
The Racquet Report

5820 112th Street SW Tacoma, WA 98499

www.lakewoodracquetclub.com

March 2010

Welcome New Members

Galen Chen-Student
M/M Bill Coats-Sr Family
Ashwin Prakash-Student
Patty Pennel-Student
Mark Durivage-Sr Sglt
Elizabeth Barlow-Fitness

Yoga for Tennis Workshop

Yoga makes good tennis players better, boosting their performance and decreasing their risk of injury. Join teacher Paula Schwary for a 2 and a half hour workshop that will help:

- *increase your flexibility and range of motion.
- *improve your strength
- *improve your ability to focus and stay in the game
- *correct imbalances

Class is Saturday, March 27 from 9:30am-noon. Cost is \$25. Please sign up on the bulletin board in Pro Shop. Eight students needed to hold class.

Court Reservations

The first three months of the year is the busiest time for indoor court reservations. Please remember to cancel a reservation that you may not be able to utilize to allow others to play. **The penalty for a no-show is \$10.**

Shoes For Haiti-Thank You!

I would like to thank everyone at the club for their overwhelming response to the Molly Hightower Shoe Drive. In all, we collected 100 pairs of shoes, 4 singles, and 6 pair of socks. The Service Steel Aerospace Corporation will be



shipping them to Haiti in the near future.

Thank you so much for your generosity.....Lauren Adams, Club Member

Dates to Remember

March 8-21 Indian Wells Pro Tennis Tournament
May 31-Memorial Day Mxd Doubles Tournament
May 29-Pool Opens
June 24-27 Sr Sectionals
June 27-29 Super Sr Sec.

Tournament Results

Congratulations to Amy Ware— she is going to sectionals with the Federal Way Senior 6.0 Mixed team.

USTA National Open Claremont, CA

B12S-Noah Schacter-Finalist

UPS NTRP

M3.5D-Brooks Hazen/Michael Raffanti-Winners
W4/4.5S-Ashley Coats-Finalist
W4/4.5D-Ashley Coats-Finalist

Boeing Holiday NTRP

M3.5D-Jeff Craker/Pete Semon-Finalists

M4.0S-Brock Lakely-Finalist

M4.0D-Mike Terrado/Greg Chow-Winners

Coach's Corner

Five Keys to a Successful Dbls Team

1. Find a partner you like. Even if they are not the best, you will have more fun.
2. In club dubs, opposites work best! If you are a power player, find a steady backboard for a partner. Each player needs to bring a special strength that can help the team win.
3. It's all about winning. Keep the ball in play. The first two shots are key. Do not go for a big power shot unless it is an easy one to hit. Don't lose a point because you went for too much.
4. LOB, LOB, and then LOB again! At every level the lob is the high percentage shot that turns a point into your favor. Off the return of serve or after a drop shot, the lob will frustrate your opponent and win you tons of key points.
5. Placement is more important than power in doubles. Use angle shots and deep balls to keep the other team moving.