

GET A GRIP

[September 2023]

HIGHLIGHTS

- 1 New Class! T3 is Here
- 2 Junior Summer of Tennis
- 3 In-House Leagues Return
- 4 Life at Meadow Creek

SAVE THE DATES

- 09.05 Ladies Interclub Kicks Off
09.12 Sunrise League Begins
09.18 Early Registration Cutoff Jr Session 2
09.23 Free Guest Day
09.25 Jr Session 2 Begins
10.01 In-House Leagues Start
11.11 Club Championship Weekend

1 T3: Total Tennis Training



New Fitness Class!

While time on the court is indispensable, if you really want to take your game to the next level, you need to take a hard look at your overall fitness.

Strength & Conditioning are the key. Footwork, balance, core strength, endurance and flexibility are necessary components to reach your goals.

This is where our new, T3 Total Tennis Training, comes in. This 75-minute class will take it all on, including a dynamic stretching warm-up and ending with a controlled cool down. Registration is weekly with limited space availability.

Meet Matt in the Fitness Center directly after the Saturday Member Only Drills.

Before you know it, you will be ready to hit the court with confidence knowing your fitness level is ready to take on your game!

Saturdays after both MOD's

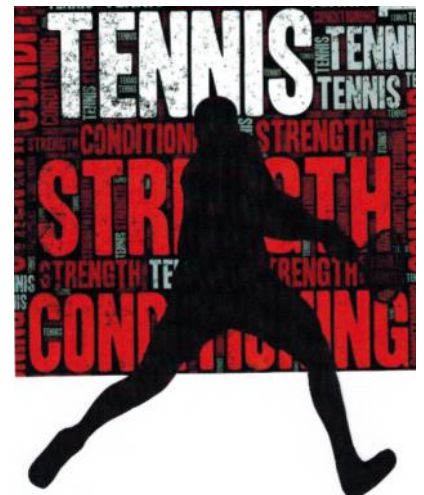
**9:30am-10:45am and
11am-12:15pm**

\$20/class

(less 10% if combined with MOD)

Space is limited!

**Call 303.232.6272 to
reserve your spot**



2 Juniors on the Court

The "Summer of Tennis" concluded for our junior players with the annual JrTT BBQ and Awards on July 26th. Our JrTT kids had a ball on the court, and we were equally delighted to see them grace our courts all summer! Thank you to all who participated, it is always our pleasure to have you join us.



3 In-House Leagues Return

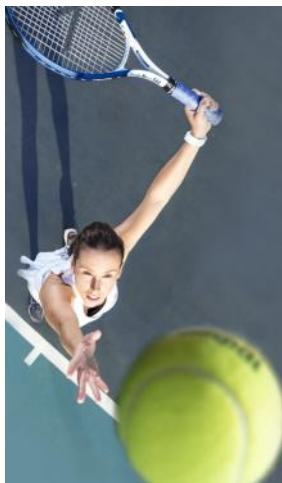
Our In-House Leagues officially launch October 1st. All leagues are singles play and are open to both members and non-members. Pick up a flyer at the club or go online to find all the details. These leagues are the perfect way to test your skills on the court and keep you sharp during the indoor season! Contact Radka with questions or to get registered. She can be reached at rlacjak@meadowcreektennis.com or 303.232.6272 x16.



Women's 2.5 Singles	Monday	11am-12:30pm
Women's 3.0 Singles	Sunday	11am-12:30pm
Women's 3.5 Singles	Wednesday	1pm-2:30pm
Women's 3.5 Singles	Sunday	12:30pm-2pm
Women's 4.0 Singles	Sunday	9:30am-11am
Women's 4.5+ Singles	Sunday	2pm-3:30pm

Men's 3.0 Singles	Wednesday	8pm-9:30pm
Men's 3.5 Singles	Thursday	8pm-9:30pm
Men's 4.0 Singles	Tuesday	8pm-9:30pm
Men's 4.5+ Singles	Sunday	5pm-6:30pm

Members are guaranteed participation before non-members. Spots for non-members open up 2 weeks prior to Session start date.



2.5	Fridays	11am-1pm
3.0	Fridays	9am-11am 11am-1pm
3.5	Mondays	1pm-3pm
4.0	Tuesdays	1pm-3pm
4.5	Thursdays	10am-12pm

Join us for Ladies Interclub!

Enjoy 2 hours of doubles against players from the Denver area. Fun ladies combined with great competition makes for an amazing day on the court!

All players must register at your NTRP level. Interclub is open to all, but priority will be given to Meadow Creek members.

Registration forms are available in our lobby or online under the "Ladies" tab. Registration is monthly. Get placed with a partner or bring your own buddy, but don't be left out ... sign up now for this popular program!

Contact Radka with any questions. She can be reached at rlacjak@meadowcreektennis.com or call 303.232.6272 x16



2023 MEADOW CREEK CLUB CHAMPIONSHIP
NOVEMBER 11 & 12

Save the Date! There will be parties and fun all weekend. More details next month, but get this on your calendar!



For the safety of yourself and others on the court, we ask that all participants in our Drill & Plays and Member Only Drills play at their currently published NTRP level. If your NTRP is expired or you do not have one, talk to one of our amazing pros

and they will evaluate your game and get you placed at the appropriate level. Thank you for helping make our drills the best possible experience for all players!

Free Guest Day: Saturday, September 23rd
No Guest Fees but court fees apply. One guest per member.

4 Life at Meadow Creek



Have you done the drills, ball machine workouts and match play, but sense something is missing in your game? Do you feel like you need an extra day to recover from a match? Are you longingly recalling the days of singles matches and hope one day to replicate that feeling? If any of this sounds familiar, you may want to consider thinking about your overall fitness level. But heck, where do you start?

Strength and conditioning is a critical component in developing any athlete to their full potential. Finding the right coach is the optimal way to achieve that goal. Our personal trainer, Matt Moskal, thoroughly understands the value of combining speed, agility, and balance to not only improve one's

in-game skills but also prevent injury. Matt is also passionate about the benefits of adding stretching into their pre/post game tennis regimen. And let's be honest, who doesn't want to improve their fitness level while they extend their longevity on the court?

Matt's motto: Train Hard. Win Easy.


We are still looking for a few ladies to join these new PCT's. Open to members only. Please contact Jody at jdart@meadowcreektennis.com if you want to join either of these groups. You do not have to play all weeks to participate.

- **Monday 12:30pm-2:30pm**
Level 2.5-3.0
- **Wednesday 1pm-3pm**
Level 3.5-4.0



**Our
Newest
Meadow
Creek
Members:**

PADDLE TENNIS



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

Contact: Paddle@MeadowCreekTennis.com

Sima Ali
Michael Boord
Michelle Carr
Peyton Carr
Bobby Fite
Jennifer Grube
Kirsten Haas
Les Jones
Henry Limitone
Mandy Mayock

Jolaine Meany
Greg Olson
Trish Peterson
Kait Petroni
Shari Pew
Chip Pew
Christine Stirling
Scott Sutton
Dmitry Vygodner
Dan Wilkinson
Colleen Wilkinson



MEADOW CREEK TENNIS & FITNESS CLUB

6305 West 6th Avenue, Lakewood, CO 80214 • 303.232.6272
MeadowCreekTennis.com • info@meadowcreektennis.com

7 Indoor Tennis Courts • 3 Outdoor Tennis Courts • 2 Outdoor Paddle Courts
Pickleball Open Play & Lessons • Fitness Center • Pro Shop • Cardio Tennis
Adult & Junior Programs Year Round • Non-Members Welcome