



LAKEWOOD
RACQUET
& SPORT CLUB

November 2022

LAKEWOOD RACQUET REPORT



Lakewood Racquet Club Annual Holiday Celebration & 60 Year Anniversary

Date: December 7, 2022

Time: 5pm Cocktail Hour, 6pm Dinner

Location: Tacoma Country & Golf Club

Cost: \$45 per person

(invoiced to members' November statements)

RSVP: by November 21, 2022

(RSVP by replying to the email or contacting the Pro Shop Staff)

See more details in the email sent out regarding the celebration and through the website under Events & More.

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

Scott Baird

Planning (Long Range)

Terry Wright

Social

Anneke Berry Morley

Sports and Recreation

Paul Whittaker

BOARD NEWS

Each year you have the duty to elect your Board Members. It's again that time of year. If you are interested in running for the LRC Board, please contact Committee Chair Chris Fynboe before November 14th. There are three positions open this year.

Annual Board Meeting December 5th at 6:30 PM. All members are encouraged to attend meeting.

Annual Holiday Party December 7th.



Letter from your Board President – Terry Wright

Dear Members,

Your LRC Board is busy making plans for the Holiday Party, Wednesday, December 7 at the Tacoma Country & Golf Club. Staff will be calling each member in November to explain the available menu, cost, and to obtain a “head-count” for attendance.

Since we are also celebrating the 60-year anniversary of the club, the Board is also requesting that members dig through their old photos of the club and/or club activities, and provide copies or originals, that staff can copy, directly to Bruce, or staff at the front desk.

Also coming up very soon are the elections for Board positions – there are three positions up for election this year. If you are interested in competing for one of those positions, then please notify our Election Committee Chair, Chris Fynboe (ccfynboe@cs.com) and provide a short paragraph about your background and why you would like to be on the Board. Members are also needed to participate in all of the Board Committees. Please contact any Board member, Committee Chair or Bruce if you would like to participate on any Committee.

A short update on the project to add additional indoor courts at LRC, is that the City of Lakewood voted to proceed with the zoning change requested by LRC that is required before we can move forward to build courts.

Keeping with our theme of our member owned club functioning better when the members are engaged, the Board is requesting assistance from those using the ball machine to remove dead-balls each time they use the machine and take them to the front desk for recycling. We believe that this is a more efficient way to keep the balls in the machine fresh.

Wishing you all good Health, Wealth and Wisdom



HALLOWEEN PARTY CELEBRATION



Monday, October 31st was a scary and fun night at LRC this year. We had fun on the courts and in the lounge. Thank you all who came in costume. Best Costume was Ryan St. John as a Plague Dr. And Best Member Costume was Tricia Parsons from Space Balls. Best Couple was Anneke Berry Morley and Tim Morley as Madonna and Billy Idol.

HAPPY HALLOWEEN



MEMBERSHIP COUNTS!

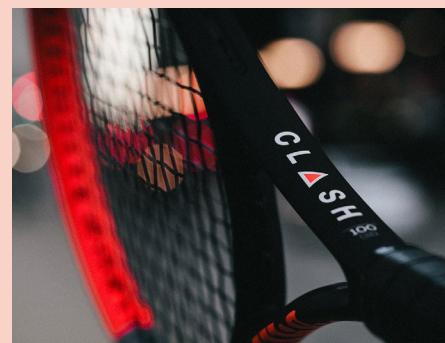
Members receive 20% off suggested retail price on New LRC apparel, hats, and footwear.

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.





FALL JUNIOR PROGRAM

Registration for all FALL programs currently open!

*Please go to website: www.lakewoodracquetclub.com
to print 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)

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.



November 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	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 Veterans Day	12 Skills/drills 9:30-10:45am
13 Pickleball 12-2:30pm	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	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 Thanksgiving Day Club Hours 8am-2:30pm	25 Pickleball 6:45-9:30am Pickleball 5-7:30pm Club Hours 8am-10pm	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			



December 2022

Sun

Mon

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Thurs

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Sat

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