

April

Central Park Tennis Club



# The Baseline

Newsletter

President

Molly Lammers



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Remember last month when I said I was excited about a women's tournament coming in October even though I didn't know anything about it? (of course you don't, but nod politely anyway). Well, now I do know all about it, and I'm not the only one. Tuesday night an informational meeting was held at the club and it was very well attended. In case you missed it, here are the highlights:

The Central Park Tennis Club \$50k Women's Premier Tournament (okay, I made that up. I don't actually think it has an official name yet, but this is the one I'm pushing for.) will take place Oct. 5-12, with preliminary rounds on the 3rd and 4th. It will feature a bracket of 32 women ranked in the 100-200s in the world. The USTA chose Central Park over several other venues in the area because of our outstanding facilities (I did NOT make that up.).

This is supposed to be an outdoor tournament, and I am going to pray to the weather gods, so we can pack in as many people as possible to promote this prestigious event and our club. Side note: It was originally scheduled for September, and the USTA asked to move it back a couple of weeks, but promised that we could have summer dates next year if we choose to re-up.

Mike Kalian, director of the Seattle Home Show and all-around event planning guru, with help from our very own Carolann Castell, is creating buzz and getting sponsors for the event. He has already rounded up five sponsors (\$10k+ each), and has a couple more "on the hook." He has finagled a multi-page insert to the Seattle Times set to run a week before the event in order to promote the tourney, the sponsors, and, most importantly, Central Park Tennis Club.

Vitaly Gorin will be running the tournament. Our Events Committee is ready to tackle all the planning on our end for the event, and Patrick Barthe will be our main liaison coordinating all these parties. And, Julie, as usual, will make sure everything gets done.

But, it's going to take a lot more than these people to pull this thing off. We are going to need a veritable army of volunteers before and during the tourney. Tad Rolfe, pro-tourney instigator and enthusiast, mentioned the other night that the last time we had an event like this (1999 and 2000), our waiting list for the club exploded, and the only complaint was "not enough bananas."

This is such a great opportunity for our club to be recognized and also to see some great young players fighting to make it to the top. I hope everyone will embrace it. We'll get extra bananas.

-Molly Lammers, Club President

# APRIL IMPORTANT DATES

Friday, April 3

Last day of Early  
Spring Junior Team



Saturday, April 4

Easter Egg Hunt -  
10:00 am

Sunday, April 5

Easter Sunday - No Junior Team

Monday, April 6

CUP appeals due

Monday, April 6

Challengers mini-tournament 1:00 - 4:00pm

Monday, April 6-12

No Junior Team - Spring Break

Tuesday, April 7

Champs mini-tournament 1:00 - 4:00pm

Wednesday, April 8

Sign-ups available for Spring Women's Team

Wednesday, April 8

Junior Team Spring Registration Deadline

Wednesday, April 8

Rookies mini-tournament 1:00 - 4:00pm

Monday, April 13

First day of Spring Junior Team

Friday, April 17

Mix-Up Friday Night Beer Tasting - 5:30pm

Tuesday, April 21

Sign-ups out for May Women's Super 60s Tennis

Friday, April 24

Deadline for Spring Women's Team Tennis sign-ups

Monday, April 27

CUP applications due

Wednesday, April 29

First day of Spring Women's Team Tennis

# MANAGER'S MISCELLANY

Springtime is upon us! And we start to wonder when will we get to clean the outdoor courts? Our plan this year is to do our initial cleaning that removes the winter debris and a good portion of the pollen after it has fallen from the trees surrounding the courts. Look for the yellow dust that will form around the Club and that will be a good gauge as to when we may be scheduling. In the meantime, we will continue to blow off the courts and around April 15 add a few of the water buckets. If you do play outside prior to our cleaning there may be some pollen on the surface, so please be careful as it can be a little slippery.

Don't forget our Member Work Party in May! The Facilities Committee has not set the date yet – but watch for signs and announcements so you can get involved and get the Club ready for our summer season.

Speaking of summer, our junior program information is out! The team will bring back some of the familiar helpers from last year, and add a few new faces as well! We will be offering two different weeks for the Kick Start tennis, so if you have a teen that wants to get into tennis, we have 8 days of tennis to help get them warmed up for the official summer camps. We will continue to offer more weeks for the younger levels as well as swimming for those levels during the “warmer” summer months. And don't forget about a CPTC Jr. Team T-shirt to show where your kids get their tennis skills! Please remember in the summer we do not bill or charge until the end of the week. If you sign up now and determine that you need to change the schedule, please let us know ASAP. Members have until May 25 to get guaranteed spots, after that the summer is open to non-member enrollment.

Other exciting news!!! Nick Stumpf and the IT Committee are ready to launch GameTime. The Member Online option for reservations will be deactivated April 3 – so call in for your court times. And then look for an email at a later date that will share detailed information on how to get you started with the new reservation program. Nick will have times allocated for training or answering questions – so make sure you “stay tuned” for what's coming!

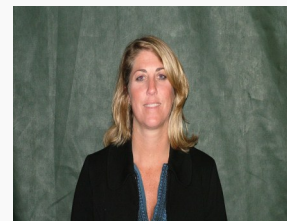
Other miscellany items:

New Faces: Welcome to Christina Ford, our Saturday Yoga Instructor! I have heard great things about the class. And to the new front desk staff we have introduced over the last few weeks. Please make sure to introduce yourself to Erika, Johnnie, Laurie and (a familiar face) Vera. We are glad to have them as part of our team!

Fitness Court Equipment Use: If you are not sure how to use the equipment properly, ask Clay or Vicki during their non-training time...or I would be happy to show you if I am here. And when done using the equipment, find the towels and spray bottles to clean the machines for those that will be using the equipment after you. Thank you for picking up after yourself when you have finished your workout – it allows everyone's time to be spent more effectively!

Center Court: Alivia has been working on new menu items and weekly specials. Be sure to see what's new in the kitchen.

Enjoy your Spring and I look forward to seeing you here!



# COMMITTEE REPORTS

## FINANCE | CHAIR MARTY MCCURRY

The financial results for the month of February were fair. Net Ordinary Income (before Capital Assessments, Depreciation, and Interest) for the month is \$5,582 which is \$4,950 over budget, primarily due to grounds repair expenses. Again, the Club's financial position remains sound with Total Cash of \$331,000, and an excellent current ratio of 3.4 to 1.

We are doing substantial landscape improvements this Spring.

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a wait list to join of 29. The next month's committee meeting will be April 22nd at 6pm.

## MEMBERSHIP | CHAIR KIM SKORUPA

Members in action!! One of the best things about this club is that the management team, board and committees really listen to member ideas and make changes to respond to requests. Even better is when an individual member brings a proposal to the table and is able to make changes themselves. For example, thanks to Andrea Gerth, we now have a Yoga Class. She found an instructor and worked with the club to bring in the class. She is actively recruiting people to participate. If you have an idea – why not see if you can make it happen?

One of the things the membership committee spends lots of time discussing is the retention of the new members. Did you know that new members can be hooked up with a mentor who is their same level to help them set up matches and hear best practices on how these seasoned members use the club? If you are new to the club and want to meet your mentor, please contact Kelly for more information ([kellyh@centralparktennisclub.com](mailto:kellyh@centralparktennisclub.com)).

*Central Park is a member owned club! Join a committee and help make the club a better place!*

# COMMITTEE REPORTS

## TENNIS | CHAIR BETH HOM

Tennis Committee did not meet in the month of March.

Next meeting is scheduled for April 14th at 6:00 pm in the CPTC board room.

Now that the USTA season is upon us, court times are in high demand. In an effort to be considerate to our members who are not playing in USTA leagues, here are few court use reminders:

1. Playing in a home USTA match is considered playing on a reserved court.
2. Warm up courts must be walk on or wait listed courts. Playing the reservation system, in order to “manufacture” a wait list court from a court reservation, made and then cancelled by a team member, with another team member waiting at the top of the wait list, is against club policy. The usual court violation penalties will apply.
3. Overflow courts for USTA matches must be walk on or wait listed courts and are the responsibility of the team captain.

Thanks so much for your consideration.

## FACILITIES | KRISTEN GROBSTOCK

Roofing project on 1 & 2 south completed. New pool loungers have been ordered. Pool heater and chlorinator feeder will be replaced in April.

Member work party in May. Hope to see you there!

## CUPS | CHAIR TRICIA SCHROTH

Cups season is now wrapped up until next fall! Applications are available at the front desk for next season. Congratulations to all of our teams on a successful year!

Cup Appeals due Monday, April 6th. Cup applications due Monday, April 27th.

*Have an idea? Join a committee and bring it to life!*

# PROS COURT

I was born in Romania and started tennis at the age of 5. My father was my coach for my entire tennis career. For all of my junior career, I had the opportunity to travel the world and had a top 50 ITF junior world ranking. I played tennis at University of South Carolina and graduated in 2004. Upon graduating, I got on the men's tour and got as high as 700 ATP in the world and started coaching in 2006. I have been working at some of the top clubs in the US from Long Island, NY to Rhode Island and eventually landing in the college coaching in 2012 at Portland State. I was there for almost two years and then last year I was the Assistant Coach for women's tennis at the University of Washington. In the last few months before joining CP I was at ETC.



Growing up in a tennis family, I realized after I was done with professional tennis that tennis is one of the most popular sports throughout the world and is played by millions of people at all levels of ability. To me, tennis is traditionally referred to as a sport for a lifetime because once learned the majority of people maintain the sport throughout their life.

Also, I believe tennis is still one of the best sports anyone can choose to play. A tennis workout is THE total body workout providing physical, mental and emotional benefits.

There aren't many sports activities that test every part of your body. Basketball and soccer are good for your legs and your aerobic health. Weightlifting makes you stronger.

Tennis takes care of everything. It requires QUICKNESS and AGILITY to get to the ball, CORE STRENGTH to get power into your shots, STAMINA to be able to play for a couple of sets and MENTAL TOUGHNESS to stay one step ahead of your opponent. All that while having fun, working off stress and energizing your spirits.

So from head to toe, tennis is the ultimate full body work out.

Take time to read about the many health benefits of playing tennis!

[http://www.usta.com/Improve-Your-Game/Sport-Science/114688\\_Health\\_Benefits\\_of\\_Tennis\\_Why\\_Play\\_Tennis/](http://www.usta.com/Improve-Your-Game/Sport-Science/114688_Health_Benefits_of_Tennis_Why_Play_Tennis/)

-Angelo Niculescu



# FITNESS COURT

## MOFLEX - Enhance Recovery

Mobility and Flexibility Combined: Wednesdays starting April 15th | 6:30pm—7:00pm | \$10

Mobility: The ability to produce a desired movement.

Flexibility: the ability to elongate a muscle.

This class will help you improve range of motion, positioning, power production and recovery.



## GOT G.R.I.T.? (Group Resistance Interval Training)

G.R.I.T. is a fitness class combining the STRENGTH benefits of resistance training with the FAT LOSS benefits of interval training.

Class meets Mondays starting April 20th

6:30 - 7:15 pm

\$39/4 consecutive classes

## APRIL FITNESS CLASS SCHEDULE

FIT N LEAN: M/W@6:45am, T  
TH@9:00am

GOT G.R.I.T.?: M@6:30pm starting  
April 20th

TOTAL BODY: M/TH@1:00pm

ABS AND BACK: W@11:45am

MOFLEX: W@6:30pm starting April 15th

FIT TO PLAY FOR MEN: T/TH@11:30am

BOOT CAMP: MWF@9-10am, T/  
TH@5:45-7:00 pm

YOGA: Sat@9:00am with Christina

## INTERESTED? PLEASE CONTACT CLAY OR VICKI:

Clay: Clayr@centralparktennisclub.com 425.822.2206 Ext 126

Vicki: Vickir@centralparktennisclub.com 425.822.2206 Ext 122

# CPTC UPDATES

## TENNIS BALL RECYCLING

Courtside disposal has been the most successful way to recycle tennis balls! Because of this, Central Park has setup tennis ball recycle bins for your convenience; please use them....soon recycled tennis balls will be made into tennis courts!

### STATISTICS:

There are 125 MILLION tennis balls sold annually in the US

There are 250 THOUSAND tennis courts in the US

It is estimated that it takes 450 YEARS for a tennis ball to decompose.

There is an average of 2 HUNDRED balls discarded monthly per park.

Tennis players typically open a new can of 3 balls for each match.



## CENTRAL PARK MIXED 40 & OVER LEAGUE

9.0	Daniel Avery	206-718-3501	daniel.avery.daniel@gmail.com
8.0	Laura Laun	206-290-5983	Laura.J.Laun@comcast.net
8.0	Gillen Keogh	425-503-8561	gillentn@gmail.com
8.0	Dan Stumpf	425-785-6334	danstumpf@yahoo.com
8.0	Dave Stafford	206-948-0139	davestaf789@gmail.com
8.0	Bhanu Purohit	425-785-2786	bhanu274@gmail.com
7.0	Tara James	206-799-4290	memcbob@comcast.net
7.0	Laura Laun	206-290-5983	Laura.J.Laun@comcast.net
7.0	Bhanu Purohit	425-785-2786	bhanu274@gmail.com
7.0	Carol Buckingham	425-785-5576	strdesigns@msn.com
7.0	Carla Stanford	206-949-4410	stanford5@comcast.net
6.0	Brad Bennett	425-241-5934	boonerflyfishes@comcast.net



# STAFF CHANGES

We are both sad and excited to say goodbye to Bekah and Autumn. We wish them well as they move on to pursue their passions! We will miss you!

