

Baseline Newsletter

April 2018



Happy Spring! I hope many of you were able to join in the fun at the annual Easter Egg hunt and even participated in some good natured April Fool's Day jokes.

It's no joke that today marks the beginning of the open enrollment period for any current members who want to change their membership to the new structure. The open enrollment period is April 1 - May 15 with any changes becoming effective on June 1. We will cap the number of members able to move to the new structure at 50 per year based on the lowest club membership level. Online forms are available for you to use (<https://www.surveymonkey.com/r/5RX6ZH6>). Unless you are interested in moving your current membership into the new equity membership structure, no action is needed on your part. If you have any questions, please contact Julie Wheadon at (juliew@centralparktennisclub.com).

OTHER NEWS

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Mark your calendar for Thursday, April 5th at 7:00 - our Ad Hoc New Clubhouse Planning Committee Chair Matt Osborne will be hosting another informational meeting to provide an update on planning status and get your feedback. This is an important initiative and we want your thoughts and ideas. If you are unable to attend, please send any comments or questions you may have to: (memberfeedback@centralparktennisclub.com).

I'd like to thank Past President Jack Goldberg and the Nominating Committee for its work in developing a great slate of candidates for the 2018-2019 Board of Directors. We have six excellent candidates and the general membership will vote later this spring to elect three members for a three year term. Read more about the candidates on page 4. The new Board members will be announced at our Annual Meeting to be held on Wednesday, June 20th. At that meeting, we will also have a brief ceremony to celebrate placing Neil Roberts' name on the tennis building housing courts 9 - 12. No longer will we have to refer to it as the "new" building. Please don't miss this event.

Hope to see you at the Club soon,
Dundeana Doyle
Club President



President
Dundeana Doyle

APRIL

Important Dates

Sunday, April 1	Happy Easter
Thursday, April 5	Open Membership Meeting - 7pm
Friday, April 6	Cup Appeal Forms Due
Sunday, April 8	Last day of Early Spring Junior Team
Monday, April 9	Cup Committee Meeting - 1pm
Monday, April 9	Tennis Committee Meeting - 6pm
Monday, April 9-15	No Junior Team
Tuesday, April 10	Gold/Silver Jr. Tournament - 1-4pm
Wednesday, April 11	Bronze/Green Jr. Tournament - 1-4pm
Wednesday, April 11	Registration Deadline for Spring Junior Team
Wednesday, April 11	Sign ups available for next session of Women's Team
Friday, April 13	Mix Up Friday Night – Brats & Beer – 5:30 pm
Monday, April 16	First Day of Spring Junior Team
Monday, April 16	Membership Committee Meeting - 5:30 pm
Tuesday, April 17	Facilities Committee Meeting - 4:30 pm
Wednesday, April 18	Finance Committee Meeting - 6:00 pm
Wednesday, April 25	Board Meeting - 6:00 pm
Tuesday, May 1	USTA Team Registration Deadline (Mixed 40+ & 55+)
Wednesday, May 2	Women's Cup Application Deadline
Saturday, May 5	Mix Up Saturday Night - 4:00 pm
Saturday, May 5	Happy Cinco De Mayo



DON'T MISS THIS

Mix Up Friday Night
Brats & Brews
Tennis: 5:30 pm
Dinner, Beer Tasting and Social: 7:00 pm
Beer Tasting from 10 Barrel Brewing
Dinner Catered by Design Perfect Catering
Cost: \$26pp



MANAGER'S MISCELLANY

Spring has sprung!

The Easter Egg hunt was a great success! Laurie behind the scenes and Blakeley and our Easter bunny (Mina) had good weather and a great turnout!



And now it is almost summer time! Samantha, Dea, Blakeley and Ethan have been putting in the work for a great summer camp offering this year. Along with the help of Nick Gerth we will be offering swim activities for the Stars levels. 5 of the 7 weeks will be filled with fun and games, and good weather too, right? The signup sheet can be found on our website <http://cdn.cybergolf.com/images/1085/CPTC-Summer-Camps-2018.pdf>. Right now we have it available in paper form – later this month we are hoping to add online availability too. At the same time we are accepting sign up for the Spring session of Junior team -April 16 through May 20. That can be found here [http://cdn.cybergolf.com/images/1085/JrsignupSpring2018\(1\).pdf](http://cdn.cybergolf.com/images/1085/JrsignupSpring2018(1).pdf).

Speaking of online availability – we have been adding numerous things to our website. Have a maintenance, facilities or amenities request? You can find it here: <http://centralparktennisclub.com/club-suggestions>.

Interested in applying to switch your Equity Dues structure, you can apply here <https://www.surveymonkey.com/r/5RX6ZH6> or ask the front desk for a paper form to fill out as well.

We are also in the process of getting your feedback regarding cardio equipment in the fitness court. Missed that survey? Here is the link (<https://www.surveymonkey.com/r/SYKJVXK>).

For those staying in town over Spring Break, the Tennis Staff will be hosting mini-tournaments for the kids. Tuesday, April 10 – Silver and Gold will play from 1-4 pm with Wednesday, April 11 Bronze and Green taking the court from 1-4.

If you are here Friday, April 13 – Laurie and Phil are hosting a Mix Up themed Brats and Brew event. Tennis from 5:30 to 7 pm followed by a dinner catered by Design Perfect and beer tastings provided by 10 Barrel Brewing. Sign up now – spots are going fast!

GAMETIME:

The Waitlist

- Don't forget to set your expiration time for how much notice you need to be contacted before the court time begins. If you know you need two hours to get your game set up before the court – you can enter that. If someone late cancels and you get the court within a 1 hour time frame- we assume you will be here.

Gametime has notified of a few strange glitches this last month, please notify us if you are seeing any issues.

And good luck to our 3 teams advancing to the 40+ playoffs April 20-22.

3.5 Men Paulson (playing at Mercer Island Country Club)

3.5 Women Greenlaw and 4.0 Keogh (playing at Boeing Employees Tennis Center)

Bring on the sun!
Julie Wheadon
Club Manager

COMMITTEE REPORTS

NOMINATING COMMITTEE - CHAIR JACK GOLDBERG

The Nominating Committee has completed their work in selecting members who are willing to serve on the Board. Jack Goldberg chaired the Committee comprised of Kerry Levine (current board member), Anne Glenny, Molly Lammers, Jim Muenz and Tad Rolfe. The candidates for election to the Board are Carol Buckingham, Anne Glenny, Nancy Goldberg, Oliver Graves, Ross Laursen and Kent Lundgren. Thank you to the Committee for their work and to the candidates willing to serve.

Election Process

Nominations will remain open to petition candidates for 25 days following date of publication. This can be accomplished by filing a petition signed by no less than 25 equity members with the Secretary of the Club, Dave Stafford. Ballots, with supporting biographical material and candidates' pictures, are mailed to membership no less than 20 days before our Annual Meeting in June, and no less than 40 days after date of publication of nominees' names.

The new Directors will be announced at the Annual Meeting of Central Park Tennis Club.

WELCOME NEW MEMBERS



COMMITTEE REPORTS

FACILITIES | CHAIR BRIAN DARROW

Hello again from the Facilities Committee.

We wrapped up a few maintenance projects including replacing the wood fence around the gravel parking lots, regrading of the gravel parking lot, and finishing the drainage retrofit north of the Reed Building.

You should see some minor remodel work being done in the lobby and kitchen areas to enhance food service options. Also, the doors from the lounge area to the patio should be replaced soon. Lastly, we are conducting a short online survey to get member feedback on fitness equipment upgrades. We would appreciate your input! Click the link to access the survey now (<https://www.surveymonkey.com/r/SYKJVXK>).

MEMBERSHIP | CHAIR CAROL BUCKINGHAM

Membership Committee is working on lots of fun events for the club this spring. We celebrated St. Patrick's Day with a mix-up on March 16th. There was some fun tennis, music by Neil Roberts and, of course yummy corned beef. And the annual club Easter Egg Hunt was on March 31st. On Friday, April 13th there will be a Brats and Beer Tasting mix-up starting at 5:30 pm. We are also working on scheduling a club Sounders Bus sometime in May and the Luau for late July. So many ways to enjoy spring at the club!!

