



# GET A GRIP

[ April 2023 ]

## HIGHLIGHTS

- 1 Ladies Party
- 2 Jr Summer Camps
- 3 Meet Our New Personal Trainer
- 4 Life at Meadow Creek

## SAVE THE DATES

- 04.09 Easter Club Closed  
04.17 Jr Session 6 Early Registration Deadline  
04.17 USTA 18+ Begins  
04.24 Jr Session 6 Starts  
04.28 USTA 40+ Mx Dubs Reg. Deadline  
04.30 Free Guest Day  
05.03 USTA 55+ Begins  
05.04 Ladies Tennis Luncheon  
05.09 CTA Daytime Doubles Begins

## 1 Season Ending Tennis Fun

# Ladies Tennis Luncheon



Thursday, May 4th  
11am to 1:30pm

**As our indoor season comes to an end, we want to celebrate another great season of Ladies Interclub, PCT, In-House Leagues and all-around amazing ladies camaraderie on the court! Join us for tennis, lunch and a demo day with all your gal pals. Plus, we'll have some prizes to sweeten the deal. You won't want to miss this one!**

**Call 303.232.6272 to reserve your spot**

**\$28/members; \$32/non-members**  
*Space will be limited, reservations required*

**On Court 11am-12:30pm • Social & Lunch 12:30pm-1:30pm**





junior red ball camp  
 junior orange ball camp  
 green ball camp  
 saturday camps  
 thursday throw-down  
 competitive tournament  
 training  
 junior tennis training

Our Summer Camp registration is officially open! Registration is weekly for most camps. Rest assured that there are no rainouts here as all play is indoors to assure camps go on as scheduled.

All our camp details can be found online under the "Junior" tab or pick up a flyer at the club.

Unsure of what camp to register for?

Call us at **303.232.6272** or email [info@meadowcreektennis.com](mailto:info@meadowcreektennis.com).

## JUNIOR TENNIS TRAINING



**Tennis Makes Me Happy.**

Our Junior Tennis Training (JrTT) is an in-house summer program that provides 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 an amazing opportunity to give your Junior player consistent practice while allowing them to compete in weekly matches.

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



Contact Coach Stanley Roffe with any questions regarding JrTT  
Stanley can be reached at 303.232.6272 or [jtt@meadowcreektennis.com](mailto:jtt@meadowcreektennis.com)

More details and registration forms can be found online under the  
"Junior" tab, or pick up a flyer at Meadow Creek

>>>> **Registration Deadline is May 15th!** <<<<

### JUNIOR TENNIS PROGRAMS

Our final Junior Session of the season runs from April 24-May 27

Register by April 17<sup>th</sup> for Jr Session 6 and receive a \$20 discount

See our website under the "Junior" tab for details of all of our junior classes



**Hey Peeps:**

**We will be closed on Sunday, April 9<sup>th</sup> for Easter**

### 3 Welcome Matt Moskal

We would like to introduce our newest member to join the Meadow Creek family, Matt Moskal. Matt is a certified personal trainer that is passionate about helping others take their fitness to the next level. If Matt looks familiar, most likely you've seen him on the court here at Meadow Creek. Matt has been a member since relocating from Detroit last year and we are beyond excited to have him join our team!

Strength and conditioning is a critical component in developing any athlete to their full potential. Finding the right coach is the optimal way to achieve that goal. Matt thoroughly understands the value of combining speed, agility, and balance to not only improve one's in-game skills but also prevent injury. Matt is also passionate about the benefits of adding stretching into their pre/post game tennis regimen. And let's be honest, who doesn't want to improve their fitness level while they extend their longevity on the court? Matt's motto: Train Hard. Win Easy.



Matt is a proud Air Force Veteran that served 5 years stationed in Germany as a communication and computer systems specialist. He is an avid world traveler having visited 18 countries with more on his bucket list. When not in the gym or on the court, Matt enjoys skiing, table tennis, bowling and spending time with his adult children Siarra and Austin. Fun fact: Matt has bowled three perfect 300 games in his lifetime and even recorded an 821 series. That's the real deal in the world of bowling, folks!

Matt will be starting at Meadow Creek on April 10. ***As a way to help introduce himself and his services to our members, Matt is offering a free 30-minute consultation and performance assessment.*** Please email [mmoskal@meadowcreektennis.com](mailto:mmoskal@meadowcreektennis.com) to schedule your appointment.



