



March 2022

LAKEWOOD RACQUET REPORT

LETTER FROM LRC BOARD OF DIRECTORS

LRC SOCIAL NIGHTS COURTS AVAILABILITY

BACKGROUND –

At our Board meeting this past Monday we heard from several members about the need to increase the number of courts available for each of the club's social nights of tennis. The Board recognizes the importance of these social nights to members and desires to increase participation in each of them. Specifically, Monday for Women's night, Tuesday for Men's night and Thursday night for mixed night.

The other side of the discussion comes from guidance from the Board to the GM, to enhance the LRC junior programs, including lesson times and hiring a dedicated junior pro. The prime time for Junior lessons is weekdays from 3:45 – 6:30, and therefore, court 10 will be reserved at those times for Junior lessons.

The Board approved increased dedication of courts for each social night and will test their usage over the next 10 weeks.

NEW COURT AVAILABILITY -

Since it is not known how many members will rejoin these newly expanded events, we are proposing to reevaluate the effectiveness of these changes at our May 23, 2022 Board meeting. At which time we will also discuss any needed summer modifications.

WOMEN'S NIGHT - MONDAYS

5:00 – 6:30 – 2 courts

6:30 – 7:00 – 1 court

MEN'S NIGHT – TUESDAYS

3:45 – 5:00 - 1 court

5:00 – 6:30 – 3 courts

6:30 – 7:00 – 2 court

MIXED NIGHT – THURSDAYS

3:45 – 5:00 - 1 court

5:00 – 6:30 – 3 courts

6:30 – 7:00 – 1 court

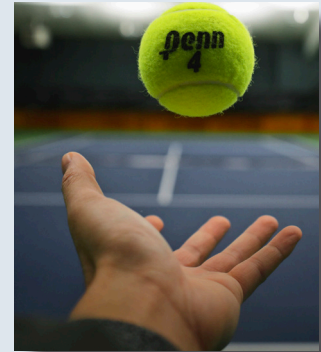
MONITORING – This is a test to see what extra interest there might be, so if after two weekly weekend email reminders to all members, any of the 3:45 or 6:30 court times are not being utilized for two weeks in a row, then they can be removed from the court dedication process.



SPRING JUNIOR PROGRAMMING

RUN BY JUNIOR DIRECTOR KATIE O'RILEY

Call front desk or email Katie for availability
katie@lakewoodracquetclub.com



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

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.



Please be considerate of your fellow members and guests ...

As a member of LRC, you are responsible for allowing all our members and guest to enjoy their time at our club.

- Please wear your facial mask at all times in the club common areas.
- If you are catching a cold/covid/flu please do not come to the club. We need to help limit the spread of all illnesses.
- With the heavy rain and windy season, please wear none tennis shoes to the club and then put your tennis shoes on once inside. This will help reduce the extra dirt and grit from getting onto our new court surfaces.
- Please leave your tennis court by the end of your 75 minute reservation. It's not the responsibility of the next reservation to ask you to leave.
- If you are using one of the ball machines make sure you vacuum up all the ball felt after you're done.
- Please pick up after yourself before you leave the courts. Our lost and found is growing rapidly. Empty water bottles need to go into the recycle bins. Thank you.
- Please call front desk if you are running late to your court. We can release your court after 10 minutes if we haven't heard from you and you don't answer our call.
- If you are using the lounge for any reason please clean up after yourself. Dishes, countertops, tables, carpets, etc.....
- If you have any concerns at your club, please notify the "on shift" staff member immediately. If possible they will remedy the situation.

Thank you all for helping LRC be a wonderful place to congregate during these difficult times.

Bruce Dayton - GM/Dir. of Tennis

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.

Get Social with Us!



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



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





March 2022

Sun Mon Tues Wed Thurs Fri Sat

		1 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	2 TRX @ 8:30am, 1pm, 6pm Ash Wednesday	3 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	4 Pickleball 6:45-9:30am Pickleball 5-7:30pm	5 Skills/drills 9:30-10:45am
6 Pickleball 12-2:30pm	7 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	8 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	9 TRX @ 8:30am, 1pm, 6pm	10 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	11 Pickleball 6:45-9:30am Pickleball 5-7:30pm	12 Skills/drills 9:30-10:45am
13 Pickleball 12-2:30pm Daylight Savings	14 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	15 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	16 TRX @ 8:30am, 1pm, 6pm	17 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm St. Patrick's Day	18 Pickleball 6:45-9:30am Pickleball 5-7:30pm	19 Skills/drills 9:30-10:45am
20 Pickleball 12-2:30pm	21 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	22 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	23 TRX @ 8:30am, 1pm, 6pm	24 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	25 Pickleball 6:45-9:30am	26 Skills/drills 9:30-10:45am
27 Pickleball 12-2:30pm	28 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Board Meeting 6:30pm	29 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	30 TRX @ 8:30am, 1pm, 6pm	31 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm		



April 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 Beginning of Ramadan
3 Pickleball 12-2:30pm	4 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	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 Passover Good Friday	16 Skills/drills 9:30-10:45am
17 Pickleball 12-2:30pm Easter	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	23 Skills/drills 9:30-10:45am
24 Pickleball 12-2:30pm	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	30



May 2022

Sun Mon Tues Wed Thurs Fri Sat

1	2 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	3 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	4 TRX @ 8:30am, 1pm, 6pm	5 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	6 Pickleball 6:45-9:30am Pickleball 5-7:30pm	7 Skills/drills 9:30-10:45am
8 Pickleball 12-2:30pm Mother's Day	9 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	10 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	11 TRX @ 8:30am, 1pm, 6pm	12 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	13 Pickleball 6:45-9:30am Pickleball 5-7:30pm	14 Skills/drills 9:30-10:45am
15 Pickleball 12-2:30pm	16 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	17 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	18 TRX @ 8:30am, 1pm, 6pm	19 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	20 Pickleball 6:45-9:30am Pickleball 5-7:30pm	21 Skills/drills 9:30-10:45am
22 Pickleball 12-2:30pm	23 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Board Meeting 6:30pm	24 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	25 TRX @ 8:30am, 1pm, 6pm	26 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	27 Pickleball 6:45-9:30am Pickleball 5-7:30pm	28 Skills/drills 9:30-10:45am
29 Pickleball 12-2:30pm	30 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Memorial Day	31 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm				