

GET A GRIP

[January 2023]

HIGHLIGHTS

- 1 Spring Clinic
- 2 Kids Compass Tournament
- 3 USTA/CTA Leagues
- 4 2022 Super Drill Wrap-up

SAVE THE DATES

- 01.02 Day 1 Jr Session 4
01.08 PBQS Session Begins
01.14 PB FirstTimers
01.15 Girls High School Bootcamp Begins
01.21 Free Guest Day
01.28 PB FirstTimers
02.11 Kids Green Ball Tournament
02.20 Early Registration Deadline Jr Session 5

1 Spring Clinic

SPRING
ACE IT



Place your bet on our
**Spring Ace-It Clinic and be
ready for the start of leagues! March 5 - April 1**

For 4 weeks this Spring, you call the shots! We will customize your clinic to fit your needs. Tell us what's lacking in your hand:

- ♥ Looking for strategies to deal with the chronic poacher?
- ♥ Puzzled on what to do with that annoying lobber?
- ♥ Are your overheads a little too wild?
- ♥ Does your doubles strategy get trumped easily?

The answer to these and just about any other bad hand can be dealt with in our **Spring Ace-It clinic**. The clinics start the week of **March 5th** and end just as the USTA leagues kick off. Register individually, as a doubles-duo, or bring your favorite teammates for this ace-in-the-hole clinic!

4-week clinic - 4 people/group - 90 minutes/week

Contact Radka at 303.232.6272 x16 or email
rlacjak@meadowcreektennis.com

\$124 Members; \$146 Non-Members



KIDS GREEN BALL COMPASS TOURNAMENT



Saturday, February 11th - 6pm-9:30pm

Kids, join us for a night out with competitive tennis, movies, pizza and fun!

This is a non-elimination format run by our very own Coach Doug

Tournament is for Green Ball players only

Registration deadline is Thursday, February 9th. To register, please call 303.232.6272 or email info@meadowcreektennis.com

\$32/Members; \$38/Non-Members

JUNIOR TENNIS PROGRAMS

Junior Session 4 just started this week and runs until February 25.

Most of the weekday classes are full, but we still have a couple openings for our Saturday classes. Give us a call at 303.232.6272 if you are interested in registering your Jr player.

Jr Session 5 early registration discount of \$20 is February 20. This next session runs from February 27-April 22.

Girls High School Tryouts Begin on February 27: Be Ready on Day One

Our 6-week Tennis Bootcamp exclusively for Girls' High School players. Hit the ground running to make sure you have the edge on the court.

We still have a couple spots open!

Call 303.232.6272 to register



January 15th - February 19th

**Sundays
2pm-4pm**

*\$276/Members;
\$328/Non-Members*



OUR NEWEST MEADOW CREEK MEMBERS:

- | | |
|--------------------|------------------|
| Rohit Bhattacharya | Steve Johnson |
| Deborah Bowman | Michelle Kondrat |
| John Clements | Leon Oxman |
| Tania Cox | Matt Williams |
| Tom Fulton | Rebecca Williams |
| Brett Gedvilas | |

FRIDAY NIGHT DOUBLE TROUBLE

Join the Friday night gang for some fun mixed doubles! 7.0/8.0 combined.

Sign-up with a partner or we'll find you one. 6pm-8pm

January 6, 20

February 3, 17

Contact Radka @ 303.232.6272 or rlacjak@meadowcreektennis.com

3 USTA/CTA Leagues



USTA/CTA league play out of Meadow Creek is open to both members and non-members. Teams with a higher percentage of Meadow Creek Members will have priority registration over teams comprised primarily of non-members. The first Meadow Creek registration deadline date is **January 19th** for Trio, USTA Mixed 18+, USTA Adult 18+, USTA 55+, and CTA Women's Day-time Doubles. Notify Jody Dart at jdart@meadowcreektennis.com if you are interested in captaining a team this summer or being added to a team.

Understanding How NTRP Self-Ratings Work

With all the league chatter going on, I think it is a good time to discuss NTRP ratings. Each player is required to have a USTA Rating before they can compete in any USTA/CTA league. All players that competed at least 3 league matches in 2022 will have received a Computer Rating. For any players that are new to leagues, most likely they will need to log into their USTA account and Self-Rate. (There is a very useful chart that explains the NTRP characteristics to help determine what level you qualify for, and can be found at ColoradoTennis.com under the "Adult" tab.) The process to self-rate will take you through a questionnaire on Tennislink. Your rating will fall somewhere between a 2.5-7.0. Local leagues range from 2.5-5.0. Most players new to tennis will begin with a 2.5-3.0 rating. You are asked to answer the questions honestly. If you have prior experience (ie: Junior ranking, high school play, or played/committed to college) it is required that you disclose that information. If you end up with a rating higher or lower than you feel is appropriate, you can generally do an automatic appeal. If you have any questions regarding the self-rating process, please reach out to Jody Dart at Meadow Creek.

USTA Annual Membership

In addition to a Computer Rating, all league players are required to have an annual USTA Membership. 1-year memberships will cost \$44. All league players must have a valid membership through Sectional Play, and CTA players need a membership valid through the entire length of their league. Do not delay renewing your annual membership! It has to be renewed before your name can be added to a team roster. Memberships are purchased through Tennislink when you log into your account.

If you have any questions regarding league play, please do not hesitate to reach out Jody to help walk you through the league process. For anyone that has not participated in league play, we understand it can be an intimidating process to start out with!



Try our new **Pickleball QuickStart!** PBQS is a 4-week introductory program designed for adults new to the sport and want to hit the court with confidence.

WHEN: Sundays from 5:30pm-7pm

WHERE: Indoors at Meadow Creek

COST: \$108 per 4-week session

SESSIONS: February 5, 12, 19, 26; March 5, 12, 19, 26



Curious about Pickleball? In 2 hours learn the basics of scoring, proper racquet handling and player technique. Call to 303.232.6272 to register, space is limited.

WHEN: Saturdays from 6pm-8pm

WHERE: Indoors at Meadow Creek

DAYS: January 14 & 28, February 25 from 6pm-8pm

COST: \$22/class

LADIES INTERCLUB SESSION 2:

Session 2 runs from January to April. Check out our Ladies page on our website for days, times and registration forms

Only sign-up for the dates that work for you!

To register call **303.232.6272 x16** or rlacjak@meadowcreektennis.com



GREEN BALL DRILL & PLAY: *Fridays 5pm-7pm*

One hour of drills and games, followed by one hour of supervised match play.

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.

Advance registration required for both classes: 303.232.6272

Free Guest Day: Saturday, January 21st

No guest fees but court fees apply
One guest/member

4 2022 Super Drill Wrap

Our Reindeer Games Super Drill took place on December 14th. A big thank you to all who showed up for the merriest drill of all! If you missed this one, you will have to wait 12 months for the games to be played again.



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 Drop-In & Lessons • Fitness Center • Pro Shop • Cardio Tennis
Adult & Junior Programs Year Round • Non-Members Welcome