

Baseline Newsletter

February 2019



OTHER NEWS

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Welcome to February! We were able to finalize the 2019 operating budget this month. After incorporating operational increases, we will apply an additional \$6,000 per month towards retiring the debt for the Roberts' Building. As of December 31, 2018, we owe \$1,894,413.95. We still expect to make lump sum payments this year as our budget allows. Typically, we have done these payments twice a year.

The board received a briefing of the initial findings of Capital Needs Assessment as well as a proposed timeline of maintenance for the entire facility. A final report is still in progress, but the initial findings were very positive about the current condition of the property.

Central Park hosted the Northwest Washington Senior USTA tournament this month. We had twenty-seven members participate in the tournament. Congratulations to the following players:

- Men's 45 singles - Winner Ross Laursen, Finalist Phil Ansdell
- Men's 55 singles - Winner Phil Ansdell
- Women's 45 singles - Finalist Leah Gray
- Men's 35 doubles - Winner Mike Costello
- Women's 35 doubles - Finalist Marne Whitney
- Women's 55 doubles - Winner Ana Tessadro

In February the Membership Committee is hosting a new member play and social. Our hope is to host this event twice a year to welcome our newest members and introduce them other members of the club. We will also have our annual Bellevue Club/Central Park tournament. We are also starting a new Junior Team session.

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

Kim Skorupa
Club President



President
Kim Skorupa



February Important Dates



Friday, February 1
Saturday, February 2
Monday, February 4
Tuesday, February 5
Wednesday, February 6-17
Monday, February 11
Monday, February 11
Tuesday, February 12
Thursday, February 14
Monday, February 18-24
Wednesday, February 20
Monday, February 25
Wednesday, February 27
Wednesday, February 27

Early Spring Junior Team Registration Opens
New Member Social - 1:00 pm
Membership Committee Meeting - 5:30 pm
Women's Night Doubles - 7:00 pm
BC / CP Tournament
CUPS Committee Meeting - 1:00 pm
Tennis Committee Meeting - 6:00 pm
Facilities Committee Meeting - 4:30 pm
Happy Valentine's Day
No Junior Team
Finance Committee Meeting - 6:00 pm
Early Spring Junior Team Starts
Women's Cup Social - 10:00 am
Board Meeting - 6:00 pm

WELCOME NEW MEMBERS & FAREWELL TO THOSE RESIGNING

New Equity Members

JJ Singh
Ziv Hapernas
Kerry Spalding
Hope & Brad Pettinger
Ajay Singh
Michelle & Chris Becker

New Non-Equity Members

Tony Zhao - Young Professional
Leora Wolf - Social



Moving to Leave of Absence

Jeannie Coe
Larry Mayo

Resigning

Claire & Mike Pirie
Cheryl & John Leidle
Wei Tao & Yue Yang family
Catherine Ferrera & family
Bud Erickson

USTA TEAMS TO DATE

USTA 18+ weekday & 65+ team forms are due February 1. USTA 18+ weekend team forms are due February 15. Please email your team roster to Juliew@centralparktennisclub.com to receive the link to sign up. Interested in playing on a team? Please contact the captains listed below.

USTA 18+ Women's Weekday Teams

2.5 [Emily Christensen](#)
3.0 [Lynda Carlson](#)
3.5 [Linda Greenlaw](#)
3.5 [Karin Fusetti](#)
4.0 [Laura Laun](#)
4.0 [Anne Glenn](#)

ADULT 65+ Teams

Women's 6.0 - [Lynn Vona](#)
Women's 7.0 - [Ethel Brende](#)

MANAGER'S MISCELLANY

Can you believe we had a few days in January that some of our members were outside hitting? Thankful to be on the West Coast instead of in the midst of the Polar air in the Midwest and East Coast. I hope all of your friends and families suffering through that cold air are safe and warm! Wow!

Mid-January we hosted the Northwest Washington tournament for 35, 45 and 55 year old players. Some of our members participated and some were victorious, (check the results posted on page 9) this is one you want to mark your calendar for at the beginning of each year. Thanks to those members that came out to watch and cheer on your fellow members. It's always nice to see the club buzzing about tennis! Congratulations to everyone that participated and to Lisa and the tennis staff for pulling off another great tourney.

And another tournament is on its way! The Bellevue Club/Central Park Tournament that will take place from February 6-17. Good luck to everyone, have fun and we will do our best to update our website with all the results as quick as we can. As soon as we have all of the details we will post what link you will want to follow for the updates.

A good group for the Karaoke Mix up even impressed the Karaoke DJ! Thanks to everyone that participated. Check out the pictures on Facebook, you might be surprised at who wooed the crowd with their singing talents!

