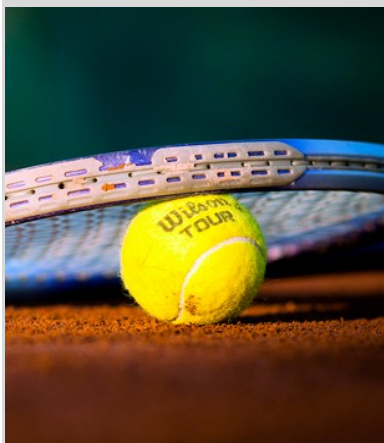


# Baseline Newsletter

## February 2020



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Hello Central Park,

Last February, snow crippled the region; it wanted to again a couple weeks ago. A big thanks goes out to our staff for keeping Central Park open. Let's hope the snow is behind us because, let's admit it, we need our tennis this time of year.

I learned from my college coach what I believe is the perfect end-of-match salutation: "thank you for playing". It works win or lose and for every score, including 6-0, 6-0. For me, "thank you for playing" acknowledges that we've each given our best and that I've accepted the results graciously. I say it every time.

I played competitive matches this weekend for the first time in six months. It's been over a year since I've been fully healthy. It's been very frustrating and humbling to stop playing because of various arm injuries. I'm grateful to finally be on the court again in a part time capacity. It's never felt better thanking my opponents than it did this weekend.

Some of you have told me that it must feel like adding insult to injury serving as club president at a time when I haven't been able to play. All I can say is that I'm happy to do it to stay connected with the game and the club I love. I have more gratitude for Central Park than ever before.

If you're playing tennis competitively, I wish you gratifying success. Compete ferociously. I also hope you take a moment to soak in the joy of competition. Central Park is a part of a lively broader tennis community. You might even secretly take a moment to be grateful for that opponent from a visiting club who's come to Central Park to give it their best and has relentlessly annoyed you in the process.

And finally, if you're suffering from injury, I know how you feel. Reach out to me and I bet we can find something for you to do while you recover. Don't worry; I won't ask you to grab a snow shovel. I hope to see you all around the club.

Click on this [link](#) to find what your Board has been up to!



PRESIDENT  
ROSS LAURSEN



# February 2020



January 29th - February 5th	Bellevue/Central Park Tournament
Monday, February 10th	Cup Committee Meeting (1:00 pm)
Monday, February 10th	Tennis Committee Meeting (6:00 pm)
Tuesday, February 11th	Facilities Committee Meeting (4:30 pm)
Sunday, February 16th	Last day of Winter Jr. Team Session
Monday, February 17th	Snow day Make up Bronze and Silver
Tuesday, February 18th	Snow day Make up Stars and Gold
Wednesday, February 19th	Snow day Make up Bronze and Silver
Wednesday, February 19th	Last day of Women's Team Tennis
Wednesday, February 19th	Finance Committee Meeting (6:00 pm)
Saturday, February 22nd	Womens 3.5 Tennis Exchange (11:30 am)
Saturday, February 22nd	Mix Up Tennis and Karaoke Night (5:30 pm)
Monday, February 24th	Next Junior Team Session Starts
Monday, February 24th	Membership Committee Meeting (5:30 pm)
Wednesday, February 26th	Women's Cup Tennis and Social (10:00 am)
Wednesday, February 26th	Board of Directors Meeting (6:00 pm)

## **Gametime Tips! (Wait listing for Courts)**

When putting yourself on the waitlist please make sure you do not have a court that overlaps with the time you waitlist yourself. For example, if you have a 5:30 court and put yourself on the waitlist for 6:00 pm, Gametime will bypass you because it reads that you already have a court for the day. It would be best if you put someone else's name on the waitlist that will be playing on that court.

If you are wondering how to set up a Gametime account go to pages 10 and 11!

*Any questions? Please email [Nick Bunda](mailto:Nick Bunda)*

## MANAGER'S MISCELLANY

Our first taste of the wintry weather in the Northwest hit us right before our 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 10) 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. We may need to set up bleachers in future years if the tennis continues to be this good. Congratulations to everyone that participated and to Lisa and the tennis staff for pulling off another great tourney.

