

MEADOW CREEK TENNIS & FITNESS CLUB

CREEKSIDE

March 2020



JUNIOR TEAM TENNIS



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- 7 Indoor Heated Tennis Courts
- 3 Outdoor Tennis Courts
- 2 Outdoor Platform 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

Senior Fitness and Silver Sneakers Classes

Massage and Skin Care

- Tennis Pro Shop:
 - Shoes
 - Racquets
 - Gifts & Accessories

Make friends. Have fun. Play Junior Team Tennis.

Junior Team Tennis (JTT) is a 10 week program that provides team 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.

This is a fantastic opportunity to be part of a team and play other junior players from the Denver Metro area!

Players do not need to be available all 10 weeks to participate.

PRACTICE SCHEDULE: Wednesdays & Fridays Rain or Shine!

- 10u - 1pm-2:30pm
- 12u - 1pm-2:30pm
- 14u - 1pm-2:30pm
- 14u (Champ) - 2:30pm-4pm
- 18u - 2:30pm-4pm

MATCH SCHEDULE: Mondays

- 10u - 8am
- 12u - 9:30am
- 14u - 11am
- 18u - 12:30pm

PLAY FORMAT:

- 2 courts
- 1 singles, 1 doubles
- Teams are divided by age, gender and skill level



Feel free to bring a team of your friends/teammates or we can place you on a team!

Contact Stanley Roffe at 303.232.6272 or jtt@meadowcreektennis.com with any questions regarding JTT



MeadowCreekTennis.com
info@meadowcreektennis.com

6305 West 6th Avenue
in Lakewood

303.232.6272



LEAGUE UPDATES

As we prepare for the kick-off of the upcoming USTA/CTA league season, we wanted to make you aware of the following changes that have been implemented at both the local and national level for various leagues:

Trio League

- Trio League matches do not count toward NRTP ratings

USTA Adult 40 & Over

- Format has changed to 1 singles and 3 doubles positions
- If 4 courts are not available, facilities may stagger on 2 courts
- For standing purposes, a team point will be awarded to the team with 3 individual matches won. If tied 2-2, the tie shall be broken by the first of the following methods:
 - 1) Sets: Loser of the fewest number of sets
 - 2) Games: Loser of the fewest number of games
 - 3) Game Winning Percentage: total games won divided by total games played
 - 4) Winner of the #1 doubles position
 - 5) If #1 doubles match was not completed, the winner of the #1 singles position
- A minimum of 7 players must be registered by the minimum roster deadline date. Note: 4.5+ teams may roster three 5.0 players. Only one 5.0 player may play in each team match and must play either #1 singles or #1 doubles.

Regulation Changes

- Players must be 18 years of age prior to participating in the USTA League program
- Below level players are not allowed to play #1 singles positions when participating in Plus(+) level matches
- Eligibility to advance to National Championships for self-rated and computer-rated appealed players requires playing at least four matches on the same team at the same level in the same age group. No defaults received will count.
- In the event of a tie at Colorado Districts (whether round robin or single elimination), the tie shall be broken by the first of the following procedures:
 - 1) Individual Matches: Winner of the most individual matches in the competition
 - 2) Head-to-Head: Winner of the head-to-head
 - 3) Sets: Loser of the fewest sets
 - 4) Games: Loser of the fewest games
 - 5) Games Winning Percentage: Total games won divided by total games played
 - 6) Winner of the #1 doubles position
 - 7) If #1 doubles was not completed, the winner of the #1 singles position
- Rescheduling Deadline/Rescheduling Procedures: If teams or players do not agree on a reschedule match date within the allowed time frame, the match date shall officially be scheduled for the third Friday following the original match date at the standard match time for that league.

USTA and CTA Leagues are Forming Don't miss out on the opportunity to put all your hard work to the test by joining a league this Summer! Not only will it test your skills, you most likely will make some friends along the way. Our backyard firepit, grill, sofas and shelter make the "after party" the best part of the match! Contact Jaime if you want to register a team, or find an existing team to join. Email her at: jstokes@meadowcreektennis.com.

- **Trio:** Matches on Saturdays, 3/21 - 4/18
- **USTA Mixed 18+:** Matches on Sundays, 4/5 - 5/17
- **USTA 18+:** Match day varies by level, play on weeknights at 6pm, 4/20 - 6/04
- **USTA 55+:** Match day varies by level, play at 9am, 4/29 - 7/03
- **CTA Daytime Women's Doubles:** Match day varies by level, play at 9am, 5/12 - 6/25
- **USTA Mixed 40+:** Matches on Sundays, 5/24 - 7/05
- **CTA 18-39:** Match day varies by level, play on weeknights at 6pm, 6/08 - 7/23
- **USTA 40+:** Match day varies by level, play on weeknights at 6pm, 6/08 - 7/23
- **ITA Mixed Doubles:** Matches on Sundays, 7/12 - 8/23
- **CTA 65+:** Match day varies by level, play at 9am, 7/07 - 8/21
- **CTA Women's Summer Daytime:** Match day varies by level, play at 9:30am, 7/21 - 9/09
- **CTA Twilight:** Match day varies by level, play at 6pm, 7/27 - 9/10

