

APRIL 2026

# LAKEWOOD RACQUET REPORT

## FROM THE GENERAL MANAGER

I've had the pleasure of meeting so many of you—our dedicated members, our hardworking team, and the vendors who help keep our gears turning. Learning exactly what makes this club tick has been a joy, and I can say with certainty: **LRC is a great place to be!**

I even managed to get out on the courts myself! A huge thank you to Isaac and Michael for the fantastic tennis lessons, and it was super fun to play with Judy Schuler this week. We had some truly "super" rallies that showed me why we all love this sport.

### What's New on the Courts

We are constantly looking for ways to enhance your experience. Check out these latest additions to our programming:

- **Adult 101 Tennis with Michael Parretta:** Perfect for those looking to build a solid foundation or return to the game. Drop in at 6:30 on Wednesdays to learn!
- **Pickleball Skills & Drills:** Sharpen your paddle playing with our new focused sessions 11 - 12 on Wednesdays.

### Our Team in Action

I am incredibly proud to lead such a cohesive and passionate team. Their synergy is what makes our community feel like home. **Alana** continues to do a stellar job overseeing our daily operations and driving our outreach marketing while **Jereck** is the glue between the pro shop, the courts, and social events ensuring everything is seamless for your next match. Our new Head Pro **Michael** has amazing energy - come take a private or group lesson with Michael or his team! **A re-grand opening is coming soon! Men's Social Nights start Monday, May 4th - come for Men's Tennis and a big fish feed by Terry Wright.**

### Your Club, Your Voice

Private clubs thrive on the engagement of their members. To keep LRC evolving, **we are currently looking for volunteers to join our committees.** This is your chance to help shape the future of the club. The building and grounds committee is extremely important!

**My door is always open.** Whether you have a suggestion, a concern, or just want to say hello, please don't hesitate to stop by. And remember—the best way to grow our community is through you! Bring your friends out to the club; once they experience the atmosphere here, they'll want to become members too.

Please read this next section about our **values**. President Tricia Parsons and the Board has created to carry us forward. These are the values we will use to unite our members, staff and our future members.

**Community** - Where like-minded people come together for competition, camaraderie, and fun.

**Ownership** - LRC is a Member owned club. We must embrace opportunities to contribute and make it better.

**Friendship** - We pride ourselves on the welcoming and positive energy amongst our members and staff, and treat each other as equals. We're all friends here.

**Enjoyment** - It's your club, have fun, be kind, be social. Joy is contagious, spread it.

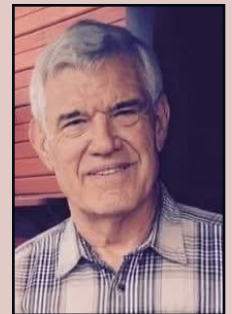
**Sportsmanship** - Play with integrity, respect, and goodwill toward opponents on and off the court. Win and lose with grace.

Thank you to Trish and the Board!

See you soon on the courts. Have fun, and be kind! **Chris**

## REMEMBERING A LEGEND:

Sadly, my beloved dad, Gary Thomas, Clover Park graduate, history teacher, and tennis coach, passed away in late September 2025.



His big presence, deep voice, inquisitive thinking, and thoughtful guidance made a positive impact on many people. He is deeply missed.

My mom (Helga Thomas), my sisters (Michelle and Kari), and I are planning a gathering to honor him. It will be held on Saturday, May 2<sup>nd</sup>, at the Lakewood Racquet and Sport Club, where he played numerous games of tennis and squash. People are invited to drop by anytime between 1 and 4pm to reminisce. Light refreshments will be available.

- Dena Snow

## GET TO KNOW OUR HEAD PRO:

### **MICHAEL PARRETTA**



**Favorite snack post-match meal?**

Anything! No big meals before matches, so normally starving.

**Favorite dinner?**

Italian (bread)

**Favorite hobby?**

Hiking/Beach combing/Family

**Favorite movie?**

"The Goonies"

**Would you rather play a match in 95°F heat or 40°F cold?**

Cold, I'm a Washingtonian.

