

January 2021

LAKEWOOD RACQUET REPORT



IT'S TENNIS TIME!

Get your Groups together and come to the LRC for some fun and socially distanced tennis and Pickleball.

No group? No problem! We are here to help, let us know if you need help finding a group!

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.





THE HISTORY OF OUR CLUB RUNS DEEP FOR 59 YEARS

Our History

For 59 years our club has been sustained by the volunteering and devotion of our members. We are so grateful for our members and want to continue to make our club a better place for you all. Without a strong foundation, we would not be where we are today. Thank you to your continued ownership to our club.





Electrostatic Sprayer Hugh on a Mission

LRC is going above and beyond to keep your club clean and safe. Covid-19 has encompassed our lives over the past year. Constant focus on our members well-being is our #1 goal. Tennis is the #1 safest sport, per the numbers from national health department. Let's keep that going by working together with all recommended protocols.

Thank you!

FOLLOW US!

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

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



GUIDELINES FOR PLAYING TENNIS AT LRC

In the spirit of enabling a successful reopening for all of us on January 11, the following is what we are expecting to see in the new guidance when issued:

1. Tennis will be covered in the Sporting Activities guidance, not the fitness guidance. As such, the 45 minute limitation for fitness is NOT expected to apply to tennis and other sporting activities.
2. During the initial phase (Phase 1 in the new guidance), occupancy will be limited to 1 person per 500 square feet.
3. Masks will be required to be worn by ALL, at ALL times, for ALL sporting activities that are permitted to be open during both of the initial phases of the new guidance.
4. During the first phase, only practices and recreational play will be permitted. Competitions return in the second phase.

We will continue to monitor the guidance website at the link above for posting of the final guidance and advise if there are any changes to the above.

NEW IN THE PRO SHOP



USTA NEWS FROM LEAGUE COORDINATOR JANA HIRST:

First of all, leagues will not start in January. We are TENTATIVELY changing the start date to March 5. This is not going to be published since this date may need to change as well. This will impact all leagues for the remainder of the season.

An E-blast will be going out to all players later today and will be posted on the SWW webpage as well, explaining the reasons for doing so.



January 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<i>Happy New Year!</i>					1 New Year's Day	2
3	4 TRX @ 8:30am, 1pm, 4pm, 6pm	5	6 TRX @ 8:30am, 1pm, 6pm	7	8	9
10	11 TRX @ 8:30am, 1pm, 4pm, 6pm	12	13 TRX @ 8:30am, 1pm, 6pm	14	15	16
17	18 TRX @ 8:30am, 1pm, 4pm, 6pm Martin Luther King Jr. Day	19	20 TRX @ 8:30am, 1pm, 6pm	21	22	23
24	25 TRX @ 8:30am, 1pm, 4pm, 6pm Board Meeting 6:30pm	26	27 TRX @ 8:30am, 1pm, 6pm	28	29	30
31						