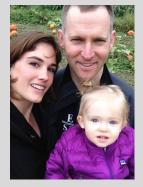
#### Central Park - The Tennis Players Club

# The Baseline Newsletter August 2016



President Matt Osborne

#### OTHER NEWS

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It was great to see so many people turn out for the Luau last weekend. I really appreciate all of the work that the members and staff put into the event. The post-Luau RV roundup was also entertaining, and I'm glad (and a little surprised) that those involved pulled it off without any complaints from the neighbors.

Here's an update on the issues I outlined last month:

- Clubhouse. At our first meeting, the ad-hoc Clubhouse Planning committee developed our approach for creating a master plan. In a nutshell, we will determine the financial requirements, figure out what we want in a new/renovated facility, and put in place a way to keep the membership informed and engaged. As I've said before, this will be a long process and it will be years before we begin design and construction. I will do everything I can to keep everyone informed as we work through the planning process.
- Junior Program. Based on input from Mike Calkins, the staff has put together a detailed job description for a new tennis staff member. A number of strong candidates have submitted applications, including providing proposals on how they would contribute to our junior program. The tennis staff is evaluating the applications and plans to conduct interviews next week. Once they've narrowed the field to two candidates, Julie and I will conduct the final round of interviews and then make the selection. I anticipate having someone in place toward the end of August.
- Marketing. After a little arm-twisting, I've come around to the idea that recruiting and retaining members should be a full time staff member's primary responsibility. The Board and the Membership Committee are looking at several options to fill this position and I expect to have a plan in place in the next few weeks.
- Equity Membership Structure. The Board will develop a proposal to address the issues with the current equity membership structure. Any proposed solution will almost certainly include amending the Bylaws, so there will be a member vote before we take any action on this. I will keep everyone informed as we flesh out the proposed solution.

Thanks to everyone who came out to July's informal meeting. I enjoyed hearing what's on people's minds and discussing how we can improve as a Club. Since there seems to be some interest in continuing with these meetings, I'll plan on doing the same thing on August 17<sup>th</sup> at 7:00pm. I'll even buy the first round again, although I may need to put a time limit on that offer to avoid going broke. Again, people are also welcome to contact me via e-mail (<a href="mailto:mattosborne@hotmail.com">mattosborne@hotmail.com</a>) with any Club related issues.

See you at the Club, Matt

# **AUGUST**

# Important Dates

Monday, August 1 Pool lifeguard hours - 11:00 am to 8:00 pm daily

Friday, August 5 Jet League Finals 8:30 am

Monday, August 8 Cup Committee Meeting 1:00 pm

Wednesday, August 10 Summer Team Challenge

& Thursday, August 11

Friday, August 12 Fall Junior Program information available

Sunday, August 14 Outdoor Summer Pro League 4:00 - 8:00 pm

Tuesday, August 16 Sign-ups available for September Women's Super 60s

Wednesday, August 17 Last day of Women's Team Tennis

Wednesday, August 17 Finance Committee Meeting 5:45 pm

Wednesday, August 17 Meet the President—7:00 pm

Friday, August 19 Last day of Summer Junior Tennis

Saturday, August 20 End Alzheimer's Event—1:00-4:00 pm

Monday, August 22 Cup Captains Meeting 1:00 pm

Monday, August 22 Rookies—2 day Tournament 1:00—4:00 pm

& Tuesday, August 23

Wednesday, August 24 Challengers—2 day Tournament 1:00—4:00 pm

& Thursday, August 25

Wednesday, August 24 Board Meeting — 6:00 pm

Friday, August 26 Mix Up - Tennis & Social - 5:30pm

Monday, August 29 Champs - 2 Day Tournament 1:00—4:00 pm

& Tuesday, August 30

Wednesday, August 31 Deadline for September Super 60s

As we are coming up to the end of another great summer, I would like to inform everyone of the change in closing times again. For the month of August we will be closing at our regular time of 8 pm. The last day swim lessons will be offered is August 15th. I hope everyone has an amazing rest of their summer! -- Thanks -- Connor









The 2016 Summer Luau was a great success (party) with over 130 participants! From the volunteers, to the staff, to those that played tennis and enjoyed the BBQ - what a fantastic effort by all. Thanks to Randy, Tony, Susan, Laura, Elsa, Steve, Dean, Dave (and all the spouses) and Heather, Carolyn, Val, Marilou, plus Lisa, Phil, Chad, Kathryn, Jeff, Hunter, Spencer, Kaeli, Carrie, Laurie and Connor! (Please forgive if someone was omitted..we had so much help!!)

