



March 2023

LAKEWOOD RACQUET REPORT

Hello Lakewood Racquet & Sport Club!

My name is Lily Blackwell and I am so pleased to introduce myself as your new General Manager. I look forward to meeting you all soon, but for now, a little bit about myself.



I was born and raised in Florida. In my teens, I played tennis, was a swimmer and was the coxswain for the boy's crew team. Thereafter, I attended the University of Colorado Boulder, earning my bachelor's degree in Environmental Science, a minor in Political Science, and a certificate in Peace and Conflict Solutions. Post-grad, I worked at Merck as a biochemist; however, I ultimately fell in love with the world of fitness. The gym can be a very vulnerable place for so many people- I wanted to change that. I began working as a personal trainer who primarily worked with trauma victims, helping them break down their mental blockades by using the gym to their advantage. This passion resides deep within and serves as an influence in my profession, including most recently in my role as General Manager of Crunch Fitness in Silverdale, Washington.

In my free time, I enjoy hiking, road trips along the coast, and simple activities like taking my dog (Harley, the sweetest long haired, miniature dachshund) to the Proctor Farmers Market. Needless to say, I love exploring the beautiful Pacific Northwest. Living in Washington for the last year and a half has been quite a contrast from life in the Sunshine State...and I am enjoying every minute of it!

I am honored to be the new General Manager at Lakewood Racquet and Sport. I look forward to meeting each of you and gaining an understanding of how we, working together, can continue to improve the LRC experience.

YOUR LRC BOARD MEMBERS

- President** Terry Wright
- Vice President** Paul Whittaker
- Secretary** Mark Mettler
- Treasurer** Kate Perry
- Member** Scott Baird
- Member** Nicole Enslow
- Member** Teddy Grenley
- Member** Dave Hendrickson
- Member** Tricia Parsons

YOUR LRC COMMITTEE CHAIRS

- Financial**
Charlie Hyde
- Grounds and Building**
Dick Hutchison
- Membership**
Scott Baird
- Planning (Long Range)**
Ken Enslow
- Social**
Anneke Berry Morley
Teena Ward Hyde
- Sports and Recreation**
Paul Whittaker



LAKWOOD
RACQUET
SPORT CLUB

SPRING JUNIOR PROGRAM

Please go to website: 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)

**STARTS
APRIL 3rd**

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.

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.

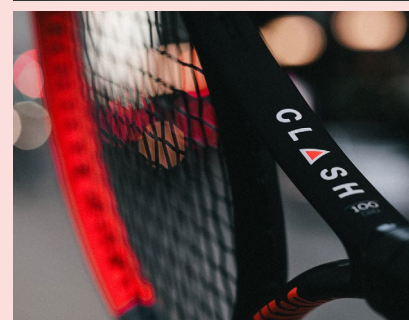
MEMBERSHIP COUNTS!

Members receive 20% off suggested retail price on 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.





Spring Time Volunteer Improvement Day! April 29th 8:30 am-12:30 pm

You can come for half an hour or all four hours. We will be improving the exterior grounds of our club. Particular projects will be finalized by Ground/Maintenance Committee at March meeting. If you have an expertise in Rhododendrons trimming please sign up. You know who you are. Thank you!



CELEBRATING 20 YEARS OF EMPLOYMENT AT LRC!

Bruce Dayton's first paid job was summer maintenance at LRC in 1987. He then moved up to working the front desk throughout the school year. During college, Bruce continued to advance by becoming a summer tennis instructor until summer of '95. He returned to LRC November 2011 to become General Manager and Director of Tennis.

Please come out to LRC Lounge Friday March 24th between 5-7 pm for a celebration of a long career at LRC. More info to follow in specific email from several ladies helping to organize appetizers and drinks. Cheers!



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 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	31 Pickleball 6:45-9:30am Pickleball 5-7:30pm	



April 2023

Sun Mon Tues Wed Thurs Fri Sat

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