye out for updated policy and procedures for players and spectators prior to matches starting in January. Thank you all for continued support of our club. See you around the club soon.

Happy Holidays from our Board, Management, and Staff.



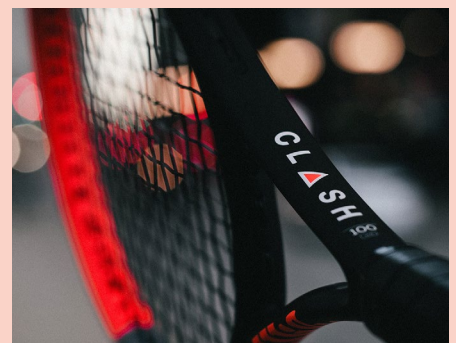
MEMBERSHIP COUNTS!

Members receive 20% off suggested retail price on New LRC apparel, hats, and footwear.

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

LRC APPAREL & HATS: New logo apparel and hats are currently available in the Pro Shop. More LRC product will be arriving periodically throughout the year. Please let staff know if you would like a certain style of apparel with the LRC logo on it.

Thank you all for supporting your club pro shop.





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WINTER JUNIOR PROGRAM

Registration for all WINTER programs currently open!

*Please go to website: www.lakewoodracquetclub.com
to print the registration form.*

Level 1 - Red Ball (Ages 5-10)
Monday/Wednesday 3:30-4:30 PM

Level 2 - Orange Ball (Ages 10-13)
Tuesday/Thursday 3:30-4:30 PM

Level 3 - Green Ball (Ages 10-13)
Monday/Wednesday 4:30-5:45 PM

Level 4 - Yellow Ball (Intermediate)
Tuesday/Thursday 4:30-5:45 PM

Level 5 - Advanced (Invite Only)
Monday/Wednesday: 5:45-7:00 PM

Saturdays:

Level 5 - 10:45-12 PM
(Invite Only)

Level 4 - 10:45-12 PM
(Drop In)

Level 3 - 12-1 PM
(Drop In)



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 the new member adds the sponsor's name to their application.

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.



**LAKEWOOD
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December 2022

Sun Mon Tues Wed Thurs Fri Sat

| | | | | | | |
|--|--|---|---|--|--|--|
| | | | | 1 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 2 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 3 Skills/drills 9:30-10:45am 6:30pm Board Ballots DUE |
| 4 Pickleball 12-2:30pm | 5 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Annual Board Meeting 6:30pm | 6 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 7 TRX @ 8:30am, 1pm, 6pm HOLIDAY PARTY 5pm | 8 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 9 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 10 Skills/drills 9:30-10:45am |
| 11 Pickleball 12-2:30pm | 12 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 13 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 14 TRX @ 8:30am, 1pm, 6pm | 15 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 16 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 17 Skills/drills 9:30-10:45am |
| 18 Pickleball 12-2:30pm | 19 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 20 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 21 TRX @ 8:30am, 1pm, 6pm | 22 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 23 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 24 Skills/drills 9:30-10:45am Club Hours 8am-2:30pm |
| 25 CLOSED Christmas Day | 26 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm | 27 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm | 28 TRX @ 8:30am, 1pm, 6pm | 29 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm | 30 Pickleball 6:45-9:30am Pickleball 5-7:30pm | 31 Skills/drills 9:30-10:45am Club Hours 8am-5pm |



January 2023

Sun Mon Tues Wed Thurs Fri Sat

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|---|--|--|--|--|---|--|
| <p>1</p> <p>Pickleball 12-2:30pm</p> <p>New Year's Day Club Hours 8am-5pm</p> | <p>2</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p> <p>Junior Program Starts</p> | <p>3</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | <p>4</p> <p>TRX @ 8:30am, 1pm, 6pm</p> | <p>5</p> <p>Pickleball 12-2:30pm</p> <p>Mixed Doubles 5-6:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | <p>6</p> <p>Pickleball 6:45-9:30am</p> <p>Pickleball 5-7:30pm</p> | <p>7</p> <p>Skills/drills 9:30-10:45am</p> |
| <p>8</p> <p>Pickleball 12-2:30pm</p> | <p>9</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p> | <p>10</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | <p>11</p> <p>TRX @ 8:30am, 1pm, 6pm</p> | <p>12</p> <p>Pickleball 12-2:30pm</p> <p>Mixed Doubles 5-6:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | <p>13</p> <p>Pickleball 6:45-9:30am</p> <p>Pickleball 5-7:30pm</p> | <p>14</p> <p>Skills/drills 9:30-10:45am</p> |
| <p>15</p> <p>Pickleball 12-2:30pm</p> | <p>16</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p> <p>Martin Luther King Jr. Day</p> | <p>17</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | <p>18</p> <p>TRX @ 8:30am, 1pm, 6pm</p> | <p>19</p> <p>Pickleball 12-2:30pm</p> <p>Mixed Doubles 5-6:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | <p>20</p> <p>Pickleball 6:45-9:30am</p> <p>Pickleball 5-7:30pm</p> | <p>21</p> <p>Skills/drills 9:30-10:45am</p> |
| <p>22</p> <p>Pickleball 12-2:30pm</p> | <p>23</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p> <p>Board Meeting 6:30pm</p> | <p>24</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | <p>25</p> <p>TRX @ 8:30am, 1pm, 6pm</p> | <p>26</p> <p>Pickleball 12-2:30pm</p> <p>Mixed Doubles 5-6:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | <p>27</p> <p>Pickleball 6:45-9:30am</p> <p>Pickleball 5-7:30pm</p> | <p>28</p> <p>Skills/drills 9:30-10:45am</p> |
| <p>29</p> <p>Pickleball 12-2:30pm</p> | <p>30</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p> | <p>31</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p> | | | | |