#### **MANAGER'S MISCELLANY**

What a way to end July!

From a great junior tournament, into a popular luau, to the Summer Nights kick off we did it all with AMAZING Pacific Northwest weather. I can't say enough about our staff for pitching in where ever they could for all of these events and to the Board members and their volunteers for a well organized, first-time-ever Luau. Even with a recall on the main dish, everything went off without a hitch, or a hoof for that matter! (Whew!) And yes, for some reason our members bring their RV's



to camp out when there is an event they are excited about. Quite the RV's - not really "camping out"!

As we head into August, we continue with the fun! Our summer team challenge over, August 10 and 11, will include the tennis pros drafting participants to make their best team of 14 members of all levels. If you can only play one night, get someone of your similar level to play the other night for you. The first night will include a clinic to get you primed for play and your first team matchup. The second night you will play the other two teams and we determine the champions and give the Pros their bragging rights! If you aren't interested in playing, feel free to come out—we will have food available later in the evening, and as always, cold beer on tap.

A new event coming our way, the Seattle Tennis Pro League, is a Men's league of the areas top tennis pros. This league will be played at multiple clubs in the area and we have agreed to host this outdoor event Sunday, August 14 and Sunday September 11. Matches starting at 4 pm. If you would like more information about this league here is the link to check them out. <a href="http://seattleprotennis.com/">http://seattleprotennis.com/</a>

And a simple reminder that we can always use your help in a few area's—if you see a maintenance issue, please send me an email so I can get it taken care of immediately. Also, if you see any strange activity or someone that maybe doesn't belong on property, let the staff know. That way we can at least ask the question if it needs to be asked, or reassure you that they are in the right place. Communication is key with an almost 10 acre site like this. All eyes and all feedback appreciated!

We have a few more weeks to take advantage of the great weather and the outdoor fun; be safe and I look forward to seeing you here!

Julie Wheadon Club Manager

#### **Court Cancellation**

It is mandatory to cancel a reserved or assigned court at least four hours prior to court time to avoid a penalty. For events, we require members to cancel at least 24 hours prior to the start of the event. The person who reserved the court MUST be the one to call in to cancel or move the court.

#### Dress Code—Courts and Clubhouse

Non-marking tennis shoes and sports attire are appropriate on the courts. Capri style pants, longer shorts and tight fitting pants can all be considered appropriate attire if manufactured by a tennis clothing company. Please no sports bras, yoga pants, street shoes or t-shirts with non-tennis logos or jeans. In addition, if you are a parent feeding balls to your child, with or without a racquet, you must also be dressed in tennis attire.

Before entering the Clubhouse, swimmers MUST dry off, and put on cover-up attire and footwear.

#### COMMITTEE REPORTS

#### FINANCE | CHAIR MARTY MCCURRY

The financial results for the month of June were excellent. Net Ordinary Income (before Depreciation, and Interest) for the month was \$28,133 and year-to-date \$287,021; budget for the month was \$12,200 and year-to-date budget \$157,287, yielding a surplus for the month of \$15,933 and year of \$129,734. The month's surplus was primarily attributable to \$18,200 in savings on new membership fees. The Club's financial position remains sound with Total Cash of \$422,075, and an excellent current ratio of over 4.6 to

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a wait list to join of 27. Again, due to the strong demand, the Equity Member Initiation Fee remains at \$6,000.

The next committee meeting is scheduled for Wednesday, July 20th, at 5:45pm.

#### TENNIS | NANCY GOLDBERG

The Tennis Committee is on a meeting hiatus this summer but met via email and approved a request to add up to three non-members to an 18+ 10.0 mixed team.

If you would like to join this committee in the fall, please sign up at the front desk or contact Nancy Goldberg or Julie.

