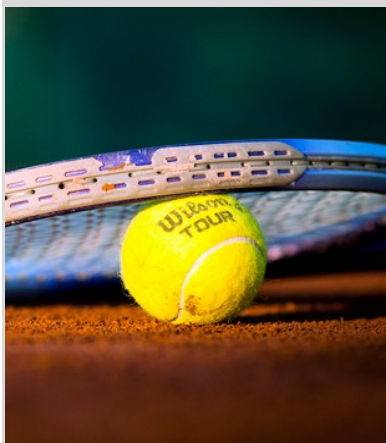


Baseline Newsletter

January 2020



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Happy New Year Central Park!

Most of us can remember the apocalypse that was predicted when the clock reached 1/1/00. Even the most pragmatic of us bought extra cans of tennis balls in case Y2K was real. It's hard to believe that was twenty years ago. I hope this newsletter finds you ready to turn the clocks to 2020.

Would you be surprised to hear that Central Park is more affordable than all other similar tennis clubs on the Eastside and in Seattle? If you are an active player, it is less expensive than even the public facilities that charge only court fees. Every year Julie surveys the other facilities and we review our fees relative to others. Central Park remains a fantastic tennis value in our region.

Last month I shared how the board voted at its November meeting to halt discussion of a freestanding locker room and pool expansion. Instead, the board voted to support the new clubhouse facility plan that was shared in 2017 and 2018. While not financially viable now, we believe we can continue to position ourselves to consider a new clubhouse within the next decade.

At our December meeting, the board reviewed the preliminary budget for 2020. In tandem, the board voted to increase monthly dues by approximately 7%, effective January 2020. This is a monthly \$15 increase for equity memberships. Approximately half of this increase will absorb the expected increase to our operating budget for 2020. The remaining increase is expected to be available to pay off our debt on the Roberts Building, currently about \$1.6 million. Eliminating our debt will allow future boards to reconsider the new clubhouse project and/or potential other options.

It's been an honor to serve as your club president in 2019 and I look forward to 2020. I am more convinced than ever that Central Park is the premier tennis club in Western Washington. Please reach out to me, Julie or any of our directors if you have questions about the dues increase or budget. May 2020 bring you joy and contentment, both on and off the court.



PRESIDENT
ROSS LAURSEN

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

January Important Dates

Wednesday, January 1st

Sunday, January 5th

Monday, January 6th

Monday, January 13th

Monday, January 13th

Tuesday, January 14th

Wednesday, January 15th

Thursday—Sunday , January 16th-19th

Monday, January 20th

Wednesday, January 22nd

January 29th - February 5th

New Years Day Social (11:30 am)

Club Closes at 7:00 pm

Next Junior Team session Starts

Cup 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 Level 1 Invitational

Membership Committee Meeting (5:30 pm)

Board of Directors Meeting (6:00 pm)

Bellevue/Central Park Tournament

Click [here](#) for our 2020 Calendar

*Northwest Washington
Invitational—level 1
January 16 -19*

Violation of the Month

Did you know that it is a violation to bring an outside tennis or fitness professional into CPTC to provide you instruction?

This goes against Club policy and could lead to penalties on against your membership.

If you need further clarification, please contact Julie Wheadon,

juliew@centralparktennisclub.com

MANAGER'S MISCELLANY

Here comes 2020 - ready or not?

I am not sure how you feel – but to me – 2019 was a whirlwind. The month of December seemed to fly by quickly with all of the events keeping us busy. Big thanks to all the work that went into the Member Appreciation week – Laurie and the Membership Committee really did a great job with all the offerings.

I hope all of you have time to reflect on 2019, the things you accomplished, the things you learned and what you did to better yourself. I like to think about all the areas we have grown or bettered the Club with over the year and offer a huge thanks to all of the staff, Board and Committees that played in integral role in making these things happen. These “doers” continue to amaze me with their generosity, intelligence and fun spirit.

