

# 2023

H A P P Y N E W Y E A R



LAKESWOOD  
RACQUET  
& SPORT CLUB

## January 2023

# LAKESWOOD RACQUET REPORT

## **NEWS FROM THE LRC BOARD**

On behalf of The Board, we hope this message finds you all well. After a remarkable 11-year tenure, Bruce Dayton has elected to step down as General Manager of the Lakewood Racquet and Sports Club (LRC), effective December 9<sup>th</sup>, 2022. In the interim, Bruce has graciously offered to act as “Interim General Manager” while The Board begins an executive search for his replacement.

Growing up in the area and having been a part of the LRC family since childhood, Bruce has truly defined what it means to give back to our community. Over these 11 years, Bruce worked tirelessly for membership to make the club a better place – an ambition to which we can, without a doubt, say he accomplished.

His notable achievements include bringing the club out of debt, keeping the club afloat during the global pandemic, completing multiple deferred maintenance projects, resurfacing the tennis courts, and expanding the club’s tennis and pickleball offerings. On the court he was an engaging tennis instructor and competitor. Off the court he was a strong manager and friend to all. Bruce’s kind heart and exemplary passion for the club and greater tennis community will be remembered for years to come.

It is with the utmost gratitude that we thank Bruce for everything he has done for LRC. We wish him nothing but the best on his next chapter. Rest assured, the club’s future is bright, and we look forward to continued growth and prosperity as we usher in a new era. Very exciting things to come.

## **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 - Happy New Year -

A few updates -

1. A reminder - beginning January 1, 2023, LRC monthly dues will increase by 8.7% to \$147 for a Senior Single membership. Other categories of dues will also be increased by 8.7%. Be sure to adjust your automatic payments.
2. The Club is in the process of recruiting a new General Manager. The Recruitment Committee consists of three members at large and two Board members, each with experience in Management, HR and hiring practices. The process will include: Nationwide recruitment beginning January 1, 2023; an application closing date of January 31, 2023; and interviews in early February. If you have any questions about the process, please direct them to me at (TEWPAW@comcast.net).
3. The City of Lakewood is processing the zoning change requested by LRC that is required before we can move forward to build new indoor courts. As part of this process, we are beginning to collect and process ideas of how to generate contributions of around \$3 Million dollars necessary to build the courts. If any of you care to donate, please let me know.

Wishing you all good Health, Wealth and Wisdom.

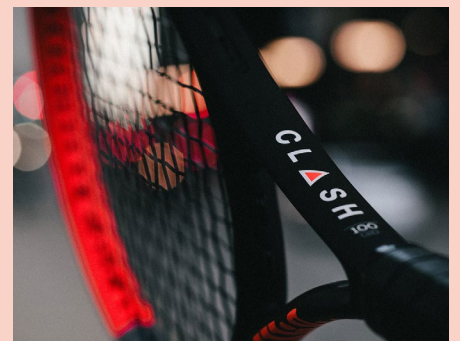
## MEMBERSHIP COUNTS!

**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.

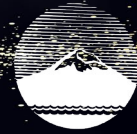
**LRC APPAREL & HATS:** New logo apparel and hats are currently available in the Pro Shop. More LRC product will be arriving periodically throughout the year. Please let staff know if you would like a certain style of apparel with the LRC logo on it.

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

## TRX TRAINING IS GREAT FOR YOUR TENNIS GAME!

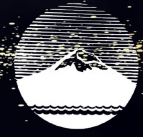
- Prevents Injuries
- Improves Your Sports Performance
- Improves Sleeping Patterns
- Controls Body Fat
- Boosts Stamina



*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.*

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## January 2023

Sun Mon Tues Wed Thurs Fri Sat

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

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## February 2023

Sun      Mon      Tues      Wed      Thurs      Fri      Sat

			<b>1</b>  TRX @ 8:30am, 1pm, 6pm	<b>2</b>  Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	<b>3</b>  Pickleball 6:45-9:30am Pickleball 5-7:30pm	<b>4</b>  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				

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## March 2023

Sun Mon Tues Wed Thurs Fri Sat

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