**Would you rather have a**

**120mph serve or be able to**

**return everything like a wall?**

Return every ball.. slower serves can be just as threatening.

**What is your "signature" shot on the court?**

Serve/Slice dropshots

**Racquet you use?**

Head "Boom"

**Favorite tennis ball?**

No preference

**Hit it flat or spin it?**

Both

**What is the #1 piece of advice you give to every beginner?**

1st, have Fun!

**Which professional player (past or present) would you most want to play a doubles match with?**

Althea Gibson, The OG GOAT 🐐

## TRX TRAINING WITH HUGH GRIFFIN



- 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.

**Contact:**

griffinpersonaltraining@yahoo.com  
phone: 253.861.4916

## HEAD MERCHANDISE RACQUETS: COME DEMO OUR NEWEST ARRIVALS!



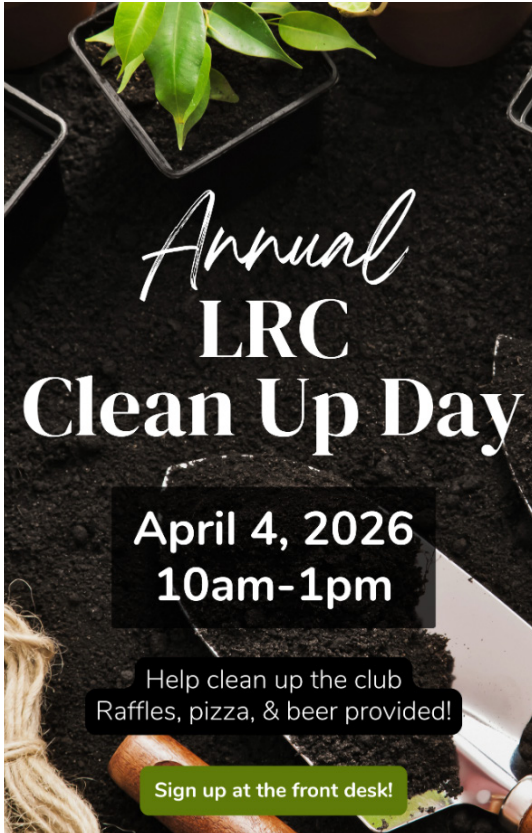
**BOOM**



**SPEED**

Demo Days:  
April 10 & May 22  
2-5pm

# LRC EVENTS



## Annual LRC Clean Up Day

**April 4, 2026  
10am-1pm**

Help clean up the club  
Raffles, pizza, & beer provided!

Sign up at the front desk!



Connie Worthen was one of our four Bingo Winners. She won a gift basket and a placard naming the court for six months!

Thank you to **Bliss Small Batch Creamery** & **Carr's Restaurant** for their generous donations to our Bingo Baskets!

## MEET THE PRO & PHOTO DAY



★ Join us to meet our new Head Pro, Michael Parretta! Play a round, enjoy some food, and have your LRC photo taken. ★

FRIDAY, APRIL 24 2 PM - 6 PM

LAKEWOOD RACQUET CLUB

## TENNIS 101


### ADULT CLINIC

Learn the basic foundational skills for tennis with Head Pro, Michael Parretta!

