

MEADOW CREEK TENNIS & FITNESS CLUB

CREEKSIDE

February 2021



UPCOMING CLINIC

SPRING ACE IT



Are you tired of being the underdog when you step on the court?



Place your bet on our Spring Ace-It Clinic and be ready for the start of leagues!

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



Our Spring Ace-It clinic is back and we couldn't be more excited! For 6 weeks this Spring, you call the shots! We will customize your clinic to fit your needs. Tell us what's lacking in your hand:

- ♥ Looking for strategies to deal with the chronic poacher?
- ♥ Puzzled on what to do with that annoying lobber across the court?
- ♥ Do you bluff your way through volleys?
- ♥ Does your serve not cover the spread?
- ♥ Are your overheads a little too wild?
- ♥ Does your doubles strategy get trumped easily?



The answer to these and just about any other bad hand can be dealt with in our **Spring Ace-It** clinic. Clinic starts the week of March 7th and end April 18, just as the USTA 18+ USTA leagues kick off.

Register individually, as a doubles-duo, or bring your entire team for this ace-in-the-hole clinic! We will shuffle things around to find a time and a pro to work with you and/or your group. (Note: you will have the same time/pro each week.)

To register, email
pknapp@meadowcreektennis.com
or call Patty at 303.232.6272 x16

Please Note:

We are only offering 4:1 format this year for Ace-It to allow for appropriate social distancing

Spring Ace-It Format:

4:1 4 players : 1 pro (1 court)
\$180/members \$213/non-member
8:2 8 players : 2 pros (2 courts)
\$180/members \$213/non-member

6 weeks ♥ 90 minutes/week

JUNIOR ACTIVITIES

Attention High School Tennis Players:
Your season is going to be
fast-and-furious this year...
Be ready on Day One for Tryouts!



Our 6-week Tennis Bootcamp exclusively for Girls' High School players. Now more than ever, you will need to hit the ground running to make sure you have the edge on the court! Our unique teaching approach provides you with results you can see, feel, and begin using right away so you may perform at the top of your game. Our focus will be on the following:



- Conditioning & Footwork
- Stroke Production
- Court Positioning
- Singles/Doubles Strategy

March 14 - April 25

Sundays: 2pm-4pm

(6 weeks - no class on Easter, April 4)

\$276/Members

\$328/Non-Members

MEADOW CREEK TENNIS & FITNESS CLUB JUNIOR SUMMER TENNIS

Our Junior Summer Tennis is a program that provides competition for Juniors ages 8-18, of all levels (Orange/Green/Yellow ball players). Matches are played on Mondays, with practices on Wednesdays and Fridays.

Historically, Meadow Creek participates in the USTA Colorado's JTT (Junior Team Tennis) program. Last summer being what it was, the official JTT was cancelled, so Meadow Creek chose to follow the same format, but all matches were played in-house on Mondays. This format helped to keep our Junior players safe in a controlled environment, while still enjoying healthy competition and fun throughout the summer!



Summer 2021 is still a bit in the air, as we are still waiting to see how the pandemic unfolds. Whether we join USTA Colorado or continue with our internal Junior Team Training, we want you to know that your Junior player has a home here at Meadow Creek to keep their competitive juices flowing.

We will continue to keep you updated as to what the details will look like and when registration opens for Summer 2021. In addition to this, we plan to offer all of our weekly summer camps beginning June 1st.

HAPPENINGS AT MEADOW CREEK



Sorry parents, Friday Afternoon Club is strictly for the kids! Weekly registration so you only play when it works for your schedule. Advance reservations are required.

GREEN BALL DRILL & PLAY

Fridays 5pm-7pm

One hour of drills and games, followed by one hour of supervised match play. Led by our expert Pros, this class will enable your player to get in the practice to move up to the next level.

YELLOW BALLERS

Fridays 4pm-6pm

This is a high-intensity class involving drills, games and supervised point-play scenarios. Designed for the Yellow Ball and Elite Yellow Ball players looking to have fun while gearing up for tournaments and high school play.

TENNIS SPECIFIC STRENGTH & CONDITIONING AND PERSONAL TRAINING

NEW CLIENT SPECIAL:

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

WHAT ARE YOUR GOALS FOR THE 2021 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

Free Guest Day
SUNDAY, FEBRUARY 21

NO GUEST FEE BUT COURT FEES WILL APPLY
ONE GUEST PER MEMBER

FEBRUARY HOURS:
MONDAY-THURSDAY
7AM-10PM

FRIDAY, SATURDAY
AND SUNDAY
8AM-8PM

CALL FOR CLOSING HOURS
ON WEEKENDS

FRIDAY NIGHT DOUBLE TROUBLE

Join the action on Friday nights at Meadow Creek with Mixed Doubles in a "King-of-the-Court" format.

Play is a combined rating 5.0-6.0 and 7.0-8.0.

What a fun way to end your work week and kick-off your weekend!

February 5 and February 19
6:30pm-8:30pm

\$18/play members; \$25/play non-member

Email pknapp@meadowcreektennis.com to get registered



We are in the middle of Junior Session 4 which runs until February 27. We have opened our upstairs viewing area on a limited basis for parent viewing.

We are asking that each family limit their viewing to one parent per player in an effort to allow all families the ability to view their child's play.

Please no food, drink or socializing while on the 2nd floor so we can keep this area as safe as possible. Masks are required at all times.

Thank you for your continued flexibility, Mom & Dad!

