



February 2022

LAKWOOD RACQUET REPORT

LETTER FROM YOUR BOARD PRESIDENT - TERRY WRIGHT

Dear Lakewood Racquet Club (LRC) Members, this is my 6th year (non-consecutive) on the Board and 1st year as your President. I'm proud of all that the Board has accomplished over the past few years and hope to continue that progress. We all have been impacted by Covid in one way or another and that challenge does not seem to be going away any time soon. This recent variant has been especially troubling, in that it is infecting fully vaccinated individuals. Many members and staff have been infected, but so far, the inconvenience is mostly coming from the required quarantine when you do become infected. I encourage all of you to get Covid tested even if your symptoms seem like a routine cold, and not to return to the club until you have a negative test result. This and wearing masks in the club are the main tools in battling new infections.

I have named Committee Chairs (below) and each of them is looking for additional members to volunteer to help guide their assignments. I hope that each of you will consider becoming an active Committee member on one or more committees. LRC is unique in the Northwest in that it is a member owned club and it only thrives when members are actively involved in the operation, care and maintenance of the club.

- Finance (Chair: Charlie Hyde) hydec3@comcast.net
- Planning (Chair: Terry Wright) tewpaw@comcast.net
- Membership (Chairs: Teena Ward Hyde and Pam McGee) teeward@hotmail.com
- Racquet Sports & Physical Exercise (Chair: Paul Whittaker) whittakerpe@comcast.net
- Social (Chair: Anneke Berry-Morley) waberry@hotmail.com
- Building and Grounds (Chair: Dick Hutchison) hutchisonrichard32@gmail.com

Your Committees, staff and other volunteers have been working hard to develop a comprehensive maintenance plan to catch up with decades of decay. Much has been accomplished on interior and exterior issues over the past 3 years. We hope to have an exterior phase 2 completed over the summer, where we will focus on replacing exterior rotten wood and getting a fresh coat of paint on all bare and neglected walls.

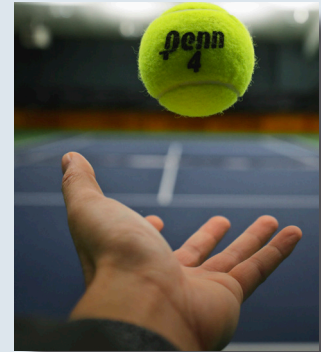
We will again implement 2 or 3 work parties over the Spring, Summer and Fall. These are great opportunities for members to volunteer – usually no experience is needed, just some good sweat labor.

Wishing you all good Health, Wealth and Wisdom



WINTER 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

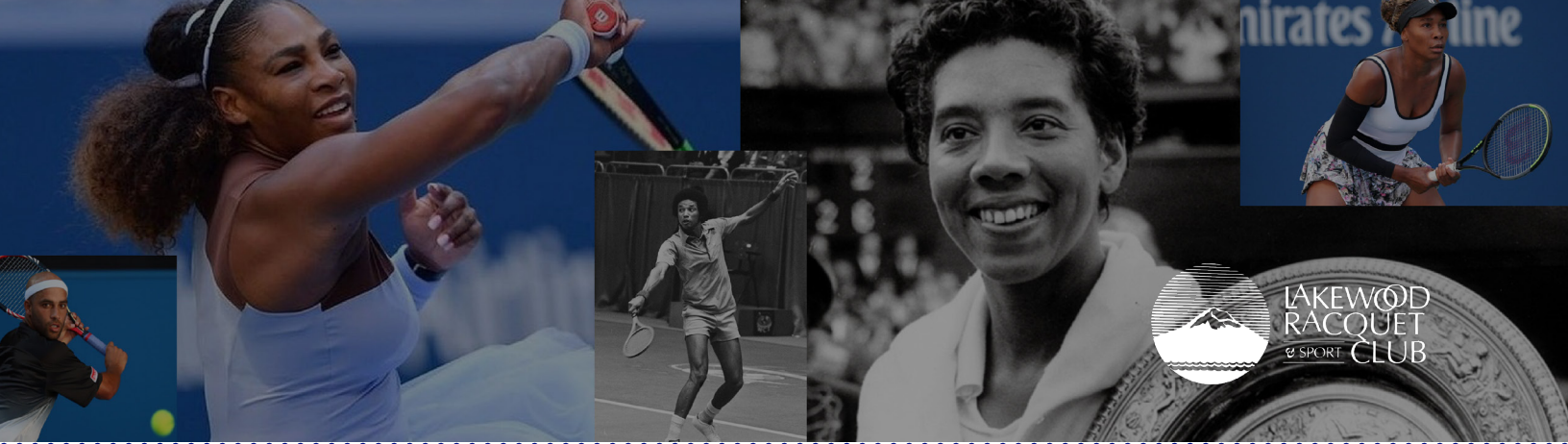
- Financial**
Charlie Hyde
- Grounds and Building**
Dick Hutchison
- Membership**
Teena Ward Hyde
- Planning (Long Range)**
Terry Wright
- Social**
Anneke Berry Morley
- Sports and Recreation**
Paul Whittaker

