

Baseline Newsletter

January 2019



Happy New Year! I hope you had a safe and wonderful holiday season. Focus of the Board Meeting this month was on reviewing the 2019 Budget. We have increases in our operating expenses which includes new janitorial service. We continue to work on paying down the loan on the Roberts Building and were able to allocate an additional \$60,000 towards the principal. In addition to the lump sum payment, we pay additional principal every month.

Central Park hosted Orange and Green Ball tournaments in December. It was a great opportunity for our junior players to participate in a tournament on their home courts. Congratulations to all the participants.

OTHER NEWS

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The property condition assessment has been completed and findings will be presented to the board and the affected committees. This assessment will help us to understand what projects we need to be budgeting for in the coming years. I hope to be able to share the findings in the February newsletter.

There were lots of activities around this club in December – finishing up the food drive, thanks for your contributions. We also hosted a giving tree, again thank you for all your support. Our Rockin' Robin holiday week was a hit with adult clinics, massages, and some fun beverages offered to all members.

January will bring us the Senior Northwest Washington Invitational tournament January 17-20. Many members have participated in this event in the past – we hope you can come and watch some amazing tennis. In addition, our Mix Up this month will be on Saturday, January 26 which will be followed by dinner and Karaoke. The USTA 40+ season and a new session of the junior program kicks off this month as well.

In February we will be hosting a new member play and social. This is an event that we haven't held in several years and we are looking forward to it. Look for more details in the next month.

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

Kim Skorupa - Club President



President
Kim Skorupa



JANUARY

Important Dates



Tuesday, January 1
 Tuesday, January 1
 Wednesday, January 2
 Monday, January 7
 Monday, January 7
 Tuesday, January 8
 Wednesday, January 9
 Monday, January 14
 Monday, January 14
 Tuesday, January 15
 Wednesday, January 16
 Thursday, January 17-20
 Friday, January 18
 Wednesday, January 23
 Saturday, January 26
 Friday, February 1

Club opens at 8 am
 New Year's Day Celebration - 11:30 am
 Registration Deadline - Winter Junior Team
 Membership Committee Meeting - 5:30 pm
 Winter Junior Team Starts
 Women's Night Doubles - 7:00 pm
 Winter Women's Team Starts
 CUPS Committee Meeting - 1:00 pm
 Tennis Committee Meeting - 6:00 pm
 Facilities Committee Meeting - 4:30 pm
 Finance Committee Meeting - 6:00 pm
 Northwest Washington Invitational
 No Match Play
 Board Meeting - 6:00 pm
 Saturday Mix Up - 5:30 pm
 Registration opens - Early Spring Junior Team

LATE FALL JUNIOR TEAM AWARDS

	Most Improved	Player of the Session
Gold	Jeffrey Chen	Kyla Tiedeman
Silver	Daniel Domingos	Margot Reynolds
Bronze	Sarah Chianglin	Kevin Chan
Green Stars	Andy Peng	Ivan Pong
Orange Stars	Sophia Marlow	Lydia Xiong
Red Stars	Taegeun Yoon	Price Rethke

WELCOME NEW MEMBERS & FAREWELL TO THOSE RESIGNING

New Equity Members

Laurie Ono & Jay Allison - Family
 Stuart & Marcia Murray - Family
 Girish Patwardhan - Family

New Non-Equity Members

Jayson Shieh - Young Professional



Moving to Leave of Absence

Christina Bowden

Resigning but returning as Social

Larry Hoyt

Resigning

Steve and Dori West

MANAGER'S MISCELLANY

2019 - Already - can you believe it!

It's amazing how quickly 2018 came and went. We kept plenty busy this year with so many events, tournaments, membership changes and good things that make Central Park the special place we all love. Big thanks to all of the staff, Board and Committees that played in integral role in making these things happen, they continue to amaze me with their generosity, intelligence and fun spirit.



Speaking of our staff – congrats to Dea Sumantri for completing her Master of Tennis - Junior Development. It was a long road and a lot of work. Way to go Dea!