FINANCE | CHAIR ROSS LAURSEN

February financials were again strong. Net income for the month was approximately \$12K. Through the first two months, net income for the year is just under \$17K. New membership has been particularly strong in recent months, with a waitlist now sitting at 48 strong. Tennis program income has also been strong in 2018. The Finance Committee will be focusing on a review of our general liability insurance renewal in advance of a May 1 renewal. We do not expect any large increase this year. Our annual tax year review and preparation is also beginning and will be topic in coming months. Projects around the club continue and the Finance Committee is monitoring associated expenses. Finally, the Finance Committee is beginning dialogue with the clubhouse planning committee with the objective of discussing the financial aspects of options going forward. If you have any questions regarding club finances, please don't hesitate reaching out to me.

TENNIS | NANCY GOLDBERG

A few friendly Spring reminders --

Outdoor courts

They can be reserved. In case rain causes a late cancel, the club takes that into consideration. If you want to move from an indoor court to an outdoor, please check with front desk first to make sure the court is actually open.

Parents on the court

If your child is a junior member and you are not a Club member, you are considered a guest if you are on the court. Guest fees apply, and you must be dressed in appropriate tennis attire.

Yelling and excessive noise

Please be considerate of your fellow members and keep voices to conversation level. Yelling and loud outbursts are poor tennis etiquette and are in violation of the Club's etiquette guidelines.

Leave no trace

As you exit the court, look around and make sure all cups and trash have been thrown away and all balls picked up. And if you use the ball machine, please use the sweeper to pick up the ball fuzz at the end of the court.

Thanks for making the Club a fun place to play tennis!

CUPS | LYNTA CARLSON

It's time to sign up for the 2018/2019 Cup Tennis Season. Every player that signs up by May 2nd is guaranteed a spot on a team.

The Cup Application email went out to all ladies at Central Park that included the revised Guidelines and the Appeal Form. Appeals need to be submitted by April 6th to be considered. And all reviews will be completed by April 11th.

As a reminder the Appeal form is only for 1) Those players that want to move up to the next level and have demonstrated success at current level (see form for requirements to move up) or 2) those players that want to stay at their same level but have below a 30% winning percentage. <http://www.centralparktennisclub.com/cups>

Any questions can be directed to me or any Cup Committee representative.

MY THOUGHTS ON THE BNP PARIBAS OPEN

I always look forward to March and my yearly trip to Indian Wells, CA to watch the amazing male and female pros at work. The level of athleticism, work ethic, and focus continually surrounds us as we get to view them on the practice courts, on the grass workout field, and in their matches. It's wonderful to see so many of our Central Park members taking advantage of the opportunity to experience such elite players up close and personal.

One reason I try to go every year is to stay current on the modern game and to stay current in my profession. Each year I'm curious to assess and analyze the common denominator/s of the players. It's interesting to watch the techniques, tactics, footwork, mentality, and recent trends. They all were extremely fit, well coached in technique, extremely driven, and committed to their profession.

This year what stood out to me were two items that separated those who were more successful in match play.



1. Their decision making and problem solving skills.

- For some athletes, this is more of an instinctual ability. For others it is primarily learned.
- The decision on when to neutralize vs when to advance a point is key to consistent success in match play.
- Learning basic patterns and shot selection based on your skills and your opponent's style over time will become a habit. This makes match play much more interesting, increases your trust and confidence, and gives you ownership of your destiny.

