



LAKEWOOD
RACQUET
& SPORT CLUB

February 2021

LAKEWOOD RACQUET REPORT

A LETTER FROM YOUR BOARD PRESIDENT

Dear LRC Member,

I am writing you today to thank you for hanging in there with us through this challenging time of restrictions, and changing rules and regulations due to the Covid 19 Pandemic. Without you, there would be no Lakewood Racquet Club, quite literally.

In addition, I wanted to be sure that you were aware of a new policy to wear masks at all times, including during play, at Lakewood Racquet Club. This is a new requirement based on Governor Inslee's January 2021 policies for reopening the state of Washington. The documentation clearly states that during Phase 1 and Phase 2, facilities where people are playing tennis, pickleball and working out, masks must be worn at all times. (Click the link to [see page 3](#))

While we all would prefer not to play while wearing a mask, we do want to make sure that the facility doesn't get shut down due to non-compliance, and so we must wear a mask at all times. Also keep in mind that many of our members are in a high risk category either by age or underlying health conditions and will not feel safe playing while others do not wear masks. With new, more contagious variants (ie. British Covid variant), reported in Pierce County, doubling down on simple precautions like mask wearing, hand washing, and social distancing are more important than ever. Thank you so much for your cooperation. With the vaccines being distributed, we are hoping this requirement will not last much longer.

Thank you on behalf of your Lakewood Racquet Club Board and Staff. We will continue to keep you apprised of any changes or updates in policy.

Teena Ward Hyde

*Teena Ward Hyde
Lakewood Racquet Club
Board of Director Member (President)
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YOUR LRC BOARD MEMBERS

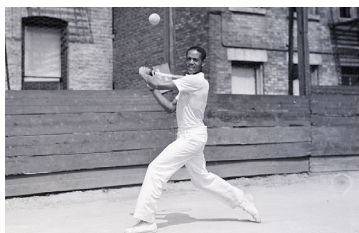
President Teena Ward Hyde
Vice President Dick Hutchison
Treasurer Charlie Hyde
Secretary Connie Worthen
Member Tad Davis
Member Terry Wright
Member Paul Whittaker
Member Dave Henderson
Member Teddy Grenley



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

BLACK HISTORY MONTH: GREAT MOMENTS IN TENNIS HISTORY



The long and storied history of tennis in the U.S. features a multitude of significant chapters authored by African-Americans. From the sport's earliest days through its modern era, countless contributions to tennis' growth and success have been made by players, coaches and administrators of color. Some helped tear down barriers; some have torn up record books. Several have transcended the sport they helped to build to become true American icons. All have been an inspiration, providing this sport, those who play it and those who revel in it, with myriad memorable moments.

As we celebrate Black History Month throughout February, [USTA.com](https://www.usta.com) recalls some of the most memorable of those important moments; milestones that helped to change the face of this sport—literally and figuratively—and inspire us all to raise our game. Check back all month as we revisit these exceptional moments in history.

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MEMBERSHIP

Thank you all for continuing your membership during these tough times for all of us. Without your membership, LRC would not be the great outlet for tennis and social events. With your help, our membership will grow. Bring in a friend/guest to try out our club. Receive \$100 credit once that person joins the club and pays their initiation fee.

FOLLOW US!



@piercecountytennis



@lakewoodracquetsportclub





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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 4-4:30PM

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.**

WELCOME NEW MEMBERS

Senior Single - Tennis
Rebecca Kendall

Junior Single - Tennis
Kerstin Cobb

Student - Tennis
Albert Lee
Schuyler Soderlind

APRIL 24 MEMBER VOLUNTEER SPRING PRUNING

Spring is coming. As a member-owned club, we appreciate the generosity of our members coming together for the betterment of our club. We will start at 9AM. Registration for time slots throughout the day are needed. More info to come later this month.

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.



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February 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 TRX @ 8:30am, 1pm, 4pm, 6pm Imbolc	2 Groundhog Day	3 TRX @ 8:30am, 1pm, 6pm	4	5	6
7	8 TRX @ 8:30am, 1pm, 4pm, 6pm	9	10 TRX @ 8:30am, 1pm, 6pm	11	12 Lunar New Year	13
14 Valentine's Day	15 TRX @ 8:30am, 1pm, 4pm, 6pm President's Day	16	17 TRX @ 8:30am, 1pm, 6pm Ash Wednesday	18	19	20
21	22 TRX @ 8:30am, 1pm, 4pm, 6pm Board Meeting 6:30pm	23	24 TRX @ 8:30am, 1pm, 6pm	25	26	27
28						

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.