

# CREEKSIDE



## CLUB CHAMPIONSHIP



CONGRATULATIONS  
TO OUR  
2019  
CLUB CHAMPIONS!

6305 West 6th Avenue  
Lakewood, CO 80214

303.232.6272  
Fax: 303.232.0150

7 Indoor Heated Tennis  
Courts

3 Outdoor 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

www.MeadowCreekTennis.com  
info@meadowcreektennis.com



Men's Singles	3.0	Andrew Payne
	3.5	Joe Tartell
	4.0	Chris Vinci
	4.5+	Christopher Morris
Men's Doubles	3.0	Michael Catalano / John Williams
	4.0	Brad Andres / Karl Herz
	4.5+	Peter Freischlag / Markus Funk
Ladies Singles	3.0	Ciel Lawrence
	4.0	Michelle Healy
Ladies Doubles	3.5	Julie Gall / Heather Johnson
	4.0	Jody Dart / Deb Freischlag
Mixed	6.0	Ciel Lawrence / Carter Dart
	7.0	Kimberly Barben / Jac Barben
	8.0	Michelle Woodward / Scott Woodward
	9.0+	Denise Belk / Ashley Tindle
Juniors	Open	Phoenix Lee



Save  
the  
Date!  
...  
Club  
Championship  
Tournament  
January 25-26  
2020



# JUNIOR TENNIS

## MEADOW CREEK TENNIS & FITNESS CLUB

# JUNIOR TEAM TENNIS



Make friends. Have fun. Play Junior Team Tennis.

Junior Team Tennis (JTT) is a 10 week program that provides team competition for Juniors ages 8-19, levels (Orange/Green/Yellow ball). Matches are played on Mondays with practices on Wednesdays and Fridays. This is a fantastic opportunity to play other junior players from the Denver Metro area! Players do not need to be available all 10 weeks to participate.

### AGE DIVISIONS:

- 10 & under
- 12 & under
- 14 & under
- 18 & under

### MATCH SCHEDULE: Mondays

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

### 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

### IMPORTANT DATES:

- **Registration Deadline: Thursday, April 25**  
*(late registrations will be taken if space is available)*
- First Practice: Wednesday, May 29
- Parent Information Meeting: Wednesday, June 5
- First Match: Monday, June 10
- Last Regular Season Match: July 22
- Player Awards BBQ: Wednesday, July 24
- State Championship *(for qualifying teams)*: August 2-4



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

**\$298/members  
\$328/non-members**



We now sell  
Junior Tennis  
Shoes!

# HAPPENINGS AT MEADOW CREEK

## SAFETY REMINDER:

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



**Be considerate of others and help keep our courts clean. Please refrain from wearing your wet, dirty shoes on the tennis courts. Thank you!**

## SPRING SMASH INDOOR DOUBLES PICKLEBALL TOURNAMENT

Friday/Saturday/Sunday

**April 5-7, 2019**

Men's & Women's Doubles (3.5-4.5)  
Mixed Doubles (3.0-4.5)

To register call **303.232.6272** or email [jstokes@meadowcreektennis.com](mailto:jstokes@meadowcreektennis.com)



Our New **Spring Ace-It** clinic is starting in two weeks and we still have room for you! Bring your group of 4-6 players and we can find a pro/time to work with you. Don't have a group? Here are a few openings we are looking to fill:

- Monday 3pm-4:30pm (mixed 3.0)
- Monday 8pm-9:30pm (mixed 3.5)
- Tuesday 7:30pm-9pm (women 2.5)
- Wednesday 11am-12:30pm (women 3.0)
- Thursday 1pm-2:30pm (women 4.0)
- Thursday 2:30pm-4pm (women 3.0-3.5)

**To register, call Radka at 303.232.6272**



**Special Olympics Colorado**

How would you like to give back to your community while sharing your love of tennis? Special Olympics is looking for a coach to work with special athletes. You will have the opportunity to help athletes with intellectual disabilities find their own strengths and abilities. As a Special Olympics coach, you bring enthusiasm, commitment and a positive attitude to your athletes. Your athletes, in return, bring you rewards that are indescribable. You do not need to be a tennis professional to coach, just a selfless

passion for helping others. While these players have varied skills in the game, they do have an amazing attitude and really just want to have fun!

The Special Olympics tennis season runs from mid-June to mid-August. Practices are held weekly for about 75 minutes. There are two tournaments that you will attend with other coach helpers, and of course, "the kids".