This month we will host our 42nd annual Senior Northwest Washington Invitational January 17-20. If you want to catch some great tennis – and watch a few of our own members play – come out and watch! After that, you will be itching to sign up for the Bellevue Club/Central Park Tournament that will take place from February 7-17.

We have 16 USTA teams this year for the Adult 40+ teams with matches starting up January 4. We are in the process of accepting team rosters for the weekend and weekday 18+ teams, as well as the Adult 65+ teams. These are all due by February 1 (weekend league February 15) with match play starting in March. Interested in being a captain? Email me a roster of 12 confirmed CPTC players and I will get you the link. For those that want to play, playing or captaining, please read the simple reminders below and help make this a smooth year for all!

USTA Team reminders:

- If you are interested in playing, there is a signup sheet at the front desk that we can help notify captains you are interested. Captains, if you need help finding players of a certain level and/or age, contact membership@centralparktennisclub.com. Teams must submit rosters for team practices and matches. You can email these to the frontdesk@centralparktennisclub.com.
- Any changes or requests to change court times or dates must go through me rather than the front desk. Please contact me at juliew@centralparktennisclub.com. Adult 40+, your deadline for changes is January 18. If you are looking to make a change, please give me some open dates for your team, as well as the opposing team. It makes it easier to narrow down options.
- Socializing following a home match is encouraged, but please communicate with the front desk if your matches have run late, clean up after yourself and do not leave any food or drink in the available refrigerators.
- We love hearing about the teams and exciting news. Please share on our Facebook page or email marketing@centralparktennisclub.com so we can share with everybody.
- Also please remind your team that warm up courts for your home matches are to be walk on only – If you reserve a court and play in a match this is still considered playing on two reserved courts...unless the match is at 8:30 pm.
- **An overflow court is available for Saturday and Sunday 5:30 pm and 7:00 pm matches.** If the overflow court is not needed – it can be used as a warm up court for our CPTC teams playing at 7 and 8:30 pm. We ask that you coordinate with the captains playing matches for that day, again the priority of this extra court is for the current match to finish–matches are listed in GameTime and our weekly email.
- For other match times, if you think your match is going to go over and we have another match right after you - please contact the front desk ASAP and see if there are other open courts- talk to the other CPTC captain and try to work this out as best you can! – Do not assume the people coming on after you will automatically give up their court- they have reserved it and intend to play.

Here is to a successful and tennis filled 2019!

Julie Wheadon ~ Club Manager

COMMITTEE REPORTS

TENNIS | CHAIR CHRISTINE GARNETT

Tennis Committee - The Tennis Committee recommended and the Board approved hosting the USPTA Convention May 30 - June 1, 2019. The impact to the club will be minimal during this event with court usage predominately in the Roberts building. The Board also approved the recommendation to approve guidelines allowing non-member participation for Junior Team Tennis. Coordinator Blakely Bean will be following this task which will be reviewed after the winter'18/spring'19 seasons. The Tennis Committee wishes all of our members a wonderful holiday season!

CUPS | CHAIR ELIZABETH GRAVES

The marathon Cup season is coming into its final leg, with about six weeks of match play left. CPTC teams are giving strong performances on court and definitely winning the after-match social scene. Several teams enjoyed get-togethers off the court during the holidays which goes to show how great our Club is when it comes to fostering community. The Committee is planning an end-of-season Social which is set for Wednesday, February 27. Details will come in the next few weeks.



MEMBERSHIP | CHAIRS BRAD BENNETT & ANNE GLENNY

Once again Central Park members have proven to be exceptionally kind, generous, and a community focused club. We easily outpaced our goal of 500lbs of food for the HopeLink food drive. 602lbs of food was delivered to HopeLink in addition to \$250 worth of gift cards! The tags on the Giving Tree didn't last long. Our lobby was filled with requested gifts from those in need. Everything from bikes to vacuum cleaners were delivered to Friends of Youth on December 14th. Hopefully many of you were able to take advantage of our Rockin' Robin week to help celebrate the holidays and our members. Each day of the week highlighted a food or drink special. Mimosas, ½ off pitchers, a hot chocolate, and ice cream bar offered a special treat for everyone. Our wonderful members are one of the reasons why our waitlist continues to grow. Currently we have 52 people waiting to become full equity members. Don't miss ringing in the New Year with our New Year Social January 1st. A Bloody Mary Bar will get 2019 off to a spicy start!