2. Their ability to lift their game when under pressure.

- All successful athletes can go up a gear when needed. Their first serve and return percentage goes up without backing down on their power and accuracy goals. Their unforced error percentage decreases and their point play skills go on high alert. They read and react at a higher speed and seem to move more freely.
- There is a rhythm and beat to a match similar as in music. To stay on beat is the goal of the match, especially during critical times. The more successful players didn't let their emotions move them ahead of the beat or their nerves put them behind the beat. Their preparation, movement, and timing stayed in the middle of the beat. Tactically they were patient yet ready to go when the point opened up. They were also willing to neutralize and not rush when the point was getting away from them.
- As each of you continue to compete in your USTA seasons, focus on building your confidence and trust in your patterns, basic shot selection, choice of positions, and problem solving skills. Learn coping skills to get a handle on your nerves and emotions so you are more able to play near the beat during your matches especially at critical times. Remember, the mental and tactical development in your game is as important as your technical and physical development.

Enjoy the challenge of each match! Trust yourself to read, react, decide, and do!

Lisa Moldrem
Tennis Pro

Central Park Tennis Club

**SPRING
JUNIOR TEAM**

APRIL 16 - MAY 20

Registration Deadline: April 11, 2018

Current Session Ends: April 8, 2018



April Mini Tournaments

Tuesday, April 10- Gold/Silver 1-4 pm

Wednesday, April 11 – Bronze/Green 1-4 pm



Central Park Tennis Club
**TENNIS
SUMMER CAMPS**

WEEKLY CAMPS
JULY 9 - AUGUST 23

.....
Sign up today!

FITNESS COURT

It's Time to Take to the Trail!

JOIN us on this fun, recreationally paced ride from North Bend to Cle Elum, on the Iron Horse Trail! Grab a friend or two and let's do this!

Dates:

May 4-5th 2018

Sign up Deadline:

April 13th, 2018

Adventure #2

Saturday, June 16th: This is a team event so get some friends and create your team! We ride from the Redmond Watershed to the Tiger Mtn. Cable Line Trailhead. Hike up to the summit. First team up, wins!



More Fitness Fun on the Calendar!

SERVICES: Performance training //Health & Wellness Coaching//Small Group Training//Personal Training//Boot Camp am//Boot Camp pm//Fit'n'45.

COME JOIN US!! Have **FUN, LAUGH** with friends AND get **FIT2PLAY!**



How's your gut health? Did you know we have trillions of microorganisms that make up our intestinal microbiota? Keeping these guys happy and well fed can benefit our health and wellness. There are a lot of factors that influence the make-up of our personal microbiota, age, genetics to name a few, which means it is as unique as we are.

Continued on page 10.

Our gut bacteria help us digest fiber, affect our mood, help to produce hormones, help us manage our appetite as well as contribute to the health of our immune system. So, it is to our benefit we eat a healthy diet with plenty of anti inflammatory foods, keep stress levels down, try to limit the use of medications that are toxic to our gut health.

Some good Probiotic foods are kefir, yogurt (quality yogurt minus xtra added sugars) apple cider vinegar, miso and sauerkraut to name a few. Prebiotics are the food for Probiotics, after all they have to eat too! :) Some good sources of prebiotics are under-ripe bananas (a little green) raw onion and garlic to name a few.

The path to our health and wellness starts in our gut.

“Let your food be your medicine”

Hippocrates

Contact Vicki// vicki@thewellfitlife.com 425.822.2206 ext. 122

Contact Clay// clay@fit2playnw.com 425.822.2206 ext. 126



NOW YOU CAN CALL CPTC STAFF DIRECTLY

Staff Name	Department	Current Ext	Personal Number
Autumn Lewis	Member Services	147	425-947-7701
Jeff Eicher	Tennis pro	142	425-947-7702
Blakeley Bean - Tennis pro	Tennis pro	148	425-947-7703
Samantha Millard	Marketing	149	425-947-7704
Kathryn Osborne	Tennis pro	116	425-947-7706
Laura Lund	Billing	197	425-947-7707
Vicki Runnels	Fitness Pro	122	425-947-7708
Junior Team		NONE	425-947-7710
Julie Wheadon	Manager	111	425-947-7711
Kitchen	Kitchen	112	425-947-7712
Lisa Moldrem	Tennis pro	121	425-947-7713
Ethan Vaughn	Tennis pro	124	425-947-7714
Chad Smith	Tennis pro	125	425-947-7715
Clay Runnels	Fitness Pro	126	425-947-7716
Dea Sumantri	Tennis pro	117	425-947-7717
Vlad Radojevic	Maintenance	128	425-947-7718
Laurie Uhrich	Membership	119	425-947-7719
Phil Ansdell	Tennis pro	120	425-947-7720