If you are interested in learning more about this amazing opportunity, please contact Ruth McElroy at 303.378.9068. Ruth has held this position for 4 years, and regrettably needs to step down this season. Special Olympics thanks you for your consideration!

# WELCOME RYAN GRIFFIN!



Please help us welcome Ryan Griffin, a certified strength and conditioning coach and personal trainer to the Meadow Creek staff. Ryan brings a wealth of knowledge to the position and specializes in training tennis athletes. He is a certified Tennis Performance Specialist through the International Tennis Performance Association, a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, and a Level 1 USA Weightlifting Coach.

Strength and conditioning is an important part of developing athletes and finding a coach that has the ability to improve in-game skills as well as prevent injury is critically important. It takes many years of working with athletes to develop the programming to achieve a high level of success and expertise. Ryan has worked as a strength and conditioning coach for 11 years with a specialty in working with tennis players. His experience includes working in the collegiate strength and conditioning world for colleges like LSU, Ole Miss, and Florida State and he has worked with a

wide range of clients both male and female ranging in ages from 10-76. Ryan's goal is to help his clients improve their ability to move pain free and as efficiently as possible not only in their sport, but also in their everyday life.

Ryan will be starting at Meadow Creek full time on March 4<sup>th</sup>. **As a way to help introduce himself and his services to our members, Ryan is offering free 1-hour training sessions for all new clients.** If you are interested in a free training session, please call the front desk 303.232.6272 to schedule your appointment.

# CLUB UPDATES

**USTA and CTA Leagues are Forming Now!** 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](mailto:jstokes@meadowcreektennis.com).

- **Trio:** Matches on Saturdays, 3/23 to 4/20
- **USTA Mixed 18+:** Matches on Sundays, 4/07 to 5/19
- **USTA 18+:** Match day varies by level, play on weeknights at 6pm, 4/22 to 6/06
- **USTA 55+:** Match day varies by level, play at 9am, 5/1 to 7/5
- **CTA Daytime Women's Doubles:** Match day varies by level, play at 9am, 5/14 to 6/27
- **USTA Mixed 40+:** Matches on Sundays, 5/26 to 7/07
- **CTA 18-39:** Match day varies by level, play on weeknights at 6pm, 6/10 to 7/25
- **USTA 40+:** Match day varies by level, play on weeknights at 6pm, 6/10 to 7/25
- **ITA Mixed Doubles:** Matches on Sundays, 7/14 to 8/25
- **CTA 65+:** Match day varies by level, play at 9am, 7/09 to 8/23
- **CTA Women's Summer Daytime:** Match day varies by level, play at 9:30am, 8/29 to 9/11
- **CTA Twilight:** Match day varies by level, play at 6pm, 7/29 to 9/12

For more detailed information regarding these leagues, call Jaimie at 303.232.6272 or visit: [www.colorado.usta.com](http://www.colorado.usta.com)

**In-House League \*NEW\* Session 4:** Get USTA match-play ready by playing in our final session of In-House Leagues! Contact Radka if you are interested in joining any of these leagues:

- SINGLES:** Men's 3.5 Thursday 8pm-9:30pm • Men's 4.0 Tuesday 8pm-9:30pm  
 Women's 3.5/4.0 Sunday 10am-11:30am • Women's 3.0 Sunday 11:30am-1pm
- DOUBLES:** Men's & Women's 3.0 and 3.5/4.0 Friday 6:30pm-8:30pm

**Free Guest Day is Sunday, March 17th** One guest per Member with no guest fee, however, court fees will still apply.

**Stress LOGIC LLC**  
 Clinical Massage & Skin Care

**Bodies Back in Motion**  
 Evolve Your Playground  
 Beyond Your Limits

**Skin Sense**  
 Changing the Rules of Aging

Call Cobi Clark (720) 218 8539

**MASSAGE AND SKIN CARE SERVICES LOCATED INSIDE MEADOW CREEK TENNIS & FITNESS CLUB**

Are you ready for Spring Break or just need a Break?  
 Take Half off all Waxing Services & Save on Laser Hair Removal  
 Take a break with a \$60 introductory offer Massage or Facial  
 (ask how by contacting Cobi Clark LMT, LE @ 720-218-8539)  
 \*\*Above Promotion must be used in the month of March  
 \*\*expires March 31 2019

## Valentine's Social

Thanks to everyone who joined us for our Valentine's Social!



**MEADOW CREEK**  
 TENNIS & FITNESS CLUB

Monday to Thursday 6am - 10pm  
 Friday 6am - 9pm • Weekends 8am - 8pm  
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