## EMILY

Emily will be leaving us at the front desk, but she won't be leaving Central Park completely! Emily is moving to a new position in the kitchen. Stop by and say hi to her Tuesday and Wednesday nights!



## BEKAH

“Well guys, I’m off to work at the front office of Northwest University. I’m excited to be staying in the Academic realm since I studied education. I’ll certainly miss everyone here; and darn! I was just starting to catch on to quite a few of your names! Since I’m still in Kirkland, maybe I’ll run into you at Starbucks or Fred Meyer!”

Thanks,  
Bekah



## AUTUMN

Autumn is off to work at Little Folks Preschool in Redmond. She is sad to be leaving her friends at Central Park, but excited to pursue her passion of working with children. We sure will miss her singing and smiling face!



# STAFF CHANGES

We have new faces at the club! Please welcome Kelsey, Erika, Laurie and Johnnie.

## KELSEY GREENE

Kelsey Greene, our new addition to the maintenance staff, is a senior student at Northwest University. She is originally from Portland, Oregon but loves living in the Seattle area now. Art, nature, soccer, and Thai food are a few of her favorite joys in life. Don't be afraid to say hi next time you see her cleaning up the courts!



## ERIKA SPRINGER

Erika is so excited to be joining the Central Park family. Her love for tennis started when she was a little girl and brought her all the way to train at this very club in high school. She is currently a sophomore at the University of Washington Bothell campus while pursuing her business degree. Erika is thrilled to be able to start this new journey.



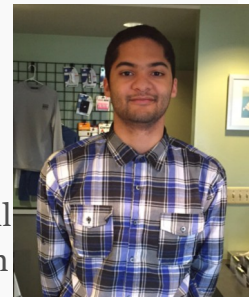
## LAURIE UHRICH

Laurie Uhrich is the newest staff member of our Central Park Tennis Club team. She will bring continued enthusiasm and excitement to our Front Desk support position. She has resided in Bridle Trails for the past 14 years and has two children in the Lake Washington School District. She has admired the CPTC for years, enjoys tennis and looks forward to greeting and assisting our members!



## JOHNNIE HILLIARD

Johnnie is excited to join the Central Park team! He is a huge basketball player and fan and recently taught physical education to young children at various preschools in the area. Stop by and say hello!



## VERA TAMAYOSE

Vera served on the Central Park Board and on the Finance and Tennis committees. She captained a USTA team for several years and played Cups. Welcome Vera!



# JUNIOR PROGRAM

In 2011, the USTA passed new rules governing competition for 10-and-under tennis tournaments.

## Red Ball, 36' Court and 19"-23" Racquet

Tournaments for those 8 and under: Slower balls, smaller courts and shorter racquets enable young players to rally, play much sooner, develop a love for the sport and develop good technique using simple tactics.

## Orange Ball, 60' Court and 23"-25" Racquet

Tournaments for those ages 8-10: Slower, lower-bouncing balls give players confidence in their ability to cover the whole court and maintain rallies. Matches are longer and kids play both team and individual events. Racquets are sized for small hands, making them easier to grip and swing. Courts are smaller so kids can cover them and have more success!

## Green Ball, 78' Court, 25"-29" Racquet

Tournaments for those 9-11: The slower and lower-bouncing green balls help kids make the transition to the full sized court, allowing them to continue to develop good technique, movement and advanced tactics.

**A BIG CONGRATULATIONS** to the Winter U12 Yellow Ball Team for coming in **SECOND PLACE!!!** Congrats to Taylor Isaacson, Kate Kresken, Manami Numoto, Taiya Hansen, Benji Lelivelt, Erik Laursen, Brian Koh, Kasra Kazerani, Collin Neal and Eric Inadomi!



# JUNIOR PROGRAM

## Challenger Tournament

Days: Monday, April 6, 2015

Times: 1:00 pm - 4:00 pm

Format: Compass Draw — 3 Matches per Junior

Cost: \$15

## Champs Tournament

Days: Tuesday, April 7, 2015

Times: 1:00 pm—4:00 pm

Format: Compass Draw — 3 Matches per Junior

Cost: \$15

## Rookies Tournament

Days: Wednesday, April 8, 2015

Times: 1:00 pm—4:00 pm

Format: Compass Draw — 3 Matches per Junior

Cost: \$15

# Junior Tournaments

*Make sure to sign up at the front desk! Priority goes to members!*

# REMINDERS

## Easter Egg Hunt

Saturday, April 4th



10:00 am sharp!

