

Baseline Newsletter

January 2018



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Holiday Greetings. It's the time of the year when we say farewell to one year and welcome in a new one. On behalf of your Board, cheers to all of you for another great year - thanks for being awesome members in the best club around. We wish all of you a healthy, safe and happy new year.

January is a big month for our club. We will announce the results of the member vote on the proposed bylaw change regarding the equity membership structure and the "Name the Building" contest at a special membership meeting on Wednesday, January 10th. If you haven't done so, PLEASE VOTE. All ballots must be received by January 10th at 3:00pm. If you haven't received your ballot, please contact Julie Wheadon at juliew@centralparktennisclub.com. For detailed information about the bylaw change, proposed new dues for new members should the initiative pass, a sample ballot and other important information, please go to (<http://centralparktennisclub.com/-clubhouse-planning-membership-dues>). And if you still have questions regarding the bylaw change, please join me on January 3rd from 6 – 8pm to ask any questions you may have. Bring your ballot with you! As an enticement, the first beverage is on me. And finally, please attend the special membership meeting on January 10th at 6:00pm where in addition to announcing the results of the ballot voting, Matt Osborne will discuss the latest with regard to the new clubhouse planning project.

January will also begin our annual process of selecting a slate of Board candidates for the upcoming term, which begins in July of 2018. Thanks to former Club President Jack Goldberg for agreeing to serve as the Chairman of the Nominating Committee. If you have any suggestions for excellent Board members, please send them to Jack at jack42259@icloud.com.

My best to you and your family,

Dundeana Doyle
Club President



President
Dundeana Doyle



January Important Dates



Monday, January 1
Wednesday, January 3
Friday, January 5
Monday, January 8
Monday, January 8
Tuesday, January 9
Wednesday, January 10
Wednesday, January 10
Wednesday, January 10
Monday, January 15
Tuesday, January 16
Wednesday, January 17
Thursday, January 18-21
Friday, January 19
Wednesday, January 24
Saturday, January 27

New Year's Day Tennis Social - 11:30 am
Membership Informational Meeting - 6:00 pm
CUPS Silent Auction opens at 8:00 am
CUPS Committee Meeting - 1:00 pm
Tennis Committee Meeting - 6:00 pm
CUPS Silent Auction ends at 10:00 pm
CUPS Tennis Social & Fundraiser - 10:00 am
Voting Ballots due by 3:00 pm
Special Membership Meeting - 6:00 pm
Membership Committee Meeting - 5:30 pm
Facilities Committee Meeting - 4:30 pm
Finance Committee Meeting - 6:00 pm
Northwest Washington Invitational
No Match Play
Board Meeting - 6:00 pm
Mix Up Saturday Night - Karaoke 5:30 pm

Mix Up - Saturday Night!



Date: Saturday, January 27th
Tennis: 5:30 - 7:00 pm
Dinner & Karaoke: 7:00 - 10:00 pm
Sign up starting January 13.
Stay tuned for more details!

WELCOME NEW MEMBERS

Mike & Kate Lipe - Family Membership
Mariya Atanasova - Single Membership
Sasha & Kamyar Moinzadeh - Family Membership
Jeff & Azita Doneskey - Social Membership

Good luck & well wishes to our resigning members.

We will miss you!

Jeff & Azita Doneskey - Switching to a Social Membership

Dave Kellam

LATE FALL - JUNIOR TEAM AWARDS

	Most Improved	Player of the Session
Gold	David Liang	Dora Varsa
Silver	Ellie Gitline	Findlay McChesney
Bronze	Kimi Price	Scott Huang
Green Stars	Emily Chu	Alex Takagi-Stewart
Orange Stars	Leo Wang	Christina Marlow
Red Stars	Andrea Milicheva	Ariana Moinzadeh

MANAGER'S MISCELLANY

2018 –We made it!

It's amazing how quickly December came and went. We kept plenty busy with the HopeLink Food Drive, Friends of Youth gift giving event and the Rockin' Rob-in Holiday week. Big thanks to Laurie and the Membership Committee for coordinating and kudos to this membership for continuing to amaze me with your generosity and fun spirit.

2018 will begin with quite the bang as well. Have you voted yet? January 3rd your Club President is offering a two hour window from 6-8pm to help answer questions about the pending bylaws amendment. We follow that up one week later, Wednesday, January 10th with the Open Membership Meeting to announce the results of the vote for the amendment as well as the naming of the New Building. Matt Osborne and his committee will be on hand to share an update regarding the Club house project. Don't miss it – this all starts at 6pm.

Our Cups Committee is hosting a benefit lunch and auction Wednesday, January 10th at 10am. Rainier Athletes is the chosen beneficiary, an amazing mentoring program that could use our help. Donations and participation in the auction are open to everyone and much appreciated!

