

The Baseline Newsletter

February 2017



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To start off this month's newsletter, I'd like to let everyone know that the Board unanimously decided to make Jo Marsh a Honorary Member. Jo has supported the Club in so many ways that it seemed only fitting that the Club recognize and honor her contributions. When you see her, please congratulate her.

Pleased to announce that Past President Steve Fields has agreed to chair the Nominating Committee. If you would like more information about this process or have interest in serving, let Steve, Julie or myself know.

Here are a few highlights on what's happening:

- **Clubhouse.** We are in the process of interviewing design firms to prepare a proposal for the Board and the general membership to review. We have sent out requests for proposals to ten design firms that were recommended by Club members with design and construction experience. We will narrow that list down to three finalists and then select the firm after one round of interviews. That firm will then put together a proposal for developing an initial design concept and rough order of magnitude budget. The proposal will be presented to the Board for review and approval. Once the Board has approved the firm, the proposed scope, and the budget, that firm will then prepare a concept design for presentation to the members at this year's annual meeting.
- **Junior Program.** Starting at the end of the last session, the tennis staff made the following improvements to the junior program:
 - End of session reviews. At the end of each session the lead pro for that level prepares an end of session review summarizing what was accomplished during the session, providing ways to continue to improve between sessions, and also providing important dates (including upcoming tournament dates) for the Silver and Gold levels.
 - Quarterly junior program newsletters. These newsletters are designed to keep parents informed of important upcoming dates, recognize the stand out performers for each level and each session, and provide age and level appropriate match play advice.



President
Matt Osborne

(continued on page 2)

PRESIDENT'S MESSAGE CONT.

I'd like to encourage everyone with kids with any interest in tennis to take a fresh look at our junior program. The tennis staff has worked very hard to create a program that best serves the needs of the entire membership by focusing on junior development at all levels.

- **Leave of Absence reminder.** Starting the first of this year, the Board put the following policy in place:
 - The maximum number of members allowed on to be on leaves of absence at any time will be capped at roughly 5% of the total number of equity memberships. Since the total number of equity memberships is 500, the cap will be 25 leaves of absence.
 - Since we are currently at the cap, any new requests will be put on a waiting list. When a member currently on a leave of absence returns, the Board will then evaluate any requests on the list.
 - The Board will be stricter in prioritizing leave of absence requests. Generally, requests based on involuntary considerations (medical reasons, financial hardship, etc.) will be given priority over requests based on voluntary considerations (decision to travel extensively, etc.).



President
Matt Osborne

As always, people are welcome to contact me via e-mail (matt_osborne@hotmail.com) with any Club related issues.

See you at the Club,

Matt

USTA TEAMS SUBMITTED TO DATE

Women's 7.0 Karen Schmitz – kschm10165@aol.com

Weekday 18+ forms:

Due February 1

| | |
|-------------|---|
| Women's 3.0 | Chairuna Antono – cdantono@gmail.com |
| Women's 3.5 | Amy Cooley – amyccooley@yahoo.com |
| Women's 3.5 | Linda Greenlaw – Greenlaw@hotmail.com |
| Women's 4.0 | Laura Laun – laura.j.laun@comcast.net |
| Women's 4.0 | Cindy Turner - cyndeeturner@comcast.net |

Weekend 18+ forms:

Due February 15

| | |
|-------------|---|
| Men's 4.5 | Daniel Avery – daniel.avery.daniel@gmail.com |
| Men's 4.0 | Bhanu Purohit - bhanu274@gmail.com |
| Men's 3.5 | Scott Skorupa – scottsk@hotmail.com |
| Women's 5.0 | Susie Heimdahl - saheimdahl@hotmail.com |
| Women's 4.5 | Jill Smith – jismith11@hotmail.com |
| Women's 4.0 | Gillen Keogh – gillentn@gmail.com |
| Women's 3.5 | Denise Stumpf – dmmstumpf@gmail.com |
| Women's 3.0 | Tara Darrow – tara_darrow@yahoo.com |

