

Central Park - The Tennis Players Club

Baseline Newsletter

April 2019

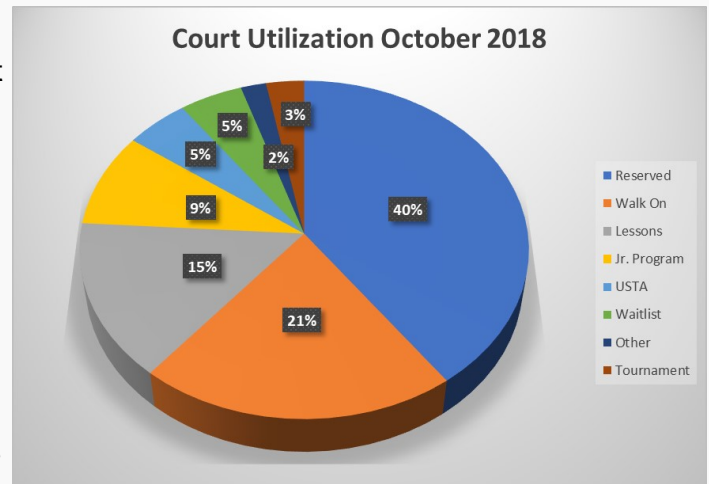


OTHER NEWS

- 2.....Important Dates
- 2.....New Members
- 3.....Manager Miscellany
- 4.....Committee Reports
- 5.....Open Enrollment/Camps
- 6-7.....Fitness Court
- 7.....April Events
- 8-9.....Massage / Advertising

Welcome to spring. Luckily, March brought better weather that allowed for some outdoor play. Hopefully, we will get some sunny days in April so we can continue. While some really want to get outside and play, this is the time of year that the pine trees start to drop their pollen so court conditions can be slippery. If you are using the outdoor courts, please be cautious as we will wait for the majority of the pollen to fall before cleaning off the outdoor courts.

I would like to talk a bit about our court utilization. If you only play at certain times of the day, the courts may always seem to be filled. In fact, court utilization is at 79% of capacity on average. The chart to the right shows how the courts are used. The majority of the courts are reserved and walk-on 61%. Lessons and Jr. Programs make up an additional 21%. The most court reservations occur at 8:30am, 10:00am, 11:30am, 4:00pm, 5:30pm, and 7:00pm. If your schedule is flexible there are generally courts available outside of these times for walk on and reserve.



We will have the USC Women's team here for a practice session on April 10 from 4-6pm. It is a great opportunity to see some talented players up close. They will be taking on the Huskies on Friday, April 12.

We had a Property Condition Assessment performed on the facility at the end of 2018. The report showed no unknown issues with our facility and provided a framework for our facilities committee to utilize as a working tool to plan and prepare for future maintenance.

At our next Board Meeting, we will be reviewing all of the work that the new clubhouse committee has completed. Matt Osborne and his committee worked very hard to understand costs with a new clubhouse and other options for remodel. This work, coupled with a financial analysis of how the club would be able to pay for a new building and the property condition assessment will be the tools we use to determine what next steps will be taken in this journey.

Continued on page 2.



**President
Kim Skorupa**

PRESIDENT'S LETTER CONTINUED

We've also discussed sending out a member satisfaction survey. This is your opportunity to give feedback to the club. More information in April. My mailbox is always open for feedback but this is a more formal venue to get your input and help our committees drive their activities based on your feedback.

April will bring a Easter Egg Hunt on April 20. This annual event is a hit with our little ones!! There will be another Parent Workshop on Tuesday, April 23 presented by Dea Sumantri – Preparing for tournament play. On April 27 & 28, we will hold our 2nd Annual Tennis Clothing/Gear Sale with 100% of the proceeds going to HopeLink.

Have a great April, I look forward to seeing you on the courts or around the club!!

Kim Skorupa | Club President



APRIL Important Dates



Monday, April 1
Monday, April 8
Monday, April 8
Monday, April 8
Monday, April 8-14
Wednesday, April 10
Monday, April 15
Tuesday, April 16
Wednesday, April 17
Thursday, April 18
Saturday, April 20
Sunday, April 21
Tuesday, April 23
Friday, April 26
Friday, April 26
Saturday, April 27-28
Tuesday, April 30

Membership Committee Meeting - 5:30 pm
Cup Appeal Forms Due
CUP Committee Meeting - 1:00 pm
Tennis Committee Meeting - 6:00 pm
No Junior Team or Junior Match Play
Spring Junior Team - Registration Deadline
1st Day of Spring Junior Team
Facilities Committee Meeting - 4:30 pm
Finance Committee Meeting - 6:00 pm
Board Meeting - 5:30 pm
Easter Egg Hunt - 10am
Happy Easter
Parent Workshop w/ Coach Dea - 6:00 pm
2019-2020 CUP Application Deadline
Late Spring Junior Team Sign-ups Available
CPTC Clothing / Gear Sale for Charity
Junior Camp Early Registration - Discount Deadline