We host our 41st annual Senior Northwest Washington Invitational January 18-21st. 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 7-18th.

We have 15 USTA teams this year for the Adult 40+ teams with matches starting up January 5th. 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 1st 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 19, 2018. 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 8:30pm.
- **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 8:30pm. 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 2018!

Julie Wheadon ~ Club Manager



COMMITTEE REPORTS

FACILITIES | CHAIR BRIAN DARROW

First off, thanks to everyone who helped the Facilities Committee decorate for the holidays. The Club looked great!

The Facilities Committee submitted a couple of improvement projects to the Board to consider. The Board approved replacing the wooden portion split rail fence around the gravel parking lot with vinyl. The existing fence is collapsing and is in constant need of maintenance. The new vinyl fence will match what is there, but require a lot less maintenance. The Facilities Committee also provided the Board with a proposal to replace the doors from the lounge out to the patio area which are not working properly. The Board asked the Facilities Committee to obtain a few more bids to make sure we are getting a good deal.

After the new year, the Facilities Committee will turn their attention to additional Club improvements which include resealing and restriping the parking lot, updating signage around the Club, and adding some counter space and cabinets in the Reed Building viewing area to enhance entertainment opportunities.

MEMBERSHIP | CHAIR CAROL BUCKINGHAM

December was a banner month of giving and celebrations for the Membership Committee. We wrapped up the Holiday Food Drive that benefitted HopeLink on December 4th. Over 500 pounds of food and \$300 in cash donations were collected! And right after that over 65 tags off our Giving Tree were distributed and returned with gifts for needy families through Friends of Youth. Membership support of both of these activities continues to grow every year. What a great and giving group you all are!!

Our December mix-up was a Game Night theme, so everyone could get the chance to carry their competitiveness off the courts and into the lounge for an evening. And if you weren't in the holiday mood after all that, Rockin' Robin week gave the entire club a week of celebratory activities to enjoy. Extra special thanks to Neil Roberts for adding his musical talents to the events. Nothing makes things more festive than music! We will welcome 2018 with a New Year's Day tennis social with mimosa bar, and the ever popular karaoke mix-up returns on January 27th (a Saturday!!).

The next Membership Committee meeting is January 15th at 5:30 pm in the Club Boardroom. We will be reviewing and setting up our events calendar for the year. We are looking forward to a great year in 2018!!

TENNIS | CHAIR NANCY GOLDBERG

Look for new tennis dress code signs in all tennis buildings. Hopefully this will make it easier to determine what you, your guests, and your children should (and should not) wear on the courts.

For the upcoming 40+ USTA season, the committee voted to allow 2 members of the CPTC waitlist to participate on CPTC teams and also approved participation of 4 non-members to play on a Women's 65+ 7.0 team. The following teams are still looking for a few more players. Please reach out to the captains to join! Adult 40+ 3.0 Women's - Tara Darrow , Adult 40+ 3.5 Men's - Scott Skorupa , Adult 65+ Women's 7.0 - Karen Schmitz.

CUPS | CHAIR LYNDA CARLSON

This month we sent out a survey to our Cups team members to solicit their feedback to help the Committee prepare for 2018 season. It will help guide our decisions for any adjustments going forward.

We are excited about our fundraiser for Rainier Athletes. Our tennis and luncheon event is on Wednesday January 10th. Please sign up on line or at the front desk. There will be a silent auction as well as a raffle for some awesome baskets. This is a great opportunity to support an organization really making a difference in our community supporting at-risk Eastside youth. For more information, opportunities and to make a donation see rainierathletes.org. Thank you for your support. Happy New Year!

FINANCE | CHAIR ROSS LAURSEN

The Finance Committee did not meet in December, but did receive and review November financials. Everything is good. December was a big month for the club related to our debt service. In November 2012, Central Park initiated a \$3.2 million loan to pay for our newest tennis building. This loan had an interest rate of 3.5% for the initial 5 years term, due to adjust in December 2017. We evaluated our options, including refinancing with other lenders as well as accepting an interest rate adjustment at different durations. In October, the Board voted to remain with Umpqua Bank and lock in an interest rate of 3.75% for the next three years. Currently, our loan balance sits at approximately \$2.2 million. Under our current payment level and pay down pattern, I project that our outstanding loan principal will be between \$1.5 and \$1.6 million in three years. Our debt service coverage ratio is in a healthy range. As always, if you have questions, don't hesitate to contact [me](#).

PRO'S COURT

Drills To Improve Your Net-Play

Here are some of my favorite drills from my junior and college tennis days. All of my tennis coaches were a little more old-school, so I spent a lot of time working on my net game. My number one advice for volleying is to work on moving diagonally forward after you split-step. Volleying is consistent, aggressive movement. Volleying should be proactive, not reactive. With that said, here are 3 of my favorite net drills.