This month we will host our 43rd annual Senior Northwest Washington Invitational January 16-19. 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 January 29 – February 5. This is earlier and shorter in duration this year – in hopes that you will be able to attend the Fed Cup being played at the Angels of the Wind Casino February 7 and 8, 2020. Visit <https://www.angelofthewindsarena.com/events/detail/fed-cup> to see what is available.

We have 18 USTA teams this year for the Adult 40+ teams with matches starting up January 3. 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 17. 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 memberservices@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 Friday, 7:00 pm and 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 2020!

Julie Wheadon ~ Club Manager

COMMITTEE REPORTS

TENNIS | CHAIR CHRISTINE GARNETT

The Tennis Committee rolled out its new policy guidelines for USTA team formation/non-member petitions. We encourage all USTA captains and club members to be aware of the new guidelines at the following link: <http://cdn.cybergolf.com/images/1085/CPTC-USTA-TEAM-GUIDELINESOct19.pdf>. Our new process has already been tried and successfully tested! With greater transparency in the guidelines, the committee will be able to reduce the amount of time spent on these petitions and focus its efforts on new initiatives. We encourage all club members to email Julie or I with any thoughts regarding ways to continue to improve our rules and guidelines.

Stay tuned for more on the Committee's 2020 agenda! Wishing you a healthy and prosperous New Year!

November violations posted:

(10) No Shows - (4) Late Cancel - (4) 2 reserved courts same day - (1) Etiquette - (3) Failure to Use Court

FINANCE | CHAIR PETRA CARL

I hope that you all had a nice holiday season and are ready to ring in the new year. This month the finance committee reviewed and approved the final tweaks to the budget for next year. We anticipate some modest increases in expenses to pay salaries, cover benefits and invest more in technology. All are necessary to help retain talent and expand ways we can update our processes and procedures. We also discussed, at length, the need to increase monthly dues. Based on feedback from our annual survey, we want to be as aggressive as we can to pay down our loan on the Roberts building. In order to do this, an increase is necessary. I attended the board meeting and gave our recommendations. I hope that you all support our decision.

Have a Happy New Year! See you on the courts.

MEMBERSHIP | CHAIR TRACI LYNCH

December was a busy month as usual for our committee. Our own Neil Roberts put on a great concert which was well attended. We finished out the month with the ever popular member appreciation week, giving tree and our first ever Chili Cook off, which was a huge success. So, if you missed it, there will be another opportunity.

We have some fun and new socials coming so be on the lookout and if you have any ideas or suggestions for the membership committee, please let me know.

FACILITIES | CHAIR STEVE COLEMAN

Thank you to all the club members who participated in decorating the facility for the holidays, your help is much appreciated and the club looks great! In early December, the club installed new carpeting in the entry and stairway in the clubhouse and took advantage of returning college student painting help to paint interior areas. Please notice the improved look of the areas between the indoor courts where the benches and water coolers are located as Central Park staff has been hard at work giving those areas a thorough cleaning. Let's all work together to keep those areas clean. At the December Board meeting, the Board approved the capital expenditures for the painting of the exterior of the clubhouse and the resurfacing of the pool both of which are scheduled for later this year. Additional funding was provided for a storage building to be located by the Wright Building to store our new lift and other items, replacing the doors to Courts 5 and 7, replacing the fire alarm control panel, replacement and additions to the Fitness room equipment, lighting for the gravel parking lot and replacing the furniture in the Wright Building. At the January Board meeting, Brian Darrow will be presenting options as well as rough costs for adding a bathroom to the Reed and/or Wright Buildings.

COMMITTEE REPORTS

CUP TENNIS | CHAIR CONNIE BALLOU

Happy New Year everyone! Our Committee took December off but will meet again Monday, January 13 at 1 pm. At this meeting we will be reviewing the Cup Guidelines and Applications for the next year of play, 2020-2021. Hopefully teams have enjoyed their break and are ready to get back to match play starting Monday, January 6. Please reach out to your Cup Advisors if you have any questions or concerns regarding Cup Tennis.