#### MEMBERSHIP | CHAIR KIM SKORUPA

Are you wanting to get more involved in the club? Committee signups will be available in August. We would love to see some new faces on the Membership committee. Your commitment is just one meeting a month. Our committee focuses on helping Julie and the staff with recruiting new members, welcoming new members to the club, and planning fun events for the members. Our first meeting will be September 19 at 5:30 pm. Stop by the first meeting if you can!

#### CUPS | CHAIR TRICIA SCHROTH

Cups will begin the first week of September! We are looking forward to a fun season! If you are interested in playing Cups Singles league, you may sign up until August 5th.

#### http://sact.tenniscores.com

Captains: Mark your calendars: Aug 22 Central Park Captains meeting in junior lounge at 1:00. Also SACT All-Club captains meeting on Thursday 8/18 at Bellevue Library Room 1, 11:00 am -12:30 pm. 1111 110th Ave NE, Bellevue OR Tuesday 8/23 6:00 pm - 7:30 pm Lake Hills Library 15590 Lake Hills Blvd, Bellevue

#### FACILITIES | CHAIR KRISTEN GROBSTOK

While the committee is on hiatus we still have plenty of projects in the works, We hope to start mid-August, the door project, beginning with the Reed bldg. main entry, and the Clubhouse east exit door. We will be replacing the main entry Wright doors so please be aware we will be redirecting traffic. Once we get to the main entry doors to the Clubhouse—we will need to redirect everyone so please be patient. We hope to do this over a week without summer camp or much activity.

We will also be trying an experiment for the month of August—offering pool towels. Too often members have forgotten a shower towel and our goal of making sure we have a towel for your shower (rather than having them poolside) has created some bother. Fingers crossed we work out the right solution!

Sign up for next year's committee, we will be meeting again in September!

#### USTA UPDATES

#### Adult 55+ Captains

6.0 Women's – Coreen Robbins
6.0 Men's – Mark Greenlaw
7.0 Women's – Karen Schmitz
7.0 Women's – Maria Borgen
7.0 Men's – John Iwanski/Bill Skilton
8.0 Women's – Marilou Rolfe
8.0 Women's – Nan Myers
8.0 Men's – Ross Finke
9.0 Women's – Dundeana Doyle
9.0 Men's – Derek Gates

#### Mixed 18+ Captains

6.0 – Colleen Grobstok

7.0 – Bhanu Purohit

7.0 – Laura Laun

7.0 – Bob Bengford

7.0 – Genevieve Warren

8.0 – Mei McRae

8.0 – Laura Laun

8.0 – Kim Skorupa

9.0 – Kim Skorupa

9.0 - Dundeana Doyle

10.0 - Beth Lehman-Brooks



# NISSIES OUEST 15 S TO THE PARTY OF THE PARTY

# USTA Mixed 40+ Congratulations 1st Place

Pictured: L to R:
Sherri Bennett, Christina Salak,
Dan Stumpf, Dundeana Doyle, Daniel
Avery, Linda Baker, Brian Darrow, Jodi
Paulson. and Merrie Vieco

8.0 Team onto Sectionals

Not pictured: Carly Oberg, Hao Dang, Dave Stafford, Pam Stafford, Walt Paulson, Karin Fusetti, Barry Katz, and Justin Madison

#### **EARLY START RATING INFO!**

USTA and **NEW** regulation now changes things that if someone has a YER that is higher than there previous rating, they can no longer play at that level at Sectionals or Nationals. They can try to appeal, but if it is not granted, they must play at their new Year End Rating.

Please read the link below for further clarification and details:

http://www.pnw.usta.com/USTA-League/no more early start ratings/July/

Questions? Contact Jill Borgida | USTA/PNW - Area League Coordinator | NW Washington

Email: jborgida@pnw.usta.com | Phone: 425-531-5595

#### **PRO'S COURT**

#### **Longevity of Youth in Sports**

The opportunity for kids to begin most sports at a very young age is prevalent in society today. Having opportunities is wonderful and can lead to a great situation for the child and family involved. On the other hand, a lack of balance of scheduled activities vs down time can lead to over programmed kids who are less energized and less eager to learn. The decision of specializing in a sport at an earlier age vs being a multi-sport athlete is a big one. If decided too early, it can lead to a higher rate of injury, burnout, and dropout. The sports experience should be positive and lead to a lifelong desire to stay active and involved.



