

Baseline Newsletter

August 2018



August is here, and we approach our last full month of summer. July was busy with the Washington State Advanced Junior Tournament July 13 to July 15. We had many of our junior members participate in this event. This event is a great way to showcase our beautiful club and allow our younger members a home tournament. Thanks for your patience during this event. Thank you to our staff and our pros for putting on a successful tournament!

We also hosted our third annual Luau on July 28. An afternoon of mix-up tennis followed by some great food and a pro exhibition match. We had over sixty people participating in the tennis and over eighty attend the party and exhibition after.

This month we will be repaving and restriping our parking lot. Entrance to the club will be modified during this time. Thank you for your patience.

Committees will be starting up in September. If you have not served on a committee before, please consider signing up and participating. The Tennis committee needs a representation of all types of players. We want to see everyone represented so that when issues are discussed, all perspectives can be provided. Finance, Membership and Facilities are all looking for members. Your commitment is one meeting per month and you will have the opportunity to meet other members and learn more about how the club operates.

When I think about what I love about the club, it's the sense of family I get when I walk in the door. I have made some amazing friendships in the 15 years I've been a member. I have always been involved in club activities, volunteered on committees, captained teams, participated in club events, volunteered at club tournament desks, etc. This involvement has been very rewarding and enriching for me personally. I like to embrace a couple of phrases when I think about how to get things done when asking for volunteers. First, good ideas come from everywhere – we just need to be open to them. Second, work with the willing. So if you see me around the club or if you send me an idea, I am totally open to hearing your ideas but I am going to ask for your help if we want to try to implement a solution.

Kim Skorupa - Club President



President
Kim Skorupa

OTHER NEWS

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AUGUST

Important Dates

Tuesday, July 31 - August 5
Tuesday, August 7
Wednesday, August 8-9
Monday, August 13
Wednesday, August 22
Thursday, August 23

WA State Open & Seniors Tournament at STC
Women's Night Doubles - 7:00 pm
Summer Team Challenge - 5:30 pm
Fall Junior Program Sign Ups Start
Board Meeting - 5:30 pm
Last day of Summer Camps

Save the Date - CP Club Championships - September 27 - October 7, 2018

USTA TEAMS TO DATE

Adult 55+

Women's

9.0 Dundeeana Doyle
8.0 Beth Hom
8.0 Margaret Zimmerman
7.0 Maria Borgen
7.0 Mary Czerwinski
7.0 Christine Garnett
6.0 Lynda Carlson
6.0 Twyla Baird

Men's

9.0 Wayne Lim
8.0 Wei Antono
7.0 Bill Skilton
6.0 Mark Greenlaw

Mixed 18+

10.0 Kathryn Osborne
9.0 Liz Gorey
8.0 Kim Skorupa
8.0 Mea McRae
8.0 Bhanu Purohit
7.0 Dan Doyle
7.0 Lisa Bouton
7.0 Oliver Graves
6.0 Colleen Grobstok

Women's 40+

5.0 Kris Gibson (special time - not on regular schedule. For 5.0's only)

Looking for more players:

[Maria Borgen](#) - Women's 55+ 7.0 team needs a few more 3.0 women
[Wiryanto Antono](#) - Men's 55+ 8.0 team is in need of a few more 4.5 men



WELCOME NEW MEMBERS

New Equity Members

Karin Keith & Marcelo Prieto - Family

Leaving but returning:

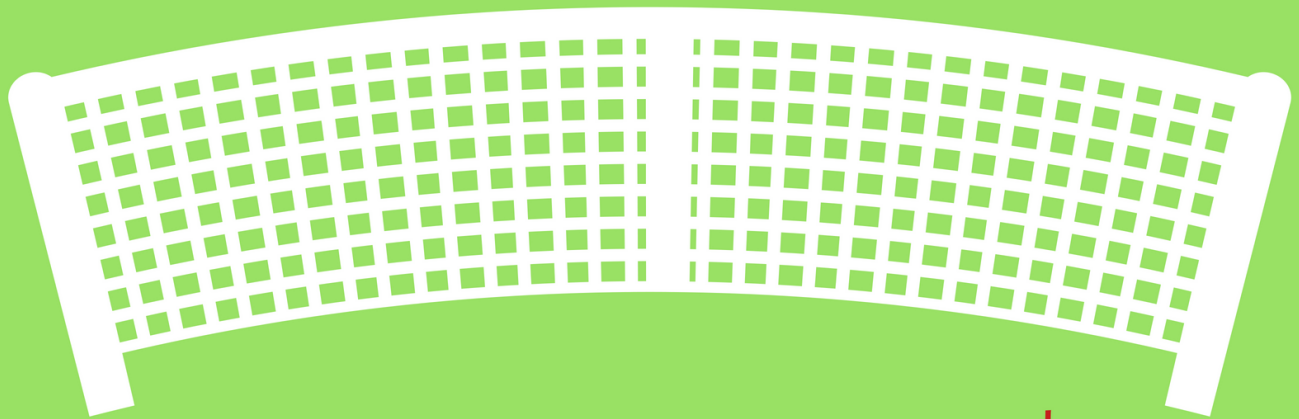
Katie & Dean Tarabochia - Switching to Seasonal

New Seasonal & Junior Members

Ryan Wu - Junior

SUMMER TEAM CHALLENGE

August 8-9, 2018



Let the battle begin!

7 Pros. 4 Teams. 2 Epic Nights.

**Sign Up
TODAY!**

BLAKELEY

CHAD

PHIL

LISA

DEA

JEFF

ETHAN



MANAGER'S MISCELLANY

Typical PNW - 4th of July passes and we get the summer weather in full force. I hope all of you have survived our summer heat with a lot of tennis and enough outdoor activities to keep you satisfied when the clouds and the rain return in the fall. Hard to believe that is right around the corner. Hopefully our sunshine sticks with us for those long Indian summers we always wish for, keeping outdoor tennis alive a bit longer.



With the good weather it seems more of you have taken vacations this year. The summer junior camps have been running a little low in participation and we are also competing with so many other types of camps being offered. We have also seen more courts available meaning more courts to walk on or play longer. Please remember that the front desk needs to know which court you are walking on to. Not only does it help when others are asking for open courts, but it is also a liability issue if we have an emergency and need to find you. If they are off doing towels and you can't check in with them, please call from the court so they know you are on site.

Thanks to Chad and the Tennis Staff for running the Washington State Junior Advanced Tournament in July. With over 188 participants this year, we were fortunate to have good weather and be able to end by closing time each day. The hot weather did affect some of our consolation matches but all and all, a great turnout with great results from many of our members. See some of the winners' photos on page 6 & 7 of this newsletter.

The Summer Luau had quite the turnout. Laurie and the Membership Committee went all out providing warm weather, fun tennis and delicious food. Thanks to everyone that participated and made our annual event one to remember. So great to see some new faces participating and experiencing a different side of summer at CPTC.

We are looking forward to another annual tennis event, the Summer Team Challenge. Sign up today! A great chance to mingle with your Pros and meet some new people!

And good luck to our members playing in the Washington State Open at STC!

PS. August lifeguarded pool hours are 11-8 pm.

Interested in having an event at CPTC - check out our [website](#) for more information & the required form.

See you here!

Julie Wheadon
Club Manager

COMMITTEE REPORTS

We have posted the Committee sign-ups at the front desk and will begin our next session in September. It takes support and involvement from our members to keep this Club and community top notch. I hope you consider joining us. I'd be happy to answer any questions you might have about serving on a committee, contact me anytime. juliew@centralparktennisclub.com.

JOIN A COMMITTEE

»»»»»»»»»»»»»»»» **TODAY** ««««««««««««««««

Help shape our club for tomorrow!