Current Team Standings

Team	Place/Total Teams
Evergreen	9/18
Emerald 1	12/27
Emerald 2	7/27
Classic	8/33
Rainier 1	12/32
Rainier 2	23/32
Challenge 1	5/19
Challenge 2	2/19
Challenge 3	8/19
Kingco 1	6/15
Kingco 2	6/15

WELCOME NEW MEMBERS

Jake/Katie McRoberts (returning)

Tracy Qi

Simone Thomas (Junior)

Chloe Yang (Junior)

Miles Lee (Junior)

LEAVING AND WILL BE MISSED

Scott Pearson (Transitioning to Seasonal)

Kara Mooney

Ashley Chinn (Joined Equity WL)

Alyssa Chinn (Joined Equity WL)

Daphne Chau

NEW MEMBER
WELCOME



PROS COURT

Great Drills for Developing a Better Serve

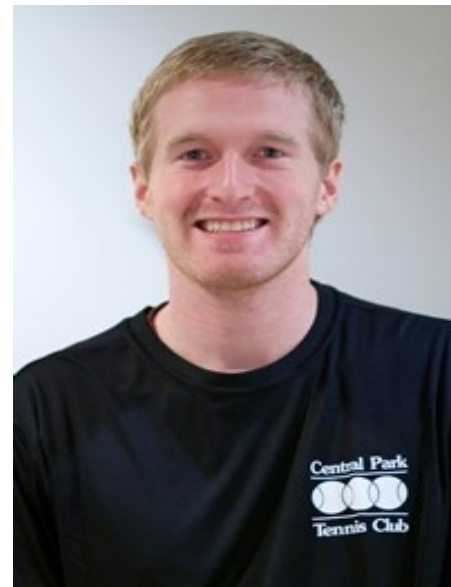
Everyone knows the serve is one of the most important shots in tennis, yet it is one of the least practiced shots. Why is that? Most people would admit that practicing the serve is not the most exciting. I agree with that, but I think the bigger issue is that people don't have a variety of serving drills. Serving drills add an element of fun, but also practice specific skills. Here are a few of my favorite drills for developing a consistent and offensive serve.

Perfect Toss Drill- A good serve starts with a good toss. A good toss is a little higher than the highest you can reach with your racket. It is located over your hitting shoulder and a few inches inside the baseline. I like to grab a dot or a towel and set it on the spot I want the serve to land. Start by trying to toss and land on your target. Toss 20 times and see how many can land on your target. Next, start alternating hitting the serve and just letting the toss drop. If you have another person there, the next level is to have them call out "hit" or "drop" right as the toss leaves your hand. Add this routine to your serve practice for a reliable toss.

Serving for Zones- This is a simple one for practicing hitting zones of the service box. Grab the singles sticks and put them on the ground to divide the deuce side box into "thirds." Start on the wide side and try to alternate hitting 1st serve and 2nd serve into that zone. Once you make 10 of each, repeat for the "body" zone. Repeat the same thing for the "T" zone. Move the singles sticks to the ad side box and repeat the whole process. This will allow you to get more comfortable hitting all types of serves to all locations. For a more advanced twist, have a partner call out the target zone right as the toss leaves your hand.

HORSE- This is a great partner drill that is played like the basketball game HORSE. Set up the singles sticks in one of the service boxes to divide it into "thirds." Rock, paper, scissors to decide who starts. The partner who starts calls out which "zone" they are aiming for. If they make it, the partner has to try to match the serve. If the partner misses the serve, they get the letter "H." If the partner makes it, they don't get a letter, and the starter picks a new target. If the starter misses their intended target, the partner now gets to call the "zone" and the starter is trying to match. The first person to spell HORSE is the loser.

These drills can hopefully add a little spice to something that can feel monotonous. I always encourage people to focus on quality, not quantity. Always remember to practice like it is a match. I try to keep the same routine, tempo, and focus in practice as I do in my matches!