Our USTA Adult Season is underway! How do you find out who is playing when? On your website calendar, in your weekly emailer and included in your monthly statement, we announce the gender and level of play that will be at CPTC for that month. There are some amazing matches to catch, so please come out, grab a beer and check out the tennis!

As we start our new year and come close to the anniversary of our Tennis Court policies revamp, just a few reminders.

FAILURE TO USE THE COURT: It is considered Failure to use the Court if the member with the court reservation fails to remain on the court for more than 45 minutes or during the entire time of play. Once the member with the court reservation vacates his/her court, that court is available as a walk on-court. Member must give prior notification to the Front Desk that they will be vacating prior to the end of court time. A penalty fee will be imposed and charged to the reserving member's account (see Violations & Penalties.)

VIOLATIONS ARE COUNTED "PER MEMBERSHIP."

So please review the document in full located on your member log-in page or right here. <https://cdn.cybergolf.com/images/1085/UPDATED-Tennis-Policies-2018.pdf> – ask questions if you have them – and remember the staff is here to enforce, however your fellow members have made these rules, penalties and fees.

Also look for signs mid-month – we will have a roofing project on the Reed Building and will do our best to work around your tennis- but it may be loud for a few hours during the day. Thanks for your patience.



Happy Valentines and Happy Tennis!
Julie Wheadon ~ Club Manager

COMMITTEE REPORTS

TENNIS | CHAIR CHRISTINE GARNETT

At the most recent Tennis Committee meeting and follow up at the Board meeting – it was determined that Single Members that choose to have their guests pay a guest fee instead of using one of their 52 free passes are subject to the same rules as the other memberships, limiting the Single Member to bring that paying guest 6 times in a calendar year. If you have any questions or need further clarification, please contact Julie.

The 2019 40+USTA season is now well underway. We have had a few petitions to request adding players from the waitlist as well as non-members as teams round out their rosters. We request that you always try to recruit within CPTC before requesting non-members. Those on the waitlist are generally approved. However, all petitions must come through the tennis committee for action.

During the USTA season, we have higher court utilization with scheduled matches and walk-on practice courts. We want to remind everyone that you cannot play on two reserved courts in a day, but encourage you and your teams to use the walk-on policy which allows you to book a court any time after 6pm for a court the following day. Teams generally have good success in securing a court. Once cleared from the waitlist, if for some reason you don't take the court, you must cancel four hours before your court time to ensure that you do not incur a penalty / violation. Good luck to all of the Central Park teams!

MEMBERSHIP | CHAIRS BRAD BENNETT & ANNE GLENNY

The New Year started off great with the first event drawing 32 participants for tennis and Bloody Marys. New members will be welcomed to Central Park on Feb 2 with the President's New Member Social and Demo Day. The next mixer will be Friday, March 15 with a St. Patrick's theme. The committee continues to plan more fun tennis and social events for the rest of the year. Currently we have 53 people waiting to become full equity members and there are 40 on the Junior waitlist. Starting this spring a club member will be using the lower rec room twice a month on Sunday evenings to train guide dogs. What a wonderful use of the club for a great service to the community!

CUPS | CHAIR ELIZABETH GRAVES

Cup teams are wrapping up match play this month and looking for a strong finish to the season. The Committee will be hosting an End-of-Season Cup Tennis Social on Wednesday, February 27th. Cup players can be on the lookout for information about the social, including registration, door prizes and more!

FINANCE | CHAIR ROSS LAURSEN

The Finance Committee focused on two topics at its January meeting, (a) review of year end 2018 financials and the accompanying manager's report, and (b) finalizing the 2019 budget recommendation to the Board. Regarding the year end financials, income was \$73,000 or 3.1% ahead of budget. Tennis lesson demand and corresponding income, along with guest fees income were the most material contributors to the positive variance. Sale of new membership were also ahead of budget, whereas food service sales were well below budgeted income targets. Expenses ended the year \$15,000 or 0.7% lower than budget, inclusive and after additional compensation to the tennis pros associated with tennis lesson income. The expense favorability spanned several categories. In summary, Central Park had an exceptional year financially relative to the 2018 budget. Next, the committee did a final review of the preliminary 2019 budget. I won't repeat highlights offered in last month's Finance Committee report. The final changes incorporated into the preliminary 2019 budget were to ensure that principal and interest payments expected to be made on our loan in 2019 were fairly represented on the budget. The Finance Committee completed its review and will recommend the budget for approval by the Board. I welcome any questions about these or other finance topics.

FACILITIES | CHAIR BRIAN DARROW

You may have noticed some lighting upgrades over the past month. The parking lot lights have all been replaced with LED lamps and a few more were added along the sidewalk near the entrance to the gravel lot to improve visibility. In addition, there were several tennis court lights that were experiencing issues and all of those have been replaced as well.

