



LAKEWOOD
RACQUET
& SPORT CLUB



November 2021

LAKEWOOD RACQUET REPORT

Important Update:

The Annual Holiday Party is Cancelled. Please celebrate safely with your immediate family and close friends. Cheers!

SOCIAL COMMITTEE NEWS

Thank you all for attending our “MASKquerade Ball” October 29th. Congratulations to Charea and Andrew for winning our costume tennis tournament!

If you won a prize please make sure you contact Bruce Dayton to receive your prize.

BOARD NEWS

The Annual Board meeting December 6th at 6:30 PM. Will be hosted on Zoom. All members are encouraged to attend meeting. Please contact Board or Management to get the link.

Annual Holiday Party has been cancelled for this year. Cases of Covid-19 are still very high in Pierce County. The Board and Management hope you all can celebrate this season carefully with a small group of family and friends.

Please keep an eye out for your ballot in the mail. Please mail in or bring in your ballot once completed.

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.



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SPORTS AND RECREATIONAL COMMITTEE NEWS: **UTR LADDER!**

New Singles Tennis Ladder started November 1st. Please check out your UTR Rating at myutr.com. If you need help setting up your account please contact bruce@lakewoodracquetclub.com

Look for specific email from Bruce Dayton to register online.

Winter 2022 Doubles Flights at LRC!

Divisions for “Members Only”

Each division is limited to 8 players. Additional players will be on a sub list.

Please register before December 20th. Play will start first week of January.

Further details will be on flyers throughout the club and at:

<https://app.universaltennis.com/clubs/14040>

**SAVE
THE
DATE**

- Nov 22: Board Meeting
- Nov 25: Thanksgiving
- Dec 6: Annual Board Meeting 6:30pm,
(request Zoom link)
- Dec 8: Annual Holiday Party
=CANCELLED=

**FOLLOW
US!**



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



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





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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.

LESSONS ARE IN FULL SWING!

Adult Classes:

Cardio Skills & Drills - All levels

Monday 6:30-7:30pm

Wednesday 6:30-7:30pm

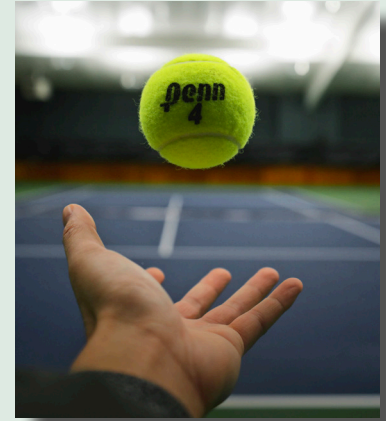
Weekend Skills & Drills - 3.5+ level

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** Teena Ward Hyde
Vice President Dick Hutchison
Treasurer Charlie Hyde
Secretary Connie Worthen
Member Tad Davis
Member Terry Wright
Member Paul Whittaker
Member Dave Hendrickson
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



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November 2021

Sun Mon Tues Wed Thurs Fri Sat

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



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December 2021

Sun Mon Tues Wed Thurs Fri Sat

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



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January 2022

Sun Mon Tues Wed Thurs Fri Sat

						1 Skills/drills 9:30-10:45am New Year's Day Club Hours 8am-5pm
2 Pickleball 12-2:30pm	3 TRX @ 8:30am, 1pm, 4pm, 6pm Ladies' Night 5-6:30pm Skills/drills 6:30-7:30pm	4 Men's Night 5-7:30pm	5 Pickleball 6:45-9:30am TRX @ 8:30am, 1pm, 6pm Skills/drills 6:30-7:30pm	6 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm	7 Pickleball 5-7:30pm	8 Skills/drills 9:30-10:45am
9 Pickleball 12-2:30pm	10 TRX @ 8:30am, 1pm, 4pm, 6pm Ladies' Night 5-6:30pm Skills/drills 6:30-7:30pm	11 Men's Night 5-7:30pm	12 Pickleball 6:45-9:30am TRX @ 8:30am, 1pm, 6pm Skills/drills 6:30-7:30pm	13 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm	14 Pickleball 5-7:30pm	15 Skills/drills 9:30-10:45am
16 Pickleball 12-2:30pm	17 TRX @ 8:30am, 1pm, 4pm, 6pm Ladies' Night 5-6:30pm Skills/drills 6:30-7:30pm Martin Luther King Jr. Day	18 Men's Night 5-7:30pm	19 Pickleball 6:45-9:30am TRX @ 8:30am, 1pm, 6pm Skills/drills 6:30-7:30pm	20 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm	21 Pickleball 5-7:30pm	22 Skills/drills 9:30-10:45am
23 Pickleball 12-2:30pm Pickleball 12-2:30pm 30	24 <i>same as above</i> 31	25 Men's Night 5-7:30pm	26 Pickleball 6:45-9:30am TRX @ 8:30am, 1pm, 6pm Skills/drills 6:30-7:30pm	27 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm	28 Pickleball 5-7:30pm	29 Skills/drills 9:30-10:45am