[Ethan Vaughn | Tennis Pro](#)

2019 Late Fall Junior Team Awards

Level	Most Improved	Player of the Session
Gold	Kimi Price	Ethan Golik
Silver	Alex Takagi	Karissa Bui
Bronze	Ruby Li	Shirley Li
Green Stars	Mina Suzuki	Andrew Chu
Orange Stars	Chloe Yang	Shruthi Iyer
Red Stars	Aria Cakaric	Lucas Zhang

BELLEVUE CLUB/ CENTRAL PARK

TENNIS TOURNAMENT

**Wednesday, January 29—
Wednesday, February 5**

**Entries will be available
soon—watch for the email!**



CENTRAL PARK BOYS 10U SINGLES RESULTS

Runner Up	Benjamin Raff
Semi-Finalist	Magnus Porter
Quarter Finalist	Hutch Cockrell

CENTRAL PARK BOYS 12U SINGLES RESULTS

Winner	Regan Smith
Runner Up	Eljin Smith
Semi-Finalist	Jonah Chianglin
Semi-Finalist	Noa Cakaric
Quarter Finalist	Vedant Balan

CENTRAL PARK GIRLS 10U SINGLES RESULTS

Runner Up	Katayla Chen
Semi-Finalist	Shruthi Iyer
Quarter Finalist	Nika Cakaric
Quarter Finalist	Emmalyn Chen

CENTRAL PARK GIRLS 12U SINGLES RESULTS

Semi-Finalist	Amelie Singh
---------------	--------------

FITNESS COURT

HAPPY NEW YEAR From the Fitness Court!

It's that time when we decide to start fresh and get back on track after the holidays. These 3 tips may help you ditch the diet willpower and stop overeating at meals.

Three Ways to Avoid Overeating at Meals

Sometimes those holiday feasts are just amazing.

And it's not just the abundance of delicious food but also the people, the decorations, and the ambiance.

It is way too easy (and common) to indulge on those days. But it doesn't always stop there.

Sometimes we overeat on regular days. Or at regular meals. Or All. The. Time.

Here are three tips to avoid overeating at meals. (Psst, turn these into habits and over time ditch the willpower!)

Tip #1: Start with some water

When your stomach is growling and you smell amazingly delicious food it's too easy to fill a plate (or grab some samples with your bare hands) and dive into the food.



But did you know that it's possible to sometimes confuse the feeling of thirst with that of hunger? Your stomach may actually be craving a big glass of water rather than a feast.

Some studies have shown that drinking a glass or two of water before a meal can help reduce the amount of food eaten. And this super-simple tip may even help with weight loss (...just sayin').

Not only will the water start to fill up your stomach before you get to the buffet, leaving less room for the feast but drinking enough water has been shown to slightly increase your metabolism. Win-Win!

Tip #2: Try eating "mindfully"

You've heard of mindfulness but have you applied that to your eating habits?

This can totally help you avoid overeating as well as having the added bonus of helping your digestion.

Just as being mindful when you meditate helps to focus your attention on your breathing and the present moment being mindful when you eat helps to focus your attention on your meal.

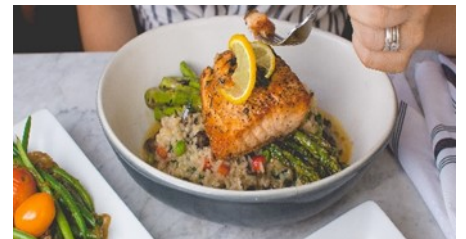
Do this by taking smaller bites, eating more slowly, chewing more thoroughly, and savoring every mouthful. Notice and appreciate the smell, taste and texture. Breathe.

This can help prevent overeating because eating slower often means eating less.

When you eat quickly you can easily overeat because it takes about 20 minutes for your brain to know that your stomach is full.

So take your time, pay attention to your food and enjoy every bite.

Bonus points: Eat at a table (not in front of the TV, computer...), off of a small plate, and put your fork down between bites.



FITNESS COURT CONTINUED

Tip #3: Start with the salad

You may be yearning for that rich, creamy main dish. But don't start there.