FEBRUARY

Important Dates

| | |
|---------------------------|--|
| Wednesday, February 1 | Team forms due for USTA 65+ & 18+ weekday |
| Thursday, February 2 | Facilities Committee Meeting - 6:00 pm |
| Sunday, February 5 | Super Bowl Sunday |
| Wednesday, February 8 | First day to sign up Early Spring Women's Team |
| Thursday, February 9 - 19 | Bellevue Club / Central Park Tournament |
| Monday, February 13 | Cups Committee Meeting - 1:00 pm |
| Monday, February 13 | Tennis Committee Meeting - 6:00 pm |
| Tuesday, February 14 | Happy Valentine's Day |
| Wednesday, February 15 | Finance Committee Meeting - 5:45 pm |
| Wednesday, February 15 | Team forms due for USTA 18+ weekend |
| Sunday, February 19 | Last day of the Winter Junior Team |
| Monday, February 20 | President's Day |
| Monday, February 20 | Membership Committee Meeting |
| Wednesday, February 22 | Last day of Winter Women's Team |
| Wednesday, February 22 | Board Meeting - 6:00 pm |
| Monday, February 27 | First day of the Early Spring Junior Team |



MANAGER'S MISCELLANY

40 years hosting an Adult USTA tournament and this year was filled with all sorts of tribulations with crazy weather and the flu epidemic affecting the draw, but one thing that did not go wrong was the level of tournament play. If you take a minute and look at the final results in almost all of the events, you will see the caliber of tennis that was played all throughout this tournament. Mid-January we hosted the Northwest Washington tournament for 35, 45 and 55 year old players. Many of our members participated and some were victorious (check the results posted on page 14) this is one you want to mark your calendar for at the beginning of each year. 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 will take place from February 9-19. Good luck to everyone, have fun and we will do our best to update our website with all the results as quickly as we can. As soon as we have all of the details we will post the link you will want to follow for the updates.

The Karaoke Mix up in January was a blast! Kaeli and Laurie sure do know how to throw a party! Phil started out with some fun tennis for 32 party-goers and then we moved to the lounge where Absolute Karaoke had everyone singing! We do have some very talented members, and staff – Kaeli can really belt it out! Thanks to everyone that participated and for the great compliments on the event, food and fun. Check out the pictures on Facebook, you might see a star in the making.

Project updates: Where are we with the LED lighting?? PSE was overwhelmed with grant requests all being due by year end, but they have confirmed our grant for the LED transition as well as occupancy sensors for courts 1-8. We are now working with the contractor for supplies delivery and determining the best way to minimize impact on available tennis courts. We will notify you when we have a set schedule. *Court cleanliness:* As mentioned last month, we noticed the decline as well and have met with our court cleaning contractor multiple times on what and how the expectations of our court needs can be met. Hopefully you have noticed the difference, even with the cold weather tracking more ball fuzz, improvements have been made! *Summer junior tennis:* We are in the process of putting our plan together and will present to the Tennis Committee for their input. Exciting things to come, and crazy that summer planning is already happening!

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!

For those that are playing, please remember USTA matches (except those scheduled for 8:30 pm) are considered **RESERVED** courts. If you are playing a match at CPTC, you **cannot** play on any other reserved court for that day. Which means you are not able to reserve a warm up court or an overflow court, walk on only – and just remember, members are allowed to call after 6 pm the night before to take an open court for the next day as a walk-on. Good luck this season and have fun!

Julie Wheadon—Club Manager

REMINDERS

POLICY REMINDER

Here are the policies for Reservations here at CPTC. Please be aware of numbers 2 and 3 as we are seeing violations in regards to them.

RESERVATIONS:

1. Reservations will be accepted between 7:00 AM and Club closing (8:00 AM to close on Sundays). A member may make only one reservation for any given day, and only in his/her own name. A member may have only one reservation in the court reservation system at any given time with the exception of an existing reservation later on the same day that a new reservation request is being made. Reservations may be made for the same day that the request is being made plus 7 days in advance.
2. All court reservations will require one member's name. A member may not reserve a court in the name of another member, even if they have permission to do so; this includes making a reservation in the name of a family member (parents are allowed to book reservations for their children). A court may not be reserved in the name of someone who will not be playing on the court. A reserved court may not be transferred to another member.
3. The member with the court reservation must check in at the Desk and remain on the court during the court time.
4. The Monday-Friday 6 AM and 7:15 AM courts may be reserved.
5. Members may reserve courts the night before starting at 6 PM for the next day ONLY. They will be assigned as walk-on courts; such assignments do not count as a reservation.

Ask any of the staff if you would like clarification.