SPRING JUNIOR TEAM

Registration NOW OPEN!
Session: April 15 - May 19
Registration Deadline: April 10

WELCOME NEW MEMBERS & FAREWELL TO THOSE RESIGNING

New Equity Members

Scott & Wendy Reynolds
Matt Rainey

Resigning

Jenny Schell
Jason Scovil

MANAGER'S MISCELLANY

Spring has sprung!

Is it safe to say we will not see the snow again for quite some time? I hope so! It's hard to believe the beautiful weather we have seen over the last few weeks when we were working to dig out of snowmageddon just over a month ago!

Besides the weather, the longer daylight and spring blooms - we have a lot going on this month to help jumpstart the season.

Open Enrollment starts today if you are 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.

A new junior team session begins April 15 <http://cdn.cybergolf.com/images/1085/JrsignupSpring2019.pdf> and the summer junior program information is also available. <http://cdn.cybergolf.com/images/1085/camp-2019---final.pdf>

All three of these items are available on the club website under member log in. Forgot your login information? USER NAME = Membership Number and PASSWORD = Your Last Name.

Once you log in – look around. We have contact information for all of our Committees, and ways to make program, maintenance, facilities or amenities requests. You can find it here. <http://centralparktennisclub.com/-club-suggestions>

Don't forget the Annual Easter Egg Hunt set for Saturday, April 20 at 10am sharp!

Congratulations to our awesome tennis staff – Chad is off to the USPTA National Convention in Florida – representing the PNW as its President. Dea was just invited to attend and train to become a USTA National Coach Developer. Ethan just completed his USPTA certification as an Elite Tennis Professional. Their dedication to their craft and our Club are something to be proud of for sure!

GAMETIME TIP:

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.

Bring on the sun!

Julie Wheadon - Club Manager



EARLY SPRING - JUNIOR TEAM AWARDS

	Most Improved	Player of the Session
Red Stars	Jaeguen Yoon	Morgan Labbe
Orange Stars	Kodiak Nelson	Katayla Chen
Green Stars	Mina Suzuki	Darcy Edwards
Bronze	Burch Sainsbury-Carter	Joey Bolton
Silver	Mariana Combariza	Kimi Price
Gold	Mina Jamshidpour	Daniel Malacek

COMMITTEE REPORTS

TENNIS | CHAIR CHRISTINE GARNETT

Among the issues that the tennis committee considers are requests to add non-members to help captains round out their teams. Given the overwhelming number of petitions we are evaluating, the committee is undertaking a review of our current policies to find reasonable accommodation for our USTA teams. Stay tuned. We have also approved court usage for the Jubilee Reach event for the last week in June, a nonprofit charity that supports underprivileged children in partnership with the Bellevue Club. This is a mixed social event and all are welcome. Lastly, in April, the committee will hold a monthly contest - Tennis Ace - to test your tennis acumen on the court as well as rules and regulations. Watch the front desk to play.

MEMBERSHIP | CHAIRS BRAD BENNETT & ANNE GLENNY

We celebrated the Luck of the Irish in March with our St. Patrick's Day social. Lots of green, corned beef, shepherd's pie, and an Irish dancer for entertainment. Thank you to everyone who participated in the fun. April will bring the Easter Bunny to Central Park with our annual egg hunt, and in May we celebrate Cinco de Mayo.

Saturday 4/27 will begin our Second Annual Tennis Clothing / Gear Sale for Charity. All proceeds will support Hopelink. We are now taking donations. Look for the big bin in the lobby. New & gently used racquets, clothes, bags, shoes are all accepted. Clean out your closets, drawers, cars, tennis bags etc. and help us contribute to our community.

Speaking of our community, Central Park is fortunate to help Guide Dogs of Bellevue host their monthly meetings at our club. The first meeting was held on 3/24 in the lower rec room. The dogs will all be wearing their vests to identify them as dogs in training, and each dog will have a trainer. As a reminder we are providing a community service. There has been no change in policy regarding dogs on our campus. Dogs are not allowed at Central Park.

Our full equity membership waitlist continues to be strong at 54. It's a tribute to our club that so many people are willing to wait 8-9 months to join our club!

Get out and enjoy the beautiful weather we have been having!