And another tournament is under way! Starting early due to the Fed Cup February 7 and 8, the Bellevue Club/Central Park Tournament is in full swing. The event this year has been condensed to one week –opening up courts for those that don't participate. Thanks to Lisa and Brian Nash for coordinating and dealing with all the logistics – and to the rest of our staff and volunteers to make this annual event a good one.

February also means Karaoke Mix up time! Sign up to catch a happening DJ – one of our own – guaranteed to bring the house down! It's always a surprise to see who has the hidden singing talents! It's sure to be fun – Saturday, February 22.

As we continue in to the New Year – President Ross announced at our Board meeting that Andrea Gerth will be the Chair of our Nominating Committee this year. If you have someone in mind that you think would be great for the Club leadership – please reach out to Andrea.

[andreagerth@hotmail.com](mailto:andreagerth@hotmail.com). We will announce her Committee members in our March Baseline.

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!

Lastly big thanks to our Membership Committee for appreciating the staff this month. It was fun to read a little something about those featured and then hear another staff member –I didn't know that about you. I'd like to say I appreciate all the staff and all they do to make Central Park such a special place. It takes a village!

*Happy Valentines and Happy Tennis!*

[Julie Wheadon](#)

*Club Manager*

### **Violation of the Month: CANCELLATIONS/LATE CANCELLATIONS:**

Did you know that it is against CPTC policy to cancel a court less than 4 hours prior? Did you also know that Walk-on and Waitlist courts are still subject to the late cancelation rule?

Contact [Julie](#) to find out more about this rule!

# PROS COURT

## Inspiration!

I can't remember at what age, but I can remember my first tennis lesson and I can remember my first piano lesson. And ever since, tennis and music have been a constant in my life. I never excelled to a particularly elite level at either, but I was good enough in both to open up some pretty special opportunities for myself.

During our invitational tournament last month at the club I was noticing how so many of the same players return year after year. How is it that so many people stay interested in their chosen hobby/activity for life? For me in both music and tennis it's watching people, live, who have worked on their art or craft to the next level. Every time I go to see live music I fall in love with the singers, musicians and songwriters. I go home and work on learning their songs, wishing I could play the guitar like they do, write music like they do and be as free and creative as they are. Every time I watch high level tennis I am in awe of the physicality, the focus, effort, court sense, and sportsmanship. These are the things that inspire me. I take pieces of this with me onto the tennis court and try to implement any part of what I admired into my own game. I get excited to try and imitate what I admire. I don't always succeed but watching great players makes me want to be better.

We are all at Central Park because tennis is one of our passions. We are lucky to have opportunities to watch high level tennis in this area. Many of our members have the chance to travel down to Palm Desert to watch the BNP Paribas Open. We are fortunate to have Fed Cup in Everett this month! The Washington State Open draws impressive players every year. Our most accessible opportunity to watch inspiring tennis is at our own UW.

Life is busy and we all know there are not enough hours in the day to do all the things we wish we could do. But, a little inspiration goes a long way. What inspires you?



[Kathryn Osborne | Tennis Pro](#)

Kathryn Osborne

Central Park Tennis Club

USPTA

# FITNESS COURT

## Are You Ready for a FIT and ADVENTUROUS New Year?!

We have some exciting adventures coming this year! There will be EPIC hikes, fun bike rides along with a destination Boot camp to name a few.

### Here's a Preview:

**Trip #1: Sand Seekers Boot Camp**-- May 21-23rd. Our first destination boot camp will be at Coronado Beach in beautiful San Diego!

**Trip #2: Grand Staircase/Escalante**—June 10-13<sup>th</sup>. Hike among the natural wonders of Utah. Our accommodations will be in a Hollywood themed Airstream resort. EPIC

**Trip #3: Cascade-Palouse Odyssey**—June 19-20<sup>th</sup>. A local bike ride on the Palouse Cascade rail trail. You will ride from North Bend to Cle Elum while experiencing the beauty of the Cascade mountains.

