



The Baseline

N e w s l e t t e r

President MOLLY LAMMERS



OTHER NEWS

Oh new members of our esteemed club, be'ware.
There lurks here a siren of a most unusual air.
Her lair is court seven and at some point you will be,
on court six or court eight, in near presence of she.
She may look engrossed in her group in her lair,
but she is watching you, knowing that soon you'll be there.
You may go because of her smile and her charm,
You may go because your forehand is hurting your arm.
But whether your backhand is weak or is steady,
you will end up there, and she will be ready.

Your lesson will be a whirlwind of phrases;
You'll leave dazed with your mind having gone to the races.
How do I know what soccer position I should play?
How do I not spill the coffee and what's a "work day"?

Until the moment you find yourself losing a match,
to a person whom in warm-up you considered a hack.
And just when your face is turning bright shades of red,
You will hear a familiar, cheerful voice in your head.
And it will make sense! And you will be calmed,
And you will believe, and you will finish strong.

And you'll realize that all of those analogies she (seemingly randomly) threw,
were honed and tailored specifically to you.
You will run to your friends, "Lisa says!" you'll declare,
And they'll smile and they'll nod. They have been to the lair.

Thank you to all my friends who helped supply me with Lisa-isms. Too many choices, too little rhyming ability.

-Molly Lammers, Club President

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WHAT'S HAPPENING THIS MONTH?

◆ Friday, February 6	First day of BC/CPTC Tournament
◆ Saturday, February 14	Happy Valentines Day!
◆ Monday, February 16	President's Day
◆ Sunday, February 15	Last day of BC/CPTC Tournament
◆ Sunday, February 15	Last day of Winter Junior Team Session
◆ Friday, February 20	Mix-Up Friday Night - 5:30pm
◆ Monday, February 23	First day of Early Spring Junior Team Session
◆ Wednesday, February 25	Last day of Women's Winter Team Tennis

Manager's Miscellany

Congratulations to all those that participated and to those that were winners in the Northwest Washington Invitational this last month. Lisa did a great job getting everyone out of here so they could watch the NFC Championship game between the Hawks and the Packers. And how about those Hawks! What an amazing game to show us to never give up! I was so excited and full of emotion at the end of game that I had to send a text out to our tennis staff to tell them how teamwork and supporting one another is what it is all about – I think all of our staff brings something important to Central Park and our success– I hope you agree!

Speaking of our staff, I hope you received the notice about a few changes going on. Connor Vordale will be missed as he takes on a new lead role for another facility. We will miss his smile and having to remind him to get his paperwork turned in on time. Best wishes to you! Mike Calkins will be returning to Central Park. The staff is excited to work with Mike again and know he will be a great addition to our team. We also welcome Angelo Niculescu who seems to have energy that doesn't quit! His enthusiasm and love for the game will fit perfectly with our team, bringing yet another great addition to our well rounded tennis staff.

Another tournament on its way! The Bellevue Club/Central Park Tournament that will take place from February 6-15. Lisa and Brian Nash are excited to see how the new "pod" format works for everyone, definitely easing up their numbers of hours needed to work on draws and scheduling! Please make sure to share your feedback with all of us so we can make notes on how to keep this incredibly huge tournament a success! Rather than the large social we normally have every year –there will be time for each group to socialize following their matches. We plan to update the groups by email so you can follow your level after matches have been played! Good luck to everyone, have fun and be sure to check out Chad's article on how to get the most out of your tennis! You never know...it may help you for that tournament match.

Don't forget the Sweetheart Social scheduled for Friday, February 20. Kelly and Alivia are working hard to bring a great evening to CPTC for you and your special someone.

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, 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!

A few housekeeping items:

- Please remember that the ball machine cannot be in use during a USTA or a CUP match being played in the New Building. Please work with the front desk when you are trying to make these reservations. If you are drilling with someone on a court that is adjacent to one of these activities, please do your best to limit the distraction of your voices and loose balls.
- Please make sure you & your guests are wearing non-marking tennis shoes & appropriate tennis attire.
- If you are reserving a court for a lesson—please ask for a court in the Wright building (cts. 5-8)
- If the court is occupied, please do not walk on until it is your court time.

GO HAWKS—GO CPTC!

Julie Wheadon, Club Manager



Committee Reports

TENNIS

Chair Beth Hom

The Tennis Committee met on 1/13 to begin addressing the many comments and suggestions offered by members in the most recent Club Survey. A prioritized action item list was formed with member and committee ideas and suggestions. When complete, it will be forwarded on to the CPTC Board. In addition to the Club Survey, our committee was asked to clarify the “guest” and “visitor” designation for non-members coming in to CP. Our recommendation was forwarded on to the Board.