**Wednesday's  
6:30 PM - 8:00 PM**

\$20 MEMBERS | \$25 NON-MEMBERS

**LAKEWOOD RACQUET CLUB**  
5820 112<sup>TH</sup> ST SW  
LAKEWOOD, WA 98501



# APRIL 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<b>1</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 6:30-8pm	<b>2</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>3</b> Pickleball Adv 3.5+ 3:30-6:30pm* Friday Night Bump 5-6:30pm*	<b>4</b> Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm* <b>LRC CLEAN UP DAY 10AM-1PM</b>
<b>5</b>	<b>6</b>	<b>7</b> Pickleball 11am-2pm Ladies' Night & Potluck 5-7pm	<b>8</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 6:30-8pm	<b>9</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>10</b> Pickleball Adv 3.5+ 3:30-6:30pm* Friday Night Bump 5-6:30pm* <b>HEAD DEMO DAY 2-5PM</b>	<b>11</b> Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
<b>12</b>	<b>13</b>	<b>14</b> Pickleball 11am-2pm Men's Night 5-7pm	<b>15</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 6:30-8pm	<b>16</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>17</b> Pickleball Adv 3.5+ 3:30-6:30pm* Friday Night Bump 5-6:30pm*	<b>18</b> Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
<b>19</b> <b>RAINIER'S DAY</b>	<b>20</b>	<b>21</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>22</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 6:30-8pm <b>EARTH DAY</b>	<b>23</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>24</b> Pickleball Adv 3.5+ 3:30-6:30pm* Friday Night Bump 5-6:30pm* <b>MEET THE PRO PHOTO DAY 2-6PM</b>	<b>25</b> Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm* <b>JUNIOR UTR EVENT</b>
<b>26</b>	<b>27</b> <b>Board Meeting 5:30pm</b>	<b>28</b> Pickleball 11am-2pm Men's Night 5-7pm	<b>29</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 6:30-8pm	<b>30</b> Pickleball 11am-2pm Mixed Night 5-7pm		

\*subject to USTA match schedules

# MAY 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					<b>1</b>  Pickleball Adv 3.5+ 3:30-6:30pm*  Friday Night Bump 5-6:30pm*	<b>2</b>  Tennis Skills/drills 9:30-10:45am  Pickleball 11am-2pm*  <b>GARY THOMAS MEMORIAL 1-4PM</b>
<b>3</b>	<b>4</b>  <b>Men's Night Grand Opening w/ Terry's Famous Fish Dinner 5pm</b>	<b>5</b>  Pickleball 11am-2pm  Ladies' Night 5-7pm	<b>6</b>  Beg. Pickleball Skills/drills 12:30-1:30pm  Tennis 101 6:30-8pm	<b>7</b>  Pickleball 11am-2pm  Mixed Night 5-7pm	<b>8</b>  Pickleball Adv 3.5+ 3:30-6:30pm*  Friday Night Bump 5-6:30pm*	<b>9</b>  Tennis Skills/drills 9:30-10:45am  Pickleball 11am-2pm*
<b>10</b>	<b>11</b>  Men's Night 5-7pm	<b>12</b>  Pickleball 11am-2pm  Ladies' Night 5-7pm	<b>13</b>  Beg. Pickleball Skills/drills 12:30-1:30pm  Tennis 101 6:30-8pm	<b>14</b>  Pickleball 11am-2pm  Mixed Night 5-7pm	<b>15</b>  Pickleball Adv 3.5+ 3:30-6:30pm*  Friday Night Bump 5-6:30pm*	<b>16</b>  Tennis Skills/drills 9:30-10:45am  Pickleball 11am-2pm*  <b>2ND ANNUAL POOL OPEN HOUSE 11AM-3PM</b>
<b>17</b>	<b>18</b>  Men's Night 5-7pm  <b>Board Meeting 5:30pm</b>	<b>19</b>  Pickleball 11am-2pm  Ladies' Night 5-7pm	<b>20</b>  Beg. Pickleball Skills/drills 12:30-1:30pm  Tennis 101 6:30-8pm	<b>21</b>  Pickleball 11am-2pm  Mixed Night 5-7pm	<b>22</b>  Pickleball Adv 3.5+ 3:30-6:30pm*  Friday Night Bump 5-6:30pm*  <b>HEAD DEMO DAY 2-5PM</b>	<b>23</b>  Tennis Skills/drills 9:30-10:45am  Pickleball 11am-2pm*
<b>24</b>  <b>31</b>	<b>25</b>  Men's Night 5-7pm  <b>MEMORIAL DAY</b>	<b>26</b>  Pickleball 11am-2pm  Ladies' Night 5-7pm	<b>27</b>  Beg. Pickleball Skills/drills 12:30-1:30pm  Tennis 101 6:30-8pm	<b>28</b>  Pickleball 11am-2pm  Mixed Night 5-7pm	<b>29</b>  Pickleball Adv 3.5+ 3:30-6:30pm*  Friday Night Bump 5-6:30pm*	<b>30</b>  Tennis Skills/drills 9:30-10:45am  Pickleball 11am-2pm*

*\*subject to USTA match schedules*