FINANCE | CHAIR ROSS LAURSEN

The Finance Committee conducted its normal business in March. We received the manager's financial report along with February financials. Capital Fund expenditures, dating back to October, were reviewed against estimates established during the budgeting process. There were no surprises or big misses. The recent snow storm had an impact on several income and expense lines of our February P&L, but I'm happy to report net income was ahead of budget for the period. Lastly within the manager's report, we reviewed the prior year club insurance policy premiums. The committee will be reviewing insurance renewal options and making a recommendation to the Board in April in advance of our May 1 renewal date. In old business, we reviewed the current loan status and the investment return on the Capital Fund. Regarding the latter, we established a plan and expect to make a recommendation to the Board in April to boost our rate of return (without taking on additional investment risk). I'm always game for a numbers discussion if you see me around the club.

FACILITIES | CHAIR BRIAN DARROW

The Facilities Committee is happy to report we have completed a few projects over the last month. The Pros' Office remodel is complete and the Pros are very happy with the outcome. Also, the roof leak between Courts 3 and 4 has been fixed (just in time for those spring showers).

We are also working on some other projects including looking at fixing the cracks in the asphalt on Court 16 and working on a permanent fix with the lighting manufacturer for the ongoing court lighting failures in the tennis buildings. Lastly, we have purchased a maintenance lift for the Club so we can perform more proactive maintenance at CPTC and keep it in tip-top shape.

Please let us know if there is anything else needing the Facility Committee's attention. Thank you!

CUPS | CHAIR ELIZABETH GRAVES

Planning for the 2019-2020 season has begun. The deadline for current (2018-2019) players to appeal their Cup level is April 8. The deadline to apply (sign up) for next season is April 26. Appeal and Application forms are available at the Front Desk and on our website. All ladies at CPTC are encouraged to play! If you have any questions about Cup tennis, you can contact Cup Committee chair Elizabeth Graves at elizabeth-graves@outlook.com.

OPEN ENROLLMENT - STARTS TODAY!

EQUITY MEMBERSHIP

OPEN ENROLLMENT



April 1 - May 15, 2019

The Club is holding an “Open Enrollment” period from April 1 – May 15 when current members can opt into the New Equity structure, with a June 1 effective date. We will cap the number of members able to move to 50 per year based on the lowest club membership number. On-line forms are available here <https://www.surveymonkey.com/r/5RX6ZH6> so that those of you interested in changing can do so during the open enrollment period.

In the meantime, if you have any questions, please review the pertinent information on our [website](#) or contact [Julie Wheadon](#).

SUMMER CAMP - REGISTRATION NOW OPEN!

Whether you join us for a day, a week or all summer long - Central Park Tennis Club is here for you! Our summer camp is a one-stop shop for junior players who are looking to improve their tennis game exponentially while having a blast with our awesome coaches and staff!

Our developmental curriculum provides individual attention so that players gain fundamental skills and develop the ability to think strategically while building match intelligence and confidence. Fitness, agility, and mental toughness will be included throughout the weekly camp.

Space is limited and we are offering Early Bird discounts for players who signup before April 30th.

What are you waiting for? Sign up now!!!

Registration forms are available at the front desk and on our website.

CENTRAL PARK TENNIS CLUB

TENNIS SUMMER CAMPS '19

WEEKLY CAMPS
JUNE 24 - AUGUST 15, 2019

EARLY REGISTRATION SPECIAL
Register by 4/30 & receive
\$50 off the weekly rate for full day camps &
\$25 off the weekly rate for 1/2 day camps!

LIMITED SPACE AVAILABLE
REGISTER TODAY!

FITNESS COURT

July 21-22nd Mt Rainier - Hike the Muir snow field! Make the trek from Paradise to Camp Muir for spectacular views of Mount Adams, Mount St. Helens, Mount Hood and of course massive Mount Rainier. The glaciers, volcanic rock and summit will amaze you. Starting at Paradise Lodge, (5400' elevation) the 4.5 mile hike will take us up the Muir Snow Field to the climbers bivouac, Camp Muir, (10,000' elevation). After soaking in the views and lunch we'll begin our descent.

September 26-28th The Grand Canyon - Hike rim to rim in one day! Start on the North Rim, taking the North Kaibab Trail down to Phantom Ranch for lunch and some of their famous lemonade! Then, cross the Colorado and make the trip up the Bright Angel Trail. We will finish off with a celebratory beverage, and head off to our lodging and a well-deserved dinner.

Contact us today for more information about the trips listed above:
clay@fit2playnw.com or 206.595.3021. Mt St. Helens and White Rim Trail trips are full!



How's your mindset and why does it matter?