FINANCE | CHAIR ROSS LAURSEN

The Finance Committee did an intensive review of the preliminary 2019 budget at our December meeting. We are expecting and budgeting for some non-standard expense increases in a few areas of our operating budget. We have re-contracted certain services to close deficiencies (e.g., janitorial) and authorized some project spending to catch up on lagging investments in capabilities (e.g., computer hardware & software). Our review resulted in some adjustments to the preliminary budget to remove conservatism. We also considered closely the areas of the expense budget that could be considered discretionary spending. We will be monitoring these opportunities closely with club management as 2019 unfolds to ensure our spending remains appropriate and in line with responsible increases. The updated budget went to the Board for review and discussion in December and for approval in January. Please reach out to me with questions in the meantime. November financials were not available by our earlier than normal December meeting. No surprises are expected. Central Park had an excellent year financially in 2018. Happy New Year!

FACILITIES | CHAIR BRIAN DARROW

Happy Holidays from the Facilities Committee!

Going into the winter season, the Facilities Committee has been busy with projects to get the Club ready to weather the winter. These projects are almost complete and we should be in pretty good shape no matter what the weather may bring. Outside of routine maintenance, some other projects include completing the new signage around the Club and you may notice some upgraded lights in the parking lot to improve visibility. I am glad to say we now have a confirmed date to fix the leak between courts 3 and 4 in the Reed Building and this work will be completed by mid-February. And lastly, while it may not be the most exciting news, the new janitorial company is slated to begin in January. We are hopeful this will add a little more sparkle to the Club.

We have some exciting projects planned for 2019 but I've run out of space to tell you about them. Guess you'll just need to wait until next year. See you in 2019!

DECEMBER EVENTS

HOLIDAY GIVING TREE

Thank you, Central Park members for your incredible generosity with our Friends of Youth Giving Tree. This year we adopted Friends of Youth as the beneficiary of our annual Giving Tree. Friends of Youth is an excellent nonprofit that provides services to at risk youth and homeless young people, primarily in east King County. They provide shelter, outreach, drop in, case management, housing, education, employment and behavioral health support to youth in our community.



HOPELINK FOOD DRIVE

We would like to thank all of our members who contributed to this year's annual food drive for HopeLink. We exceeded our goal and donated over 600 pounds of food and \$250 in gift cards.

Since 1971, HopeLink has served homeless and low-income families, children, seniors and people with disabilities in King and Snohomish counties; providing stability and helping people gain the skills and knowledge they need to exit poverty for good.

If you are interested in donating more or donating your time, please visit www.hopelink.org for more information.



HOLIDAY TRADITION SINCE THE 70'S



The following is a brief history of the Saturday Morning Tennis Group.

It started in about the mid 1970's (either 1975 or 1976). The original four members were Max Johnson, Cliff Eckman, Bruce Alsip and Bob Taylor. They evidently could not agree on a good week day time and so decided to go for 7:00 am on Saturday. Court times were available and they would not embarrass themselves too much with minimal people around. As time went on, substitutes were asked to join permanently. Don Kaastrup became number 5 and Bob Norman became number 6. They used to celebrate their friendship with a Christmas dinner every year. It started at people's homes and soon spread to the Broadmoor Country Club, thanks to Max and Maggie Johnson.

