



**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.*

## **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 14<sup>th</sup>. There are three positions open this year.

**Annual Board Meeting** December 5<sup>th</sup> at 6:30 PM. All members are encouraged to attend meeting.

**Annual Holiday Party** December 7<sup>th</sup>.

### **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



## 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](mailto: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 31<sup>st</sup> 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](http://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**

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



# December 2022

Sun      Mon      Tues      Wed      Thurs      Fri      Sat

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