For more detailed information regarding these leagues, call Jaime at 303.232.6272 or visit: www.colorado.usta.com

HAPPENINGS AT MEADOW CREEK

TENNIS SPECIFIC STRENGTH & CONDITIONING AND PERSONAL TRAINING

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



NEW CLIENT SPECIAL:
Free one hour evaluation session to discuss your overall body condition and fitness goals

Strength and conditioning is an important part of taking your game to the next level. The ability to improve your in-game skills as well as prevent injury should be a critical component in every player's toolbox. Ryan Griffin is a personal trainer who can help you achieve your goals. Ryan's 12 years of strength and conditioning experience working with clients of all ages will help you to move as pain-free and efficiently as possible, not only on the court, but in everyday life.



Ryan Griffin, CSCS, MTPS, RacquetFit to schedule an appointment call: **850.324.3856** or email: coachryangriffin@gmail.com



WE'VE GOT YOUR FEET COVERED!

Check out our Pro Shop for a great selection of Men's, Women's and Junior shoes

SPRING ACE IT



Our 6-week Spring Ace-It Clinic kicks off on March 9th. We have two openings with the following groups. Please contact Radka at 303.232.6272 if any of these will work for you:

- ♦ Ladies 2.5/3.0 Monday, 9:30am-11am with Stanley
- ♦ Ladies 3.5 Thursday, 12:30pm-2pm with Anton

FREE GUEST DAY: SUNDAY, MARCH 22

One guest per Member with no Guest fee. Court fees will still apply.

SiliPINT

The Original Silicone Drinkware.
Dishwasher Safe.
Microwave Safe.
Freezer Safe.



Stop filling the landfills with plastic bottles, always carry a SiliPINT in your bag! Now selling in the Pro Shop.

CLUB NEWS

USTA & CTA Leagues We are still forming our 2020 Spring/Summer USTA and CTA leagues. If you had a team that played out of Meadow Creek last year, you will get registration priority. Captains, please contact Jaime to reserve your team number. If you are interested in joining a team, Jaime can also help with that as well. Call her at 303.232.6272 x18 or email her jstokes@meadowcreektennis.com.

Here are the minimum roster deadlines for some upcoming leagues you may want to be aware of:

- **March 6**, USTA Mixed 18+ (minimum 6 players/team)
- **March 13**, USTA 18+ (minimum 8 players/team 3.0-4.5, minimum 5 players/team 2.5 and 5.0+)
- **April 3**, USTA 55+ (minimum 6/team)
- **April 3**, CTA Women's Daytime Doubles (minimum 6/team)

Junior Session 5 We are just starting Junior Session 5 this week. This session is 6 weeks, from March 2 - April 11. We still have room in some classes, so give us a call at 303.232.6272 to get your player registered.

Calling 3.0 Players! Did you know we have MOD a 3.0 drill on Tuesday evenings from 6pm-7:30pm? This is a member-only drill that is open to both men and ladies. It's a great way to get on the court and refine your game before leagues kick-off in April!

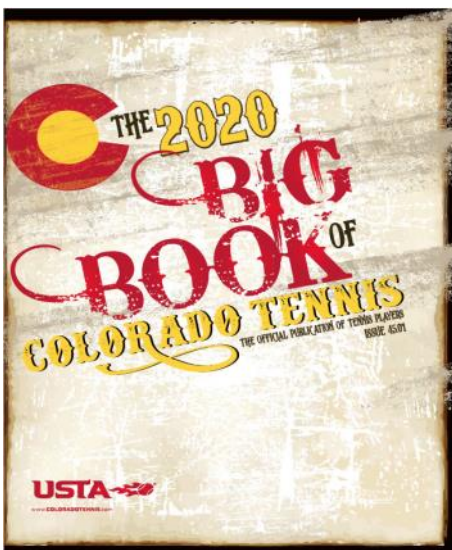
Save the Date Our end-of-season Ladies Luncheon will be Thursday, May 7th from 11am-1:30pm. More information on this fun event next month.



SAFETY REMINDER:

Please remember to lock your car doors and keep valuables out of site when visiting Meadow Creek

The Big Book is here! Use this as your tournament guide for 2020. Pick one up right here in the lobby at Meadow Creek.



Remember to Spring ahead on Sunday, March 8

Welcome to Meadow Creek

Our Newest Members:
 Taylor Andrews
 Erin Brzeczck
 Gloria Ortiz-Suarez
 Jack Stringer
 Conner Temple
 Eric Smith