Even though our committee has not completed our survey review, a few items were recurring and warrant reminders:

1. Please sign in your guests and remember there are limitations to the number of times a non-member may be a guest at our club depending on your type of membership. If a person enjoys our club this much...encourage them to become a member.

2. Check your shoes before you walk out on or play on a tennis court. It is fairly obvious that dark soled shoes have the potential to mark the court, but many light soled shoes, even some designed for tennis, will leave a white mark on the court. Marks on our courts necessitate more frequent cleaning which is expensive, time consuming and decreases the life of our surfaces.

3. Tennis attire has changed over the years. Capri style pants, longer shorts, tight fitting pants can all be considered appropriate attire if manufactured by a tennis clothing company. We ask for all of your consideration in representing Central Park in a positive way. Please no sports bras, yoga pants, street shoes or tee shirts with non-tennis logos. 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. We encourage all USTA captains to remind visiting teams of our tennis attire expectations when upcoming match communications are sent. Thanks for your assistance.

4. Please be courteous to your fellow CP members in the parking lot. Slow down and allow people to maneuver in and out of their parking spots. It is much better to be a few minutes late to your court time than to injure a member or damage cars. The gravel lot has distinct rows with black “curbs” to mark parking spots. Please do not park by the south fence as this blocks each row’s exit. Thanks for your consideration.

Next Tennis Committee Meeting, February 10th at 6:00 pm.

FACILITIES

Chair Kristen Grobstok

The Committee reviewed the suggested capital spending. The Committee commented that the survey has a lot of suggestions - I will comment on this next newsletter.

Other discussion included that the tile suggested for the entry stairs may be slippery. What would it take to add bathrooms and a kitchenette to the Reed bldg.? What would it take to add lighting to the Champ court and/or other outdoor courts? There was also a recommendation to finish the exterior painting around the lounge area.

MEMBERSHIP

Kim Skorupa

It has been a quiet month for the membership committee in January. The club continues to enjoy a healthy wait-list of 22 for Equity memberships and 89 for Junior memberships. Our clothing orders were a hit with lots of orders. Check out your fellow members around the club sporting their new logo wear. You can still place orders if you would like to add to your Central Park Wardrobe!! We are still hoping to host a new member roundtable to get input about club experiences from our members who have been here for less than 2 years – low signups for the January roundtable have prompted a reschedule. Look for a new date/time coming in February/March. Our next meeting will be February 16th at 5:30.

FINANCE

Chair Marty McCurry

The financial results for the month of December and year-to-date were good. Net Ordinary Income (before Capital Assessments, Depreciation, and Interest) for the month is \$3,000 which is \$3,200 over budget. Notably, year to date Net Ordinary Income of \$268,400 is significantly better than budgeted. Tennis lessons net income continues to be strong, beating the budget estimate by \$1,100 for the month. Again, the Club’s financial position remains sound with Total Cash of \$308,400, and an excellent current ratio of 4.3 to 1.

An additional \$60,000 was paid on our long term debt in December.

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a wait list to join of 22.

The next month’s committee meeting will be February 18th at 6pm.

CUPS

Chair Tricia Schroth

Cups season is in the home stretch with all matches wrapping up the week of February 23-27th.

Kingco Central Park 2 is currently in first place! Way to go!

Northwest Washington Invitational

We successfully completed our 39th annual Northwest Washington Invitational - a tournament known to host some of the best players in the PNW.

We are excited to say that we had 178 entries this year! Thanks to everyone who participated and also to those who came out to cheer on the members at CPTC.

The Central Park winners are listed below.

1st Place Winners:

Carolann Castell– Women's 55 Singles

Doubles Finalists:

Trent Burns & Hunter Liggett - Men's 35 Doubles

Gregory Skaggs & Mike Walter - Men's 45 Doubles



BC/CPTC Tournament

Bellevue Club/Central Park Tournament

February 6-15, 2015



Register online at: <http://www.bellevueclub.com/tennis/BCCPtournament2015.asp>

Mark your calendar for the annual Bellevue Club/Central Park Tennis Club Tournament. This is one of the most exciting tournaments of the year. The tournament will be held at both sites, and divisions will be flighted by the NTRP rating.

Please register as soon as possible so that your schedule can be accommodated. The registration deadline is Friday, January 30, at 12pm.

For more information, call the Tennis Office at 425.688.3174.

Pro's Court

Thoughts on how to rock the USTA and Tournament season

It's that time of year again. Time for the USTA and tournament season to ramp up. For this article, I wanted to share some ideas for everyone to have the best competitive experience possible in 2015. These thoughts are meant to inspire and motivate you to get the most out of yourself and your game; so, let's begin.