**Trip #4: Paddle Lake Roosevelt**—July 12-16<sup>th</sup>. We've chosen a 55-mile stretch to paddle down this beautiful lake. You will kayak from campground to campground with other nature seekers all while taking in the amazing beauty the lake has to offer.

**Trip #5: Enchantments Traverse**—August 13-14<sup>th</sup>. This is the most EPIC through-hike in the Cascades, The Enchantment Lakes and surrounding peaks are breathtaking.

**Trip #6: The Mickelson Trail**—August 23-27<sup>th</sup>. We will ride into the Black Hills with unbelievable scenery on the "hall of fame" rail trail in South Dakota; lodging in the towns of Deadwood and Custer, this ride is rich in boom and bust history.

**Trip #7: Grand Canyon Rim to Rim**—Late September (date tbd). We have completed this trip 3 times and it never gets old. The more we go the more we see! This is the most EPIC through hike on the planet!

### Here are 9 Ways to Break Free From Stress

I know! Meditation is the secret sauce to take your wellness up to the status of the elite gurus. It's the "be all, end all" for the health of your entire mind-body-spirit. It's the absolute must-do that is the only path to beating the infamous health-buster called "stress."

Don't get me wrong; practicing meditation is an excellent approach to optimizing your health and overall well-being. Meditation is great for relieving and dealing with stress, and all of the issues that come along with it. But it's not the only way to get there.

The whole purpose of meditating is to calm the mind and emotions and relax our physical body too. And there is always more than one way to get there.





## FITNESS COURT CONTINUED

Let's talk about some of the other things to try if meditation is not exactly your thing.

### **Journaling**

Spending some time every day writing out your thoughts can help to relieve stress. You can use journaling to list the things you're grateful for, this is known as gratitude journaling. You can use it as a "brain dump" to get all of your thoughts and ideas out of your head to soothe your mind. You can use "ever since" journaling to describe your life after you reach your goals.

### **Coloring**

Adult coloring books are all the rage! Not \*that\* kind of adult, but coloring pages with lots of detail and tiny areas to color in. Something that can take you hours. You can always opt for something simple, like kids coloring pages too. The idea is the same. Repeated movements and focusing on the art you're creating can help to clear your mind.

### **Gentle exercise**

Gently moving your body is another great way to de-stress. Activities that are slower and less intensive are ideal. Things like walking, yoga, stretching, or tai chi can all be great ways to relax your mind and improve your strength and balance at the same time.

### **Sleep in or take a nap**

A common cause of increased stress hormones is lack of sleep. Too little sleep and too much stress go together. So, getting enough good quality sleep is important to help you break free from stress without having to meditate.

### **Pamper yourself**

Maybe you love getting massages or mani/pedi's? Maybe you love a long bath or lighting candles? Perhaps you can add your favorite relaxing music to the mix for a pampering evening? Spending some time to pamper yourself regularly is great for your mind, body, and spirit.

### **Spend time in nature**

You don't have to head away for vacation to relax in nature. While a calm beautiful beach or cabin in the woods may be amazing, you don't have to go that far. Even spending time on the grass at your local park or playground or walking on a wooded trail in your neighborhood can do the trick.

### **Conclusion**

Stress reduction is the goal. How you do it, be it meditation or otherwise, is not that important. What's important is that you find what works for you.

Try journaling, coloring, gentle exercise, sleep, pampering yourself or spending time in nature

# FITNESS COURT CONTINUED

## CLASSES

Join us for some fitness *FuN!*

Group training and classes are a great way to get fit, have FuN and share the cost. Check out our classes or get a friend or two together for small group training!

Contact Clay to help keep you on the court and Fit2play!



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

**Small group and Personal Training//Health Coaching**

**“train like an athlete, eat like a nutritionist, sleep like a baby, win like a champion**

\*Contact Clay CSCS// [Clay@fit2playnw.com](mailto:Clay@fit2playnw.com) 425.822.2203 ext 126

\*Contact Vicki NBC-HWC// [Vicki@thewellfitlife.com](mailto:Vicki@thewellfitlife.com) 425.822.2206 ext 122

Do you enjoy a good Chocolate dessert?

