



CREEKSIDE



LEAGUE NEWS

Why Play USTA/CTA Leagues Out of Meadow Creek?

Meadow Creek offers some compelling reasons to play on our USTA and CTA leagues. Here are just a few reasons to play out of Meadow Creek:

- ☼ The opportunity to participate in our "MOD" (Member Only Drills)
- ☼ Indoor or Outdoor Courts available for Team practices
- ☼ Indoor courts to help prevent reschedules on inclement weather days
- ☼ Great tennis viewing areas so you can support your teammates
- ☼ Relaxing, covered outdoor lounge area with a heater, BBQ grill and a fireplace

"MOD" (Member Only Drills)

All Meadow Creek USTA/CTA League participants, including non-members, may participate in MOD **during their league season**. All MOD Drills are \$28/play.

| | | | | | |
|-----------|------|-------------|----------|---------|--------------|
| Monday | 3.5+ | 6pm-7:30pm | Saturday | 3.5+ | 8am-9:30am |
| Wednesday | 4.0+ | 6pm-7:30pm | Saturday | 3.0-3.5 | 10:30am-12pm |
| Thursday | All | 12pm-1:30pm | Sunday | 3.0-3.5 | 11am-12:30pm |
| | | | Sunday | 4.0+ | 12:30pm-2pm |

Team Practices

Our indoor and outdoor courts are also available for your team practices. No charge for outdoor courts at any time and indoor courts are free June, July and August. Call us at 303.232.6272 for specifics regarding team practices.

Rain Outs

If you are scheduled to play a home match on a rainy day, we will work with you to get your matches completed on the scheduled day, whether by starting early, or playing late. We'll do our best to get you on the court and on your way without the hassle of a reschedule.

League players are also welcome to play in our Drill & Plays and Saturday Cardio classes at the non-member rates.

We are still accepting teams for ITA Mixed Doubles, CTA 65+, CTA Women's Summer Daytime and CTA Twilight. Call us if you are looking for or interested in forming a team!



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

MeadowCreekTennis.com
info@meadowcreektennis.com

6305 West 6th Avenue
in Lakewood

303.232.6272



SUMMER TENNIS

Summer Junior Tennis Programs



Weekly Camps

Weekly camps start the week of May 28. Registration is weekly. No camp week of June 24.

Junior Red Ball: Ages 4-7
Tuesday/Wednesday/Thursday 9:30am-10:20am

Junior Orange: Ages 7-10
Monday thru Friday 9:00am-12pm

Green Ball: Ages 9-14
Monday thru Friday 9:00am-12pm

Junior Elite Yellow Ball*: Ages 13-18
Tuesday & Wednesday 7:30am-9:30am

Junior High Performance*:
Tuesday/Wednesday/Thursday 7:30am-9:30am

*\$20 off additional sibling for the same week!
Our Camps qualify as a deductible expense for dependent care*

** pro approval required*

Saturday Morning Lessons

Session 1: June 1, 8, 15, 22, 29
Session 2: July 6, 13, 20, 27, August 3

Red Ball: Suggested Ages 4-7
9:30am-10:20am

Orange Ball/Green Ball: Suggested Ages 7-14
10:30am-12pm

Summer Slammers

Drop-In Play: Suggested Ages 12 and up
Thursdays 1pm-3pm

We still have openings on some teams!

MEADOW CREEK TENNIS & FITNESS CLUB

JUNIOR TEAM TENNIS

Junior Team Tennis (JTT) is a 10 week program that provides team competition for Juniors ages 8-18 of all skill levels. Matches are played on Mondays with rain or shine practices on Wednesdays and Fridays. Players do not need to be available all 10 weeks to participate.

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



Meadow Creek Junior Challenger Tournament

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May 9 - 12

**Boys & Girls Singles
18/16/14/12/10
10s Tagged**

**Register on Tennislink by 5/2:
#250003419**

Meadow Creek Level 5 ITA District Cup Series Junior Tournament

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May 25 - 27

**Boys & Girls Singles 14s
Register on Tennislink by 5/18: #250017519**

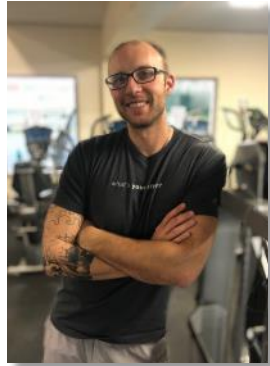
FREE GUEST DAY: Sunday, May 19th

No guest fees | Court fees will apply for guest | 1 guest per member

HAPPENINGS AT

Tennis Specific Strength & Conditioning

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. Meadow Creek's Ryan Griffin is a personal trainer who can help you achieve your goals. With 11 years of strength and conditioning experience working with clients of all ages, his goal is to help you to move as pain-free and efficiently as possible, not only on the court, but in your everyday life.



