

Central Park - The Tennis Players Club

Baseline Newsletter

December 2019



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Season's Greetings Central Park!

As you read this, you are likely considering holiday preparations and commitments. I hope you find time for your favorite activities and maybe some rest as well.

Since 2016, Central Park leaders have been investigating options to address our aging clubhouse. In addition to concerns about its condition, leaders have sought to address member feedback. Specifically, surveys persistently capture dissatisfaction with our locker rooms as a leading concern. In the summer of 2016, an ad hoc planning committee was formed that established goals and milestones for a new clubhouse. A significant amount of effort went into developing a conceptual design, obtaining cost estimates and determining financial viability.

As the process continued, options were expanded to include remodel alternatives. Financial modeling showed that new construction or a major remodel could not be financed without a significant financial impact to members. Concurrently, a property condition assessment completed in 2018 showed no critical issues that required immediate attention. A significant clubhouse project, rebuild or remodel, was tabled as a result.

With financial limitations known, the board has been reviewing a new alternative in 2019: freestanding locker rooms in the vicinity of the pool area with an optional pool expansion. Flexibility of design would allow for the option to be integrated with a future clubhouse. Over the past several meetings, the board has been collecting the necessary information to make an informed decision about whether to bring this option forward to the membership for a vote.

At our November meeting, the board voted against bringing the concept forward. Instead, the board affirmed a desire to address the locker room issue with a new clubhouse in the future, after current debt has been retired and our financial position could allow for new construction. The board will continue to discuss next steps at our December meeting.

I'd like to thank the board for its deliberate consideration of all sides of this topic. I'd especially like to thank Matt Osborne and Dundeeana Doyle for educating us on the deliberations and decisions of past boards and for helping us through our current discussions. In addition to board minutes that we distribute through our website, we have other documents collected on the clubhouse topic. It's hard to adequately cover an extensive topic such as this in a monthly newsletter. Please ask Julie or me if you would like more information. It's important to all of us that we are transparent regarding this topic.

I hope you have a restful and rewarding end to 2019. We are very lucky to be members at the best tennis club in the Pacific Northwest. I look forward to seeing you on the court in 2020.

Follow this [link](#) to our monthly minutes to find out what your Board is up to.



PRESIDENT
ROSS LAURSEN



December Important Dates



Winter Junior Team Forms Available
Holiday Decorating
Orange 10 & Under tournament
USTA 55+ Playoffs
Green 12 & Under tournament
Member Appreciation Week (Details below)
Tennis Committee Meeting
Facilities Committee Meeting
Finance Committee Meeting
Board of Directors Meeting
Christmas Eve-Club Closes at 1:00
Christmas Day (Club Closed)
New Years Eve—Club closes at 9:00 pm
New Years Day—Club opens at 8:00 am
New Years Day Social

Friday, December 6
Friday, December 6—1:00 pm
Friday, December 6
Friday, December 6
Saturday, December 7
Sunday—Thursday, December 8-12
Monday, December 9—6:00 pm
Tuesday, December 10—4:30 pm
Tuesday, December 17—6:00 pm
Wednesday, December 18—6:00 pm
Tuesday, December 24
Wednesday, December 25
Tuesday, December 31
Wednesday, January 1
Wednesday, January 1 —11:30 am

Member Appreciation Holiday Week

December 8 — December 12



Sunday, December 8

Holiday Music Celebration
2pm—3pm, presented by Neil Roberts
presented by Neil Roberts & Special Guests

Monday, December 9

Hot chocolate bar 10am—6pm
Chili cook off 7pm—9:30pm
Happy Hour 6:30pm—8:30pm \$4 draft/wine

Tuesday, December 10

Ice Cream Sundae Social 4:30pm—7pm
Freeman fireside chair massages 12pm —3pm

Wednesday, December 11

Pro clinic with Coach Blakeley 11:30am—1pm
Happy Hour 6:30pm—8:30pm \$4 draft/wine
& wear your ugly sweater

Thursday, December 12

Holiday treats and goodies at the Front Desk
Freeman fireside chair massages 5pm—7pm
Pro clinic with Coach Kathryn 6pm — 7pm 2

MANAGER'S MISCELLANY

Busy holiday fun continues - strange having Thanksgiving so late this year – as we start to transform the Club with holiday decorating (Friday, December 6 if you are available), the completion of our annual Food Drive (Tuesday, December 3) and the giving tree for Friends of Youth (started December 1). We are also preparing for our Member Appreciation Week - fun activities to give back to our members, December 8-12. We start the season right with a Holiday Music Concert presented by Neil Roberts and special CPTC Friends on Sunday, December 8 from 2-3 pm in the multi-purpose room. This will include a daytime and evening clinic, happy hour discounts, hot chocolate bar and ice cream social – watch for the emails announcing the fun.