One goal of the CPTC junior program is committing to the overall growth of each child both as an athlete and as a person. It's an honor to have the opportunity to guide and encourage the kids here at CPTC. They are consistently complimented for their character. Our focus is on consistent improvement through learning technique, tactics, athleticism, emotional control, and mental toughness. Match experience is necessary for gaining the ability to think on your own, to handle adversity, to take ownership of the experience, to get feedback, and to develop solid life skills. Too much competition at an early age can lead to challenges for young children who are not yet able to deal with the pressure. Being too outcome-oriented can also discourage them from trying new things during competition that would help them to learn this sport. By focusing more on the effort, sportsmanship, and desire to improve with the child, the pressure will be less. This will lead to a higher ability to learn during competition.

It saddens me to hear of children leaving other sports before the age of twelve for reason unrelated to them or feeling the pressure to specialize before they are ready emotionally and physically. By giving up other sports they love, it will take them longer to learn the skills needed to ultimately help them achieve.

I will continue to encourage juniors to take advantage of opportunities, to participate in other sports, and to maintain balance and enjoyment in their daily lives. All of our tennis staff have a genuine love of this game, work as a team, and are excellent role models. We will continue to strive to help our juniors learn a healthy work ethic, intrinsic motivation, and a desire to learn. Hopefully our juniors will learn to carry that passion and love of tennis for years to come!

Lisa Moldrem
Tennis Professional



Congratulations to Katja Wiersholm!

She earned First Gold Ball in Boca Raton at the Clay Court Championships!

Remember to please send us news about your tennis successes!

#### **CPTC JUNIOR TOURNAMENTS**

#### **Rookies 2 Day Tournament**

Dates: Monday, Aug. 22 - Tuesday, Aug. 23

Times: 1:00 to 4:00 pm

Max: 8 Players per day

Cost: \$10



#### **Challenger 2 Day Tournament**

Dates: Wednesday, Aug. 24 - Thursday, Aug. 25

Times: 1:00 to 4:00 pm

Max: 8 Players per day

Cost: \$10



#### **Champs 2 Day Tournament**

Dates: Monday, Aug. 29- Tuesday, Aug. 30

Times: 1:00 to 4:00 pm

Max: 8 Players per day

Cost: \$10

#### Prizes for 1st & 2nd Place will be awarded!

#### WA STATE JUNIORS ADVANCED TOURNAMENT 2016 CENTRAL PARK TENNIS CLUB

Boys' 18 Singles	Hunter Egger	Winner
	Theodore McDonald	Semi-Finalist
Boys' 16 Singles	Jason Edmonds	Semi-Finalist
Consolation Boys' 16 Singles	Nedim Suko	Winner
	Shubhu Purohit	Semi-Finalist
Boys' 14 Singles	Brett Pearson	Semi-Finalist
Boys' 12 Singles	Soham Purohit	Winner
	Vincent Yang	Runner Up
Girls' 18 Singles	Thalia Tsai	Semi-Finalist
Girls' 16 Singles	Karina Chao	Winner
	Paige Sorgen	Semi-Finalist
Consolation Girls' 16 Singles	Jessica Liang	Winner
	Amber Edmonds	Runner Up
Girls' 14 Singles	Adeline Eklund	Runner Up
	Corina Popa	Semi-Finalist
	Meagan Pearson	Semi-Finalist
Consolation Girls' 14 Singles	Annaliese Angier	Semi-Finalist
	Sylvia Eklund	Semi-Finalist
Girls' 12 Singles	Valerie Glozman	Runner Up
Consolation Girls' 12 Singles	Ellie Gershaw	Semi-Finalist
Boys' 18 Doubles	Colin Weeldreyer	Winner
	Theodore McDonald	Semi-Finalist
Boys' 16 Doubles	Jason Edmonds & Shubhu Purohit	Semi-Finalists
Boys' 12 Doubles	Soham Purohit	Winner
	Vincent Yang	Runner Up
	Daniel Kim	Semi-Finalist
Girls' 16 Doubles	Bridgette Angier	Winner
	Thalia Tsai	Runner Up
	Jessica Liang	Semi-Finalist
Girls' 14 Doubles	Meagan Pearson & Karina Chao	Winners
	Rose Watanabe & Adeline Eklund	Runner Ups
	Eve Wasil	Semi-Finalist

#### FIT BIT and TIPS

**Did you know** that eating avocados with tomatoes will help your body absorb the lycopene, an antioxidant, from the tomato. The healthy fat in the avocado makes the carotenoid more bioavailable. Note: cooking tomatoes enhances lycopene.