As time went on, the "Saturday Morning Group" became a popular item. Substitutes were asking if they could get on permanently. In time, several more foursomes joined. We used four courts on many Saturday mornings in Building One. Some of the early players in the "new" foursomes were Jim Mock, Jack Nichols, Orley Solomon, Chuck Webb, Jon Nordby, Rick Ostrander, Jerry Mathews, John Davis, Wes Williams, Dan Brzusek, Dick Tschetter, Skip Beckman, Doug Cameron and myself, Bruce Winter. Others (in no particular order) included Ken Greenbaum, Gary Lange, Tad Rolfe, Ed Ries, Gary Severson, Jack Grady, Brad Thompson, Roger Perrin, Bruce Koppe and Tom Sehrer, Steve Camp, Curt Ghan and Chuck Vona. I apologize for anyone I missed.

Today, Bob Norman and Jim Mock are the oldest "surviving members" of the original group. We usually have four members in the Fall and Winter. The Spring and Summer will usually see six to eight players. Regardless, we always follow up Saturday tennis with doughnuts and coffee. And, once each year at Christmas, we have an alumni party with doughnuts and beverages. It's been fun.

Bruce Winter

FITNESS COURT

Cheers to a healthy and fit New Year!

The beginning of a new year usually means we have a few health goals in mind around eating healthier, exercising more. The food industry knows this all too well which is one of the reasons the diet industry is so big! In your quest to find a healthy food, here are some tips on health halos.

What is a 'Health Halo'?

- If you're trying to eat healthier, you already know you should be including lots of fruit, vegetables, lean protein, and whole grains.
- But when you step into a grocery store, things get a bit more complicated. The majority of store shelves are crammed with a tempting assortment of pre-packaged and convenience foods.

So, how do shoppers know which foods are healthy options?

- Most people turn to nutrition and health claims found on food packaging labels to help them decide which products to pick and which to skip.
- You may think you're doing a good thing adding "healthy" sounding foods to your cart - but in reality, you may end up taking in way more calories, sugar, and unhealthy ingredients than you intended!
- This is because most product nutrition claims don't mean a heck of a lot when it comes to the actual healthiness of that food item.
- Healthy sounding claims are actually a marketing trick used by food manufacturers. Nutrition buzzwords "natural, organic, paleo, low in calories/fat/sodium" - are intentionally used to help convince you to buy.
- This concept is known as a health halo – the perceived healthiness of a product based on a single quality or health claim.

And it works!

- Here's what happened when the Health Halo was studied...
- One study offered participants two samples of yogurt, cookies, and chips labeled "organic" and "regular." Participants believed the organic foods were lower in calories and tasted better and healthier compared to the regular foods.
- The catch? Both the organic and regular samples were the exact same organic foods! Proving the power of slick marketing!
- Some researchers also conclude consumers experience less guilt when they believe they're choosing a healthy option, which then justifies larger portion sizes and increased calorie intake.

The 2 most common nutrition claims that contribute to health halos?

There are two buzzwords that are often aligned with making a healthy food choice that we want to highlight as they're so commonly used - but they're also 2 of the most misleading!

• **FAT-FREE/LOW-FAT/REDUCED FAT**

Shoppers tend to believe "low in fat" equates to low in calories. Not the case! When fat is removed from a food, it's usually replaced with unhealthy ingredients (think chemicals) and sugar (usually lots of it!) to improve texture and flavor. All that added sugar can increase calorie count big time (hellooo bigger waistline) AND end up being worse for your health overall than if you'd just had a bit of the full-fat original! Common examples of reduced-fat foods perceived as healthy include yogurt (flavored varieties are loaded with added sugar and other fillers), bottled salad dressing, peanut butter (think cute teddy bears or squirrels), and commercially baked snacks, like crackers, muffins and cookies.

• **GLUTEN-FREE**

The term "gluten-free" has become synonymous with healthy - whether you need to avoid gluten for a bona fide health reason or not! Gluten-free does NOT equate to low-carb, low-calorie, whole grain, high fiber, low sugar, or organic. **Remember:** gluten is a protein found in wheat, spelt, rye, and barley. A gluten-free food doesn't contain any of those grains that contain gluten - that's it! Yet, you'll see "gluten-free" slapped on the labels of foods that NEVER contain these ingredients to begin with. Case in point? Potato chips. Potato chips (should) contain potatoes, oil, and salt. There are generally no gluten-containing ingredients in chips, but food manufacturers still utilize the "gluten-free" label freely to help drive sales. And no, sorry, eating an entire bag of fried potato chips isn't a healthy option – even if the bag reads "gluten-free". Gluten-free chips, cookies, and snack foods are still chips, cookies, and snack foods.