GAMETIME

If you have yet to do so, please add your email to your GameTime profile. Waitlist confirmations come to your email, we do not call; so, if you sign up for a waitlist for a court time, make sure you are checking your email as you are responsible for that court if you get one.

To access your GameTime profile, please follow the steps below:

1. Login to <https://cptc.gametime.net>
2. Click "My Account" located on the upper right-hand side
3. Then click "Profile"
4. Scroll down to the 3rd white box—this is where you will see "Primary Email"
5. Enter the email you wish to use to receive court notifications
6. Click "Save"

DID YOU KNOW...

Are you looking for a game? Did you know our online booking system GameTime has an Available Players section that can help?" To view a list of available players please follow the steps below:

1. Login to <https://cptc.gametime.net>
2. Click the "Tennis" tab on the left-hand side
3. Then click "Available Players" on the right-hand side

To be added to the Available Players list:

1. Click "My Account" located in the upper right-hand corner
2. Then click the "Preference" tab located on the left above your name
3. Under "Availability" click the box next to "Tennis" and enter your level, availability, etc in the comments box

COMMITTEE REPORTS

FACILITIES | CHAIR KRISTEN GROBSTOCK

At their last meeting, the committee reviewed estimates to correct the drainage issue off of Court 1. The Board approved the committee's recommendation and directed the staff to schedule the project when weather is appropriate. The outdoor court fencing material will also be installed to eliminate the sagging on the South side.

Just a reminder about your four legged friends...

- Don't let your dogs urinate on the groundcover – we are losing some plants.
- Pick up after them - even if they are using the field – we do not need anyone bringing that into the club.



The Committee will meet Thursday, February 2 at 5 pm.

MEMBERSHIP | CHAIR KIM SKORUPA

Our waitlist is currently around 16 people which translates roughly to a 5 month wait. Our waitlist is able to start utilizing the club via the waitlist system and paying a court fee. If you have a friend that plays tennis, consider inviting them over to play and see the club!!

In our last meeting we discussed doing another social event like getting a party bus and doing wine tasting in Woodinville. If you are interested in this, please let us know: membership@centralparktennisclub.com. The staff is getting some information together to talk about at our next meeting. Our Karaoke night was a big success with many members and some staff entertaining us with their amazing voices. Check out our Facebook page for some pictures!!

Are you an artist? Or do you know anyone who is and is looking for a unique venue to display their art? If so, please contact Laurie at membership@centralparktennisclub.com. We are looking for various artists to display their artwork around the club!

Members - we are looking for feedback on a new event we are planning for the early part of 2017. An opportunity to connect with professionals and providers in the tennis and fitness industry - providing a day of "health". Nutrition, exercise, tennis products... The fair would be held on a Saturday morning from 9am-12pm, do you have some ideas or interest in taking part? Please send your feedback to juliew@centralparktennisclub.com and we will begin putting together a great event!

Clothing - Stay tuned for some new spring options!

Our next meeting will be held the 3rd week of February.

CUPS | CHAIR CHRISTINE GARNETT - SUBMITTED BY MARILYN PEDERSEN

The Cups Committee hosted a Charity Social and Fundraiser for Listen and Talk in January. Please see page 13 for an overview of the event.

Our next meeting will be held on Monday, February 13 at 1:00 pm.

COMMITTEE REPORTS

FINANCE | CHAIR MARTY MCCURRY

December's financial results continue to be very good. Net Ordinary Income (before Depreciation, and Interest) for the month was \$20,628 and for the year \$525,242; budget for the month was \$16,963 and for the year budget \$348,812, yielding a surplus for December of \$3,665 and for the year a surplus of \$176,430. Again, our strong surplus enabled the club to pay down long term debt by \$263,000 over the year.

The Club's financial position remains sound with Total Cash of \$391,096, and an excellent current ratio of over 4.2 to 1.

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a wait list to join of 16. Again, due to the strong demand, the Equity Member Initiation Fee remains at \$6,000.

The finance committee met Wednesday January 18th, and the next committee meeting is scheduled for at 5:45 pm on Wednesday February 15th.

TENNIS | NANCY GOLDBERG

USTA Spring season is off and rolling. At our January meeting, the Tennis Committee voted to allow a limited number of non-members to play on CPTC USTA teams. Any Central Park team wanting to add players from outside the club must first demonstrate that all members at that specific level of play (who wish to play USTA) have been invited to participate. In general you are more apt to see non-members participating in the following areas – 2.5, 5.0 and 65+.