As we enter the summer months, we shift around a few of our Drill & Plays to better utilize our indoor courts with the summer programming. See below for the upcoming changes.

Remember, Drill & Plays are open to both members and non-members.

Our Member Only Drills (MOD's) and Saturday Cardio classes will remain at the same times as they have been throughout the year.

LEVEL	CURRENT TIMESLOT	SUMMER SCHEDULE	START DATE	LAST DATE
3.5-4.0	Mondays @ 9am-11am	Tuesdays @ 9am-11am	May 31	August 29
2.5-3.0	Wednesdays @ 7:30pm-9pm	Fridays @ 6pm-7:30pm	April 21	August 25
3.0-3.5	Thursdays @ 9am-11am	No Change	N/A	N/A
3.0-3.5	Fridays @ 1pm-3pm	Fridays @ 11am-1pm	June 2	August 25
4.0 and up	Fridays @ 1pm-3pm	Fridays @ 11am-1pm	June 2	August 25

*2-hour class: \$30/member; \$38/non-member | 1.5-hour class: \$24/member; \$31/non-member  
Buy a 6-pack and save 10% | Members can reserve 7 days in advance; non-members 48 hours in advance*





## ORDER ON THE COURT

### Your Answers to Those Wacky Tennis Rules

The league season just kicked off and a question has already surfaced: How do I handle the dreaded “Defer”?

After the racquet spin, the winner can choose to serve, receive, pick a side, or defer to the opponent. The opponent has the choice of what remains, but they may not defer again. Each team may only specify ONE action. Do not be fooled into your opponent saying something like, “I will serve on this side”.

The ultimate goal of deferring is to give yourself the best opportunity to hold serve. A good doubles team will recognize the talent each player brings to the court. Variables that come to mind are sun, wind, who is most likely to hold serve, right/left-handed server, early match jitters, etc. For example: When there is a lot of wind or sun, deferring can ensure that the better server on the opposing team will serve with the conditions not in their favor.

Having a pre-spin plan will give you the confidence to make the right decision for your team. If you know your opponents’ strengths, use defer to interfere with their serving order. Whichever you select, you want to maximize the potential for holding service while setting up the strongest opportunity to break your opponent’s serve.

Got a match question? Contact [news@meadowcreektennis.com](mailto:news@meadowcreektennis.com) and we’ll try to find you an answer!

**Free Guest Day: Sunday, April 30th**  
 No Guest Fees but court fees apply. One guest per member.

**WELCOME TO THE CLUB!**

### OUR NEWEST MEADOW CREEK MEMBERS:

Faye Anderson  
 Roberta Barolat  
 Ted Evans  
 Kim Hagar  
 Nolan Hathaway  
 Lemmon Hathaway  
 Kathleen Hathaway  
 Sam Herrin

Shea Hogan  
 Ethan Masse  
 Kevin Mitchell  
 Nicole Patten  
 Kathryn Plath  
 Daniel Port  
 Brennan Reilly  
 Andrew Tallett



## PICKLEBALL FOR FIRST-TIMERS

Try our **Pickleball for First-Timers**. In 2 hours learn the basics of scoring, proper racquet handling and play technique. Call 303.232.6272 to register.

**WHEN:** Saturday, April 15th, 6pm-8pm

**COST:** \$22 per class

**April 30 will be the last day of Pickleball for the season!**

**Join us for these remaining play times in April:**  
 Sundays 5pm-8pm and Tuesdays 9:30am-12:30pm

**Private Court Rental: Tuesdays 9:30am-12:30pm and Thursdays 7am-10am**

**Call 303.232.6272 to reserve and pay for all Pickleball**



### MEADOW CREEK TENNIS & FITNESS CLUB

6305 West 6th Avenue, Lakewood, CO 80214 • 303.232.6272  
[MeadowCreekTennis.com](http://MeadowCreekTennis.com) • [info@meadowcreektennis.com](mailto:info@meadowcreektennis.com)

7 Indoor Tennis Courts • 3 Outdoor Tennis Courts • 2 Outdoor Paddle Courts  
 Pickleball Open Play & Lessons • Fitness Center • Pro Shop • Cardio Tennis  
 Adult & Junior Programs Year Round • Non-Members Welcome