Big shout out to all of the staff and Committee members that kept us busy for the month of November! The PEPs results from the Cup Committee were incredible – raising \$5000 for this community outreach organization! The participation for the Club Championship Junior tournament was exciting! Please congratulate those kids showing off their accomplishments wearing their CPTC swag! Everyone played so hard – we should have had prizes for everyone! The Turkey Call in was well attended with Laurie and Phil handing out prizes. I heard great things about the format and the socializing for this annual event.

Thank you for everyone's patience as we completed another project – carpet for the entry stairs and the reception area. We will continue to work our way through the Clubhouse over the next year and prioritize during our budgeting with the Facilities Committee.

While we enter into the New Year – it is a great time to remind ourselves of our Tennis Policies. I have attached the link for you to view on our website <https://cdn.cybergolf.com/images/1085/UPDATED-Tennis-Policies-2018.pdf>. Based on feedback make sure you are checking in with the front desk and staying on the court for the full duration. If you will be using the court for only 45 minutes – please let the front desk know and we can alert someone on the waitlist that the court would be available for the other 45 minutes. And please do not hesitate to contact the front desk if you feel a fellow member is violating a court policy. They will make a note of it, contact me and I will follow up with that individual. If you are unsure about a rule or have an emergency situation come up. I would be happy to review the policies with you or answer any questions you might have.

Also for those that play USTA - the Tennis Committee has updated their USTA team formation policies. Deadline for the 40 + team confirmation forms is Friday, December 6. The teams that have been formed as of today are located on page 11

Have a wonderful holiday season, I look forward to seeing you here working off the stress and enjoying your tennis and fellow members.



Please help us welcome to our team baby boy Smith. Born Sunday, December 1 at 3 am. Congratulations Chad, Amy and Logan.

COMMITTEE REPORTS

TENNIS | CHAIR CHRISTINE GARNETT

The tennis committee has posted its newly revised guidelines for petitioning the committee for non-members. The revised CPTC USTA Team Guidelines can be found at [http://centralparktennisclub.com/-usta-leagues\(2\)](http://centralparktennisclub.com/-usta-leagues(2)). We encourage you to review the changes. In brief, non-member petitions are available for 2.5, 5.0 and 65+ leagues. Only under extraordinary circumstances will the committee review petitions for non-members outside of these leagues. The changes were made after much deliberation with ultimate approval by the board in October. In a separate communication we will be asking you, the members, to provide your rating and league interest in the GameTime system which will help both players and captains for match play as well as fielding teams. Wishing you and your families a very Merry Christmas!

FINANCE | CHAIR PETRA CARL

This month, the finance committee reviewed the preliminary budget for 2020. As we go through this process, I am very thankful for three things: one, the health of the waitlist, two, members who pay their dues on time, and three, that we have such a dedicated club manager, Julie. These things make being the chair of the finance committee enjoyable.

For the day to day activities of the club, 2020 does not look dramatically different from this year. We will have expenses for staff salaries and benefits, food and beverage inventory, utilities, etc., as well as payments on our loan for the Roberts building. We were able to make extra principle payments this year that dramatically shorten its life. Thanks to the hard work of the Facilities Committee, we have a list of the repairs and improvements that are most important. We will review all of these and make our recommendations to the board in December.

We are very fortunate to be members of such a healthy club and I believe that 2020 will be strong as well. Happy Holidays!

MEMBERSHIP | CHAIR TRACI LYNCH

A busy month for our membership committee planning some new and fun socials. December brings a Chili Cookoff, Neil Roberts band concert and member appreciation week, formerly known as Rockin Robin week, and don't forget the giving tree and the food drive benefiting Hopelink—ends December 3.