MARCH MIX UP FRIDAY NIGHT



ANNUAL EASTER EGG HUNT



USTA TEAMS TO DATE

The USTA Team Registration Deadline for Mixed 40+ & 55+ is right around the corner (May 1). Below are the current to-date. If you are interested in playing on a team—please sign up on the sheet located at the front desk.

Teams to date: 40+

Mixed 9.0	Dundeana Doyle – dundeanaadoyle@gmail.com
Mixed 8.0	Dundeana Doyle - dundeanaadoyle@gmail.com
Mixed 8.0	Kim Skorupa – KimSkorupa@msn.com
Mixed 8.0	Bhanu Purohit – bhanu274@gmail.com
Mixed 7.0	Leslie Bouton- bouton@md2.com
Mixed 7.0	Mary Czerwinski – marycz@microsoft.com

Teams to date: 55+

Mixed 8.0	Mara Ferrari – ferraritennis@comcast.net
Mixed 7.0	Mary Czerwinski – marycz@microsoft.com
Mixed 7.0	Maria Borgen – scborgen@me.com

USTA PLAYOFF TEAMS

Congratulations to our CPTC Teams advancing to PLAYOFFS!

3.5 Men - Team Paulson: Shu Chen, Scott Mullet, Jack Goldberg, Dan Stumpf, Craig Neal, John Thekkethala, Walter Paulson, David Koh, Robb Glenn, Wiryanto Antono, John Iwanski, Michael Hull, Oliver Graves, Bill Skilton, Howard Behr, Marvin Mall, Asif Hussain, Christopher Kim.

3.5 Women - Team Greenlaw: Linda Greenlaw, Coreen Robbins, Janice Malos, Mary Van Zyl, Julie Fretwell, Karen Schmitz, Deb Nielsen, Maria Semak, Vera Tamayose, Barb Regan, Barbara O'Halloran, Dina Rogers, Sharon Farrell, Cindy Zens, Hong Xu, Renee Bibeault, Kathleen Rae.

4.0 Women - Team Keogh: Paula Ridolfi, Gillen Keogh, Kimberly Skorupa, Carol Lelivelt, Mei McRae, Cheryl Leidle, Merrie Vieco, Mistie Iseman, Ronni Fields, Carolyn Tanksley, Beth Hom, Andrea Gerth, Shauna Miller, Susan Hunt, Joy Roush, Sharon Saw, Cathy Long, Margaret Zimmerman, Linda Baker, Ann Harrang, Paula Parker, Holly Yang, Lori Aagard, Deborah Murray.



HAVE YOU GIVEN YOUR INPUT YET?

The Facilities Committee is looking for member input regarding cardio equipment use and needs before we proceed to purchase any new cardio pieces this year. Thank you for taking the time, it will really help us select the equipment that will be the best fit for the membership at large. Use this link to let your voice be heard: <https://www.surveymonkey.com/r/SYKJVXK>.

MASSAGE

Hello Members,

Yeah we made it through the dark Winter and now we have the newness of Spring. I continue to study Sports Massage for your benefit. Come and experience these exciting new techniques on the following dates:

Wednesday	April 11	5pm-9pm
Saturday	April 14	10am-2pm
Saturday	April 21	11am-3pm
Wednesday	April 25	5pm-9pm

Book your next massage online!
<https://freeman.youcanbook.me>

Happy to serve you,
 Freeman



ADVERTISING

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 KIRKLAND, WASHINGTON 98033
PHONE (425) 881-9333
WES@NOMIDDS.COM



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13203 NE SPRING BLVD, BELLEVUE, WA 98005
 (INSIDE BELLEVUE TENNIS ACADEMY)
 425.829.6679



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