Over the next couple of months, the Facilities Committee will be focused on prioritizing our maintenance and Club improvement projects for 2019. One of our first projects of the year will be to repair the roof leak between courts 3 and 4. We have a contractor lined up to start this work in mid-February. Also, to assist the Facilities Committee and the Board with planning and budgeting for other future maintenance expenses, we hired an outside professional consultant to provide us with a Property Assessment Report. We received the final report which provided a detailed overview of all the Club infrastructure and a proposed maintenance schedule (with estimated costs) over the next 12 years. The report will help us take a more proactive approach to keeping everything in tip top shape. Lastly, the new janitorial service started this month and we have already received several compliments from members about the new service. Thank you for your feedback. Until next time...

JANUARY KARAOKE MIX UP



PROGRAM REMINDERS

EARLY SPRING JUNIOR TEAM

Registration NOW OPEN!
Session: February 25 - April 7
Registration Deadline: February 20

WOMEN'S NIGHT DOUBLES

TUESDAY, FEBRUARY 5 @ 7 PM

Online & paper sign ups available
1 week prior!



FITNESS COURT



White Rim Trail, Canyonlands Utah

April 22 - 26, 2019

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Additional 2019 Adventures

Pedal, Paddle, Trek | Late June 2019

- Join us for 3 days of adventure and fun! We begin at Stevens Pass to Pedal to Lake Wenatchee. Paddle across the lake, then Trek up Dirty Face Peak. But, NOT all in one day!

Sunriver Oregon | August 2019

- Our Sun River Fitcation is 3 days and 4 nights of activities, including: Hiking, biking, rafting & brew hopping.
-

High Intensity Interval Training

Looking for a great “recipe” for a new workout? One that’s short, yet effective, portable and can be done virtually anywhere. One that burns fat, improves your fitness and VO2max (because that sounds important!) AND can help to balance your hormones? Oh yes, dish it up please! You got it - your sweet workout is served.

HIIT: what is it - and is it *really* the best fat burning workout? If you follow the fitness industry or the latest trends, you’ve probably heard of the benefits of HIIT (*or High Intensity Interval Training*). The short, yet powerful workouts are touted as the best way to improve your overall conditioning, burn fat, and even balance hormones! (*but that’s another article!*)

SO, WHAT IS HIIT ANYWAY?

HIIT workouts involve working at an intense effort level for a short period of time followed by short recovery periods.

(NOTE: The “intensity” is relative to each individual since we are not all in the same place. Start where you are and go from there.) Tabata workouts are one great example of a HIIT style workout.

A Tabata session involves 20 seconds of intense all-out effort, followed by 10 seconds of recovery. This is repeated 8 times through for a workout total of 4 minutes only and is said to promote fat loss and increase aerobic power - all in a very short period of time. Seems a little too good to be true...

BUT, IS HIIT REALLY ALL IT’S CRACKED UP TO BE? DOES IT REALLY BURN FAT OR IS THAT JUST A MYTH?

When it comes to the research, the answer is YES!

One study compared MICT (Moderate Intensity Continuous Training) vs. HIIT and the effects that it had on visceral abdominal fat. The study found that both types of training reduced overall body fat; however, HIIT did this in half the time. Half the time!! Another study from the International Journal of Obesity compared 2 groups of exercisers to determine the benefits of HIIT for women. The women were divided into two groups: the first group did 40 minutes of steady state aerobic exercise for 15 weeks. The second group did 8 second sprints followed by 12 seconds of recovery for 20 minutes.

FITNESS COURT

THE RESULTS OF THE HIIT STUDY?

- HIIT participants lost up to 7.3lbs & the steady state exercisers gained up to 2.7lbs. HIIT participants also saw significant reduction in overall body fat as well as subcutaneous abdominal fat - the fat just beneath your skin.

OTHER KEY BENEFITS OF HIIT

- Reduces fasting insulin levels and decreases risk for Type 2 Diabetes and heart disease.
- It significantly improves your cardiovascular fitness. The International Journal of Obesity Study also found that HIIT participants improved their VO2 max (aerobic power) by up to 23%.
- It balances your hormones! Research shows that high intensity exercise boosts Human Growth Hormone (HGH), which is a powerful anti-aging hormone that helps us maintain lean muscle mass (*think revved up metabolism!*) AND bone density, which reduces risk of osteoporosis.
- It's easy to fit into a busy lifestyle since it doesn't take a lot of time.
- They're portable. You can get an effective HIIT workout using minimal or no equipment whatsoever which makes it great for staying in shape while you're on the road.
- How often should you do HIIT workouts to achieve these results?
- HIIT workouts have a lot of benefits, and it has been documented that they only need to be done 2-3 times a week.
- But, because they require such a high level of effort, they can put more strain on your joints, thus increasing your risk of injury if done too frequently.
- This 15-minute HIIT workout "recipe" is a great way to burn fat & stay fit when you're tight for time & space.

