

# March

# CENTRAL PARK TENNIS CLUB



# The Baseline

## Newsletter

**President**  
**MOLLY LAMMERS**



## OTHER NEWS

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Well, I'm pumped.

The Ad-hoc committees (food, pro-shop, and fitness) all had their first meetings and they went great. Great mix of new members and old (not "old" old, just been here a while – you know what I mean), and great ideas without losing sight of the financial reality and the club mission. Yeah, we have great people around here willing to give time and expertise to make this an even better place. Pumped.

Our new pros are rocking it. Mike and Angelo are acting like a couple of guys who have been grinding away at some warehouse facility and have seen the light (they have); like guys who have new families and who want a place for their little boys to grow up and feel welcomed (they do). They are pumped. I'm pumped.

The club waiting list is over 30! Surprised, no. Pumped, YES! Kudos to Kelly and the membership committee. The board is so excited by this news, we have decided that we should consider raising the initiation fee. We will be voting on it in our April meeting, so if you have an opinion on this, let us know (those on the waitlist will be exempt from the higher fee BTW).

We are bringing a big event to the club in October! It's a Women's \$50,000 Challenger event. I don't even know what that means, but I'm pumped! Kudos to Patrick and the events committee (more on this to come).

The new online reservation system is almost ready to go live; so many improvements. You are going to love it. Kudos to Randy and the IT committee!

Yeah, I'm having a "my tennis club made honor roll" bumper-sticker moment. I had nothing to do with any of it, but I am one very proud mom!

Molly Lammers—Club President

### WHAT'S HAPPENING THIS MONTH?

- ◆ **Wednesday, March 4**      **First day of Early Spring Women's Team Tennis**
- ◆ **Sunday, March 8**      **Daylight Saving Time at 2:00 am!**
- ◆ **Monday, March 9**      **Roof Repair in the Reed Building Begins**
- ◆ **Monday, March 9—22**      **Indian Wells BNP Paribas Open**
- ◆ **Tuesday, March 17**      **Happy St. Patrick's Day!**
- ◆ **Friday, March 20**      **Mix Up Friday Night—5:30 pm**
- ◆ **Saturday, April 4**      **Easter Egg Hunt - 10:00 am**

# Manager's Miscellany

Congratulations to all those that participated and to those that were winners in the Bellevue Club/Central Park tournament this last month. We learned quite a few things about the new format: 1) Scheduling of the event was a lot less labor-intensive which was nice for some; however, for those that lost that first evening after 3 hours of tennis, there was disappointment that they did not have another opportunity to play, 2) some missed the social party, while others enjoyed socializing with food following their tennis, and 3) some events had more people watching than others – so more communication on event times even though we updated our website daily. All in all, I think the overall outcome of the event was that our members enjoyed it with a few minor tweaks. Thanks to Lisa, Brian, Phil, tennis staff and all the members who stepped up and helped with the tournament desk.

Our Sweetheart Social was well received. Kelly, Alivia and Arika put together some fun, delicious and romantic things starting with dinner from Angelo's and ending with chocolate covered strawberries.

As always in March, we have many of our members travelling to the BNP Paribas March 9-22 in Indian Wells. The club turns quiet which is a great time to consider walking on to a court. Remember, you can call after 6 pm the night before to take an open court for the next day. This is also a great time to do some major maintenance. The Reed Building roof between courts 1 and 2 on the south end needs to be replaced. We have this scheduled for the week of March 9 – we have blocked off the court – but be aware there may be some noise and debris. The roofing company has agreed to do their best to mitigate the disruption.

Don't forget daylight saving happens Sunday, March 8 - time to spring forward and enjoy a little more daylight. April 1 we will have our summer program out for the juniors. I have a feeling summer will be sneaking up on all of us, so we will try to send out reminders. Plus, Kathryn and Chad will be working with those kids interested in helping out this summer, so look for fliers announcing the meeting dates for a Q & A on how to get involved.

A few housekeeping items:

## SPEED IN THE PARKING LOT

I have received a few complaints from members saying that they have been tailgated all the way from 60th Street into the parking lot. 60th Street is 25 mph, can't go faster than that! And once you come into the parking lot, be aware of cars backing out or members walking through the parking lot to the clubhouse. If you are late for your court – take a deep breath and remember the game won't start until you arrive!