1. Accordion Volley Cooperative Drill -This is a great drill to work on movement into/after the volley and adjusting the power on the shot.

You and a partner both start on the T. You both move in a step after every volley you hit. As you go, both players need to soften their hands. Once both players have reached the net, you start retreating a step in between volleys. As you move back toward the T, the ball has to be hit harder in order to keep it in the air. The goal is to keep the ball chest height and go forward/backward between the T and the net as many times as possible.

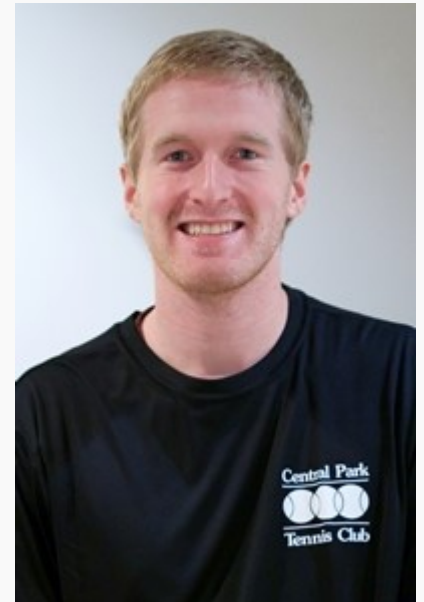
2. Pepper- This is a cooperative volley, overhead movement drill while the baseline player works on groundstrokes and lobs.

One partner starts just inside the T while the other partner is in the center of the baseline. Everything in this drill is hit at 75% speed. The baseline player alternates hitting a groundstroke to the player and chipping a lob that backs them up a few steps. Meanwhile, the net player is working on quickly closing the net in order to volley, and backing up quickly to get to the overhead. The second your feet hit the ground after the overhead, you start closing the net again. This process keeps repeating- groundstroke, volley, lob, overhead, groundstroke, volley. etc. The goal is to get a rally of at least 25 shots. If done correctly, the net player should be exhausted after a couple of rounds.

3. Narrow Court Volley Points- This is another volley drill focused on forward movement. This time, you are trying to win the point.

For this drill, you cut the court in half. The alley is out. Both players start on the service line and you cannot back up. Lobs are not allowed. Feed the ball to your opponent's chest, and play out the point. Since lobs are not allowed and the court is very narrow, there should be incentive to close the net quickly. The player who is more aggressive with their feet will most likely win the point. If you are on defense, try to keep the ball low (even soft shots can be valuable). Games are first to 7 points. Play best 2 out of 3 games.

Happy New Year and Happy Volleying,
Ethan Vaughn, Tennis Professional



BABY ANNOUNCEMENT



Please help us welcome Chad & Amy Smith's newest addition to their family:

Logan Smith

Gender: Boy

Born: Sunday, December 24th at 3:49am

Weight: 8.25 pounds

Length: 22 inches long

Everyone is healthy & doing great!

FITNESS COURT

Another year has come and gone; where does the time go? Did you accomplish your health and fitness goals you had set for yourself? Making goals is the easy part, the hard part is following through on them. So, below I have added a couple of exercises to help you stay strong on the court, I'm guessing that's a goal some of you may have for the upcoming year. ;)

Band Rotation: Great for core strength and transfer of energy, ie, ground stroke!



Rotator Cuff Exercise: A great exercise for shoulder health and to help prevent injuries.



You can find me in the Fitness Court if you would like more help staying strong and fit on AND off the court!

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!

Clay Runnels - Personal Trainer

[HEALTH/FITNESS/WELLNESS/NUTRITION](#)

In September Vicki sat for, and PASSED, the first Health and Wellness Coach Certifying Exam. She is a National Board Certified Health and Wellness Coach, NBC-HWC!! Congrats! Read more about it [HERE!](#) Whether it's fitness, nutrition or health and wellness, we have you covered. **Contact Vicki**, if you have questions, want more information or are ready to get started on a **NEW PATH** for the **NEW YEAR!**

"You cannot expect to achieve new goals or move beyond your present circumstances unless you change." ~Les Brown

SERVICES: Performance training //Health & Wellness Coaching//Small Group Training//Personal Training//Boot Camp am//Boot Camp pm//Fit'n'45.

Contact Vicki//Vicki@thewellfitlife.com **OR** 425.822.2206 ext 122

Contact Clay//Clay@fit2playnw.com **OR** 425.822.2206 ext 126

IMPORTANT MEMBERSHIP INFORMATION

BALLOT VOTE REMINDER



Let your voice be heard!