Come Meet Ryan and Find Out What He Can Do for You

Free One-Hour Training Session

NEW CLIENTS ONLY



Here's your opportunity to compete against players from across the USA!

USTA NATIONAL CATEGORY III

**JULY 4 - 7 2019 DENVER, CO
MEADOW CREEK TENNIS & FITNESS CLUB**

**Men's 50, 55, 60 Singles and Doubles
Women's 40, 50, 60 Singles and Doubles**

Mixed 40, 50, 60 Doubles

TennisLink #250039319

SUMMER MEMBERSHIPS



Do you know anyone that wants to join an amazing indoor, year-round tennis club? If so, now is the perfect time! Join during our Summer special and save the \$275 initiation fee! Our Summer memberships start at \$398 for the entire Summer (June, July, August). Add that to **FREE** indoor court time and voilà, your Summer is dialed-in. C'mon, grab your pal and get them to join your Club. Don't forget, you get 2 hours of free court time plus a \$50 gift certificate for any new member you refer.

Meadow Creek Adult Spring Tournament

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May 28 - June 2

**Men's / Women's / Mixed
Singles & Doubles**

**Register on Tennislink by May 21st
#250031219**



Whether you are a beginner or have been playing paddle for years:
All players will receive their first lesson with Brock Borman for only \$20

Paddle Court Rental Rate - May thru August:
\$12/hour for Meadow Creek Members at all times
\$16/hour for Non-Members at all times (+guest fee)

CLUB UPDATES

Lots of Important Dates Coming Up!

Here's the rundown:

- May 1: USTA 55+ League Begins
- May 2: End-of-Season Ladies Luncheon
- May 9: Junior Challenger Tourney Starts
- May 14: CTA Daytime Doubles Begins
- May 19: Free Guest Day
- May 19: Last Day USTA 18+ Mixed
- May 25: Junior Session 6 Ends
- May 25: Level 5 ITA District Cup Tourney Begins
- May 26: USTA 40+ Mixed Begins
- May 28: Junior Weekly Camps Start
- May 29: First JTT Practice
- June 1: Session 1 Saturday Lessons Begin
- June 5: JTT Parent Information Meeting

Changes. Changes. And More Changes for this Summer!

As we move into our Summer schedule here at Meadow Creek, a few of our Adult drills shift days/times. Here is what things look like:

- Monday 4.0+ Drill & Play last class May 20th, moves to Tuesdays 9am-11am starting June 4th
- Wednesday Beginner Drill & Play has ended, but will move to Fridays, 6pm-7:30pm starting May 17th
- Friday 4.5+ Drill & Play ends May 24th and will move to Fridays 11am-1pm starting May 31st
- Friday 3.5/4.0 Drill & Play ends May 24th and moves to Fridays 11am-1pm starting May 31st
- Cardio Tennis will remain on Saturday mornings at the same time (3.0/3.5 @ 8:30am, 3.5+ @ 9:30am)



The longest rally in tournament play was one of **643 times over the net** between Vicky Nelson and Jean Hepner at Richmond, VA in October 1984. The 6 hour 22 minute match was won by Nelson 6-4, 7-6. It concluded with a 1 hour 47 minute tiebreak, 13-11, for which one point took 29 minutes!

Avoid becoming a statistic: Book a lesson with a MC Pro!

May is the perfect time to book a slot with a Pro. Our Pros have the time and are ready to help you take your game up a notch and close those ever-elusive, all important game points. Don't be a Vicky.

NEW

Policy for Small Class Sizes:

Juniors: All classes, whether drop-in or not, will run for the full length of time regardless of how many players are in the class.

Adult: All drills with two or more participants will run for the scheduled length of time. If only one player is in a drill, that drill will be shortened from 90 to 60 minutes.

No price adjustments will be made for any Junior or Adult Classes

We apologize for any confusion this may have caused previously

Stress LOGIC Contact Cobi Clark @ 720-218-8539
To Schedule or Purchase GIFT CERTIFICATES!

Mother's Day
May 12

Pamper the "Moms"
give the gift to
Rejuvenate their
spirit...
with Stress Logic

60 min Body Kneads
Massage
45 min Table Thai Massage
or Back to Basics Facial

\$99
Choose any
combo
and Reclaim Her
Peace and Spirit

with

Refresher facial
Microdermabrasion
30 min hot stone
massage

**Stress Logic located in
Lakewood & Denver**
Brooks Tower &
MEADOW CREEK
TENNIS & FITNESS CLUB