



# NEWSLETTER

NOV 2018



# NEW FACES

We would like to welcome some new faces to  
Lakewood Indoor Tennis Centre's staff!

Carly Bohman and Elvis Harimenshi have joined our coaching staff.  
Carly will be running many of our weekly members-only clinics  
as well as leading programs and instructing private lessons,  
Elvis will be leading several of our weeknight programs.

Morgan Rink has joined our Front Desk staff this fall, you'll  
see her at the desk on weekends and Monday evenings.

# HOURS

	Non-Prime Time	Prime Time
Monday - Thursday	9:00 AM - 5:00 PM	5:00 PM - 10:00 PM
Friday	All Day	-
Saturday	-	All Day
Sunday	4:00 PM - 8:00 PM	9:00 AM - 4:00 PM

	Operating Hours
Monday - Thursday	9:00 AM - 10:00 PM
Friday	9:00 AM - 9:00 PM
Saturday - Sunday	9:00 AM - 8:00 PM
Statutory Holidays	Closed

# CONRAD



Conrad Koch, one of our Lakewood juniors that chose to take tennis further, accepted a tennis scholarship to Merrimack College in Massachusetts starting this fall. He is competing for Merrimack College tennis team, on a team of 11 players split between 7 freshmen and 4 juniors. Even though the tennis season starts this upcoming spring, the Merrimack tennis team has played multiple competitions to prepare themselves for their regular season. Conrad and his team have competed in New Hampshire, Massachusetts, Connecticut and, most notably, the US Open venue in Flushing Meadows, New York. Con-

rad has played in 2 college tournaments and 4 school matches with 1 of those 4 being a Merrimack conference match. In match play Conrad has won 5 singles matches and lost 2 of them while varying between singles positions 6 to 3 on the team. In doubles play, Conrad has gone 4-4 with 3 of those losses coming down to a deciding tiebreaker. Conrad has played doubles with another freshman who has come to the United States from Ireland and they have played a couple of matches at the number 2 position but the majority of their doubles matches at the number 1 position. Merrimack Tennis is now training hard before they start up their regular season in February of 2019. Conrad has told us that classes are going well with all of his midterm grades being in the 85-100% range. He has met many people from all over the world and he continues to enjoy his college experience as much as possible. He is also continuing to work hard at both school and tennis and plans to be home during the American Thanksgiving break as well as Christmas break.



# CLINICS

## **Cardio Tennis with Carly Mondays 9:00-10:00 AM**

Get ready to move! Cardio Tennis is tennis meets fitness in a high-energy environment. Players will experience movement-heavy drills mixed with workout stations to fill periods of inactivity, so you never get cold! Participating students should be looking for a good workout from their Cardio Tennis hour and meet a required standard of fitness. Cardio is coached primarily by Carly and costs \$15 for members.

## **In-Depth Doubles with Carly Thursdays 11:00AM-1:00 PM**

In-Depth Doubles is a new two-hour weekly deep dive into doubles. This more tactical clinic will improve the strategic side of your doubles game while providing you with technical tips. Players will learn better positioning, partner interaction, and overall doubles tactics. Each two-hour class will flesh out a topic and give players a lot of opportunities to try it in match-play simulations. In-Depth Doubles is coached primarily by Carly and costs \$25 for members.

## **Stroke of the Week with Colin Tuesdays 10:00-11:00 AM**

Stroke of the Week is a play-based clinic, a new topic is introduced weekly and improved for participants in singles and/or doubles situations. Topics range from technical fine-tuning, like generating more topspin on your groundstrokes, to tactical strategies, like where to move based on the ball you hit. All major stroke families are covered through the season and participants are encouraged to request topics for the next week. Stroke of the Week is primarily coached by Colin and costs \$15 for members.

## **Advanced Clinic with Carly Thursdays 7:00-8:00 PM**

The Thursday Night Advanced Clinic is a weekly lesson for active players looking to improve their game. Each week a new topic will be covered, ranging from technical skills to match-play tactics for singles and doubles. The Advanced Clinic is coached primarily by Carly and costs \$15 for members.

## **Women's Wednesdays with Carly 12:00-1:00 PM**

Women Wednesdays is a new clinic for women only. Each week a new topic will be covered ranging from tactics to technique. Learn the ins and outs of singles and doubles in a fun active environment. Women's Wednesdays is coached primarily by Carly and costs \$15 for members.

## **Feeding Frenzy with Mark Fridays 11:00 AM-12:00 PM**

Feeding Frenzy is a high-energy drill-based class. The coach will set up common shot sequences that emphasize movement and feed them repeatedly. Feeding Frenzy is ideal for those looking for a non-rally-based class where you can drill your strokes until they are match-ready. Feeding Frenzy is coached primarily by Mark and costs \$15 for members.

**Register online for Weekly Clinics at [www.lakewoodtennis.com](http://www.lakewoodtennis.com)  
All Clinics are Members-Only and have a 4 person minimum/8 person maximum**



 **ROGERS™**

# ROOKIE TOUR

**October 28 & December 9**

**Red 8 & Under 1:30-2:30 PM**

**Orange 10 & Under 2:30-4:00 PM**

**Green 12 & Under 4:00-6:00 PM**

**\$10 Entry Fee**

**November 25**

**U14-U18 4:00-7:00 PM**

**\$12 Entry Fee**

**Free for Junior Program participants, call 306-955-2226 to register**

## — GIFT CERTIFICATES —



Available for  
purchase in any  
denomination!

Ask at our  
Front Desk

# — DOUBLES MIXER —

Fridays 7:30 - 9:00 PM

Come with or without a partner and enjoy casual doubles for Level 2.0 - 3.0 players

**\$15.00**

No Guest Fee for Non-Members

Visit us at [www.lakewoodtennis.com](http://www.lakewoodtennis.com)  
for weekly registration

# — HOLIDAY HOURS —

Mon	Tue	Wed
24 Closed	25 Closed Merry Christmas!	26 Open 1-6 PM
31 Open 9 AM-4 PM	1 Closed Happy New Year!	

# — COACH'S CORNER —



Tennis is a very physical sport. From chasing balls every which way to having the endurance to stay in a point for a long rally, having good fitness is key to being successful on the court. Adding in strength and conditioning exercises to your daily routine is a great way to not only improve your speed and agility but also a good preventative measure for potential injuries.

While there are many things in the gym that can help build strength and conditioning for tennis, taking a **Cardio Tennis** class is another great option that combines both a high intensity workout and beneficial tennis drills. In a cardio tennis class, participants will engage in agility and endurance exercises such as ladder running, hurdle hopping, and static bodyweight movements in between fun and very active tennis drills. The class is both beginner and advanced friendly, and caters to all fitness levels as the drills can be modified to suit your current fitness and playing abilities. To try out this high energy workout, join us Monday mornings at 9 am with sign up available both online and through the front desk.

Carly Bohman

Tennis Canada, Club Professional 1