YES, please! I have an easy and delicious indulgence to share!

### Chocolate Peanut Butter Nice Cream

- 4 frozen bananas
- 1 scoop vanilla protein powder
- 4 tbsp natural peanut butter
- 4 tbsp cacao powder

Blend frozen bananas until smooth and creamy. Add protein powder, cacao powder & pb until combined. Spread out 1" thick in a sheet pan. Freeze until hard ~30 minutes. With your heart cookie cutter, quickly cut and place between Crunchy Chocolate Wafers. Freeze until ready to serve.

### Crunchy Chocolate Wafer

- ½ cup almonds
- 8 pitted Medjool dates
- ½ tsp vanilla
- 1 1/2 tbsp melted coconut oil
- 1/8 cup cacao powder
- 1/8 cup chocolate protein powder

Preheat oven to 350. Blend ingredients until a sticky crumble forms. Roll to desired thickness, cut with heart cookie cutter. Place on parchment

# COMMITTEE REPORTS

## TENNIS | CHAIR CHRISTINE GARNETT

The tennis committee has hit the ground running. We have had only two petitions for non-members under our new guidelines which has afforded the committee more time to focus on ways to continue to improve participation and education. If you have not had a chance to review the guidelines, please do so as you consider the formation of your team for the 18+ upcoming season. Also, we have a very exciting change that is now available to our club members. In an effort to continue to be inclusive, we are asking ALL members of the club to edit their profiles in GameTime to include their USTA tennis ranking and their interest in the respective USTA leagues. Check out pages 10-11 to find out more! This will allow team captains to recruit and for members to set up match play. We have provided a few prompts (as you will see) to help with finding the location on GameTime. We are very excited about this capability and look to continue to evolve more functionality of the system. Also, please note that we are working on kiosks for check-in and will have three operational within a short while. We are also digesting the club survey results and will communicate the areas that our membership has identified as areas for us to review. Stay tuned! Below is a breakdown of the

### Violations for December

No Show - 9 | Late Cancel - 10| Failure to use Court - 2 | Multiple Guests on Reserved court- 2

## MEMBERSHIP | CHAIR TRACI LYNCH

Our waitlist is healthy and steady with the 61 on the equity waitlist. The junior waitlist has approximately 50 and we are bringing 4 new families in Feb 1st.

Hopefully you were able to help us with the first annual Staff Appreciation week January 28–January 30. We had fun honoring our hardworking staff!

We have some fun events on the horizon-

Sign up for the ever popular Karaoke – Feb 22nd! Our DJ will be a familiar face! We have a new event happening on March 28th- Adult Bowling at TechCity.

Lastly, we will be providing some new summer events that should make everyone happy.

## FACILITIES | CHAIR STEVE COLEMAN

The Club is currently reviewing bids for the resurfacing of the pool with the intent of having the work completed prior to the planned Memorial Weekend opening. In the Fitness Court, the Facilities Committee would like to replace the Hammer Strength machine with a dual cable machine and a squat rack cage. The Committee also discussed a safety concern of the parabolic light fixtures in the Multi-purpose room with glass fluorescent lamps and recommended changing to plastic tubular LED lamps which could be done in house. Brian Darrow and Steve Coleman attended the January Board meeting to review options for additional restrooms located near the tennis courts. The goal is to gather Board feedback and level of interest in pursuing more details for such a project. The next committee meeting is scheduled for February 11.



# COMMITTEE REPORTS

## CUP TENNIS | CHAIR CONNIE BALLOU

It's hard to believe that we are planning the End of Season CUPS Social! Can it already be that time? The date set is February 26<sup>th</sup> – Tennis at 10 AM, and a luncheon following at 11:30 AM. There will be a nominal fee to cover the cost of lunch. We hope you have had a great season and will come to celebrate at this fun event.

