

MEADOW CREEK TENNIS & FITNESS CLUB

CREEKSIDE

June 2021



7 Indoor Tennis Courts

3 Outdoor Tennis Courts

2 Outdoor Paddle Courts

3 Social Lounges:

- 1 with Tennis Viewing
- 1 with Fireplace
- 1 Outdoor Relaxation area with Fireplace

Cardio and Resistance
Training Equipment

Strength, Conditioning
and Personal Training

Massage and Skin Care

Tennis Pro Shop:

- Shoes
- Racquets
- Gifts & Accessories

MeadowCreekTennis.com
info@meadowcreektennis.com

6305 West 6th Avenue
in Lakewood
303.232.6272



SUPER DRILL



FRIDAY, JULY 9TH AT 6pm

DRILL

6pm-8pm

SOCIAL

8pm-9pm

OPEN PLAY

8pm-9pm

It's tradition here to host our annual Wimbledon Super Drill and this year we are adding a little twist: **Wooden Racquets!*** Don't have one? Don't worry! We've got a few hanging around.

And while you're at it, dress in your Wimbledon Whites! There'll be a prize for the best retro white outfit.

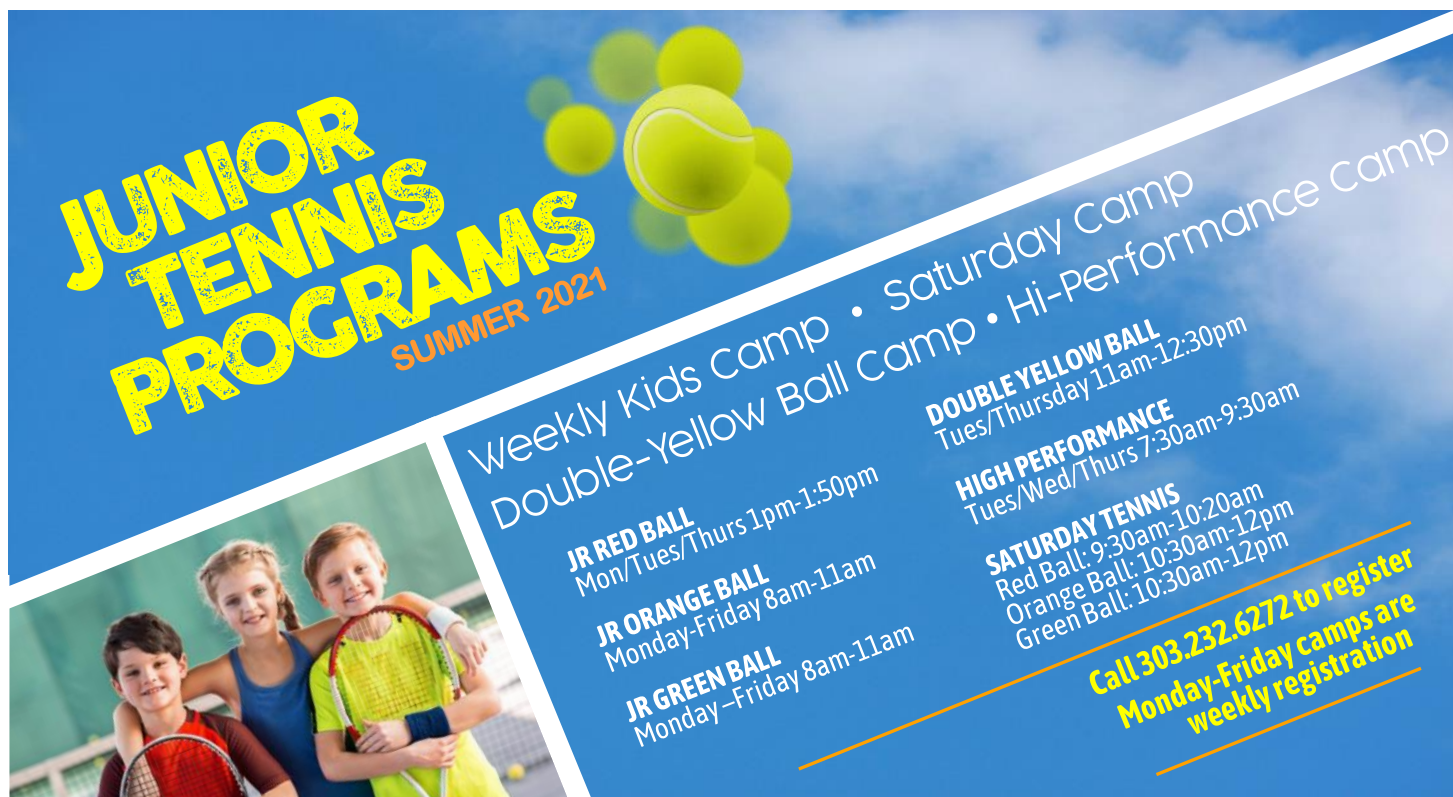
Back this year by popular demand, a thing call "socializing" afterward. We'll have snacks, drinks & prizes for all you Wimbledon hitters.