THE WORKOUT "RECIPE" INGREDIENTS

- Jump Squats (beginners can do a regular bodyweight squat without the jump)
- Push-ups (beginners can start from their knees)
- Jumping Jacks
- Burpees (beginners can use a chair instead of going to the floor)

HOW TO PERFORM

Beginners:

- Do 30 seconds of each exercise followed by 30 seconds of rest. If needed, modify the jump squat to a basic body weight squat (no jump). Pushups can also be modified by performing from knees rather than toes.
- Once you've completed all 4 exercises, rest for 1-2 minutes. Repeat for 2-3 sets total.

Intermediate:

- Do 40 seconds of each exercise followed by 20 seconds of rest. Once you've completed all 4 exercises, rest for 1 minute to 90 seconds. Then repeat for 3 sets total.

Advanced:

- Do 50 seconds of each exercise followed by 10 seconds of rest. Once you've completed all 4 exercises, rest for 1 minute and repeat for 3 sets total.

SERVICES

Performance Training | Health & Wellness Coaching | Small Group Training | Personal Training.

CLASSES

Boot Camp MWTH 9-10am | Boot Camp TTH 5:45-7pm | Fit'n'45 TH 12-12:45pm
Junior Performance Training 4:30-5:30pm

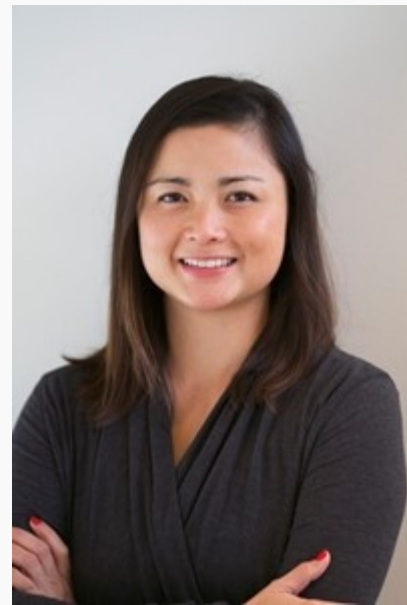
CONTACT

Vicki | 425.822.2206 ext 122 | Vicki@thewellfitlife.com
Clay | 425.822.2206 ext 126 | Clay@fit2playnw.com

"Do the best you can until you know better. Then when you know better, do better."

PROS COURT

As I'm writing this article, I look back at all of my accomplishments which includes finishing the PTR Master of Tennis in Junior Development (that took three years to complete), I can't help but wonder how did I get so lucky to be part of this wonderful CPTC family. The members and the staff are terrific, not to mention the facility is top notch. It was an obvious choice for me to follow my passion in helping youth tennis players by working with the club to build the Junior Development Program. It was a little over three years ago, I taught my first junior class at the club with only 3 players. Now, we are busting out at the seams in all of the junior teams and I'm overseeing five levels of Stars and Bronze, collecting a few more gray hairs and laughing wrinkles along the way.



In this article, I want to share one of my favorite tricks in getting through a tough match. **Positive Self-talk** - because hey, let's be honest, that's the only way I and many of you can get through the day or a grinding match without wanting to scream, you know what...Often, my students come back to me and says, "Dea, I heard your voice the other day during my match" and these are some of the words that they tend to recite: "stay calm, enjoy the moment, breathe and let it go, be brave, be patient" and many more...Someone even went out of a limb and called me "Little Buddha" - I'll take that as a compliment wherever I can!

When you're in a match, it's easy to fall into the a downward spiral and be in that negative space. And when we're at 6-7 in a third set tiebreak, we don't have a lot of time to dwell in our sorrow. If we don't have a strategy on how to get out of it fast, there goes our match. The secret is to have an armoire of positive words to replace those negative words. As soon as a negative word comes to mind, change it immediately. The key is to practice and reinforce this habit over and over again. Here are some examples:

- "My toss is terrible"
 - Change it to *"let's try for a higher toss" or "let's try extending the tossing arm"*
- "My Backhand is so bad"
 - Change it to *"let's try an earlier backswing"*
- "I'm so slow"
 - Change it to *"I'm fast, I just need to be ready sooner"*
- "The opponent is too good, I'll never be able to beat her"
 - Change it to *"Yes she is good, but so am I, she must have a weakness, let's find it"*
 - In my honest opinion, generally, when playing tough opponents, it's a matter of the will of heart - hitting higher and staying consistent no matter how long I have to be out there rarely fails.

Of course there are many more scenarios of negative talk but I cannot list all of them here. However, I think you get the idea and can start changing the story of your self talk into a more positive one. Remember, the key is to rehearse this often during practice so that in matches, it will come naturally. I hope you get to try this the next time you step onto the courts.

Good luck and Stay Positive! - Coach Dea

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