

CREEKSIDE

September 2020



LETTER FROM THE OWNER

This has been one of the most challenging years since I became the Club owner 16 years ago. In September of 2019 my wife of 33 years, Debra, passed away. In March the pandemic forced us to quarantine and close our doors for several weeks. Through the generosity of our members, we have been incredibly fortunate to re-open the Club, bring back all of our staff, and continue to run our popular programs as we move into the indoor season. I am extremely thankful for all our loyal members being there to help us weather this storm and we look forward to a brighter year ahead.

With the indoor season upon us, permanent court times have begun and we are happy to see everyone's smiling faces in the Club. Meadow Creek will continue to offer a complete array of organized tennis programs for adults and juniors. These include drills, in-house leagues, socials, junior development classes and more. We also plan to host our popular Super Drill socials: the Pilgrim Drill and the Reindeer Games Drill. Please join us for these fun get-togethers and burn some much-needed calories around the holiday season. Our programs have something for players at every level and we would love to help get you involved. If you have any questions please call the Club or stop by the front desk and we will be happy to help. You can also get details about our organized tennis programs in our Adult Program and Junior Program brochures, both available in the Club or on our website at MeadowCreekTennis.com.

In addition to the resumption of our tennis programming, the gym is now available for use by members as well as for training with our personal trainer/strength and conditioning coach, Ryan Griffin. Ryan is enthusiastically available to help you achieve your fitness goals during individual or small group training sessions. You can schedule a free 1-hour assessment with Ryan by calling him at 850-324-3856.

Health and safety continue to be a top priority at the Club and we have taken numerous measures to ensure the well-being of our members and employees. We are thoroughly disinfecting the Club utilizing a special germicidal, antimicrobial disinfectant that is proven to kill the Coronavirus on all of the highly touched surfaces. This includes the workout equipment which is cleaned multiple times per day by our staff, as well as nightly cleaning by our professional cleaning crew. Masks must be worn inside the Club at all times and we continue to ask that people practice social distancing and maintain a minimum of 6 feet apart whenever possible. The upstairs lounge area, showers and hot tubs remain closed until further notice, although you may use the locker rooms to change, use the restroom, and wash your hands.

I hope all of you have been able to stay safe and healthy and I look forward to seeing you in the Club soon. Thank you again for your patronage and choosing Meadow Creek Tennis & Fitness Club as your tennis home.

Adam Kahn
Club Owner



- 7 Indoor 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
- Massage and Skin Care
- Tennis Pro Shop:
 - Shoes
 - Racquets
 - Gifts & Accessories

MeadowCreekTennis.com
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6305 West 6th Avenue
in Lakewood

303.232.6272



JUNIOR TENNIS



JUNIOR TENNIS PROGRAMS

Our first session of Junior programs is going strong here at Meadow Creek! With so much remote learning, parents are happy that their child has an activity that provides both social distancing and social interaction all while getting some much needed physical exercise. Session 2 runs from September 28-November 7. The \$20 early registration discount date is September 21 and registration is open now. Don't delay - we are limiting class sizes this year to 5 players per court, so classes will fill-up fast! All the details are at MeadowCreekTennis.com, click on the "Junior Tennis" tab or pick up a flyer at the Club.



Sorry parents, Friday Afternoon Club is strictly for the kids! With weekly registration you only play when it's convenient for your schedule. It's a great way to offer your player the opportunity to practice what they have been working on in their weekly classes. 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.



Our Meadow Creek Junior members have been busy kids this summer. While many tournaments got cancelled, the ones that did take place had large draws and tough competition! Hats off to these players - your future looks bright!



Eric Pham



Kaitlyn Tran



Paul Gruszecki

- ☀️ **Kaitlyn Tran** took 2nd place at the Parker Summer Challenger (Level 7).
- ☀️ **Paul Gruszecki** took 2nd place at the Denver City Junior Championships at Monaco (Level 6).
- ☀️ **Eric Pham** took 1st place at the Lewis Tennis School Rockin' Summer and 2nd place at the Apex Junior Championship (both Level 6).
- ☀️ **Aswaanath Karuppasamy** took both 1st place at the Apex Junior Championship (Level 6) tournament and the ITA WY District Cup (Level 5).

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**



Ladies Interclub

Meadow Creek Tennis & Fitness Club

Ladies Interclub kicked off this week and we still have some openings! Enjoy 2 hours of doubles against players from the Denver metro area. Fun ladies, great competition, and of course, our famous Meadow Creek cookies!