We have had a very smooth year, and players seem to have easily adjusted to the NoAd scoring that was on a trail basis this season. Thank you, CUPS Captains, for polling your players and providing information to the SACT for compilation. We will wait to hear the poll results, deciding if the scoring remains No Ad or reverts back to Ad scoring. Your input was important, stay tuned.

The CUPS committee spent time this month reviewing our 3 important documents:

The CUPS Guidelines, The CUPS Appeals Process, and The CUPS Application form. Minor changes were necessary. You will be notified at the end of the season regarding your CUPS Score, followed by the important dates for applications and appeals. For now, just continue to enjoy your team, play your best, and continue to make new friends on the court.

## FINANCE | CHAIR PETRA CARL

The Finance Committee met this month to set out our plan for the year. We feel confident that the Club is on the right track financially and our primary goal for the year is to access our loan on the Roberts Building and make sure that we can make as much progress as possible on paying down the balance. Ross, Julie and I are going to meet with the bank in February to discuss our options. Update to follow.

## WELCOME NEW MEMBERS

Uhngkyu Shim

Francisco and Amy Galanes

Mei Lu

Max and Melinda Caldas

## LEAVING AND WILL BE MISSED

Gordon Woodhouse

Hope and Brad Pettinger

Charlie Bernstein (LOA)

Sandy Cummings (LOA)

Davis Family (Seasonal)

Antonio Skilton (Intermediate)

NEW MEMBER  
WELCOME



# GameTime - First Time Login

Sign up the [Primary User](#) first and then check the membership letter of dependents under the [Family](#) tab.

1. Go to [CPTC.GAMETIME.NET](http://CPTC.GAMETIME.NET)
2. Select the First Time User.

Sign In **First Time User?**

**GAMETIME**  
Reservations that Click

**Your membership is verified, please create a new account.**

Last Name:

Club Number#:

**Next Step**

If you require assistance or need to check your club number, please contact us at 425-822-2206

[Forgot your password?](#) [Legal Privacy Policy](#)

3. Enter your last name and club number followed by the letter "a" for primary member (the first person written down on the membership application form when you joined), "b" for the co-user (other main user), "c" and on for dependents. If you do not know who the primary is, or you made a mistake, email [frontdesk@centralparktennisclub.com](mailto:frontdesk@centralparktennisclub.com) and we will reset your account.

4. Create a password for your new account.

Sign In **First Time User?**

**Your membership is verified, please create a new account.**

Username:

Password:

Confirm Password:

Password Meter: Password not entered 0%

**Create**

**Tips for creating a secure password:**

- Minimum 6 characters
- Mix capital and lowercase letters
- Include punctuation marks and/or numbers
- Avoid passwords like (tennis) and (1234)

If you require assistance, please contact the club at 425-822-2206


5. Once you make your password you will automatically be redirected to your account page. Please look through your account, choose your settings and update any information that has changed. Please make sure to enter an updated phone number, email and home address.

Club Number \* 1234  
Barcode ID  
Username TestUser  
Password (Reset Password)

Role:  Member  Staff  
Membership: Member (Member)  
Privilege: Test

Suspension Dates:  Enabled (for Court Booking)  
Account Disabled:   
Bill Account:

Home Phone   Show to others?  Primary  
Work Phone   Show to others?  Primary  
Mobile Phone   Show to others?  Primary  
Note: The Mobile Phone field is not used for Text/SMS notifications  
Email   Show email address to others?  
Alternative Email   
Address

  
Add Photo Remove  
Last Login: Feb 24, 2015 3:21:48 PM  
Last IP Address: 76.89.128.201

6. We are also asking that you give us detailed information for your level of interest in USTA, including your most current rating.