FITNESS COURT

How to Avoid Falling for Health Halos

Just because a food (or food-like) product features a health halo-type claim doesn't mean you can't have it. It just means you shouldn't overestimate the healthiness of a product based on a word or two.

Here are 3 tips for how to NOT fall for those alluring products...

1. Read nutrition labels...very carefully. Investigate the calorie, fat, and sugar content per serving to determine whether a food is the best choice for your health goals.
2. Read ingredient lists....very carefully. For example, if you're trying to eliminate added sugars, you'll want to steer clear of any products that list some form of sweetener in the first few ingredients.
3. Pay attention to portion sizes. Stick to a single serving and measure if you're tempted to overeat. Did you know that the average person generally eats 2-3 times the normal portion size for carbohydrate-heavy and/or salty snack foods? Eek!



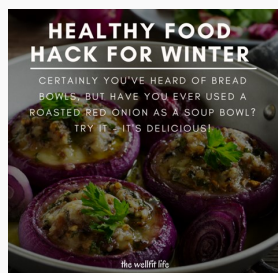
UPCOMING ADVENTURES

If you love adventure, beautiful scenery, hearing the sound of the ground under your tires, camaraderie of fellow enthusiasts and great food this trip is for you!

Dates to be released soon.

FITNESS PARTY

We had a blast at our Holiday Boot Camp & Brew Happy Hour in December! A little fitness and a little Fun! Thanks to all of you that made it, it was a hoot.



HOLIDAY RECIPE - Roasted Red Onion Bowl

Roast onions about an hour or until soft, depending on size (wrap in foil). Take out enough of center depending on what you are stuffing it with. If you add a rice mixture you can add the onion you take out. You want to bake the stuffed onion again with olive oil on it. Bake about 20 minutes or so or until tender.

SERVICES

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

Ready to start making healthier choices, lose weight, have more energy? Ready to make a lifestyle change instead of the latest fad diet? Contact Vicki and get the party started! **Vicki Runnels**, NBC-HWC, ACSM Certified Exercise Physiologist, Certified Wellness Coach, ACE Health Coach, Fitness Nutrition Specialist.

CLASSES

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

CONTACT

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

PROS COURT

Contact and Choices - Two Worthy Skills

There are so many facets in tennis. This is what makes it both intriguing and addictive as well as challenging and frustrating. Having a reasonable feel of technique is your tool to get you started. Understanding the use of this tool is what leads to confidence in match play. Two priorities I have relied on for many years are the point of contact and making good choices.

CONTACT; when the ball meets your racquet.

This is the product of all of your preparation. All of the tracking, moving, and adjusting is to allow you the optimal strike zone to transfer your idea into the ball. Understanding the flight of the ball coming in is the trigger. The actual product is timing the contact when the ball is ready. Being 'on time' is paramount to success. My game is at its best when I'm completely entranced by the ball as it tells me practically all I need to know to control my destiny. On the opposite end, when I struggle to time contact, my ability to lead and improve diminishes rapidly. If you do one thing to practice this, strive for 100% concentration on the ball. This means watch the ball constantly throughout the point when it's in front of you and when you are the hitter.

CHOICES: to read, react, decide, and do.

The time you have to process, plan, and execute each hit is minimal at best. This needs to be learned by repetition until this becomes a habit. I learned early in my career that without this skill, my goal of continually improving would be difficult to achieve. Gaining mental and emotional control allows this level of focus. Playing only the ball and the situation kept me in the present. The habit of playing every ball without caring if it might be in or out gave me the repetition I needed to develop quick decision making habits. Playing one ball and one situation at a time needs to be practiced as much as you practice your technique and targets. In my mind, it feels like learning flashcards. I see something, then my choices trigger quicker and quicker in my mind. When I walk on a court, I become increasingly curious to see the next ball so I can answer another flashcard and head off to executing the idea. The less time you take to plan, the more time you have to execute your plan! Once you know the answer to each flashcard based on the ball and the situation, tennis becomes much more intriguing and much less challenging.