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.



NEW CDC GUIDELINES UPDATED JAN 27, 2022

Ending isolation for people who had COVID-19 and had symptoms

If you had COVID-19 and had symptoms, isolate for at least 5 days. To calculate your 5-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days.

- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- You should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.

Source: www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#quarantine

Please be considerate of your fellow members and guests ...

As a member of LRC, you are responsible for allowing all our members and guest to enjoy their time at our club.

- Please wear your facial mask at all times in the club common areas.
- If you are catching a cold/covid/flu please do not come to the club. We need to help limit the spread of all illnesses.
- With the heavy rain and windy season, please wear none tennis shoes to the club and then put your tennis shoes on once inside. This will help reduce the extra dirt and grit from getting onto our new court surfaces.
- Please leave your tennis court by the end of your 75 minute reservation. It's not the responsibility of the next reservation to ask you to leave.
- If you are using one of the ball machines make sure you vacuum up all the ball felt after you're done.
- Please pick up after yourself before you leave the courts. Our lost and found is growing rapidly. Empty water bottles need to go into the recycle bins. Thank you.
- Please call front desk if you are running late to your court. We can release your court after 10 minutes if we haven't heard from you and you don't answer our call.
- If you are using the lounge for any reason please clean up after yourself. Dishes, countertops, tables, carpets, etc.....
- If you have any concerns at your club, please notify the "on shift" staff member immediately. If possible they will remedy the situation.

Thank you all for helping LRC be a wonderful place to congregate during these difficult times.

Bruce Dayton - GM/Dir. of Tennis

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.

Get Social with Us!



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



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





February 2022

Sun Mon Tues Wed Thurs Fri Sat

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



March 2022

Sun Mon Tues Wed Thurs Fri Sat

		1 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	2 TRX @ 8:30am, 1pm, 6pm Ash Wednesday	3 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	4 Pickleball 6:45-9:30am Pickleball 5-7:30pm	5 Skills/drills 9:30-10:45am
6 Pickleball 12-2:30pm	7 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	8 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	9 TRX @ 8:30am, 1pm, 6pm	10 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	11 Pickleball 6:45-9:30am Pickleball 5-7:30pm	12 Skills/drills 9:30-10:45am
13 Pickleball 12-2:30pm Daylight Savings	14 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	15 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	16 TRX @ 8:30am, 1pm, 6pm	17 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm St. Patrick's Day	18 Pickleball 6:45-9:30am Pickleball 5-7:30pm	19 Skills/drills 9:30-10:45am
20 Pickleball 12-2:30pm	21 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	22 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	23 TRX @ 8:30am, 1pm, 6pm	24 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	25 Pickleball 6:45-9:30am	26 Skills/drills 9:30-10:45am
27 Pickleball 12-2:30pm	28 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Board Meeting 6:30pm	29 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	30 TRX @ 8:30am, 1pm, 6pm	31 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm		



April 2022

Sun Mon Tues Wed Thurs Fri Sat

					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	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	30