Tennis: N/A

Interested in Playing USTA?:

- Adult 55 & Over
- Mixed Adult 18+ & Over
- Adult 40 & Over
- Adult 18 & Over
- Adult 65 & Over
- Mixed 40 & Over
- Mixed 55 & Over
- Junior Team Tennis

Save

7. Check the "Family" tab of your account settings to see which member number is assigned to each family member.

Profile Appt & Activity Transactions Preferences **Family**

**Family** Add Family Member

First Name	Last Name	Username	Club Number	Gender	Birthday	Last Login	Action
[Redacted]	[Redacted]	[Redacted]	1234a	M	[Redacted]	2015-05-05 13:17:40	-
[Redacted]	[Redacted]	[Redacted]	1234b	F	[Redacted]		-
[Redacted]	[Redacted]	[Redacted]	1234c	M	[Redacted]	2015-02-24 15:17:55	
[Redacted]	[Redacted]	[Redacted]	1234d	F	[Redacted]	2015-01-13 13:28:52	-

[Options](#)

Please contact the Front Desk [frontdesk@centralparktennisclub.com](mailto:frontdesk@centralparktennisclub.com) with any questions you might have.



## Looking to Join a USTA Team?

<u>Men 18+</u>	<u>Women 18+ Weekday</u>	<u>Women 18+ Weekend</u>
4.5 <a href="#">Daniel Avery</a>	3.0 <a href="#">Annie Ottesen</a>	5.0 <a href="#">Susie Heimdahl</a>
4.0 – <a href="#">Andrew Shen</a>	3.0 <a href="#">Kim Wong</a>	4.5 <a href="#">Deb Murray</a>
	3.5 <a href="#">Zhanbing Wu</a>	4.5 <a href="#">Dundeana Doyle</a>
<u>65+ Women –</u>	3.5 <a href="#">Linda Greenlaw</a>	4.0 <a href="#">Mei McRae</a>
6.0 <a href="#">Lynn Vona</a>	4.0 <a href="#">Gillen Keogh</a>	3.5 <a href="#">Helen Suk</a>
	4.0 <a href="#">Laura Laun</a>	3.0 <a href="#">Tara Darrow</a>

Click on their names to contact them and get more information!

## Senior NW Washington (Level 1) Results!

### **Men's 35 Doubles (Final Round)**

Finalist: Mike Costello

### **Men's 45 Doubles (Final Round)**

Winner: Mike Walter

Finalist: Ross Laursen and Hunter Liggett

### **Men's 45 Singles (Final Round)**

Winner: Mike Walter

Finalist: Phil Ansdell

### **Men's 55 Doubles (Final Round)**

Winner: Kerry Bucklin

### **Women's 35 Doubles (Final Round)**

Winner: Susie Heimdahl and Joanna Stewart

### **Women's 45 Doubles (Final Round)**

Winner: Marne Whitney

### **Women's 45 Singles (Final Round)**

Winner: Marne Whitney

Finalist: Leah Gray

### **Women's 55 Doubles (Final Round)**

Winner: Ana Tessadro

Finalist: Laura Lund

### **Women's 55 Singles (Final Round)**

Winner: Ana Tessadro

## Important Rule Changes for Junior USTA Matches!

Click on the link below to find out more!

<https://www.usta.com/en/home/play/youth-tennis/programs/pacificnw/2020-pnw->

# BC/CPTC Tournament!

Click on this Link to get the Tournament Results information!

<https://www.bellevueclub.com/move/tennis/bellevue-club-central-park-tennis-tournament/>

A huge thank you to Brian Nash and Lisa Moldrem for putting this tournament together!

