
The Racquet Report

5820 112th Street SW Tacoma, WA 98499 www.lakewoodracquetclub.com

May 2010

New Members

Jay Gruenfeld-Sr Single
Ken Claxton-Sr Single
M/M Wm Barnhart-Fitness

Summer Membership

Let your friends know that memberships for the summer are now available. The season runs from Memorial Day to Labor Day. The cost is \$325 for a singles and \$425 for a family and includes use of the entire club.

Cinco de Mayo

Cinco de Mayo is being held on Ocho de Mayo, Saturday, May 8. Rocky Phelps is hosting the annual Whites/Woodies Tennis Round Robin with the Cinco de Mayo potluck following. Indoor tennis courts are reserved for 1:15 and 2:30pm, food later. Sign up on the bulletin board to bring food for this fun get-together. All members are invited. Rocky has extra wood racquets if you need to borrow.

Summer Jr Tennis

The summer junior tennis schedule is out and may be picked up in the Pro Shop. The 8-week program will begin June 21 and run through Aug 12. Classes will run 4 days each week, Monday through Thursday. Prices will be prorated for those who cannot attend all the classes.



Memorial Day Tennis Event

Set aside Monday, May 31 now to play in the annual French Open Mixed Doubles Round Robin. This event is open to all levels and play will be flighted. You will play with a different partner each round and everyone will play three rounds. Cost is \$12 and includes tennis balls, lunch and prizes. Signup will go up on the bulletin board in late April.

Summer Pool News

The pool opens on Monday, May 31, Memorial Day. Sign up for swim lessons at the front desk. Lessons begin on June 21 and will be taught by Jackie Bolt. There will be three 2-week sessions of lessons, ending July 30. Cost for a 2-week session is \$40 for club members.

119th Columbia Bank/PNW Senior and NTRP Tennis Championships

Plan on competing in the annual tournament, held July 15-18 at LRC. Entry blanks are available in the Pro Shop OR you can register on-line on the PNW

website. Singles, doubles and mixed doubles will be held. **Volunteers are needed for kitchen help and Bar-B-Q duty. Please contact Cindy Smith or Rosa Allen to help!**

Coach's Corner

When to Stretch

Want a better workout? Don't stretch before exercise. Traditional stretches often cause muscles to tighten rather than relax-the opposite of what is needed for physical activity. Experts say it is like extending a rubber band to its limit. When people stretch to the limit, they are more likely to pull a muscle. When you stretch before exercising, your body may think it's at risk of being overstretched. It compensates by contracting and becoming more tense. That means you aren't able to move as fast or as freely, making you more likely to get hurt. Recently, studies have found static stretching before playing a sport makes you slower and weaker. Stretching does help with flexibility, so you should do it AFTER exercise. Stretching is vital to becoming more flexible, but it has to be done at the right time. Instead of stretching before playing, warm-up with a light jog or bike ride to increase the heart rate and blood flow to the muscles, warming up the body temperature. *

*This is a synopsis of an article posted on the bulletin board in Pro Shop if you would like more information about stretching.