Club Update

- 52 on waiting list- roughly 8 month waiting period, bringing on 3-5 new members/month
- October Brews/Brats was very successful
- November Turkey call in was full and tons of fun

FACILITIES | CHAIR STEVE COLEMAN

At the November meeting, the Facilities Committee completed their site review of the exterior and interior of the club with an interior facility walk led by Vlad Radojevic. Some items of note from the site walk were relocating the awards cabinet from the hallway to the tennis courts to a more visible location in the clubhouse, installing trim protectors on the door trims between the locker rooms and courts to mitigate damage from tennis bags and installing diamond plate in the workout free weight room to protect the walls. In the Fitness Room, Ashley Flinders suggested replacing the Smith machine with a squat rack and to replace the existing bungee cords with an Adjustable Height Pulley machine with weights. Brian Darrow presented design and cost options on bathrooms in the Reed Building which were an existing building ad-on, a separate building which would not trigger code requirements for sprinklers and an option for utilizing the interior area by the stair entry. The Committee voiced a possible fourth option of locating bathrooms at the top of the stairs above the Champ Court to the North exterior of court 8. These options were presented to the Board by liaison Steve Shimkus for direction at the November 20th meeting. The Facility Committee's next meeting will be on Tuesday, December 10th at 4:30 PM in the Boardroom.

COMMITTEE REPORTS

CUP TENNIS | CHAIR CONNIE BALLOU

CUPS Fundraiser Success – Hit our \$5000 Goal

Christmas is around the corner, and that means our CUPS season is halfway over. It has been a great year so far, and all of our teams are in the upper 1/3 or upper 1/2 of their divisions, staying competitive and having fun.

A big shout out to all the Central Park members and other contributors who made our **2019 CUPS Fundraiser** a big success. Your generosity helped us reach our goal – raising a **TOTAL of \$5000** which was given in full to the PEPS Organization. PEPS (Program for Early Parent Support) has earmarked this donation to expand the eastside parent groups, specifically by developing and implementing the first Spanish speaking PEPS group.

The luncheon, held on Nov. 6th included a tennis social, a PEPS informational session by Maria Alejandra Gomez and Swaneema Aswinkumar, and an exciting raffle give-a-way ended the day.

Silent Auction Basket winners:

Pro lessons – Mike and Karen Lipe; Golf Basket – Nat and Connie Ballou; Grandparent Basket – Linda LaCava; Cozy Basket – Pedro and Merrie Vieco

The Special GOLDEN ticket basket was won by Lynn Christian – who selected the Tennis Basket as her prize.

Raffle winners included:

Elsa Brodin - Pickleball Basket; Colleen Grobstock – Sip and Munch Around the World; Jill Smith – Book Basket; Julie Door – Pasta Basket; Ethel Brende – Hygge Basket; Zhanbing Wu – Tennis Happy Hour Basket; Cathy Habib – Wine Basket

CUPS committee members who helped make this possible included: Lisa Moldrem, Laurie Uhrich, Julie Wheadon, Dana Cocalles, Jennifer Ross, Kaylee Nilan, Kris Gibson, Anna Duff, Julie Dorr, Zhanbing Wu, Pam Peters, Elizabeth Glazov, and Annie Ottesen. Also, a great big thanks to Vlad Radojevic for making our set-

WELCOME NEW MEMBERS

Celia Wu - Coming Back from LOA

Stanley and Cherry Ching

LEAVING AND WILL BE MISSED

Bahnu Purohit and Family

Thomas Rowland

Glen Garrison - Taking a LOA



ANNUAL JUNIOR AWARDS

Hustle

Marina Combariz
Eljin Smith



Most Improved

Emmalyn Chen
Avika Arora
Noa Cakaric



Coach's Award

Daniel Domingos
Katayla Chen



Player of the Year

Taraneh Khalighi
Regan Smith
Emily Chu



Junior Tournament Results

Flight 1 Singles

Winner: Karen Lu

Runner Up: Alyssa Chinn

Consolation: Jeffrey Chen

Flight 1 Doubles

Winner: Karen Lu/Ellie Gershaw

Runner Up: Daniel Malacek/Leo Yang

Flight 2 Singles

Winner: Leo Yang

Runner Up: Daniel Malacek

Consolation Winner: Cyrus Tahmasebie

Flight 2 Doubles

Winner: Daniel Domingos/Matthew Chu

Runner Up: Leo Yoshida/Cyrus Tahmasebie

Flight 3 Singles

Winner: Regan Smith

Runner Up: Soma Hirai

Consolation Winner: Andrew Chu

Flight 3 Doubles

Winner: Andrew Chu/Asher Siever

Runner up: Ethan Lie/Austin He

Flight 4 Singles

Winner: Noa Cakaric

Runner Up: Vedant Balan

Consolation Winner: William Wise

Flight 5 Singles

Winner: Daniel Peev

Runner Up: Nikhil Sirivara

Third Place: Shruti Lyer

PROS COURT

You are in a match, it goes by so fast! Down a set and trailing 1-4 behind, you just realized that your opponent is a lefty and you have yet to adjust anything against his/her high deep ball. Now what?