Overview of Committees:

Facilities – The primary mission of this Committee is to ensure the club maintains a facility that is safe, comfortable, attractive and supportive of the needs of our members.

Finance - The mission of the Finance Committee is to monitor the current and long range financial soundness of CPTC consistent with the Club's objectives of providing the membership with the highest quality facilities and services possible, at reasonable levels of dues and assessments. As requested by the Board, it shall assess the financial soundness and feasibility of proposals requiring an expenditure of funds.

Membership -The Membership Committee welcomes new members and hosts member social events. They also work at marketing the club to attract new members and review membership fees and pricing structures making recommendations to the Board.

Tennis - The Tennis Committee promotes and regulates the use of the tennis facilities to provide an equitable system for member play, a high quality facility, a professional teaching program and an organized tennis activity for every member.

Cups - To work with the SACT in providing social fun and competitive tennis for CPTC women in the local Seattle area. Review guidelines and oversee team sign-up or issues that may arise from Cup tennis.

PRO'S COURT

Congratulations to all of our Juniors who competed in this year's 2018 Washington State ADVANCED Junior Tournament! We are so proud of each & every one of you as well as those that participate in our junior program! Below is a list of all of our juniors who competed.

John Kim
 Leo Yang
 Amar Kumar
 Isaiah Leong
 Zachary Tran
 Nabih Farhat
 Aymann Hussain
 Justin Lin
 Ethan Zou
 Nathaniel Cha
 Daniel Kim
 David Liang
 Atharv Vasisht
 Amil George
 Noah Leong
 Ryan Wu
 Alan Babadzhanov
 Brett Pearson
 Samaksh Bharadwaj
 Josh Chou
 Bridgette Angier
 Annaliese Angier
 Olivia Sun
 Mathew Zou
 Amol Koli

Cameron Yang
 Jason Edmonds
 Joshua Kim
 Shubhu Purohit
 Josh Davydov
 Charlie Suh
 Bianca Popa
 Victoria Shao
 Katherine Cha
 Kaitlyn Ye
 Ellie Gershaw
 Emily Liu
 Kriti Sharma
 Meagan Pearson
 Adeline Eklund
 Sylvia Eklund
 Kate Parsons
 Valerie Glzman
 Celia Steinhauer
 Charlize Yeh
 Daphne Chau
 Amber Edmonds
 Thalia Tsai
 Dora Varsa
 Kylie Choi



Additional tournament photos are on page 7.

LATE SPRING JUNIOR TEAM AWARDS

	Most Improved	Player of the Session
Gold	Ethan Golik	Ailee Yoshida
Silver	Erik Laursen	Melody Wang
Bronze	Daniel Domingos	Kyler Bui
Green Stars	Peter Le	Ivan Dong
Orange Stars	Reagan/Eljin Smith	Ariana Moinzadeh
Red Stars	Katelyn Chen	Emma Flynn

WA STATE JUNIOR ADVANCED TOURNAMENT



2018 Washington State Junior
ADVANCED Tournament winners.

SUMMER LUAU



SUMMER LUAU



FITNESS COURT

Summer is in full swing but it's never too late to start working on your core! It's time to get outside and play! One thing that will make all those activities easier and maybe more enjoyable is a STRONG CORE! A what? And how will that make a difference?

Having a strong core, from the shoulders down to your hips, will help you generate more power, be more stable, help with back pain and even help you stand taller!

It doesn't matter what sport or activity you enjoy, having a strong core is important if you want to get the most out of what you do. But, regardless of any activity having a strong core may make day to day activities more enjoyable and maybe less painful, which is a good thing, right?

