



October 2021

LAKEWOOD RACQUET REPORT

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 6th at 6:30 PM. All members are encouraged to attend meeting.

Annual Holiday Party December 8th.
Due to Covid-19 restrictions, the time and place is still TBD.

SOCIAL COMMITTEE NEWS

"MASKquerade Ball"

October 29th from 6:30 -8:30pm

POTLUCK! Please bring your favorite food and/or beverage.

Prizes for Best Costume, Best Doubles Costume, Best Potluck Dish

Please sign up online:

www.lakewoodracquetclub.com





SPORTS AND RECREATIONAL COMMITTEE NEWS: *UTR LADDER!*

New Singles Tennis Ladder starts 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.

Fall 2021 Doubles Flights at LRC!

Three divisions for “Members Only”
Each division is limited to 8 primetime players. Additional players will be on a sub list.

- » Ladies UTR Rated 1-4 Sundays Noon to 1:30 PM
- » Ladies UTR Rated 4.1+ Sundays 1:30 - 3:00 PM
- » Mens UTR Rated 4+ Saturdays 1:30 - 3:00 PM

Please register before November 1st. Play will start November 6th and complete December 19th. Further details will be on flyers throughout the club and at: <https://app.universaltennis.com/clubs/14040>

**SAVE
THE
DATE**

- Oct 29: MASKquerade Ball 6:30-8:30pm
- Nov 1: Singles Ladder Starts
- Nov 6: Doubles Flights Starts
- Nov 10: Board Member Bios Due
- Dec 6: Annual Board Meeting 6:30pm
- Dec 8: Annual Holiday Party

FOLLOW US!

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

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





LAKWOOD
RACQUET
& SPORT CLUB



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



October 2021

Sun Mon Tues Wed Thurs Fri Sat

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



November 2021

Sun Mon Tues Wed Thurs Fri Sat

	1 TRX @ 8:30am, 1pm, 4pm, 6pm Ladies' Night 5-6:30pm Skills/drills 6:30-7:30pm	2 Men's Night 5-7:30pm	3 Pickleball 6:45-9:30am TRX @ 8:30am, 1pm, 6pm Skills/drills 6:30-7:30pm	4 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm	5 Pickleball 5-7:30pm	6 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	26 Pickleball 5-7:30pm	27 Skills/drills 9:30-10:45am
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LAKEWOOD
RACQUET
& SPORT CLUB

December 2021

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

			1	2	3	4
			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
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