



LAKEWOOD  
RACQUET  
& SPORT CLUB

May 2021

# LAKEWOOD RACQUET REPORT

## FULLY VACCINATED?

Governor Inslee has fully adopted the CDC new guidelines.

*CDC UPDATE: If you are fully vaccinated against #COVID19, you can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal or territorial laws, including local business and workplace guidance.*

If you are not vaccinated and not wearing a mask, you are potentially endangering yourself and others. Please be respectful to all members/guests if they are wearing a mask or not.

Thank you, LRC Board and Management

## SUMMER MEMBERSHIP

Summer programming for tennis and swimming coming June 21st. We are patiently watching the Pierce County Health Department guideline updates.

Currently, we plan for the Pool to open the Saturday of Memorial Day weekend.

Please check out our web site [www.lakewoodracquetclub.com](http://www.lakewoodracquetclub.com) for summer membership pricing.



## MEN'S, LADIES', & MIXED NIGHTS AT LRC

The new normal for all three nights is starting at 5pm and going until 6:15pm on two tennis courts. First 8 people to sign up in person at front desk, via phone, or logging onto [10sportal.net](http://10sportal.net) reserve your spot. Staff will set up each foursome. You will stay with the foursome for the entire time. You will rotate every 8 games to have a different partner at least 3 times during the night. Please contact Bruce if you have any questions [Brucelrc@gmail.com](mailto:Brucelrc@gmail.com).



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## SPORTSMANSHIP POST QUARANTINE: A CAPTAIN'S OBSERVATIONS BY ANNEKE BERRY

USTA is back. Masks are no longer required on the courts. There is less talk about Covid and more talk about a brighter tomorrow. Is everything back to normal? Not really. We have some rule changes, including timed matches, which is further complicated by the fact that not all facilities are using the same amount of time. Are the rule changes to blame for an increased feeling of incidents of unsportsmanlike conduct? Let's think about this for a moment. We have eagerly awaited this day - a day when everything would appear to be "getting back to normal." Yet there are increased arguments over line-calls and heated discussions over rules we have all accepted for many years. So, what is different? WE HAVE CHANGED. For good and bad, we have survived an extremely difficult year, losing friends and family, homeschooling children, losing businesses, financial struggles, strained friendships - and we cannot go back. Unfortunately, each of us is forever changed by the occurrences of the last year and we will never be "back" to normal.

Unfortunately, the pain of this forced change has left each of us RAW and permanently scarred. Each of us suffers from Covid-related wounds, that, while invisible to the eye, are still in the process of healing. As we step out on the court to compete against one another, each of us may not be at our best. Competing is tricky in the best of circumstances, and we are not in the best of circumstances. Our opponents have had a tough year, like each of us, they have suffered losses and disappointments, and yet DESPITE the anguish of this last year, we are all coming together to rebuild and enjoy the thrill of competition.

Each of us is doing our best to survive this unexpected and prolonged nightmare. It may be challenging, yet, we should begin to trust each other again; trust that our opponents are doing their best to make good line calls and enjoy a fair match and trust we all want to come out of this shared experience better people and players. As you step on the court for your next match, take a deep breath, be kind, and remind yourself to appreciate that we are returning to the sport we love...as we discover a new normal together.

### Phase 3: Masks are optional while playing tennis

We are now in phase 3. Our main concern is your safety, so please continue to follow all guidelines. You are still required to wear masks throughout the club. While playing tennis, masks are optional.

Vaccinations are becoming more and more available and it is a matter of finding a location and booking an appointment. It can be difficult locating available appointments near you, but the Washington state department of health has made it easier to locate and book a covid vaccine appointment. The website prompts you to enter a zip code and locate various locations near you for possible availability. Most facilities require appointments, but some accept walk-ins. <https://vaccinelocator.doh.wa.gov>

### FOLLOW US!



@piercecountytennis



@lakewoodracquetsportclub







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# LESSONS ARE IN FULL SWING!

## Junior Classes Every Day:

Tennis 101 (Ages 10-18) - Tuesday/Thursday 3:45-4:45pm  
Varsity HS and Intermediate Tournament player  
Future Stars (ages 6-10) - Monday/Wednesday 4-5pm  
Beginner strokes and games  
Little Tennis (ages 3-6) - Friday 3-3:30pm  
Introduction to tennis

## Adult Classes:

Cardio Skills & Drills - All levels  
Monday/Wednesday 6:15-7:30pm  
Skills & Drills ( 2.5/3.0 level)  
Tuesday/Friday Noon - 1pm  
Weekend Skills & Drills - 3.5+ level  
Saturday 9:30-10:45am

*\*Advanced Registration and Prices available online:*

[www.lakewoodracquetclub.com](http://www.lakewoodracquetclub.com)

*Call for more information - (253) 582-631*



## YOUR LRC BOARD MEMBERS

**President** Teena Ward Hyde

**Vice President** Dick Hutchison

**Treasurer** Charlie Hyde

**Secretary** Connie Worthen

**Member** Tad Davis

**Member** Terry Wright

**Member** Paul Whittaker

**Member** Dave Henderson

**Member** Teddy Grenley

## 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

Teddy Grenley

## 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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# May 2021

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

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