Turmeric, an anti-inflammatory as well as an antioxidant, has a low bioavailability factor; so, most of

it passes through before it can be absorbed and put to good use. A chemical in black pepper, piperine, enhances the bioavailability of turmeric. Black pepper, on it's own, has many positive benefits one being the positive effect it has on the digestive system. Bottom-line, when adding turmeric to foods add some black pepper too.

#### Have you tried plank jacks?



Start in a plank position, hands or elbows, abdominal muscles braced and pelvic floor engaged. Keeping your hips as level and still as you can while quickly moving the legs in and out, like jumping jacks. This gets your heart rate up and works the upper and lower body. Try a combo of plank jacks, glute bridge and bicycle crunches, that ought to hit all the right places!

Remember to warm up before workouts and/or tennis and stretch when you are finished, your body will thank you! Save the static stretching for AFTER your workout/tennis, muscles are not thrilled being stretched before they have been warmed up.

## CLASSESS//HEALTH AND WELLNESS COACHING//PERFORMANCE TRAINING// NUTRITIONAL GUIDANCE//WEIGHTLOSS

"If it DOESN'T CHALLENGE you, it DOESN'T CHANGE you"

CONTACTS: Clay/ strongrfastrbettr@gmail.com /425.822.2206

Vicki/ fit2playnw@gmail.com /425.822.2206

#### MASSAGE

It's good to be back among you.

My hands are still and ready.

The room is ready.



Book your next appointment. <a href="http://freeman.youcanbook.me">http://freeman.youcanbook.me</a>

All the best, Freeman

# mix Up Friday Night



Help us say HELLO FALL—with an end of summer
Mix Up Friday Night picnic style!

August 26, 2016

Fried Chicken, Corn on the Cob, Potato Salad,

Cornbread and Apple Pie!

\$16.00 per person

Sign up goes out Friday, August 12

Must cancel by Monday, August 22 to avoid being charge

#### **MEMBERSHIP**

### WELCOME



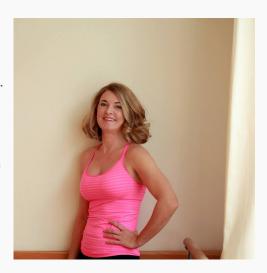
#### CLAIRE BECK-KEELER SINGLE EQUITY

After a five year break due to health issues, I'm excited to rejoin Central Park. My husband Josh and kids Molly and Jake, and my dad Ray sometimes join me to play. We live in Seattle.

#### **MARNE WHITNEY**

SINGLE EQUITY

I'm a part-time attorney and own a barre3 studio in Mill Creek. I grew up in Omaha, NE and started playing when I was 6 - played all the way through juniors' and then played for Creighton University in Omaha. I moved to Seattle in 2007 and took several years off of tennis. I've been playing again f or 2 years and couldn't be loving it more.





**DEB & ERIK NEILSEN**FAMILY EQUITY

Erik and Deb Nielsen live in Kirkland with their two girls, Emily and Ella. Emily will be a 6th grader this fall at Kirkland Middle School and Ella a 3rd grader at Peter Kirk. Originally from Alabama and Yakima respectively, Erik and Deb have lived in Kirkland for over 20 years. As a youngster and all through high school, Deb spent many summers playing tennis. Erik dabbled in tennis as a kid and recently enjoys hitting around with Deb and his girls. The tennis bug's hit Emily harder than Ella yet have high hopes both girls will love tennis as much as Deb & Erik!

While not playing tennis, running or golfing, Erik is CTO of a local financial services company and Deb is VP of Human Resources for Bellevue-based startup, OfferUp.

#### MEMBERSHIP



#### **GREG HARRINGTON**

#### SINGLE EQUITY

Greg Harrington is the founder and winemaker for Gramercy Cellars in Walla Walla, Washington since 2005.