So much of health is all about habits and actions, but where do these all stem from? What if we don't have to make as many changes as we think we do? What if there was one powerful thing that makes a huge difference? That thing is mindset. Mindset is sometimes called "the story we tell ourselves." It's our attitude toward things in our life. And we have control over our mindset. A quick story about a fascinating study. Researchers at Stanford University looked at a bunch of people's health and wellness lifestyle habits, as well as health markers. What they found was that the people who thought they were a lot less active had a higher risk of death than the general public. And, they also had up to 71% higher risk of death than people who thought they were more active. Even if they weren't less active! How is this even possible? There are a couple of ideas why. One is that maybe if we feel like we're less active, it may make us feel more stressed. And stress isn't good for our mental or physical health. Second, there may be a bit of a mind-body connection where the body embodies what the mind visualizes. Researchers don't know why, but what matters is that there is a good mindset. So, let me give you a couple of strategies to boost your mindset for health.

Health mindset strategy 1 - Aim for good enough.

Almost no one eats perfectly seven days a week. It's inevitable that obsessing over the quality and quantity of everything we eat, or drink isn't necessarily a great mindset to have. It can bring on bingeing, shame, and guilt - none of these are great ways to get healthy. We want to get healthier by making better choices and building better habits. And these are usually best done incrementally - one step at a time. So, instead of having a black and white approach where everything is good or bad, why not try aiming for good enough to empower ourselves to make better choices, instead of perfect choices.

Health mindset strategy 2 - Stop making tradeoffs

When you try to earn a gluttonous weekend by eating "clean" during the week, you're making a tradeoff. You're telling yourself that, if you're good most of the week, you can go wild on the weekend. And that's not awesome because the mindset is jumping from one extreme to the other. You're controlling what you do all week, and possibly thinking about how to indulge over the weekend. Just live as though you're trying to do well every single day. Like you care about your health and wellness. You're doing your best, and that's good enough.

Conclusion

Mindset for health can be a powerful tool for better physical health. There's a proven mind-body connection that research can measure. Thinking positively and dropping the black/white and good/bad labels, can help you reach your health goals. How is your mindset for health? Which of these tips resonate with you the most? How are you going to implement them in your life? Ready to move forward with your health and fitness goals? Contact Vicki: vicki@thewellfitlife.com.

"If you change the way you look at things, the things you look at change" Wayne Dyer

ADVANCING TO SECTIONALS!

Congratulations to our two 40 & Over USTA Teams advancing to Sectionals in Portland, Oregon August 23-25, 2019.

Pictured to the right: CPTC 4.0 Women's Wildcard Winners: Back row from left to right: Linda Baker, Anna Laricheva, Carolyn Tanksley, Michelle Neal, Laura Laun, Andrea Gerth, Nadine Ramstead, Anna Duff. Front Row Left to right: Deb Murray, Kim Skorupa, Holly Yang, Helen Chiang, Camille Lamoureux, Kim Stein, Donna Massoth, Carly Oberg. Not pictured: Genevieve Warren, Susan Fascitelli, Kristen Morrison, Merrie Vieco.



CPTC 2.5 Women's Wildcard Winners

Team Roster: Annie Ottesen, Merle Lakoumentas, Joyce Ismon, Amy Wang, Lin Han, Emily Christensen, Vera Choi, Dana Cocalas and Susan Bergeson.

WOMEN'S CUP TENNIS - SIGN UPS HAPPENING NOW!

Ladies! If you are interested in fun, social, competitive at like-level tennis, and have daytime availability, then Cup tennis is for you. The Seattle Area Cup Tennis league is a daytime league with multiple levels and CPTC fields teams at all levels. It's lots of fun and a great way to get to know fellow members of the Club. So grab a partner and sign up here <http://centralparktennisclub.com/-cups>. Applications (a.k.a. sign-ups) are happening now for the 2019-2020 Cup season. If you don't have a partner, need help with finding one, or have questions about which level to sign up for, contact tennis pros Lisa Moldrem or Chad Smith. If you have general questions about Cup tennis, contact Cup Committee chair Elizabeth Graves: elizabethlgraves@outlook.com or Club Manager Julie Wheadon.

UPCOMING EVENTS

Thank you to all of our wonderful members who donated their new and gently used tennis clothing & gear for our annual sale for charity.

This year 100% of the proceeds will go to benefit HopeLink - a local non-profit providing stability and helping people gain the skills and knowledge they need to exit poverty for good.

All donated clothing / gear will be for sale in the Board Room on April 27 from 11-4pm and April 28 from 12-4pm. Please contact Traci Lynch at tracimail33@gmail.com if you have questions.



- 2nd Annual -
TENNIS CLOTHING / GEAR
SALE FOR CHARITY

UW MEN'S TENNIS - CLUB OUTING



MASSAGE

It's her day
and your day to say "I love You"
Make her feel special
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front desk.

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Freeman

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