\$30 members | \$36 non-members

Call **303.232.6272** to register. Sign up early, space is limited!

**Also bring your regular racquet as not all drills will require a wooden one
Levels 3.0 and above welcome - 24 hour cancellation period*

ACTIVITIES



JUNIOR TENNIS PROGRAMS

SUMMER 2021

Weekly Kids camp • Saturday camp
Double-yellow Ball camp • Hi-performance camp

JR RED BALL
Mon/Tues/Thurs 1pm-1:50pm

JR ORANGE BALL
Monday-Friday 8am-11am

JR GREEN BALL
Monday-Friday 8am-11am

DOUBLE YELLOW BALL
Tues/Thursday 11am-12:30pm

HIGH PERFORMANCE
Tues/Wed/Thurs 7:30am-9:30am

SATURDAY TENNIS
Red Ball: 9:30am-10:20am
Orange Ball: 10:30am-12pm
Green Ball: 10:30am-12pm

Call 303.232.6272 to register
Monday-Friday camps are weekly registration



On May 6th we held our Ladies Season Ending Smash - and what a smash it was!
Thank you to all the ladies that joined us, and hats off to everyone who participated in our unpredictable 2020-21 season. We look forward to seeing you back on the court in September!



A special thank you to Kristina Brandner and Chelsea Sump of Babolat for bringing racquet demos, special prizes and even donated pair of cool Babolat shoes to toast the occasion!

HAPPENINGS AT MEADOW CREEK

JUNIOR
TENNIS
TRAINING

**Last Call: We've got room on some teams
Contact us if you still want to join the
JTT posse this Summer!**

- Practice starts June 2nd, but don't worry, we can still add you to a team if you register late
- Last match is July 26th - you do not need to be available to play every week!

**Contact Stanley @ jtt@meadowcreektennis.com
or call us at 303.232.6272 to get registered**

June has both the longest and the shortest days of the year, depending on where you're standing. If you live in the northern hemisphere, June 20th is the longest day of the year. If you live in the southern hemisphere, then the 20th is the shortest day of the year. No matter where you are in the world, the end of June marks the end of the first half of the calendar year. Whatever you do, take a moment to reflect on this unusual year so far, as it's halfway gone already. We've come a long way baby!



**FREE GUEST DAY
SUNDAY, JUNE 13th**
No guest fee but court fees apply
One guest per member

TENNIS SPECIFIC STRENGTH & CONDITIONING AND PERSONAL TRAINING

NEW CLIENT SPECIAL:

**Free one hour
evaluation session to
discuss your overall
body condition and
fitness goals**

LEAGUES ARE HERE... HAVE YOU MET YOUR GOALS THIS SEASON?

- Enhance flexibility
- Promote stamina
- Build lean muscle
- Decrease body fat
- Prevent injury
- Accelerate match recovery
- Improve joint stability
- Boost your speed on the court

Ryan Griffin is a Strength & Conditioning coach that can take your game to the next level. Ryan's goal is to help you move as pain-free and efficiently as possible, not only on the court, but in everyday life.