These teams will be adding non-members for Spring 2017:

- Women's 5.0 18+
- Women's 4.5 18+
- Women's 7.0 65+
- Women's 4.5 40+
- Women's 5.0 40+

We will begin reviewing comments in the Club survey pertaining to tennis policies and programs. This is an arduous process. If you have specific suggestions, you are always welcome to share them with the committee directly.

Our next meeting is Monday, February 13 at 6:00 p.m.



It's Tournament Time All Around Us

For a long time I have viewed January through March as tournament time. On the professional level, there is the Australian Open to kick off the Grand Slam tournaments for the year. The BNP Paribas Open in Indian Wells, CA arrives in March and is an all-time favorite for our members. It offers the highest level of male and female professional tennis in one site on the West Coast for the year as well as some much needed sunshine and fun.

This year the BNP Paribas Open will be held March 6th-19th. It tends to be a quiet time at CPTC as a fair number of members head south. Being surrounded by these amazingly talented athletes is always inspiring. I love to pick up ideas down there to share as I teach. If you go, enjoy watching your favorite events. There are singles and doubles to choose from for both men and women. Note the difference in each. The practice courts are a change of pace from watching matches and can be interesting as well. To be competitive, all of the players have an incredibly high work ethic, drive, ambition, and focus. Take a moment to choose a player that interests you or is similar to your style of play. Watch their movement, their positioning on the court, the technical side of their strokes, and their preparation. Note their efficiency, base, relaxation, vision, and timing that creates such clean power. You can also learn a lot about competition by paying attention to their shot selection, court presence, court sense, problem solving skills, tempo between points, true passion, and ability to raise their game in pivotal moments. Any and all of these skills separate the players in both the pro level and the club level.

For those of you who are new to the BNP tourney, here is some information to help get you started. Don't wait too long to get your tickets and accommodations. Members in general will plan before the end of summer of the previous year. If you wait too long, accommodations become challenging to find and the first weekend of the tourney tends to sell out. A grounds pass ticket will get you into every court except for Stadium 1. Throughout the first week, all the courts will be full of matches and the practice courts will have plenty of action. Stadium 2 has been a wonderful addition to the site. During the second week, it's wise to get decent tickets in Stadium 1 as the outer courts and practice courts will have a lot less activity. To help, I put in a group order form for tickets in the fall every year that offers a 30% discount on Prime Loge tickets and simplifies your life. Please let me know if you would like to be included for the 2018 tourney. In February I'll also put together a cell phone # list so we can all find each other at the tourney. Please let me know if you would like to be included this year.

Here at home we're also busy with tournament action. In January, CPTC hosted the USTA Level 1 Senior tourney that draws a high number of 4.5-5.5 level players. The events are separated by age instead of ability. Over 25 of our members participated this year. In fact, the Men's 45 Doubles finals featured all CPTC members! February 9th-19th will be the annual BC/CP club tourney. After watching all of the great tennis in the January tournaments, the desire to play tennis and participate in events will increase. So come out and join in the fun both on and off the court. Watching and doing is one of the quickest ways to learn and grow! I'm grateful for my continued opportunities to be a part of this sport whether it's teaching, watching, or doing.

Lisa Moldrem - Tennis Pro





Sometimes fitness is underrated and given the cold shoulder, but if we put as much thought into our fitness as we put into our latte, we might be surprised at the outcome.

"Nothing can substitute for just plain hard work. I had to put in the time to get back. And it was a grind. It meant training and sweating every day. But I was completely committed to working out to prove to myself that I still could do it."~Andre Agassi

We hear words or sayings such as fitness, work out, I want to get fit, I don't have any endurance... but what do we really mean and how will "being fit" help us?