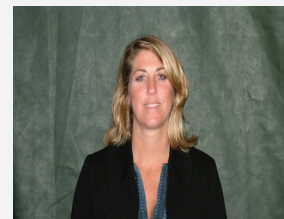
**MEMBER PLAY LIMITATIONS:** Each member may play on only one reserved court per day.

The following will count as play on a reserved court for the day: 1) a substitute playing on a reserved court; 2) a no-show on a reserved court; 3) play on an allocated court\*. (Such participation, however, does not preclude the member from holding a reservation for another day.) \*(Allocated Court: These court sessions are set aside by the Club for sanctioned group activities: adult and junior tennis programs (except social programs), tournaments, Cups and USTA matches, and other tennis activities approved by the Club).

The following will not count as play on a reserved court for the day: 1) play at the 8:30 PM session for a USTA match; 2) play in a club sponsored social function; 3) use of the professional staff teaching court for a lesson or clinic; 4) participation in the Premier Group; or 5) a walk-on or wait list court.

Check out the Annual Event Calendar that is now located on the CPTC website. It will tell you the dates of many upcoming events. Looking forward to seeing you here!

Julie Wheadon - Club Manager



Reminder! ACH is available for the monthly statement. You are now able to have the monthly statement emailed rather than mailed. Those doing online bill pay need to allow 5 business days for the check to arrive from their banking institution.

# Committee Reports

## FINANCE

Chair Marty McCurry

The financial results for the month of January were good. Net Ordinary Income (before Capital Assessments, Depreciation, and Interest) for the month is \$22,400 which is exactly on budget. The Club broke even on the Northwest Invitational Tennis Tournament. Again, the Club's financial position remains sound with Total Cash of \$310,000, and an excellent current ratio of 3.9 to 1.

We are doing substantial landscape improvements this Spring.

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a wait list to join of 28.

The next month's committee meeting will be March 18th at 6pm.

## CUPS

Chair Tricia Schroth

The Cup season has finally wrapped up for all teams! It sounds like it was an enjoyable season for everyone and congratulations to our Kingco team finishing on top! Thank you to all Cup participants for playing and representing our club so well.

By mid-March, all Cup participants will have received their player's scorecard reflecting their Cup records for the year. A follow up email will come from the club with the 2015-2016 Cup Application, Appeals Form and Guidelines. Other key dates to remember:

Appeals forms due by Monday, April 6th

Appeals committee reviews completed by Friday, April 10th  
Cup Application deadline, Friday, April 27th.

If you have any questions, feel free to contact any of your Cup Representatives listed below:

Kingco – Michelle Burns & Nan Myers  
Challenge – Tricia Schroth & Merrie Vieco  
Rainier – Laura Laun & Michele Lambert  
Classic – Janet Scott  
Emerald – Colleen Grobstok  
Evergreen – Elsa Brodin

## MEMBERSHIP

Chair Kim Skorupa

The committee discussed a suggestion to host an event for the under 30 members at the club. Kelly is looking for a date for this and will be reaching out to those members to see if there is interest in an event.

Kim will be reaching out to those new members who signed up for the roundtable and scheduling time to meet with them.

Next Meeting will be Tuesday, March 24th at 5:30pm in the Junior Lounge.

## TENNIS

Chair Beth Hom

At this month's meeting a petition was approved to add a few non-members to a 5.0 USTA women's team provided 5.0 level members from CP get first priority and that the team considers CP 4.5 level players wishing to play up. The remaining meeting time was spent reviewing and prioritizing the most recent club survey and sharing action item priorities and suggestions with the CP Board. Given that there continues to be dissatisfaction with some of the single membership policies, it was suggested that the club more publically communicate the findings and recommendations of the Singles Membership Ad Hoc Committee, which was formed last year. This committee was formed in response to issues raised on last year's club survey. After review of the policies and consideration of the survey comments, no significant changes to the singles membership agreement were suggested to the board.

In response to survey comments reporting the need for clarification of roles and responsibilities of the professional staff so that CP members know to whom different questions should be addressed, it was suggested that a general email be set up to which all professional staff and instruction questions can be sent. We will post this information once it has been completed.

The next Tennis Committee meeting is March 10th at 6:00 pm in the CP Conference room. These meetings are open to all CP members.

# Committee Reports

## NOMINATING

Chair and Past Board Member Craig Levine

As the newly appointed Nominating Committee Chair and in accordance with the Club Bylaws, I am pleased to announce the Nominating Committee for the 2015-2018 Election of Directors.

