



**February 2023**

# LAKEWOOD RACQUET REPORT

## *Hello Lakewood Racquet & Sport Club!*

My name is Lily Blackwell and I am so pleased to introduce myself as your new General Manager. I look forward to meeting you all soon, but for now, a little bit about myself.



I was born and raised in Florida. In my teens, I played tennis, was a swimmer and was the coxswain for the boy's crew team. Thereafter, I attended the University of Colorado Boulder, earning my bachelor's degree in Environmental Science, a minor in Political Science, and a certificate in Peace and Conflict Solutions. Post-grad, I worked at Merck as a biochemist; however, I ultimately fell in love with the world of fitness. The gym can be a very vulnerable place for so many people- I wanted to change that. I began working as a personal trainer who primarily worked with trauma victims, helping them break down their mental blockades by using the gym to their advantage. This passion resides deep within and serves as an influence in my profession, including most recently in my role as General Manager of Crunch Fitness in Silverdale, Washington.

In my free time, I enjoy hiking, road trips along the coast, and simple activities like taking my dog (Harley, the sweetest long haired, miniature dachshund) to the Proctor Farmers Market. Needless to say, I love exploring the beautiful Pacific Northwest. Living in Washington for the last year and a half has been quite a contrast from life in the Sunshine State...and I am enjoying every minute of it!

I am honored to be the new General Manager at Lakewood Racquet and Sport. I look forward to meeting each of you and gaining an understanding of how we, working together, can continue to improve the LRC experience.

## **YOUR LRC BOARD MEMBERS**

- President** Terry Wright
- Vice President** Paul Whittaker
- Secretary** Mark Mettler
- Treasurer** Kate Perry
- Member** Scott Baird
- Member** Nicole Enslow
- Member** Teddy Grenley
- Member** Dave Hendrickson
- Member** Tricia Parsons

## **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



## WINTER JUNIOR PROGRAM

Please go to website: [www.lakewoodracquetclub.com](http://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 new member adds sponsors 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.

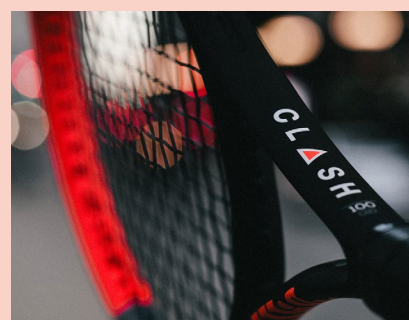
## MEMBERSHIP COUNTS!

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.





# February 2023

**Sun      Mon      Tues      Wed      Thurs      Fri      Sat**

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



# March 2023

**Sun      Mon      Tues      Wed      Thurs      Fri      Sat**

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