Physical fitness has 5 components:

1. Muscular endurance- is the ability of a muscle to exert force continuously over time.

- "Tennis requires the strength to hit or run to the ball numerous times during the course of a point, game, set or match. Muscular endurance will help your body quickly recover from prolonged points and be ready to perform again with minimal "rest." **
- *"It's one-on-one out there, man. There ain't no hiding. I can't pass the ball." ~Pete Sampras*

2. Muscular strength- is the amount of force a muscle can produce in a single max effort.

- Satoshi Ochi, MA, CSCS*D USTA: Tennis requires great muscular strength and a great fitness level.*
- "Tennis is an impact game, and each time you strike or run for the tennis ball your body absorbs serious impact. To withstand this force you need both upper and lower body strength. Thus, including strength training in your off-court workout is a smart move."**



3. Flexibility- is the range of motion around a joint; can you bend down and touch your toes...your knees?

- "The quick starts and stops in tennis, reaching for overheads and serves and lunging and stretching for wide shots, all test your body's flexibility. Having a consistent stretching routine as part of your tennis preparation will help you avoid injuries associated with these movements and improve your overall health. An effective stretching routine includes both dynamic stretching before practice or competition and a slow controlled stretching routine after."**

(Continued on page 10)

FITNESS COURT CONTINUED

4. Body composition- is the ratio of body fat to lean tissue (muscle). Muscle is more metabolically active than fat.

- “The lean tissue (muscle) drives your body and gives you the ability to perform tasks, such as tennis, requiring strength and power. Combining strength training with a consistent cardiovascular exercise regimen will help you reduce body fat and increase your lean tissue. This strategy can help you develop more strength, power and speed for playing tennis.”**

5. Cardiovascular endurance- is the ability of the heart, lungs and the blood to deliver oxygen to your working muscles and tissues, as well as your body to utilize that oxygen.

- “I often describe tennis as "a marathon comprised of several mini-sprints."**
- “During the course of a match you cover a lot of ground, which is the "marathon." But within each point, game, set and match, you also perform countless mini-sprints running to the ball.”**
- *“My fitness is unbelievable right now. I don’t get tired. I’ve been working ever since right after Charleston. Even before that, I decided to really work on my fitness.” ~Serena Williams in Paris*

** fit for tennis

*USTA

The demands of tennis are not equal; some muscle groups are overworked while others are ignored. Injuries such as tennis elbow and rotator cuff problems can come from those muscle imbalances. You don’t have to be a professional to treat yourself like one!



We offer:

- ♦ **Personal Training**
- ♦ **Group Training**
- ♦ **Small group training**, keeping it personal and easy on the budget. Get a friend or two and share the time.
- ♦ **Health and Wellness Coaching**

Please contact us to sign up, ask questions, or learn more about our training.

Contact information

clayr@centralparktennisclub.com, 425 822 2206 ext 126

vickir@centralparktennisclub.com, 425 822 2206 ext 122



Vicki Runnels



Clay Runnels

WELCOME NEW MEMBERS

BARRY THOMPSON SINGLE EQUITY

Dr. Thompson was born and raised in New York City, moving to the Seattle area in the summer of 2000 with his wife and two children. He is an avid 3.5 level tennis player, and enjoys playing doubles, singles, and mixed doubles. He has been a member at Gold Creek since 2001, and is looking forward to becoming an active member of the CPTC community.

He attended medical school at the University of Southern California, completing a Neurology residency at U.C. Irvine and Fellowship back at U.S.C. He also holds a Master's degree in Psychotherapy obtained from Seattle University in 2008. Dr. Thompson has a medical practice in the Bellefield Office Park, located in south Bellevue.



LEAH & DARREN GRAY FAMILY EQUITY

The Gray Family (Darren and Leah) just moved to Capitol Hill from Bainbridge Island in 2016. They lived on Bainbridge for over fourteen years. They have two kids, Victoria and Hannah who are 14 and 12 years in age. They moved to Seattle this summer after Victoria was accepted to Seattle Preparatory high school and Hannah was recruited to a Premier soccer team. As a family they enjoy soccer, and traveling to other countries. Leah is a 4.5 level player who loves her CP 4.5 team! Darren represented the US last year in the ITU World Triathlon series in his age group. He is a 3.0 level player. They love the game of tennis and can't wait to become members at CPTC!!!



RICKY & AMY UY FAMILY EQUITY

My name is Ricky Uy and I'm excited to join Central Park Tennis Club! Originally from the island of Guam, I have always loved the ocean, music, and tennis. I've been living in the area for three years with my wife Amy and our two border collies, Link and Zelda. Prior to that we spent ten years in California, where I was a member at Courtside. I played tennis in high school but took a long hiatus until recent years. I'm looking forward to making new friends and having a whole lot of fun!



