

MEADOW CREEK TENNIS & FITNESS CLUB

CREEKSIDE

November 2020



Grateful Thankful Blessed

UPCOMING SUPER DRILL

Our Pilgrim Super Drill is "ON!"

Wednesday, November 25
6:30pm-8pm

We are excited to bring back one of our favorite Super Drills this year! Here's your opportunity to burn a few "pre" Thanksgiving calories while you play with many of your Meadow Creek friends may not have seen in months.

Given what we've come to expect in 2020, things will look a little different from years' past.

We are limiting participants to no more than 5 per court. We are also sad to say that there will be no socializing, food or drinks afterwards. The courts, however, will be available for open play from 8pm-9pm.

Members, register early as space is limited this year! Non-Member registration will open up on November 16th.

Drill 6:30pm-8pm | Open Play 8pm-9pm

\$30/members \$38/non-members

Includes 1.5 hours of drills & holiday giveaways!

Call **303.232.6272** or email **info@meadowcreektennis.com** to register
(Level 3.0 and above please - 24 hour cancellation period)

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



PILGRIM
Super Drill

November 25

CLUB NEWS

PCT Captains Commitments letters for the second session of Permanent Court Time will be mailed this month. Please make sure they are back to Margaret Nuccio by December 1st. If you have any questions, call Margaret at 303.232.6272 x17 or email mnuccio82@gmail.com.

In-House Leagues Did you know we offer In-House Leagues for all levels on a weekly basis? It's a great opportunity to practice what you work so hard on in your drills. Contact Patty at pknapp@meadowcreektennis.com or go online for our In-House League Flyer to see what we have going on this year.

Wednesday is Men's Day Men's Day is in full swing on Wednesdays. Open to all 3.5-4.0 players. Courts are grouped by level to insure good, competitive play. Get signed up and play some awesome daytime tennis with the guys! Every Wednesday 11am-1pm.

Reindeer Games Super Drill December 16 Just like our Pilgrim Drill, we are beyond excited to host our annual Reindeer Games Super Drill! We are all craving a little "normalcy" these days, and bringing back our popular Super Drills are one way to do just that. Mark your calendar for December 16th at 6:30pm. Space will be limited with fewer people on each court, but still expect a fun and festive evening of play!



JUNIOR TENNIS



Sorry parents, Friday Afternoon Club is strictly for the kids! With weekly registration you only play when it works for your schedule. Advance reservations are suggested as class sizes will be limited.

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.



Reminder:
Masks are required
everywhere at
Meadow Creek
unless actively
playing on-court*

*Per Jefferson County Public Health, we ask that everyone follow the Governor's executive order regarding the wearing of masks. However, if a mask interferes with your activity or poses a health or safety risk, you may remove your mask, at your own discretion and at your own risk.



Session 3 is our last Junior Session of 2020! We are limiting class sizes this year to 5 players per court, so classes are filling-up fast. More details online or call us at 303.232.6272 and we'll find the right class for your junior.



HAPPENINGS AT MEADOW CREEK

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 FITNESS GOALS?

- 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**



Paddle Tennis

Would you like to get involved with Paddle, have a Paddle question, or want to receive our Paddle eBlast?

Contact Laura James at
paddle@meadowcreektennis.com



Our Q4 FREE Membership Promotion is going on right now. This is your opportunity to get your membership for FREE!

Between now and December 31st, if you refer a friend to Meadow Creek and they become a new member, you will receive one month's dues for free.

Refer 1 person and get 1 month free.

Refer 6 people and get 6 months free.

Refer 12 people and get **one entire year of your Club dues for free!**

There is no limit to how many friends you can refer.

*Restrictions apply to this promotion.
Please contact the Front Desk with any questions.*



MEADOW CREEK
PICKLEBALL

Pickleball Play Times:

Tuesdays → 10am-1pm

Wednesdays → 7am-10am

Sundays → 5pm-8pm

Reservations are required this year and play is limited to 24 players!

Call 303.232.6272 to pay and reserve your spot.

Meadow Creek Members: Free
Non-Members: \$6/play
SilverSneakers: \$5/play

Interested in Lessons? Email
info@meadowcreektennis.com

HIWAN TENNIS GOING STRONG!

For the past 16 years, Meadow Creek has been providing tennis programming and staffing to run the outdoor tennis programs at Hiwan Golf Club in Evergreen each summer. Radka Lacjak, one of Meadow Creek's top pros, is also the Director of Tennis at Hiwan during the outdoor season and has done an amazing job growing the Hiwan tennis programs for the past 6 years.

In the midst of the pandemic, 2020 has been the busiest summer we've ever had on the Hiwan tennis courts, extending well into the fall. With tennis proving to be one of the safest sports available due to built-in social distancing, we are seeing tremendous growth amongst new players as well as lots of avid players loving the exercise and camaraderie they get from playing tennis with friends. This summer saw over 100 kids coming through the courts daily for camps, junior team practices, matches and lessons. We also had record numbers of adults participating, many of them picking up a racquet for the very first time.

Radka and the Hiwan members also organized a successful fundraiser in October for Resilience 1220, a non-profit organization that provides free counseling to youths in the Evergreen and mountain communities. The event raised over \$3,500 in one day! Hats off to Radka and all of the wonderful Hiwan members and volunteers who helped make this event a great success.



Welcome

Our Newest Meadow Creek Members:

David Adams	Leslie Mease
Curran Anderson	David Moss
Grayson Anderson	Ellis Murray
Robbie Appleby	Chris Payne
Chase Barben	Brad Ragusa
Haley Gewehr	Miles Ragusa
Donna Marie Gilner	Michael Rardon
Rafer Hazen	Chris Richardson
Peter Heidrich	Addy Riley
Kim Hitchcock	Henry Rumph
Chris Mease	Kimberly Schnetzer

Free Guest Day

Saturday, November 21

No Guest Fee, court fees will apply for Guest

One Guest per Member

MEADOW CREEK

TENNIS & FITNESS CLUB

Monday to Thursday 7am - 10pm
 Friday, Saturday & Sunday 8am - 8pm
 6305 West 6th Avenue, Lakewood, Colorado 80214
 Phone: 303.232.6272 • Fax: 303.232.0150
 MeadowCreekTennis.com