



LAKWOOD
RACQUET
& SPORT CLUB

June 2022

LAKWOOD RACQUET REPORT

SPRING CLEANUP JUNE 4TH WAS A GREAT SUCCESS!

All the volunteers were spectacular. As a member owned club, your great energy and effort above the norm is truly appreciated. If you weren't able to help this time please don't hesitate to let the committee know you are interested in the next adventure.

Thank you Grounds and Maintenance Committee Co-Chairs Wayne Davis and Dick Hutchison for putting on a great event. With the help from Kathryn Ousko, Judy Lawrence, Bev O'Rourke, Charlotte Ash, Kate Perry, Tricia & Brian Parsons, Terry Wright, Paul Whittaker, Scott Baird, Dave Hendrickson, Joe Staeheli, Ozzie Santos, John Curry, Mike Taft and Brian Cochran. Your volunteer hard-work makes our club a better place for all our members.

~ Thank you!

SUMMER JUNIOR PROGRAMMING

Registration for all summer programs open now!

Session 1 for all classes starts **Monday, June 20th**. There will be 8 total sessions available. For tennis, all classes will be held Monday-Thursday with levels 1-3 (ages 5-12) at 9am-12pm. Followed by levels 4-5 (ages 12+) intermediate to advanced junior players at 12:30-3:30pm.

Swimming classes will also be held Monday-Thursday. Hot Tots (ages 3-6) at 9:15-9:45am, Future Stars (ages 7-10) at 10-10:45am, and Advanced Stars (ages 11+) at 11am-12pm.



SUMMER MEMBERSHIP

A great way for tennis enthusiasts to test out our club is with our Summer Membership. Summer season runs from Memorial Day to Labor Day. The cost for single membership is \$419, and \$539 for a family.

Membership includes use of the entire club. That includes 6 outdoor tennis courts, 4 indoor tennis courts, 1 center court pickleball court, member pricing on tennis/swim/pickleball lessons, pool, hot tub, lounge, playground, fitness center, bbq with family/friends and much more!



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.

MEMBERSHIP COUNTS!

Members receive 20% off suggested retail price on racquets and footwear.

WILSON RACQUETS: All new Clash and Blade available now in pro shop.

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. New LRC Logo apparel and hats have arrived!

Thank you all for supporting your club pro shop.





LRC TOURNAMENTS

Junior Tennis Director Katie O'Riley has run 3 different junior tournaments in past three months. She will be hosting LRC 4th junior tournament of the spring this June 19th. Over 300 kids have been part of our junior tournaments so far this year. Please let Katie and our staff know how much you appreciate seeing more junior tennis at LRC. We are still waiting on approval from USTA on 1 adult and 1 junior tournament for July. Will send out information once approved by USTA.



USTA LEAGUE



USTA 18+ season is still going strong. Please check our court scheduler to see when they are playing. This is a 5 court team format. Our standard Sat/Sun match schedule starts at 3:45pm with a 4/1 split. Followed by 5:45pm starts with 3/2 split. 40+ Mixed season will start first week of June. Captains, please confirm your courts on [10sportal](#). The entire schedule has been inputted by staff. Thank you all for your great sportsmanship on and off the court.

Get Social with Us!

 [@piercecountytennis](#)

 [@lakewoodracquetsportclub](#)





MEMBERSHIP COUNTS!

Members receive 20% off suggested retail price on New LRC apparel, hats, and footwear.

LRC Apparel and Hats:

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



FOURTH OF JULY CLUB HOURS!

On the 4th of July the club will be open from 8am-5pm. Have a safe and happy 4th.

~LRC Staff

ADULT CLASSES:

Beginning Skills & Drills:

Monday 12-1pm

Cardio Skills & Drills:

Tuesday 6:30-7:30pm

Thursday 6:30-7:30pm

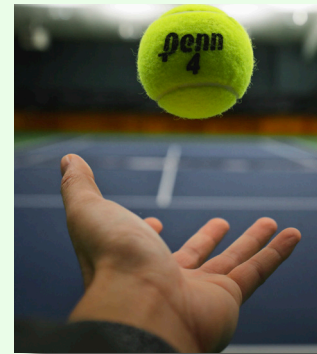
Weekend Skills & Drills: [3.5+ level]

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



June 2022

Sun Mon Tues Wed Thurs Fri Sat

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



July 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
3 Pickleball 12-2:30pm	4 TRX @ 8:30am, 1pm, 4pm Beg Skills/drills 12-1pm Independence Day Club Hours 8am-5pm	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	16 Skills/drills 9:30-10:45am
17 Pickleball 12-2:30pm	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 Pickleball 5-7:30pm	23 Skills/drills 9:30-10:45am
24 Pickleball 12-2:30pm 31	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 Pickleball 6:45-9:30am Pickleball 5-7:30pm	30 Skills/drills 9:30-10:45am