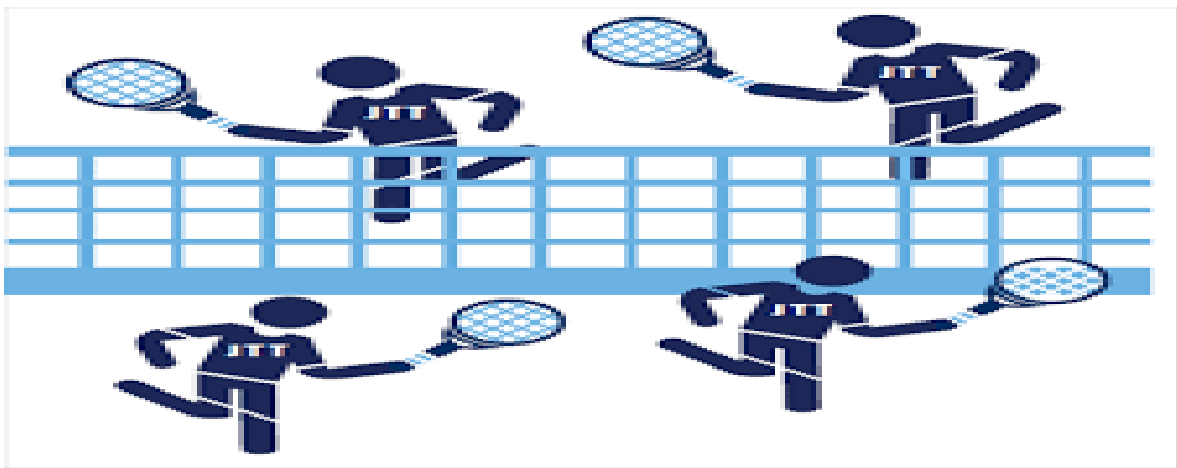
## Junior Team News

Next Session of Junior Team Starts - February 24th!

Registration for Early Spring Programs are out now!

Follow this [link](#), to sign up!

If you have any questions please email, [Coach Blakeley](#).





# Staff Appreciation Week

Thank you to the Membership Committee for making this Staff Appreciation week a huge Success. Our staff is very grateful for you and our members!



## What happened to Saturday Call-In?

As of February 1st, Saturday, Call-in will be taking a hiatus. If you have any questions about this, please email, [Julie](#) and she will answer your questions further.

GOING ON  
*Hiatus*

# New Year's Day Social!



We had an awesome time celebrating the new year with some tennis and mimosas! Big shout out to our president, Ross for bartending!

**COMING SOON**

Keep an eye out for details!





## **Karaoke Social February 21st!**

Its time to warm up  
your voices!

For the Karaoke  
Social!

Tennis: 5:30 pm

Singing: 7:00 pm

**Details to come!**



## **Cup Tennis and Social!**



February 26th -

10:00 am

Tennis and Lunch

**Cost:** \$15 pp

## **BNP Paribas 2020 Palm Desert**

Follow this [link](#) to purchase your tickets!

We hope to see you in the Desert!



# Bellevue



# TENNIS

# SHOP

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- \* TRUSTED & CONVENIENT
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- \* SERVING CP MEMBERS SINCE 2009

We appreciate Your Business!  
Please Call us at 425.829.6679  
or ask at the CP front desk  
for more details.

DROP YOUR RACQUET AT CP FRONT DESK BEFORE 7:30 PM AND PICK IT UP  
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
- Additional charge applies for a natural gut

In-stock items only. Cannot be combined with other offers.

Bellevue Tennis Shop LLC / 13223 NE Spring Blvd., WA 98005 / 425.829.6679 / [www.bellevuetennisshop.com](http://www.bellevuetennisshop.com)



## ADVERTISING

Thinking of a Move?



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**Dan & Denise Stumpf**  
Owners  
dans@kirklandeastside.com

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Kirkland, WA 98033  
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Bellevue  
425-454-4298

**Russell K. Nomi, DDS**  
1981 UW Dental School

**Wesley K. Nomi, DMD**  
2017 Arizona School of Dentistry  
and Oral Health

## MASSAGE



Greetings Athletes,

Come and experience for yourself what your fellow club members are talking about. Sports massage and Stretching before or after tennis. It helps open joints, lengthen muscles and improves athletic performance. Come and enjoy a free sample of this important asset to your tennis game. Located in Freeman's massage room in the bottom floor of the clubhouse. First come, first served.

This opportunity is available:

Monday February 10th. 4pm-8:30pm

Thursday. February 13th. 4pm-8:30pm

For more information about me, my schedule and prices, you can either go to the club website or Click here <http://freeman.youcanbook.me>