Registration is monthly, no long-term commitment. All players must play at their published USTA rating.

Find more detailed information and registration forms online under the "Ladies" tab. Questions? Contact Patty Knapp pknapp@meadowcreektennis.com

Session 1 of our In-House Leagues start in October. We offer leagues in both singles and doubles for men and women. More details can be found on our In-House League flyer, or online under the Men's or Ladies tab. Email [Patty pknapp@meadowcreektennis.com](mailto:pknapp@meadowcreektennis.com) or call the Club if you are interested in playing.



IN-HOUSE LEAGUES

ADULT TENNIS PROGRAMS

SEPTEMBER 2020 - MAY 2021

Check out all our Adult Programs for the Indoor Season! Flyers at the Club and Online.

FREE GUEST DAY: Saturday, September 12th

No Guest Fee, Court fees will apply for Guest 1 Guest per Member



senior breakfast league

Calling all Seniors 55-plus!

Senior Breakfast League takes place Tuesday mornings from 8am-9:30am. This coed doubles league is for players from level 2.5-3.5. Session 1 starts September 15. Call us or contact pknapp@meadowcreektennis.com if you want to join the gang!

CLUB NEWS



We are pleased to announce that Anton Samuilau has officially joined the Meadow Creek family as a full-time Pro! Anton is a Certified USPTA Elite Tennis Professional coming to us by way of Maui, Hawaii. Born in Belarus, Anton started playing tennis at the age of six, followed by thirteen years of professional training as an internationally ranked Junior. His credits include competing against some of the best in the game including Rafael Nadal, Andy Murray and Novak Djokovic. Anton represented Belarus in the Davis Cup as well as many other championships. From age 14-18 while living in Berlin, Anton was a paid player for the Rot-Weiss Tennis Club and sparring partner for the renowned Elena Dementieva and Elena Bovina at the WTA German Open Tournament. Putting his professional career aside, Anton attended Hawaii Pacific University (HPU) on scholarship. Loving the island life, he stayed for another 11 years, establishing his own tennis business for competitive players of all ages. At Maui's Wailea Tennis Club and Resort he designed and lead the peak performance Junior program, which included the 2019 female high school State Champion. In 2020, Anton and his wife relocated to Colorado and we were lucky to have him join our family. Anton strives to develop his clients' competitive inner and outer game while further nurturing their love of the game.



2020-21 Permanent Court Time (PCT) It's not too late to form a PCT group! We still have some very attractive slots still available. We will work with you to find a convenient start-date and even help you find players if you are in need of more. Call Margaret Nuccio at 303.232.6272 ext 17 to find out what is still available.

Pickleball Stating Next Month! Opening day for pickleball at Meadow Creek is Sunday, October 4th. We will be playing Sundays (5pm-8pm), Tuesdays (10am-1pm), and Wednesdays (7am-10am). This year we will be limiting the amount of players and pre-paid reservations are required. Pickleball is free for Meadow Creek members, \$6 for guests, and \$5 for SilverSneakers. Jump on the Pickleball band-wagon and see what everyone is talking about!

Fall Fix-It is Back! We will start in mid-October and this clinic runs for 4 weeks. More details coming soon.

Welcome

Our Newest Meadow Creek Members:

<p>Natalie Abrams</p> <p>Buck Abrams</p> <p>Jake Abrams</p> <p>Nathan Billmaier</p> <p>Lydia Burchfield</p> <p>Tom Butt</p> <p>Aneta Cieslewicz</p> <p>Kate Davis</p> <p>Carson Duke</p> <p>Patrick Duke</p> <p>David English</p> <p>William Floyd</p> <p>Chuck Healey</p> <p>Grace Jeffers</p> <p>Svetislav Jovanovic</p>	<p>Hashim Khan</p> <p>Ben Kooiman</p> <p>Newcombe Maddux</p> <p>Zena Maddux</p> <p>Liz Magill</p> <p>Debra Milano</p> <p>Patrick Milano</p> <p>Allison Moore</p> <p>Barb Nevins</p> <p>Jaime Prieto Lin</p> <p>Aleksander Radisa</p> <p>Matthew Rapp</p> <p>Jill Stofa</p> <p>Noelle Tarabulski</p> <p>Jack Teska</p> <p>Kaitlyn Tran</p> <p>Laurie Wagner</p>
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September Hours:

Monday-Thursday
7am-10pm
Friday, Saturday, Sunday
8am-8pm

(Call to confirm closing times on weekends)

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