



October 2022

LAKEWOOD RACQUET REPORT

THANK YOU, VOLUNTEERS!

The continued success of our club starts with our Volunteers. If you are interested in volunteering in the future please email Bruce at bruce@lakewoodracquetclub.com. Our second work party for 2022 was a great success. We were able to trim the ivy peninsula in our parking lot, deadhead all rhododendrons at the club entrance, and remove many bushes of scotch broom.

Thank you Dick Hutchison, Teena Ward Hyde, Kit Ellis, Charlie Hyde, David Hendrickson, Sean Briggs, Patricia Briggs, and Herky Briggs for all your hard work and great dedication to our club.

Thank you,
Bruce Dayton-GM



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 10th. 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.

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 – LRC has emerged from the last two years of Covid chaos in very good condition, both financially and visually. The results of this summer's maintenance and painting projects look awesome, and Andrew's extra "yardwork," maintenance and painting this summer have contributed greatly to our club looking really nice. Extra tournaments this summer organized by Katie, have contributed nicely to the club's bottom line and brought exposure to hundreds of new kids and their parents who may some day work their way to LRC membership.

What I am most thankful for however, is the way that LRC membership has stepped up and participated in making the club cleaner, nicer and all around more welcoming. LRC is unique, in that it is a member owned club and it only thrives when members are actively involved in the operation, care and maintenance of the club. This year everyone has stepped up to clean up after themselves, the court areas and the exterior areas, by participating in the organized work parties and everyday picking up of any stuff left on the courts. We will again implement 2 or 3 work parties over the Spring, Summer and Fall, and it is much appreciated when members signup and participate, so let's make next year even better!

On another note, your Board, several of its Committees, including members, and with assistance from Bruce, are actively working on a project to add additional indoor courts at LRC. While we have had several stops and starts over the past several years, we are working hard to make this dream come true starting in Fall of 2023. We know there are tons of questions left to be addressed, but we have a group of folks that are committed to do everything in our power to make it happen. The Board will keep you informed as key progress is made.

Elections for Board positions are also rapidly approaching and I would like all of you to consider applying for one of the open positions. If interested please let Bruce know and he can assist you in providing a short Bio for members to review prior to voting. 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.

The LRC Holiday Party has been scheduled for Wednesday, December 7, at the Tacoma Country Club. We will be celebrating our 60 years with special door prizes at the Holiday Party. It will be different than past functions in that we will not be charging every member whether they go or not. Also, it will require members to be proactive and sign up for the function. More detailed information on timing, cost (likely in the \$40/ person range) and other details on signing up, will be included in the October Newsletter.

Wishing you all good Health, Wealth and Wisdom



LRC SAFETY REMINDER

Regrettably summer is over - daylight savings time ends on 6 November. It will be getting dark earlier, and the rain and cold weather will soon be upon us. With the arrival of autumn comes a few safety concerns at LRC, and all the places you frequent.

- Ice, snow, wet pavement, and leaves are slippery and make for treacherous footing. Watch your step when you are entering and exiting the club from the parking lot.
- Reduced lighting can embolden a criminal element to attempt vehicle break-ins (smash and grabs), vehicle vandalism and even muggings.

Fortunately, LRC has not had any violent crime committed on LRC property, but we have had thefts and vandalism. To combat this do not leave any valuables visible in your car, be sure to lock up and increase your situational awareness when you enter and leave the club. If you see someone in the parking lot that appears to not belong at the club, bring it to the front desk's attention. They will call the police or security company and ask them to respond. Recently one of our members took a spill between courts nine and ten. They got tangled up in the netting and took a hard fall. Luckily, they weren't seriously hurt. Since then, the nets have been repaired and the excess netting has been removed. The LRC staff and Board take safety very seriously. We all want a safe club for everyone to enjoy. To that end, LRC staff will increase safety inspections and make repairs or corrections as soon as they are identified. We would also like to call on the club members to assist with safety awareness. If you see someone doing something unsafe, please ask them to stop. If you see something with the facility that is unsafe, please bring it to the front desk personnel's attention. Working together we can make LRC a safe place for all members, staff, and guests.

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.





PLEASE BE CONSIDERATE OF YOUR FELLOW MEMBERS AND GUESTS...

As a member of LRC, you are responsible for allowing all our members and guest to enjoy their time at our club.

- If you are catching a cold/covid/flu please do not come to the club. We need to help limit the spread of all illnesses.*
- With the fall season, please wear non-tennis shoes to the club, and then put your tennis shoes on once inside. This will help reduce the extra dirt and grit from getting onto our new court surfaces.*
- Please leave your tennis court by the end of your 75 minute reservation. It's not the responsibility of the next reservation to ask you to leave.*
- If you are using one of the ball machines make sure you vacuum up all the ball felt after you're done.*
- Please pick up after yourself before you leave the courts. Our lost and found is growing rapidly. Empty water bottles need to go into the recycle bins. Thank you.*
- Please call the front desk if you are running late to your court time. We can release your court after 10 minutes if we haven't heard from you and you don't answer our call.*
- If you are using the lounge for any reason please clean up after yourself. Dishes, countertops, tables, carpets, etc.*
- If you have any concerns at our club please notify the staff member on duty immediately. Please don't hesitate to email or text me directly: bruce@lakewoodracquetclub.com, or (206) 234-3873.*

Thank you all for helping LRC be a wonderful place to congregate.

Bruce Dayton, General Manager/Director of Tennis





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.



October 2022

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	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 Board Meeting 6:30pm Same Monday Schedule 31	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