Good luck and well wishes to our resigning members. We will miss you!
Thomas Cheng, Carlee Chun, Mundel Family

JANUARY'S EVENTS

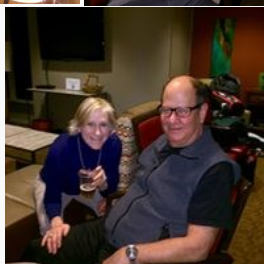
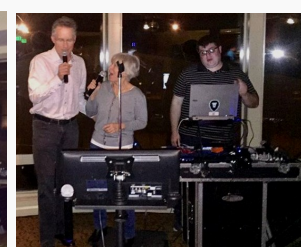
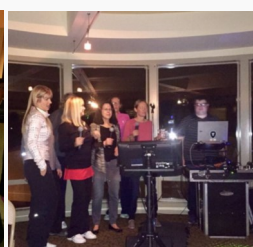
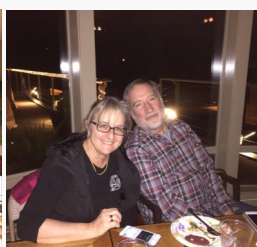
NEW YEARS DAY TENNIS SOCIAL

Central Park Tennis Club kicked off the New Year in full swing. This year's New Year's Day Tennis Social was a sold out event featuring 32 members, incredible tennis, epic shots (tennis not booze;) and tons of laughter. Phil organized the event and incorporated in a "Shot of the Day" competition. Both Dundeeana Doyle and Steve Carl won and walked away with a CPTC bag filled with swag.



Karaoke Mix Up Friday Night

January's Karaoke Mix Up was a huge hit! Back by popular demand, this social rocked the night away with group performances, duets and solo artists showcasing their skills! Every year we are blown away by the talent of our members on and off the courts.



Northwest Washington Invitational

The United States Tennis Association held its annual Northwest Washington Invitational at Central Park. This marked the 40th year in a row that we have had the honor of hosting this Level 1 tournament. With over 130 participants, Lisa Moldrem had her hands full as the Tournament Director. Like always, she pulled it off without breaking a sweat! Thank you Lisa for all of your hard work and endless hours making the tournament run so smoothly.

This year we had 25 members and 1 pro compete. Make sure to check out page 14 to see the results.



CUPS CHARITY SOCIAL & FUNDRAISER - RESULTS

Cup Social and Fundraiser - Results

The Cup Committee hosted a Cup Social with tennis for 32 players and lunch for 40 on Wednesday, January 4th, 2017.

In conjunction with the Social, we hosted a fundraiser for *Listen and Talk School*, for which the entire Central Park Community was invited to participate.

Eleven year old Caroline Cooley, daughter of Club members Amy & Aaron Cooley, shared her experience as a student at *Listen & Talk School*. She is a very articulate and outgoing spokesperson for the school and everyone enjoyed listening to her share her story. Amy also shared her experience as a parent of a hearing impaired child and what the *School* has meant to their family. Thank you Caroline and Amy.

We are pleased to announce that we raised \$5209.25 for *Listen and Talk School*, more than doubling our goal of \$2500.00. Thank you so much Central Park Community for your incredible generosity.

13 beautiful baskets filled with all kinds of goodies were raffled off during the luncheon. Each basket had a special theme and was assembled and donated by each Cup Team, the Central Park Staff, as well as one from Great Clips donated by Sue Rooney. Thank you Cup Teams, Staff, and Sue Rooney for your amazing generosity.

The Lucky Raffle Basket Winners were:

- Rebecca Bratlien – James Bond Martini Bar Basket - Donated by Evergreen Cup
- Dundean Doyle – Wine Lover's Paradise Basket - Donated by Emerald Cup 2
- Colleen Grobstok – A Few of our Favorite Libations – Donated by CPTC Staff
- Lana Hansen – Games, Arts and Crafts Basket - Donated by Challenge Cup 2
- Jo Marsh – Spa Indulgences to Pamper Yourself– Donated by Classic Cup
- Shauna Miller – Wine Lover's Paradise Basket - Donated by Emerald Cup 1
- Leigh Ann More – Go Hawks 12th Man Basket – Donated by Rainier Cup
- Lisa O'Brochta - Game, Set, Match, It's Tennis Basket - Donated by Kingco Cup 2
- Jodi Paulson – Slip, Slurp or Gulp Wine Basket - Donated by Kingco Cup 1
- Lindsay Price – A Garden Feast for the Eyes – Donated by Challenge Cup 3
- Jill Smith – Making Magic in the Garden Basket - Donated by Emerald Cup 1
- Carla Stanford – Great Clips Basket – Donated by Sue Rooney
- Zhanbing Wu – Carpe Diem Espresso & Coffee Basket – Donated by Challenge Cup 1