In 2008, Seattle Magazine named Greg "Best New Winemaker in Washington" and Gramercy "Best New Winery." Food & Wine Magazine awarded Gramercy the "Best New Winery in America."

Originally from New York, Greg has lived in Seattle since 200. He has been married to his wife Pam, for 11 years. Tennis is his new addiction. He has been playing for about 9 months and is a 3.0 players. He is always up for a game, so please feel free to reach out anytime.



# ELLEN KUBES SINGLE EQUITY



Hello, my name is Ellen Kubes. I am originally from Minneapolis, but have lived in the Seattle area for about 25 years. I have four daughters and the younger two participate in the junior program here at CPTC. I work as a registered nurse in the operating room at Harborview Medical Center, which is always interesting and keeps me challenged. I love to play and watch tennis, trail run, hike and enjoy the outdoors with friends and family. We are so excited to be a part of what's going on here at Central Park Tennis Club!

**KEVIN WOO**SINGLE EQUITY



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

The Guillen Family, The Walton Family, The Pae Family and The Vaddadi Family

#### **SUMMER TEAM CHALLENGE**



#### 5:30 pm sharp!

#### **DETAILS:**

3 Matches, 1 Cardio Tennis Clinic &

\$10 worth of food/beverages

Levels: 2.5 or above

Max: 56 People

Teams: 4 Teams will be drafted and coached by our Pros

\$25 per person

Sign up at the front desk!

#### CHARITY EVENT—SAVE THE DATE



#### Alzheimer's Tennis Tournament 2016!

If you are looking for some FUN, COMPETITIVE, and a GREAT COST, you do not want

to miss our Alzheimer's Tennis Tournament 2016!

There will be Great Tennis, Food & Drinks, Silent auctions, a cool T-Shirt " END

Alzheimer's Together We Can Do It", and a Trophy for the winner!!

Entry Fee: \$50/Person

When / Where: Saturday August 20th from 1 - 4pm. at Central Park Tennis Club Registration: chartennis.weebly.com OR email chotikachar@gmail.com OR

call 425-633-5026.

Cut Off Date: Saturday August 13th.

Donation is welcome!

Hurry!! Spots are limited!!





Sponsored by Central Park Tennis Club 5820 125th LN NE • Kirkland, WA 98033 (425) 633-5026 • chotikachar@gmail.com http://chartannis.weebly.com



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#### SPECIAL OUTDOOR EVENT—AT CPTC





MATCHES START AT 4PM
CENTRAL PARK TENNIS CLUB



If it's tennis, we do it.

Hello Central Park Members,

August, 2016

#### **New Wilson Pro Staff Coming This September!**

The newly updated Roger Federer Pro Staff and RF Pro Staff Autograph will be available in early September at Aces Tennis and worldwide. Roger Federer assisted in the design process and chose for an all black racquet.

Federer says Wilson is a very established brand and

has no need to try and overdesign.

# Racquet Stringing – Drop Yours Off Today!

Have your racquet strung at top quality by Aces Tennis. If you drop off your racquet by 9am it will be ready for pickup after a 48-hour turnaround. However, if you need it sooner let us know and you may be able to pick it up at our location in the Bellevue Tennis Academy.

13203 NE Spring Blvd, Bellevue, WA 98005

#### Aces Tennis will Match or Beat Our Competitors' Price

For the best deal on ANYTHING tennis, Aces will match or beat our competitors' prices! As a small business, customer loyalty is VERY important to us! We want you to shop with confidence and know you're getting the best deals possible. We strive to make your shopping experience at Aces Tennis a great one.

Thank you!

**August tennis tip:** Looking for a new racquet? Come try a demo FREE!! For any questions or for further information please contact us at <a href="mailto:info@acestennis.net">info@acestennis.net</a> or call us at 425-453-9224.

#### **ADVERTISING**

#### Thinking of a Move?



Jim Muenz Managing Broker - Top 1% Nationally and Locally

206-920-1200 CELL 425-897-1319 OFFICE jimmuenz@cbbain.com



Certified Previews Luxury Specialist Relocation Specialist 25+ years of experience For all your Real Estate Needs