- Equity Membership Structure
- Name the tennis building housing courts 9-12

Ballots are due by Wednesday, January 10 at 3pm.

Attend the Special meeting at 6 pm on January 10 to find out the results as well as hear from Matt Osborne regarding the clubhouse project.

INFORMATIONAL MEETING

Wednesday, January 3, 2018 from 6-8pm



Learn more about the proposed bylaw change regarding the equity membership structure from our Club President: Dundeeana Doyle.

CENTRAL PARK TENNIS CLUB

CLOTHING SWAP FOR CHARITY

Sunday, February 4 from 12-4pm

100% OF THE PROCEEDS GO TO THE RED CROSS



DONATE

- 1) Donate new or gently used tennis clothing, tennis bags, racquets, tennis accessories, etc.
- 2) Donation bins will be located in the lobby from Jan. 15-Feb 3.

SHOP

- 1) Come shop new & gently used tennis clothing/gear - Feb. 4 from 12-4pm.
- 2) 100% of proceeds go to the Red Cross.

FUNDRAISER FOR RAINIER ATHLETES - HOSTED BY CUPS

The recipient of this year's fundraiser will be Rainier Athletes, a non-profit organization that supports struggling and at-risk children and youth in the Bellevue School District. Rainier Athletes aims to engage, support and encourage students with its wrap-around approach to mentoring, involving the student, mentor, coaches, teachers, and parents. By building this network of support for each student, Rainier Athletes seeks to foster a deeper sense of belonging in these kids whether they are in the classroom, on the field, at home or moving within their community. Less than five years old, Rainier Athletes is making a difference in the lives of the kids involved in its programs, and schools are seeing measurable, positive impact beyond the R.A. students alone, as they become and model what it means to be a student athlete and leader.



WAYS TO DONATE

Our goal is to raise as much money as possible and have set \$5,000 as the initial amount we hope to raise. So, please tell others (your USTA team members, social tennis partners, friends, even family) about the fundraiser and encourage them to participate in our silent auction or donate cash/checks in our donation box located in the Member Services office! Please make checks out to Rainier Athletes.

Silent Auction Details (Open to all members!)

Opens: Friday, January 6th at 8am

Closes: Tuesday, January 9th at 10pm

Open to all members

Themed Gift Baskets will be on display in the clubhouse lobby

100% of the proceeds from our Social and Fundraiser will go to Rainier Athletes.

Additional ways to donate:

- 1) Look to see if your company will match your donation
- 2) Donate stock
- 3) Volunteer to mentor a student

Please use this [link](#) to donate today!

CUPS TENNIS & LUNCHEON SOCIAL

EVENT OVERVIEW:

Wednesday, January 10, 2018

Tennis: 10:00 -11:30 am

Potluck lunch hosted by CUPS Committee : 11:30 - 12:15 pm

Guest Speakers & Live Auction: 12:15 - 1:00 pm

Tennis, lunch & raffle reserved for Cup players only.

Members may attend for free at 12:15 pm to listen to the guest speakers.

Tennis & Luncheon:

Cost: \$25

Includes: Tennis, Lunch & 1 Raffle ticket

Luncheon Only:

Cost: \$25

Includes: Lunch & 1 Raffle ticket

Additional Raffle Tickets: 5 for \$25 (purchase on or before event)

100% of the proceeds go to Rainier Athletes

MASSAGE

I adore New Year's Resolutions. Do you?

My 2018 New Year's Resolution is to receive a massage each month.

I want to evoke your desire to take charge of your health and wellbeing, NOW, at the beginning of the year.

Play well,
Be well,
Freeman

YOU DESERVE A

Free

MASSAGE

Enter into the my RAFFLE at the front desk and win one of these prizes:

2 - 90 minute massages in the comfort of your home
1 - 60 minute massage at the club

Everyone receives a 20 minute chair massage!

[HTTP://FREEMAN.YOUCANBOOK.ME](http://freeman.youcanbook.me)

ADVERTISING

Thinking of a Move?



Jim Muenz
Managing Broker - Top 1% Nationally and Locally

206-920-1200 CELL
425-897-1319 OFFICE
jimmuenz@cbbain.com



Certified Previews Luxury Specialist
Relocation Specialist
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Alex Tao: Acupuncturist
Natural Healthcare Northwest
509 Olive Way #1315, Seattle, WA 98101

Sports Injuries, Chronic Pain Holistic Natural Healing
Cell: (206)818-1621 Office: (206)382-9977

BELLEVUE TENNIS SHOP
GRAND RE-OPENING

13203 NE SPRING BLVD, BELLEVUE, WA 98005
(INSIDE BELLEVUE TENNIS ACADEMY)
425.829.6679



Overlake Service, Inc dba

Dan & Denise Stumpf
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