Finally, the Cup Committee would like to thank the Cooley Family, the CP Staff, each of the Cup Teams, Elsa Brodin for table decorations and everyone who participated in making this event such a huge success.

Submitted by Lindsay Price



NORTHWEST WASHINGTON INVITATIONAL - RESULTS

Congratulations to everyone that participated in this year's Northwest Washington Invitational!

Below are the results:

Kim Poplawski - Winner Women's 55 Doubles
Leah Gray - Winner Women's 35 & 45 Singles
Mike Walter & Greg Skaggs - Winner Men's 45 Doubles
Mike Walter - Finalist Men's 45 Singles
Marne Whitney - Finalist Women's 35 Singles
Hunter Liggett & Trent Burns - Finalist Men's 45 Doubles
Phil Ansdell - Semi Finalist Men's 45 Singles
Denis Brasfield—Semi Finalist Men's 55 Singles
Daniel Avery & Justin Madison—Semi Finalist Men's 45 Doubles
Susie Heimdahl - Semi Finalist Women's 35 Doubles
Chris Romney - Semi Finalist Men's 55 Doubles
Mei McRae - Semi Finalist Women's 45 Singles
Ana Tessadro - Semi Finalist Women's 55 Doubles

Also played:

Tony Martin, Masa Terada, Steve McRae, Marne Whitney, Christina Bowden, Marilou Rolfe, Cynthia Turner, Ian Morris, Deborah Murrah, Anette Vegarra, Kristina Edmonson, Jenny Schell, Juan Vegarra.

KITCHEN

February Lunch Specials

January 31 - February 2, Chicken Stir Fry
February 7 - 9, Cranberry Walnut Salad with Feta
February 14 - 16, Crab Bisque
February 21 - 23, Pesto Pasta Salad
February 28 - March 2, Spinach Salad



Pesto Recipe

Ingredients: 2 Cups fresh Basil Leaves (no stems), 2 tablespoons of pine nuts, 2 large cloves of garlic, 1/2 cup of extra virgin olive oil, 1/2 cup grated parmesan cheese.

Step 1: Combine basil, pine nuts and garlic in a food processor or blender until finely minced

Step 2: Slowly pour in the olive oil until the mixture is smooth

Step 3: Add the cheese and blend for a 2-3 seconds

Step 4: Enjoy!

JUNIOR TEAM

The sign up forms for the Early Spring Junior Team are now available on our [website](#) and at the front desk. Registration deadline is February 22.

Early Spring Junior Team Session Dates: February 27 - April 9, 2017

Match Play: Green & Bronze - Fridays 4:00-5:30 pm. Silver & Gold - Fridays 5:30-7:00 pm.

UPCOMING EVENTS

BELLEVUE CLUB/ CENTRAL PARK

TENNIS TOURNAMENT

February 9 - 19, 2017



Time to register for the BC/CPTC Tournament!

Register online at www.centralparktennisclub.com/tournaments

This is one of the most exciting tournaments of the year!

The tournament will be held at both sites. Please read the entry form closely for details of match times and format. Register as soon as possible as draws are limited.

MASSAGE

Hello Members,
Did You Know That Massage Therapy Can Reduce Winter Blues?

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- Improve Sleep
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and

- Manage Low Back Pain
- Reduce Muscle Tension
- Reduce Tension Headaches

AND

- ENHANCE EXERCISE PERFORMANCE



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2016 CPTC SURVEY RESULTS

Thanks to everyone who completed the club survey this year. From our 907 adult members and 25 junior members, we had a total of 227 submissions (24.4%). There were also 1292 comments submitted. The comments have been separated by topic and distributed to the appropriate committee or manager along with the quantitative results. Many of the suggestions provided by our members are already being implemented. For those suggestions requiring large investments, we are starting a wish list/future plan with those comments in mind.

