



LAKEWOOD  
RACQUET  
& SPORT CLUB

September 2022

# LAKEWOOD RACQUET REPORT

## VOLUNTEER WORK PARTY AT LRC SEPTEMBER 24

**8:30AM - 12:30PM**

**VOLUNTEERS  
NEEDED**

*Please sign up in the Pro Shop. Next to your name and phone/email please indicate what time you prefer to be there that day. Thank you.*

1. Minor pruning/dead heading of rhododendrons along west wall and lounge
2. Work needed in the roundabout area at entrance
  - Prune roses
  - Edge ivy
  - Possibly plant small flowering shrubs in bare spot
3. Minor pruning/dead heading of the rhododendrons in atrium
4. Remove scotch broom (invasive species) at SE corner of building
5. Attack blackberry vines along west property line and chain link fence
6. Trim parking lot bank of ivy

## 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.*

## 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



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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.*



## 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.





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# FALL JUNIOR PROGRAM

*Registration for all FALL programs currently open!*

*Please go to website: [lakewoodracquetclub.com](http://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)**



## USTA TOURNAMENT

**Level 4 Open - Adult**

Lakewood Racquet Club NTRP / Open Singles & Doubles

Lakewood Racquet and Sport Club - September 7-11

Tournament ID: 22-46019

**USTA Junior Circuit - LRC 12U Green Ball**

Lakewood Racquet and Sport Club - September 18

Tournament ID: 22-86416

**Get Social with Us!**



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



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





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## **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](mailto: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*





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# September 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>4</b> Pickleball 12-2:30pm	<b>5</b> TRX @ 8:30am, 1pm, 4pm Beg Skills/drills 12-1pm <b>Labor Day</b> Club Hours 8am-5pm	<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>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
<b>11</b> Pickleball 12-2:30pm	<b>12</b> TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	<b>13</b> Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	<b>14</b> TRX @ 8:30am, 1pm, 6pm	<b>15</b> Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	<b>16</b> Pickleball 6:45-9:30am Pickleball 5-7:30pm	<b>17</b> Skills/drills 9:30-10:45am
<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>25</b> Pickleball 12-2:30pm	<b>26</b> TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm <b>Board Meeting</b> 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	



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# October 2022

Sun      Mon      Tues      Wed      Thurs      Fri      Sat

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						<b>1</b>  Skills/drills 9:30-10:45am
<b>2</b>  Pickleball 12-2:30pm	<b>3</b> TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	<b>4</b>  Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	<b>5</b>  TRX @ 8:30am, 1pm, 6pm	<b>6</b> Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	<b>7</b> Pickleball 6:45-9:30am Pickleball 5-7:30pm	<b>8</b>  Skills/drills 9:30-10:45am
<b>9</b>  Pickleball 12-2:30pm	<b>10</b> TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	<b>11</b>  Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	<b>12</b>  TRX @ 8:30am, 1pm, 6pm	<b>13</b> Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	<b>14</b> Pickleball 6:45-9:30am Pickleball 5-7:30pm	<b>15</b>  Skills/drills 9:30-10:45am
<b>16</b>  Pickleball 12-2:30pm	<b>17</b> TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	<b>18</b>  Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	<b>19</b>  TRX @ 8:30am, 1pm, 6pm	<b>20</b> Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	<b>21</b> Pickleball 6:45-9:30am Pickleball 5-7:30pm	<b>22</b>  Skills/drills 9:30-10:45am
<b>23</b> Pickleball 12-2:30pm  <b>30</b>	<b>24</b> Board Meeting 6:30pm Same Monday Schedule <b>31</b>	<b>25</b>  Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	<b>26</b>  TRX @ 8:30am, 1pm, 6pm	<b>27</b> Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	<b>28</b> Pickleball 6:45-9:30am Pickleball 5-7:30pm	<b>29</b>  Skills/drills 9:30-10:45am