Colleen Grobstok, Susie Heimdahl, Wayne Lim, Gwen Nomi and John Barnes, (Current Board member) and I will be working hard to select at least one person (and not more than two) to run for the three Board vacancies.

If you are interested or know of someone that would make be an asset to the Club and the Board of Directors, please feel free to contact me or any of the committee members.

## FACILITIES

Chair Kristen Grobstock

Roof repairs will be done to the Reed Building March 9th—16th. During this time, there may be court disruptions.

Please be aware of your surroundings and thank you in advance for your patience as we make our club a better place!

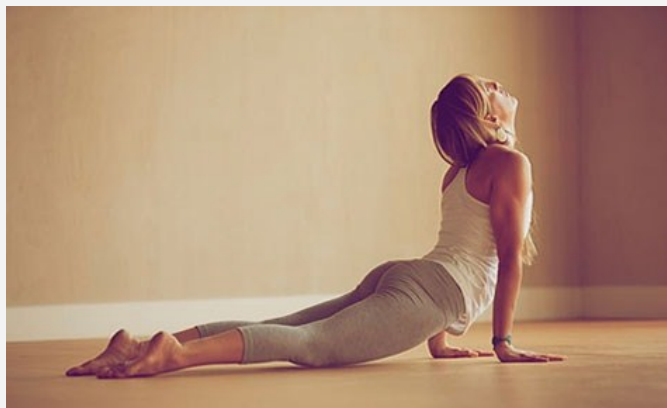
# Yoga

**Saturdays 9:00am—10:00am | Lower level | \$8 per session**

Yin Yoga is a restorative practice that allows you to get into the joints and connective tissues of your body.

Classes are open to all levels, age 10 and above, whether you are a beginner or a seasoned practitioner; there is a place for you. Be prepared to relax and feel restored.

About the teacher: Christina Ford was first introduced to yoga in 2006. She loves sharing the practice with others and is passionate about teaching, spreading the light and seeing individuals progress and transformations. She is classically trained in Power Vinyasa Yoga and Yin Yoga by Guru Carina Terra, both certified by the Yoga Alliance.



## Yoga Class Etiquette

**Arrival:** Please arrive 5-10 minutes early for your scheduled class. This gives you the opportunity to set up your space. Please remove shoes upon entering the yoga room. If you are late for a class, enter the room quietly taking special care not to disturb other students in the room.

**What to wear:** Wear what is comfortable and allows you to move and stretch freely. Breathable fabrics are highly recommended.

**What to bring to class:** A yoga mat will be provided if you do not have your own. Bring a large towel, and a water bottle.

Weekly sign up will be available at the front desk. You must cancel by 7 pm the night before or you will be charged. Minimum of 4 must sign up.

# BC/CPTC Tournament Results

Winner, Finalist	Divisions
<b>Tara Leidle</b> (Winner) Tanya Vail (Finalist)	<b>Women's 2.5 Singles</b>
Sydney Bloch/Gillian O'Connell (Winners) Christina Owens/Shelly Hom (Finalists)	<b>Women's 2.5 Doubles</b>
<b>Sarika Purohit</b> (Winner) Ann Kaill (Finalist)	<b>Women's 3.0 Singles</b>
<b>Mara Ferrari/Rie Terada</b> (Winners) <b>Coreen Robbins/Tara Darrow</b> (Finalists)	<b>Women's 3.0 Doubles</b>
<b>Oliver Graves</b> (Winner) Ashkaan Jaberri (Finalist)	<b>Men's 3.0 Singles</b>
Rick Hancock/Bob Cohon (Winners) Peter Schaffer/Alex Burlingame (Finalists)	<b>Men's 3.0 Doubles</b>
<b>Carol Buckingham</b> (Winner) <b>Cathy Long</b> (Finalist)	<b>Women's 3.5 Singles</b>
Michelle Watson/Nancy Koefoed (Winners) Gina McSweeney/Julie Lynch (Finalists)	<b>Women's 3.5 Doubles</b>
Marc Khalili (Winner) Chip Simpson (Finalist)	<b>Men's 3.5 Singles</b>
Chip Simpson/Chris Barry (Winners) Shawn Meeks/Yohan Khosraw (Finalists)	<b>Men's 3.5 Doubles</b>
<b>Claire Pirie</b> (Winner) <b>Merrie Vieco</b> (Finalist)	<b>Women's 4.0 Singles</b>
Allyson Marks/Kerry Rose (Winners) Brenda Williams/Susan Mackey (Finalists)	<b>Women's 4.0 Doubles</b>
<b>Ian Morris</b> (Winner) Chris Scalzo (Finalist)	<b>Men's 4.0 Singles</b>
<b>Dave Stafford/Barry Katz</b> (Winners) <b>Tung Dinh/Ray Leidle</b> (Finalists)	<b>Men's 4.0 Doubles</b>
Alex Chan/Dan Halos (Winners) <b>Anand Raman/Aashray Anand</b> (Finalists)	<b>Men's 4.5 Doubles</b>
<b>Eugenia Salvo</b> (Winner) <b>Donna Massoth</b> (Finalist)	<b>Women's Open Singles</b>
<b>Eugenia Salvo/Beth Lehman-Brooks</b> (Winners) Cindy Nelson/Carrie Brown (Finalists)	<b>Women's Open Doubles</b>
<b>Mike Walter</b> (Winner) <b>Dave Larson</b> (Finalist)	<b>Men's Open Singles</b>
<b>Dan Stumpf/Tara Leidle</b> (Winners) David Park/Christie Richie (Finalists)	<b>Mixed 6.0 Doubles</b>
Kate Scher/Alan Fulp (Winners) <b>Linda Baker/John You</b> (Finalists)	<b>Mixed 7.0 Doubles</b>
<b>Dave Stafford/Sheri Bennett</b> (Winners) <b>Daniel Avery/Pam Stafford</b> (Finalists)	<b>Mixed 8.0 Doubles</b>
<b>Daniel Avery/Kim Skorupa</b> (Winners) <b>Greg Skaggs/Annie Hines</b> (Finalists)	<b>Mixed Open Doubles</b>