You might consider the point of contact and learning your flashcards as two worthy goals for 2019.

Happy New Year!

Lisa Moldrem

CONGRATULATIONS TO OUR COACH, DEA SUMANTRI

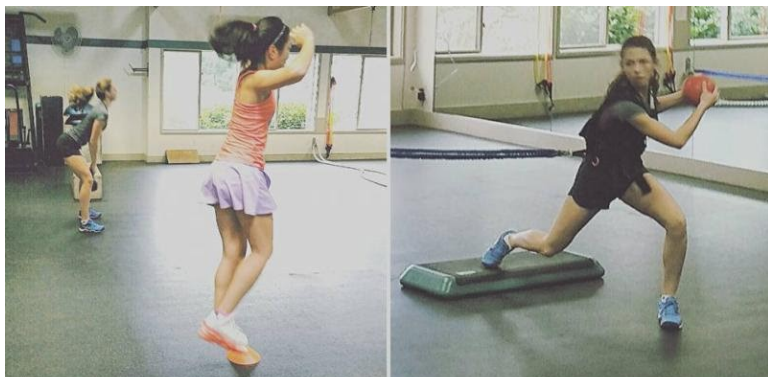
Congratulations to our pro, Dea Sumantri for completing her Professional Tennis Registry Master of Tennis - Junior Development. After dedicating 3 years and a total of a thousand hours of on court and off court work which included research papers, online courses, two weeks of coaches' training in Florida and Texas with the other PTR masters, she did it!!!

The PTR Master of Tennis - Junior Development program is the only tennis coach education program in the US that provides externally based assessment of skills, knowledge and abilities for tennis professionals and coaches of junior players.

Only 16 coaches are selected every two years to be accepted into this program. The qualification matches the National Standards for Sports Coaches (NSSC) at the highest level, which is Level 5. These standards, at different levels, are used by other sports and education bodies in the United States and are recognized and endorsed by the United States Olympic Committee (USOC). The competencies of the program also link to those of the ITF's highest award for tennis coaches. The high standards of the program demand high standards of the participants, starting with the requirements for application and acceptance for this qualification. Click on the link below to learn more.

<https://www.ptrtennis.org/PTRTENNIS/Education/MasterofTennis.aspx>

PROGRAM & EVENT REMINDERS



Junior Tennis Conditioning

Wednesdays 4:30-5:30pm

Juniors - take your game to the next level with power, agility, core, quickness and conditioning training.

Contact Clay at clay@fit2playnw.com for info & to sign up.

WOMEN'S NIGHT DOUBLES

TUESDAY, JANUARY 8 @ 7PM

Online & paper sign ups available
1 week prior!



2019 EVENING Cardio Tennis Clinics

DETAILS

Wednesday, January 2 & 16

5:30 - 7:00 pm

Max 8 per session

\$26 pp



by Chad Smith

JANUARY EVENTS



JOIN US FOR OUR
NEW YEAR'S DAY

TENNIS SOCIAL
&
BLOODY MARY BAR

Tennis: 11:30 - 1:00 pm
Bloody Mary Bar & social to follow
Light refreshments included as well
Cost: \$12.50



**TENNIS
&
KARAOKE NIGHT**

Saturday, January 26
More details coming soon!

JANUARY EVENTS



Senior Northwest WA Tournament **January 17-20, 2019**

This will be our 42nd year hosting the Level 1 Senior tournament for those over 35. There are 3 age groups 35, 45 and 55 for Men's and Women's Singles and Doubles. Most of these players are 4.5 level and above. We usually have some members that participate in this tournament. Come out and catch the fun!

Lisa Moldrem will be the tournament director for this event - courts will be limited throughout the weekend.

MASSAGE

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