So, if you are a runner you may want to check out this article from Runners World. Having a strong core will help you run more efficiently and faster by strengthening the muscles used as you push off and may even help eliminate or lessen post running aches. <https://www.runtastic.com/blog/en/sports-fitness/top-6-core-exercises-you-should-be-doing-if-youre-a-runner/>



Maybe cycling is your thing, having a strong core will help with stability and generating a more powerful pedal stroke. Check out these core exercises and see what you think, you may find an old favorite or new go to! <http://www.bicycling.com/training/strength-training/how-to-train-the-most-important-core-muscles-for-cycling/slide/5>



AND, last but not least....you didn't think we would forget this one did ya? ;)



If you have been trying to improve your tennis and it's just not happening maybe it's time for some core activation. Having a strong core will help with your balance, stability, and help avoid overuse injuries, all good! Check out these exercises and see how you can fit them into your day, the nice thing is they can be done anywhere. OH, YEAH! <http://www.active.com/tennis/articles/7-core-exercises-every-tennis-player-should-do>

TENNIS PERFORMANCE TRAINING

Are You Ready to Take Your Game to the Next Level?

- Improve flexibility
- Improve agility
- Increase power
- Increase strength
- Build endurance

Clay is a CSCS (Certified Strength and Conditioning Specialist) and has been helping tennis players of all ages improve their game for over 20 years!

Contact Clay for info: clay@fit2playnw.com

**A STRONG CORE WILL
IMPROVE YOUR TECHNIQUE,
STRENGTH, AND STAMINA,
AND COMPLIMENT
EVERYTHING YOU DO.**

FITNESS COURT

Add some cross training to your schedule!

JOIN US for a great workout and have FUN at the same time!

- **Boot Camp//TTH@5:45-7 pm & MWTH@9-10 am**
- **Fitn'45//TH@12-12:45 pm**

Have friends with similar goals? Small group training has built in accountability, support, inspiration and affordability!

“It comes down to one simple thing: HOW BAD DO YOU WANT IT?”

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

Contact Clay// clay@fit2playnw.com 425.822.2203 ext 126

SERVICES: Performance Training for Kids and Adults//Health Coaching//Small Group Training//Personal Training//Boot Camp am//Boot Camp pm//Fit'n'45.



MXD CHAMPIONSHIPS

The MXD Championships were held July 6-8 where participants competed in 4 different levels (6.0, 7.0, 8.0 and Open). It was a mixed doubles tournament that raised \$20K for Alexander's Hope, a non-profit dedicated to spreading awareness for organ donation. In addition to the tournament there was a outdoor party which featured dinner, a pros exhibition, a hit for prizes event and silent auction, where all proceeds benefited Alexander's Hope.

Thank you to everyone who came out to compete and to support this wonderful charity.

Click here to learn more about this incredible non-profit saving lives.
<https://www.alexandershope.org/>

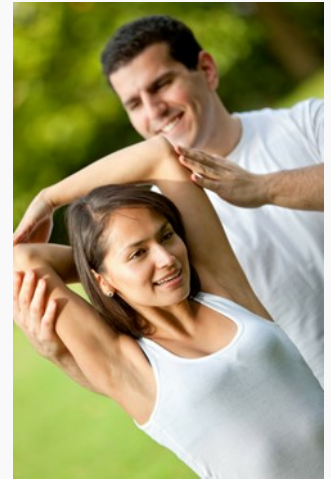


MASSAGE

Hello Members,
Slow and beautiful summer is here and I hope you are fit and happy. It may be time for a massage. Many people come to experience my massage for lots of reasons. Firstly, people come to me for their muscles and joints. Secondly, they come for their general health. Thirdly, it brings them joy. If you want peace, come find me.

Be well,
Freeman

Please click here: <http://freeman.youcanbook.me>



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**EASTSIDE**
AUTOMOTIVE & TIRE

Dan & Denise Stumpf
Owners
dans@kirklandeastside.com

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

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 **BELLEVUE TENNIS SHOP**
B.T.S. GRAND RE-OPENING
13203 NE Spring Blvd, Bellevue, WA 98005
(INSIDE BELLEVUE TENNIS ACADEMY)
425.829.6679

A photograph of a tennis shop interior. A woman in a green dress and a man in a yellow shirt are standing among various tennis rackets and equipment.