# Pro's Court

This will be my first newsletter in about 4 years and I couldn't be more excited to write a welcome letter. I wanted to introduce myself to all the new members that have joined the club in the past three years, and I wanted to re-connect with all the members that I developed a relationship with my first tenure here at CPTC. I just want to express that I believe CPTC is such a unique club as we truly have a tennis community. Everyone who chooses to join CPTC is choosing because their family plays tennis or their family is looking to start playing tennis. What a great environment to be in where everyone is so passionate about the game of tennis.



When I sat down with Julie and a few board members, I expressed to them my desire to create a more "Adult/Junior" community and my vision with Central Park is to have multiple junior programs that our club is proud of from the adult members. These programs will not just have great junior tennis players coming out of them...but overall, Central Park coaches will be producing great kids who will be able to look back and know CPTC coaches had a positive effect on them. A few areas that we are working on right now are the following: 1) Updating our "pathway" for all of our Jr. Tennis Development. Our goal is to provide an easy transition pathway where all the kids participating will gain a wealth of knowledge of how to play tennis with the correct technique, proper movement patterns, and achieve all of this while having a great time. 2) We are looking to do some fun Adult/Junior dual matches or mixers. I am a big believer that all our kids and adults can benefit from hitting with each other; so, let's get all these passionate players together and play. 3) Finally, with many of our kids carrying aspirations to play college tennis, we are going to be offering our first college workshop here at Central Park. Chris Russell (Assistant Men's Tennis Coach at University of Washington) has offered to endorse CPTC and come a few times a year to provide information to parents and kids about the recruiting process for college tennis. This can be an overwhelming task to take on, and we are very lucky to have someone like Chris to offer workshops so all our members can benefit and better navigate the recruiting process. I hope everyone takes advantage of these workshops and is able to attend.

I also wanted to share about a life lesson that comes with tennis. I always tell people that tennis is a lifelong sport that produces not just great athletes, but great leaders. Being a true leader is not an easy task and many kids never fully understand what it takes to be a leader. Fortunately, by playing tennis, all of our kids are going to better understand and develop many leadership qualities that will make them better prepared to be successful with any endeavor. One of my favorite life lessons that helps produce a leader is Persistence. When I think of persistence I think of someone who is willing to sacrifice and work hard every day regardless of the situation. "Nothing is more common than unsuccessful tennis players with tons of physical talent." This is a famous quote that couldn't be more appropriate. Everyday we step on the tennis court we are required to persevere and navigate through the obstacles that are put in front of us. Everyone has had those times when they are not playing their best tennis and their opponent is. How do we show persistence and overcome the challenge? Staying calm and controlling your emotions even when things are clearly not going your way....this is testing your persistence. There are many areas in tennis that will force you to show persistence and as a coach, I am looking for not the most talented tennis player, but the player who shows up everyday willing to sacrifice and work hard no matter what the situation is. So let us set our goals to becoming players who relish the challenges of showing persistence.