Set goals and strive for them: Whether it's making it to playoffs or winning your first tournament, visualizing a goal is the first step. Even if you are unable to reach the apex of your goal, you will have done better than if you had set none. Don't let the prospect of failing keep you from setting a goal. Failing is emotionally hard but it is how you learn and get tougher.



Visual Execution: Mentally visualizing what you need to execute to win will help your mind and body prepare for the task at hand. This means never give an excuse to lose. Once you give yourself a reason to give up your fight is lost. I know it sounds cheesy but you have to believe in your ability. Go Hawks!

Russell Wilson visualizes success before every game. Click [here](#) for a good article on Russell's Visualization.

Create a game plan: Your goal is set, now how do you achieve it? Ask questions and get real with your answers. What's it going to take? If your goal is to stay healthy and play fun but competitive tennis, your training needs to fit with your mindset. But if your goal is bigger, the work you put in should match the size of your goal.

Enjoy Competition: Remember you play tennis because it is fun and you love it. Embrace these aspects of the tennis and, win or lose, you will be smiling (most of the time :)).

Thanks for reading and I'll see you guys on the courts!

- Chad Smith

Staff Changes

We would like to welcome two new tennis pros and say goodbye to one from our team!

New Staff

Mike Calkins will be our new Premier Coach starting February 1st. Mike was part of the initial push to bring high performance Junior tennis to the PNW. He is looking forward to developing Central Park juniors and bringing together adult/junior tennis at our club. He is very excited to be a part of the professional team and looks forward to reacquainting himself with our members.



Angelo Niculescu will join our professional teaching staff starting February 9th. Angelo is most recently known for his position as the Assistant Coach for the UW Women's Tennis Team. He brings a lot of enthusiasm and knowledge for high level tennis, but enjoys working with all levels, as long as they want to develop and grow as players. He is looking forward to being a part of CPTC.



Leaving us for Opportunities

Connor Vordale, Teaching Pro, has decided to follow his aspirations of overseeing and administering junior programs. Connor has become an integral part of our team, encouraging and showing growth every day, and working hard to learn his craft. He will be missed! Connor's last day is Saturday, January 31st.



We appreciate your support as we work through these changes and additions. The staff is ready to jump in and help where they can, so please do not hesitate to let us know how we can assist you!

Late Fall Junior Team

Junior Team Tournament Winners!

Congrats to all who chose to come out and compete!

Rookie Level Winner

Oliver Liu

Finalist

Collin Neal

Challenger Level Winner

Nishant Kondepudi

Finalist

Eric Inadomi

Champ Level Winner

Brett Pearson

Finalist

Ezra Magaram

#ALWAYS
COMPETE

Junior Team Session Winners!

Level	Most Improved	Player of the Session
Champs	Josh Chou	Meagan Pearson
Challenger	Rachel Ye	Ein Chang
Rookies	Collin Neal	Taylor Isaacson
Future Stars	William Fike	Tesa Liutken
Rock Stars	Angela Yang	Ostap Pylypenko
Little Stars	Dharsini Raghu	Leo Yoshida

Fitness Court

FIT'n'LEAN **Fit Chicks Total Body Class**

Mondays + Wednesdays: 6:45 am—7:45 am
Tuesdays + Thursdays: 10:00 am - 11:00 am



Class begins January 26th - Sign up at the front desk!
- class began already, but you can catch up!
(6 week session, 2x per week)

\$145 CPTC members
\$165 non-members

Classes include:
Assessments, recipes & nutritional guidance

Join us as we inspire, motivate and challenge each other. Using minimal equipment, you will increase your endurance, blast calories, tone muscles, strengthen your core and give your metabolism a boost with our total body workout!

MORE CLASSES COMING IN 2015

FIT'n'LEAN Weight Loss
FIT'n'LEAN Step'n'Sculpt

February Fitness Class Schedule

Total Body Workout: M/TH@1:00pm
Abs and Back: W@11:45am
Fit To Play for Men T/TH@11:30am
BOOT CAMP: F@6:15 am, MWF@9-10 am, T/TH@5:45-7:00 pm

Clay: Clayr@centralparktennisclub.com **425.822.2206 ext 126**
Vicki: Vickir@centralparktennisclub.com **425.822.2206 ext 122**

Mix-Up Friday Night

Mix Up Friday Night



Sweetheart Social

February 20th

Tennis: 5:30 pm—7:00 pm
Social and Dinner: 7:00 pm

Dinner catered by Angelo's Italian
Chocolate desserts to follow!

Sign up at the front desk starting February 6th!

\$18.00 per member

Must cancel prior to February 15th to
avoid charge!

CUPS Social Recap

It looks like the CUPS social went great! 25 members joined for tennis and a lunch social in the Clubhouse!

Members enjoyed sandwiches, strawberry feta salad, chips and tennis ball cookies.

Find more photos on our Facebook page!