For anyone who wants to plow through the quantitative responses, the ratings for the survey 2016 and the comparison with the last 5 years are published in the CPTC website (<http://cdn.cybergolf.com/images/1085/2016-Survey-data-comparison.pdf>). For those who don't want to go through all of the details, below is a summary of the highlights and lowlights.

For those who don't want to slog through the summary below, please at least read the bottom portion titled "What are we going to do about it?" – and consider volunteering to help improve our club. Thanks!

Membership Type

The majority of respondents were family members (68%). Single members made up 28% of the survey, 1.8% juniors, and 2.2% seasonal/social/intermediate and young professional members. 41% of respondents have been members 5 years or less. 18% are 6-10 year members and 41% are over 10 year members.

Comparison results survey 2016 with 2015

Satisfaction with the club overall (one of the first questions) stayed about the same (96%).

Satisfaction with the overall economic value of the club went from 90% in 2015 to 85% in 2016.

Highlights and Lowlights

For the most part, scores were very similar to years past with very few dramatic changes in opinion. (Good news!)

Scores that did go down the most (by a significant margin) were those related to overall economic value (dues increase in 2016), club committees, tennis lesson value (tax now associated with lesson fees imposed in 2016), fitness amenities, class availability and value. Also noted the pool and pool quality received lower scores, as well as outside events... how often the Club hosts, the member benefit to hosting and courts used - which is surprising since we did not host a Women's Challenger event this year. The entire question list in rank order is posted on the CPTC website as well (<http://cdn.cybergolf.com/images/1085/2016-Survey-Data.pdf>).

COMMENT SUMMARY

There were 1292 comments submitted about various aspects of the Club (up some from 2015 – mostly due to the Clubhouse planning questions). Below are summaries of the comments for each section of the survey.

GOVERNANCE / MANAGEMENT

There were 47 comments submitted. Many were supportive of the Board and Management. Some comments were critical of court allocations and equity among memberships, including junior tennis (for and against court usage). Reminder: the Board minutes are published on our website and all Board and committees meetings are open to all members. This is a member owned club and we want members to be involved – and this is where decisions are made.

TENNIS

There were 86 comments regarding tennis. Some comments were made about the junior program changes that have been made, allowing warm up courts for Cup and USTA matches, to the court cleanliness.

Comments were made about communication and how to let members know about programs and new members know about teams (CUP and USTA) and how to get involved. There were also many comments in favor of the LED lighting soon to be installed.

SERVICES

There were 59 comments about services. Many were positive supporting the front desk staff (however unhappy with turnover) and how a Pro Shop or extended food service would be nice, however the cost to do makes it difficult. There were also comments about demos. Our tennis staff have demos available in their office for you to use. Just email them what you are looking for!

FITNESS

There were 54 comments made about the fitness programs. Many comments were made about maintenance and updating some of the equipment. There were some general comments about not offering enough classes at various times of the day, as well as some unhappiness to changes in the schedule. It was also suggested Fitness Classes be offered as part of the membership, as they seem to be too expensive. There were requests for senior fitness as well.

CLUBHOUSE PLANNING AND CONSIDERATIONS

There were 223 comments made about the Board's initiative to develop a long-range plan for the Clubhouse. Most comments focused on improving the locker rooms, adding more party/banquet space and the need for a better flow to the tennis courts and amenities. There were some requests for saunas, Jacuzzi and an indoor pool, however overall 63% said no to indoor pool.

2016 CPTC SURVEY RESULTS - CONTINUED

FACILITIES

There were 56 comments made about the facilities. Most comments focused on updating the locker rooms and carpet areas. Many comments noted the grounds and appreciated the efforts this last year. Someone mentioned that the driving range was poor, so not sure where to go with that one.

WHAT ARE WE GOING TO DO ABOUT IT?

Julie has reviewed all the comments in the survey and made adjustments as appropriate. If you notice something is not being done, for example water on the courts on weekends, let Julie know so she can address it immediately. She can't make any changes if she doesn't know about it.

The clubhouse is old and "outdated" as many of you have brought up. We are in the process of reviewing all the comments regarding CPTC and working to determine the best process to bring a conceptual Clubhouse plan to you this year.

We have forwarded all the comments and the survey results to the appropriate committees to evaluate and to make suggestions back to the Board. If you want to see changes, get on a committee and help us get something done!