- Mike Calkins

# Fitness Court

## Join us this fall on a fitness trip!

We are planning two trips this fall and would like to know if you would be INTERESTED?

Trip 1. White Rim Trail bike ride in Canyonlands, Utah.  
Mid September

Trip 2. Grand Canyon Rim to Rim Hike in One Day!  
September 30 - October 3

Email or call Clay or Vicki for more details!



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

**FIT CHICKS new session March 10 - April 2nd! \$99/4 week session!  
Contact Vicki for more details!**

### **ALSO COMING IN 2015**

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

### **March Fitness Class Schedule**

Fit Chicks Fit'n'Lean: M/W@6:45am, T/TH@10:00am  
Total Body Workout: M/TH@1:00pm  
Fit n Lean: M/W@6:45am, T/TH@10:00am  
Abs and Back: W@11:45am  
Fit To Play for Men T/TH@11:30am  
BOOT CAMP: F@6:15 am, MWF@9-10 am, T/TH@5:45-7:00 pm

*"THE BEST WAY TO GET SOMETHING DONE IS TO BEGIN"*

# Winter Junior Team Awards

<b>Level</b>	<b>Most Improved</b>	<b>Player of the Session</b>
<b>Champs</b>	Kelly Barnes	Christina Chai
<b>Challengers</b>	Claire Cocales	Zander Gillett
<b>Rookies</b>	Eman Hamid	Kate Kresken
<b>Shooting Stars</b>	Ailee Yoshida	Amina Avdic
<b>Future Stars</b>	Sasha Bykov	Piper Gillett
<b>Rock Stars</b>	Kyra Isaacson	Angela Yang
<b>Little Stars</b>	Shruthi Iyer	Olivia Gai



# Reminders!

## Club Defibrillators

Where are the defibrillators?

- (1) Club house, outside of the multi-purpose room.
- (2) Wright Building Foyer.
- (3) New Building Foyer.

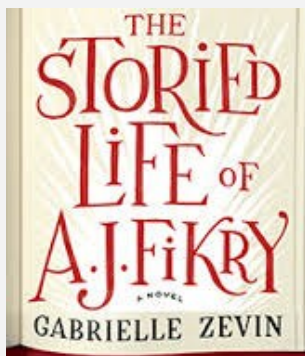


Remember our emergency procedures:

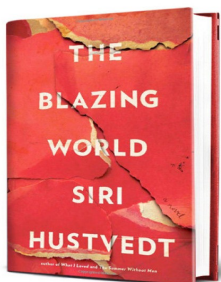
From the court telephone Call 911  
(Have someone alert the front desk about the emergency, call 110)  
Start CPR. The front desk staff will respond with the club defibrillator.

## Book Club - Upcoming Schedule!

Here is our reading schedule for our upcoming session (every other Thursday from 12:30pm - 2:30pm):



- |         |  |
|---------|--|
| Mar. 5  | The Storied Life of A.J. Fikry - Gabrielle Zevin             |
| Mar. 19 | Someone - Alice McDermott                                    |
| Apr. 2  | A Time of Gifts - Patrick Leigh Fermor (NF)                  |
| Apr. 9  | Starting Over - Elizabeth Spencer (SS)                       |
| Apr. 30 | The Signature of All Things - Elizabeth Gilbert              |
| May 14  | The Book of Unknown Americans - Christina Henriquez          |
| May 28  | The Blazing World - Siri Hustvedt (Potluck at Sandy's House) |



# Mix-Up Friday Night



Mix Up Friday Night!

March 20th

Tennis: 5:30 pm -7:00 pm

Social & Irish Dinner: 7:00 pm  
Wear your green!

Signup at the front desk March 6th!

**EAT  
DRINK  
& BE  
IRISH!**

## Tennis and Sweetheart Social Recap

Thank you to our many members who joined us at the last Mix-Up - Sweetheart Social.

Members enjoyed tennis and dinner catered by Angelo's Italian as well as chocolate dipped desserts.

Find more photos on our Facebook page!

We look forward to seeing everyone at our next Friday Night Mix-Up March 20th!



# Pros at Central Park

The following details about our pros may be useful if you are looking to take a lesson, sign up for a clinic or if you have questions about our junior program. Please click [here](#) to learn how our pros made it to Central Park.