To schedule an appointment call Ryan at 850.324.3856 or email coachryangriffin@gmail.com



SUMMER MEMBERSHIPS

Now is the perfect time to grab your friend and get them to join your club!

When they join during our Summer Special, they will save the \$275 initiation fee.

Our Summer Memberships for adults are \$398 for the entire summer (June, July, August).

Add to that FREE indoor court time and BAM - they will be ready to get some serious tennis on!

We also have Family and Junior Summer Memberships available.

Don't forget, you get 2 hours of free court time plus a \$50 gift certificate for any new member you refer.

It's time to renew your 2021-22 Permanent Court Time contracts!

If you captain a PCT, you should have received your renewal letter.

Be sure to renew your PCT and submit the deposit ASAP. Beginning in June we open PCT reservations to other members on a first-come, first-served basis. Contact Margaret Nuccio at 303.232.6272 if you want to form a new PCT group, get involved in an existing PCT or just add a player to your current PCT.



CLUB STUFF

ADULT SUMMER TENNIS PROGRAMS

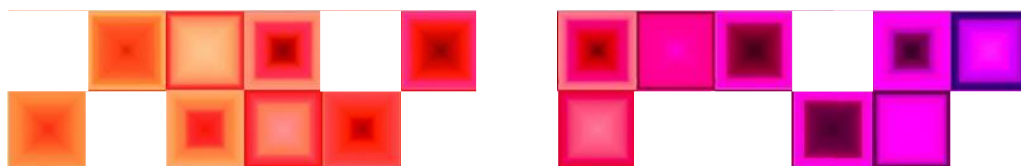


The first half of a Drill & Play is a Pro led drill followed by supervised match play

MOD = Member Only Drill

Members can make reservations 7 days in advance for any program online or by calling 303.232.6272

Non-Members can participate in Drill & Play's and Cardio by calling up to 48 hours in advance



Monday	MOD	3.5+	6pm-7:30pm
Tuesday	Drill & Play	4.0+	9am-11am
Tuesday	MOD	All Levels	12pm-1:30pm
Wednesday	MOD	4.0-5.0	6pm-7:30pm
Thursday	Drill & Play	3.0-3.5	9am-11am
Thursday	MOD	All Levels	12pm-1:30pm
Friday	Drill & Play	3.5+	11am-1pm
Friday	Drill & Play	4.0+	11am-1pm
Friday	Drill & Play	2.5-3.0	6pm-7:30pm
Saturday	MOD	3.5-5.0	8am-9:30am
Saturday	MOD	3.0-3.5	9:30am-11am
Saturday	Cardio	2.5-3.5	11am-12pm
Saturday	Cardio	3.5+	12pm-1pm
Sunday	MOD	3.0-3.5	11am-12:30pm
Sunday	MOD	4.0-5.0	12:30pm-2pm



Your Answers to Those Wacky Tennis Rules

await the serve. This seemed to agitate the opponents, so in-turn, during the next game, this team had their returner's partner stand in their partner's service box when receiving serve. The same team went on to have both players stand on the same side of the court behind the service line when receiving serve, leaving half of the court unattended. Honestly, it felt pretty silly to me, but made me wonder, was all of this court jockeying legal?

According to Tennis Magazine, everything here was legal. You and your partner can stand anywhere on your side of the court when receiving serve. The only place you can't stand is on your opponents side of the net. So if something like this ever happens to you when playing a match, see the humor in it and just have fun!

Do you have a rules question you want resolved? Send me an email at news@meadowcreektennis.com and I'll find your answer. Who knows, it just might be highlighted in the next newsletter!

If you've ever been to a boys high school tennis match, you were bound to see some wonky antics on the court. During one such match, I recall watching my son stand on the service "T" when his partner was receiving serve. Personally, I didn't see the point of the maneuver as I felt he was more likely to lose the point by getting hit with a serve, but he insisted it was good strategy. It reminded me of a situation I recently saw in a USTA match: A server had a very short, arching serve. The opponent was having difficulty getting to the ball when standing behind the service line so he choose to step well into the service box to

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Monday to Thursday 7am - 10pm
Friday, Saturday & Sunday 8am - 8pm
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