Has this ever happened to you? What if I tell you that if you try these 5 simple steps, you will have no regrets after every match?

These are my 5 steps that I'd like to share based on my experience playing the past 25 years.

Step 1: Scout the opponent during warm up and the first couple of games

- any obvious weakness/strength?
- how is his/her movement on court?
- what type of spin does he/she like to use?
- is he/she a baseliner, a net player or all courter?
- serves, cannonball or marshmallow? Which one can I take advantage?
- any obvious pattern? Example, always hit down the line on the return?
- what type of ball does he/she dislike receiving – fast/slow, high/low, slice, wide, at body?

Pro Tip: take an overview then narrow it down to just one or two things to focus on as you begin the match.

Step 2: Formulate a simple plan

– **example: I will hit deep to BH and try to attack the short ball.**

Pro Tip: Keep track of how each point went down – example: she returns short cross court angle when I hit to her FH. Next time I hit to FH again, I will watch for that same shot. Continue to pay attention to these details and you'd be surprised how predictable your opponent is.

Step 3: Have plan B

Just in case your opponent adjusted. Or perhaps your plan is good but your execution needs to be better.

-What am I doing well? Continue doing until opponent adjusts.

-What is my opponent doing to me so well that I am having trouble? Is it because I allow that to happen by hitting to his/her strength?

Pro Tip: If you lose 2-3 points the same way, take time in between points and adjust your tactic the next point. Don't wait until it's too late.

Step 4: Have Plan C – the Consistency Plan

When nothing works, you will stay as consistent as you can be (hit middle deep, then start to work your way aiming into the corner once your game is back on) Only attack the short ball that you know you can execute. Playing the smart high percentage game until your confidence is back on.

Step 5: Enjoy the process of competing! When you smile as the match gets more competitive, you know you're having fun no matter what the outcome is...

Have fun trying these tips and Let me know how these tips working for you!

Happy Holidays to you and your family.

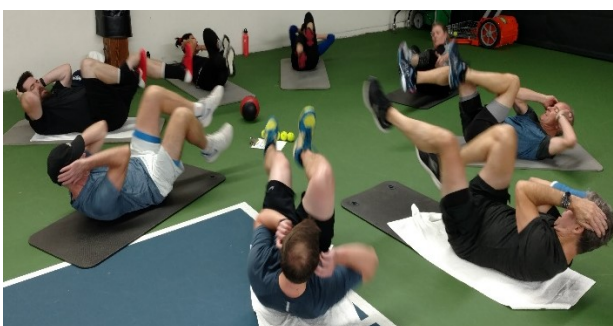


Dea Sumantri | Tennis Pro

FITNESS COURT

WORKOUT FOR A CAUSE 2019 TO BENEFIT NORTHWEST HARVEST

“Thank You” to all those that made it a HUGE success!



*May your Holidays be
Balanced and Bright*



An oldie but goodie!

Our rendition of “Twas the Night Before Christmas”:

Twas the night before Christmas and all through the gym, everyone was working with vigor and vim! The stockings were hung by the Treadmill with care in hopes that a new squat rack would soon be there. The pros were all nestled all snug in their beds with visions of burpees dancing in their heads. Clay, in his camo and white board in hand, and I with my stopwatch, we were ready to devise a plan. Lunges and squats, push-ups and more, we'll have them giddy screaming “GIVE US MORE!”. When out on the lawn there arose such a clatter, we sprang from our mats to see what was the matter. When what to our wondering eyes should appear but a miniature sleigh and eight tiny reindeer, with a little old driver so lively and quick, we knew in a moment it was our UPS driver Nick. He had a bundle of gear slung over his back and looked like Jack LaLanne opening his sack. He had a broad face and a flat belly, he looked healthy and strong, fit as a fiddle. A wink of his eye and a twist of his head soon gave us to know we had nothing to dread. He said not a word but went straight to his work, put up the squat rack, and performed a clean and jerk. Putting his finger aside of his nose, and giving a nod, to his sleigh he rose. To his team gave a whistle, and called them by name: “Now, Camille! Now, Kelly! Now, Kerry and Julie! On, Matthew! On, Jamen! On, Jacob and Jack! We heard him exclaim as he drove out of sight, “Move Everyday and a Green Smoothie at Night. WAHOOOO!!”