**Angelo Niculescu** (angelon@centralparktennisclub.com | 425-822-2206 Ext 142)

Lessons: Private and Group: Tuesday - Sunday  
Junior Program: Shooting Stars, Rookies, Challengers, Champs  
Clinics: 4.5 & Above

**Chad Smith** (chads@centralparktennisclub.com | 425-822-2206 Ext 125)

Lessons: Private and Group: Monday - Friday  
Junior Program: Rookies, Challengers, Champs (contact with questions about Rookies)  
Clinics: Cardio Tennis, CUP, USTA

**Dea Sumantri** (deas@centralparktennisclub.com | 425-822-2206 Ext 117)

Lessons: Private and Small Group: Monday - Wednesday and Sunday  
Junior Program: Stars, Rookies, Champs, Select (contact with questions about Select)  
Classes: Mental Toughness

**Kathryn Osborne** (kathryno@centralparktennisclub.com | 425-822-2206 Ext 116)

Lessons: Cardio: Tuesday  
Junior Program: Rookies, Challengers (contact with questions about Challengers)

**Lisa Moldrem** (lisam@centralparktennisclub.com | 425-822-2206 Ext 121)

Lessons: Private and Group: Monday - Friday  
Junior Program: Rookies, Challengers and Champs (contact with questions about Champs)  
Clinics: CUPS and USTA, Drills and Skills

**Mike Calkins** (mikec@centralparktennisclub.com | 425-822-2206 Ext 124)

Lessons: Private and Group: Monday - Friday  
Junior Program: Premier

**Phil Ansdell** (phila@centralparktennisclub.com | 425-822-2206 Ext 120)

Lessons: Private and Group: Monday - Thursday and Sunday  
Junior Program: All Levels (contact with questions about Stars)  
Clinics: USTA Tennis, Skills and Drills

# Membership

## Welcome New Members

### Ian Morris

Single Equity

Children: Hanna, Kaylee & Robbie



### Frank and Julie Dorr

Family Equity

Children: Kristin Dorr



### Crystal Xu

Junior Membership



### Pal and Annie Ottesen

Family Equity

Children: Grace & Michael



## Resigning Members

Good luck and well wishes to our resigning members.  
We will miss you guys.

Ping Niu

Myint-Zu Kyaw

Joe and Carole Spinola



# Massage

Dear Members,

Congratulations to the winner of the Valentine's Day Pair of in-Home Massages—Eileen O'Shea.

Over 120 members submitted raffle tickets! If you are one of these members, you are the winner of a two-for-one massage by Freeman!

Freeman is now offering Myofascial Massage for the shoulder, arm, neck and head.


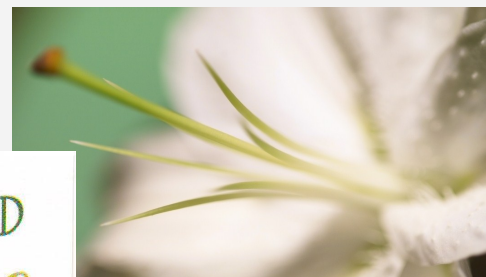
Improve your game today,

Freeman



## Freeman's Hours:

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



FREEMAN J. HELD  
*massage*

AT CENTRAL PARK TENNIS CLUB  
5820 125TH LANE NE  
KIRKLAND, WA 98033  
MOBILE: 425-765-0799

[HTTP://FREEMAN.YOUCANBOOK.ME](http://freeman.youcanbook.me) Lic. #10868

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



# Advertising & Club Information

Overlake Service, Inc dba



**EASTSIDE**  
AUTOMOTIVE & TIRE

Dan & Denise Stumpf  
Owners  
dans@kirklandeastside.com

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Kirkland, WA 98033  
Phone: 425.827.8686  
Fax: 425.828.3141

www.eastsideautomotive.com  
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## Aces Tennis

If it's tennis, we do it.

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

## Center Court Café

Dear Members -

The kitchen has some new exciting plans coming up! As a part of the club's new initiative to put together new committees, we now have a food committee! The members of this committee are thrilled to start making improvements to the appearance of Center Court Café; they also hope to add new menu items in the near future.

The kitchen has added a few new items! Premier Protein drinks are on sale for \$1.50; these tasty drinks contain 30g of protein for only 160 calories. We have also added a couple of gluten free treats – Sun Valley raspberry bars and WOW chocolate brownies.



### Sunny Valley Wheat Free

Please email our chef, Alivia, with questions or comments.

kitchen@centralparktennisclub.com