Membership

Welcome New Members

Carlee Chun

Single Equity

Lynn and Michael Christian

Family Equity

Children:
Matthew
Nikki



Ravi and Karthika Ravichandran

Family Equity

Children:
Sneha
Simran
Arjun
Ajay

Resigning Members

Good luck and well wishes to our resigning members.

We will miss you guys.

Sherle, Marty and Lana Robins

Michele Genthon and Gary Zimmerman

Jim Anderson

Allison, Chris, Kylie and Logan Russell

Massage

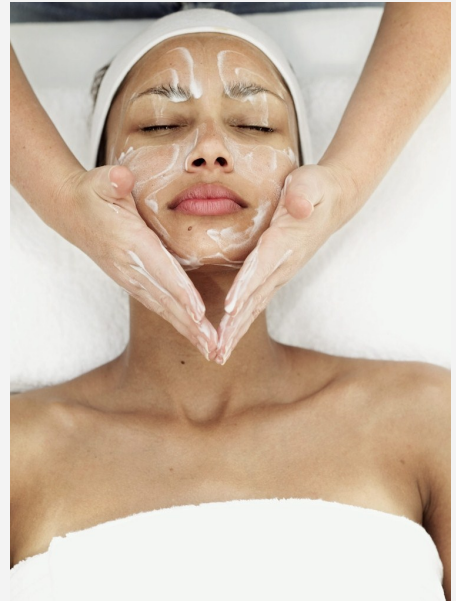
Dear Members,

This is your first chance to enter to win a Valentine's Day pair of at-home massages by Freeman. All registrants who enter the raffle will receive two-for-one massages to be redeemed at Central Park.

Register February 1 - 14 at the front desk! Everyone wins!

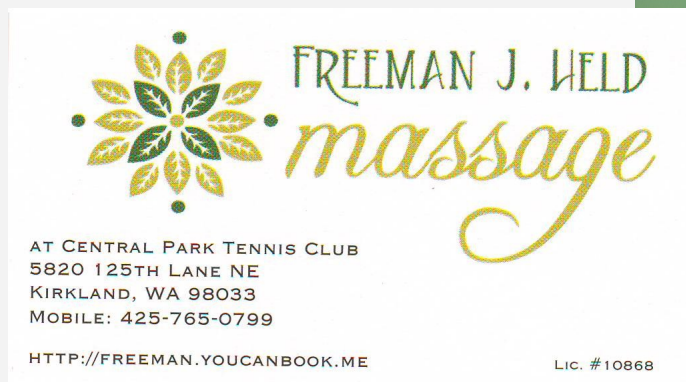
Be well,

Freeman



Freeman's New Hours:

M	T	W	TH	F	S	SU
11 - 4	11 - 4	11 - 4	11 - 4	—	9 - 12	—



Purchase 3 one hour massages for \$150 at the front desk through winter.

Advertising & Club Information

Overlake Service, Inc. dba



EASTSIDE
AUTOMOTIVE & TIRE

Dan & Denise Stumpf
Owners
dans@kirklandeastsideside.com

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

www.eastsidesideautomotive.com
"Your Complete Automotive Service Center"



Hey Central Park Members,
Just a friendly reminder about our same day drop-off pick-up service. If your racket is signed-in with one of our stringing forms filled out by 9:00am, we can have it returned and ready for play by 7:30pm that same day (Monday-Saturday, excludes specialty string and grip orders). We also have all the new rackets for demo from: BABOLAT (the new PURE DRIVES!), HEAD (the new SPEEDs and INSTINCTs!), WILSON (the new BLADEs and PROSTAFFs!), as well as all the other big brand names. For further information, please contact us at info@acesennis.net or call us at 425-235-9495 (Renton), 425-453-9224 (Bellevue).
-Aces Tennis

Center Court Café

New Coffee and Espresso Machine!

After months of waiting, the Central Park coffee connoisseurs can now rejoice at the arrival of the new coffee machine. In September, a taste test was done to determine a new coffee roast to serve. Seattle's Best #3 and Tully's Madison blend were the most popular among participants. A new machine was brought in with a more advanced brewing process.

The new machine brings a wider selection of coffee drinks. It provides the classic drip as well as espresso options. The espresso options include a variety of cappuccino, mocha and French vanilla latte options. There are many additional coffee beverage choices to try out. Members have enjoyed trying them and finding their new favorites. In addition to these many new options, the coffee is still complimentary. Do be prepared for a slight wait time as the new machine freshly grinds the beans for the coffee that is being prepared; it adds a few seconds to the brewing process.

If you have any issues finding a drink to try or navigating the new machine, please ask anyone in the kitchen or at the front desk. We would be more than happy to assist you!

Please email our chef, Alivia, with questions or comments.
kitchen@centralparktennisclub.com