FITNESS COURT CONTINUED

Starting the New Year without extra weight is not a given but will take some thought and planning. As we head into the Holiday Season, remember to plan for celebrations, stay hydrated, keep up with activities and make your food choices count. It is possible to do all these things and still have fun.

CONTACT VICKI to help you stay on track for a Happy Healthy Holiday!

Toss your fresh, raw spinach with balsamic vinegar, sunflower seeds, sliced red onion and warm, roasted butternut squash.



CLASSES

Join us for some fitness Fun!



Boot Camp MW 9-10am//**Boot Camp** TTH 5:45-7pm//**Fit'n'45** TH 12-12:45pm//

Small group and Personal Training//Health Coaching

***Contact Clay CSCS//** Clay@fit2playnw.com 425.822.2203 ext 126

***Contact Vicki NBC-HWC//** Vicki@thewellfitlife.com 425.822.2206 ext 122



Junior Tournament:

Orange—Friday, December 6th 4pm-7pm

Green— Saturday, December 7th 1pm-5pm

Contact Dea, deas@centralparktennisclub

Tournament ID Orange: 600033019

Tournament ID Green: 600030419

Headed to Playoffs!!

Men's 6.0 Greenlaw

Women's 6.0 Mishalanie

Men's 7.0 Antono

Women's 7.0 Garnett and Czerwinski

Women's 8.0 Lund

Advancing to Sectionals! – Men's 9.0 Lim

Good
Luck

Adult 40+ Teams to date for this coming season!

3.0 Women's – Tara Darrow

3.0 Women's – Joyce Ismon

3.0 Women's - Lynda Carlson

3.5 Women's – Leslie Bouton

3.5 Women's – Linda Greenlaw

3.5 Women's – Helen Suk

4.5 Women's – Deborah Murray

4.5 Women's – Kerry Levine

4.0 Men's – Barry Katz

4.0 Men's—Walt Paulson

Amy Wang is doing a 2.5 team and is looking for players!

Deadline for team confirmation forms is Friday, December 6.

Important Information

Holiday Hours

December 24th - Club Closes at 1:00 pm

December 25th—Club Closed

December 31st - Club Closes at 9:00 pm

January 1st—Club Opens at 8:00 am



HopeLink Food Drive

November 8 - December 3

In an effort to help those in our community who are struggling we are hosting our Annual 2019 Food Drive for HopeLink.

Donation bins are located in the clubhouse!



Policy of the Month

CANCELLATIONS/LATE CANCELLATIONS: 1. Members are encouraged to cancel a reserved or assigned court as early as possible. It is mandatory to cancel a reserved or assigned court at least 4 hours prior to court time or 24 hours in advance for events and clinics. 2. Late cancellations: If less than four hours notice is provided for a reserved/assigned court cancellation, a penalty fee will be imposed and charged to the reserving member's account (see Violations & Penalties). 3. Courts assigned to members from the wait-list or as a walk-on are still subject to No-Show, Failure to use the Court and Late Cancellation violations and penalties.

PEPS Highlights



Double The Fun!



Bellevue

TENNIS



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NEXT DAY, AT THE SAME TIME !

FALL FOR FRIENDS

Refer friends to BTS and get you next stringing **FREE,
including a **FREE** string of your choice.**

- Take 30% off on your next stringing with 1 friend
- Take 60% off on your next stringing with 2 friends
- Get free string and stringing with 3 friends
- Inquire details at BTS store
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In-stock items only. Cannot be combined with other offers.

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MASSAGE



Good News Members, I attended an exciting massage convention where I furthered my studies of Facilitated Stretching and Sports Massage. Imagine your sore muscles massaged and joints opened. I have new times and package deals.

New Times:	Monday	10am-8pm
	Tuesday	10am-3pm
	Wednesday	10am-8pm
	Thursday	10am-3pm
New Prices:	Regular:	1 30 minute massage \$30
		1 60 minute massage \$75
		1 90 minute massage \$110
Package Deals:	Sport Package	4 30-minute Sport Massages \$115
	Sports Plus Package	2 30-minute Sport Massages 1 60-minute Massage \$135
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