Call us at
303.232.6272
or email

info@meadowcreektennis.com to register
for Session 5

**Session 5 runs from
March 1-April 24
February 22 is the \$20
Early Registration
Discount
date!**

Guys, are you looking for some fun, competitive doubles over the lunch hour? Join us every Wednesday from 11am-1pm. Level 3.5-4.0.

Participants will be grouped by level.

Registration is weekly, so no long-term commitment.

*\$20/play members
\$28/play non-members*



LEAGUE INFORMATION

USTA Colorado is planning on hosting a full line-up of leagues for 2021. Please contact Patty Knapp at pknapp@meadowcreektennis.com if you are interested in forming or joining a league this summer.

USTA Mixed 18+ April 4 - May 16 Format: 3 mixed dubs Combined NTRP: 6.0, 7.0, 8.0, 9.0, 10.0	Sunday 12pm: 6.0, 8.0, 10.0 3pm: 7.0, 9.0	CTA Women's 2.5 League June 9 - July 21 Format: 1 singles + 2 dubs NTRP: W2.5	Wednesday 6pm: 2.5
USTA 18+ April 19 - June 3 Format: 2 singles + 3 dubs (3.0-4.5) 1 singles + 2 dubs (W 2.5, M/W 5.0) 1 singles + 1 dubs (M/W Open) Women's NTRP: 2.5, 3.0, 3.5, 4.0, 4.5, 5.0, Open Men's NTRP: 3.0, 3.5, 4.0, 4.5, 5.0, Open	Monday 6pm: W3.0, M3.0 Tuesday 6pm: W4.0, W4.5, M3.5 Wednesday 6pm: W2.5, W5.0, W Open, M4.0 Thursday 6pm: W3.5, M4.5, M5.0, M Open	CTA Adult 65+ July 6 - August 20 Format: 3 dubs Combined NTRP: 6.0, 7.0, 8.0, 9.0	Tuesday 9am: W6.0, W7.0, W8.0, W9.0 Friday 9am: M6.0, M7.0, M8.0, M9.0
USTA 55+ April 28 - July 2 Format: 3 dubs Combined NTRP: 6.0, 7.0, 8.0, 9.0	Wednesday 9am: W7.0 Friday 9am: W6.0, W8.0, W9.0 9am: M6.0, M7.0, M8.0, M9.0	ITA Mixed Doubles July 11 - August 22 Format: 3 dubs Combined NTRP: 5.5, 6.5, 7.5, 8.5, 9.5	Sunday 12pm: 6.5, 8.5 3pm: 5.5, 7.5, 9.5
CTA Women's Daytime Doubles May 11 - June 24 Format: 3 dubs NTRP: 2.5, 3.0, 3.5, 4.0, 4.5, 5.0	Tuesday 9am: 2.5, 3.5 Wednesday 9am: 3.0 Thursday 9am: 4.0, 4.5, 5.0	CTA Women's Summer Daytime July 26 - September 8 Format: 1 singles + 2 dubs NTRP: 2.5, 3.0, 3.5, 4.0, 4.5, 5.0	Monday 9:30am: 3.0, 4.0 Wednesday 9:30am: 2.5, 3.5, 4.5, 5.0
USTA Mixed 40+ May 23 - July 4 Format: 3 dubs Combined NTRP: 6.0, 7.0, 8.0, 9.0	Sunday 12pm: 6.0, 8.0 3pm: 7.0, 9.0	CTA Twilight July 26 - September 9 Format: 1 singles + 2 dubs Women's NTRP: 2.5, 3.0, 3.5, 4.0, 4.5, 5.0 Men's NTRP: 3.0, 3.5, 4.0, 4.5, 5.0	Monday 6pm: W3.5, W4.5, M3.0 Tuesday 6pm: W5.0, M3.5, M4.0, M4.5, M5.0 Wednesday 6pm: W3.0 Thursday 6pm: W2.5, W4.0
USTA 40+ June 7 - July 22 Format: 1 singles + 3 dubs (M/W 3.0-4.5) 1 singles + 1 dubs (M/W 5.0) Women's NTRP: 3.0, 3.5, 4.0, 4.5, 5.0 Men's NTRP: 3.0, 3.5, 4.0, 4.5, 5.0	Monday 6pm: W4.0, M4.0, M4.5, M5.0 Tuesday 6pm: W3.0, W4.5, W5.0, M3.0 Wednesday 6pm: M3.5 Thursday 6pm: W3.5		
CTA Adult 18-39 June 7 - July 22 Format: 2 singles + 1 dubs Women's NTRP: 3.0, 3.5, 4.0, 4.5, 5.0 Men's NTRP: 3.0, 3.5, 4.0, 4.5, 5.0	Monday 6pm: W3.0, W4.0 Tuesday 6pm: W4.5, W5.0, M3.5, M4.5, M5.0 Wednesday 6pm: M3.0, M4.0 Thursday 6pm: W3.5		

Our Newest Meadow Creek Members:

Jeff Barclay	Lindsay Hanson	Emala Poos
Kristin Barry	Sanaj Jayanth	Allie Poos
Joey Burkhardt	Tucker Jeffrey	Frances Robinson
Lucia Cordovano	Jack Johnson	Christy Schoonover
Vanessa Coria	Michael Kelly	Adam Schoonover
Michael Courtman	Laura Lapsys	Zac Schoonover
Michelle DesPres	Daniel Madoff	Siena Schoonover
Joy Evans	Ken Miner	Baxter Stewart
Larry Evans	Sean Naegeli	Patton Truchel
Roger Freeman	Greg Poos	Grant Wells