(Don't worry, you can have some...just after you've eaten your salad).

Veggies are a great way to start any meal because they're full of not only vitamins, minerals, antioxidants, and health-promoting phytochemicals but they also have some secret satiety weapons: fiber and water.

Fiber and water are known to help fill you up and make you feel fuller. They're "satiating".

And these secret weapons are great to have on your side when you're about to indulge in a large meal.

Summary:

Have your glass of water, eat mindfully, and start with your salad to help avoid overeating at meals.

Recipe (Water): Tasty (and beautiful) Pre-Meal Water Ideas

If you're not much of a plain water drinker or need your water to be more appealing to your senses here are five delicious (and beautiful looking) fruit combos to add to your large glass of water:

- Slices of lemon & ginger
- Slices of strawberries & orange
- Slices of apple & a cinnamon stick
- Chopped pineapple & mango
- Blueberries & raspberries

Tip: You can buy a bag (or several bags) of frozen chopped fruit and throw those into your cup, thermos, or uber-cool mason jar in the morning. They're already washed and cut, will help keep your water colder longer and tasting refreshing. Score!

"I'm certain Clay's class has prevented injuries in tennis. If I do have a tweak, or pain - Clay is great about customizing my workout. It's a group workout, with individual attention." - Molly Lammers

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

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

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





2020 SENIOR NORTHWEST WASHINGTON INVITATIONAL (LEVEL 1)

- Tournament Dates: January 16-19, 2020
- Tournament Style: 35's, 45's & 55's and over.
- Tournament Divisions: Singles & Doubles. Men & Women.

Tournament ID: [600410120](#)

Draws posted: January 13, 2020

Adult 18+ team and **Adult 65+** confirmation forms are now available. Email [Julie](#) your roster of 12 confirmed CPTC members for the link to get your team number.

Confirmation forms are due February 1 for Weekday and February 15 for Weekend and February 1 for Adult 65+.

Interested in watching our Adult 40+ teams this season. Check [here](#) for their home schedules or if you are interested in playing click [here](#) for the team rosters and captain email.

Laura Laun's 40+ team is looking for 4.5 and/or 5.0 women to join her team
Contact at laura.j.laun@comcast.net

CONGRATULATIONS to the following teams that are advancing on to **Adult 55 & over Sectionals** that will be held in **Seattle, WA**

Level	2020 Local League Champions	Captain's Name	Wild Card Team	Captain's Name
7.0M	CP-Antono	Wiryanto Antono	HBSQ-Poletti	Ray Poletti
9.0M	MI-Dawson	Kirk Dawson	CP-Lim	Wayne Lim

Holiday Concert presented by Neil Roberts & friends



Giving Tree Update

We were fortunate enough to deliver all
70 requests for gifts.
Thank you for your generosity!



MEMBER APPRECIATION WEEK

Chili Cook Off



Congratulations to Teresa Morrow on
Winning the Chili Cook-Off!

SAVE THE
DATE

SATURDAY

FEBRUARY 22, 2020



Bellevue



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FALL FOR FRIENDS

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

- Take 30% off on your next stringing with 1 friend
- Take 60% off on your next stringing with 2 friends
- Get free string and stringing with 3 friends
- Inquire details at BTS store
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Russell K. Nomi, DDS
1981 UW Dental School

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

MASSAGE



Hello Members,

May your days be great and your 2020 greater.

Would you like to increase your range of motion, enhance exercise performance and hit an ace?

Then get a Massage. It's easy.

"Freeman's stretching and massage techniques are entirely different than what I was accustomed to. It took me awhile to understand and appreciate that a proper massage doesn't require a husky Cossack digging her elbow into your soft tissue to be effective. Freeman's less invasive (and less painful) style has helped me avoid injury and to recover quicker from the inevitable strains that playing tennis inflicts on our bodies. She's incredibly knowledgeable and passionate about her craft and I highly recommend her."

Bradley Van Vechten

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