(meet in the clubhouse)

This event is free to all members!

RSVP at the front desk!

### **Important Event Policy Reminder**

If you are hosting an event at Central Park, you must fill out an Event Policy form and return it to our Membership Marketing Director, Kelly Hurney or our Club Manager, Julie Wheadon. You may click [here](#) to view this form.

Understanding your event details helps our staff better cater to your needs.

Thank you in advance for understanding!

*Don't forget, no Junior Team April 5th - Happy Easter!*

## MIX UP FRIDAY NIGHTS



APRIL  
SHOWERS....



April 17, 2015 | Tennis: 5:30 pm – 7:00 pm | Social: 7:00 pm

### Beer tasting out of the rain!

Enjoy tastings, appetizers and dessert

Option to purchase beer by the glass.

More details to come!



Sign up at the front desk beginning April 3rd.

### ....BRING MAY FLOWERS!

#### **Tennis and Irish Social Recap**

Thank you to our many members who joined us at the Irish Mix Up on March 20th. The clubhouse was decorated in lots of green! Members enjoyed chicken pot pies and corned beef cabbage catered by Brief Encounter. Alivia also made a great salad and veggie tray. We topped the night off with Alivia's Irish cupcakes that were a huge hit!

*Sign up for the next Friday night Mix Up at the front desk!*



# ACES TENNIS

Hey Central Park Members,

In a competitive tennis brand market, every company is pushing to have the newest and greatest string. The most popular trends right now are the shaped polyesters; anything from the octangular Babolat RPM Blast to the new triangular Head Gravity. With all the hype, there is also a general misconception. The textures of these strings don't "grip" or "pocket" the ball more. Instead, they allow the strings to snap back into place with greater velocity and force. This string movement is what creates higher ball rotation and power. The down side is greater vibration (can lead to arm issues) and less control.

If the benefits sound good and you're looking to add an extra umph to your shots, try out any of our shaped polys in your next string job. A reminder, if your racket is signed in with one of our stringing forms at the front desk, filed by 9:00 am, we can have it returned and ready for play by 7:30pm that same day (Mon-Sat, excludes specialty string and grip orders). For any questions or for further information, please contact us at [info@acestennis.net](mailto:info@acestennis.net) or call us at 425-235-9495 (Renton), 425-453-9224 (Bellevue).

**And don't forget to check out the new colors for**

**Asics Gel Resolution 6's:**



*We match or beat internet prices and if we don't have your size in stock, we can have it ordered within two business days. - Aces Tennis*



# MEMBERSHIP

Welcome new members!

## DAVE AND DANA BOLTON

Family Equity | Children: Marcus, Joseph and Sean

## KRISTIN GIBSON

Single Equity



## SEAN AND MELANIE LUDICK

Family Equity | Children: Chavonne



## NICHOLAS CHESEMORE

Junior Membership



## PETER GRIFF

Junior Membership



*Good luck and well wishes to our resigning members. We will miss you!*

*Ryan Ching and Yodae Lim*

# MASSAGE

Dear Members,

The American Massage Therapy Association Magazine recently listed 25 reasons to get a massage. I chose the top 8 to share with you!

1. enhance exercise performance
2. reduce muscle tension
3. increase range of motion
4. manage low back pain
5. reduce pain of osteoarthritis
6. relieve stress
7. reduce anxiety
8. boost immunity



Be well,  
Freeman

## Freeman's Hours:

M	T	W	TH	F	S	SU
11 - 4	11 - 4	11 - 4	11 - 4	—	9 - 12	—



FREEMAN J. HELD  
*massage*

AT CENTRAL PARK TENNIS CLUB  
5820 125TH LANE NE  
KIRKLAND, WA 98033  
MOBILE: 425-765-0799  
[HTTP://FREEMAN.YOUCANBOOK.ME](http://freeman.youcanbook.me) Lic. #10868

*Purchase 3 one hour massages for \$150 at the front desk through winter.*

# ADVERTISING AND CLUB INFORMATION

Overlake Service, Inc dba



Dan & Denise Stumpf  
*Owners*  
dans@kirklandeastside.com

12676 NE 85th  
Kirkland, WA 98033  
Phone: 425.827.8686  
Fax: 425.828.3141

www.eastsideautomotive.com  
**"Your Complete Automotive Service Center"**

## CENTER COURT CAFÉ

### New in the kitchen!

New menu items will be popping up over the next few months!

This month's newest addition is...

Sweet potato quinoa, mushroom and kale salad along with a half BLTA on Dave's Killer Bread!



Please email our chef, Alivia, with questions or comments.

kitchen@centralparktennisclub.com