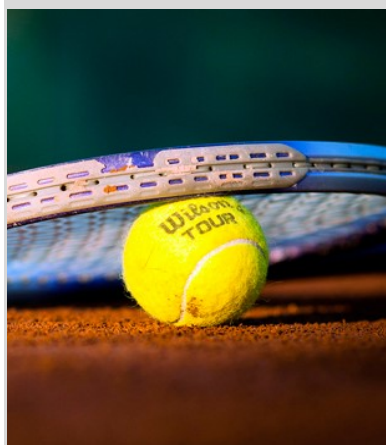


# Baseline Newsletter

## March 2020



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Hello Central Park,

The days are getting longer and have even started to hold moments of sun breaks, inviting us to our outdoor courts. In a few short weeks, spring tennis will be in full swing.

One of my overused jokes is that I got my degree in math because I don't like to read or write. Jokes often share a half truth. And so, having agreed to serve as president, I return each month with trepidation to the task of writing a newsletter article for all of you to read.

When I shared this anxiety with my daughter Lily last summer, her immediate reply was "Dad, when you run out of ideas, just resort to puns and memes." This made me laugh. It was tricky advice since I wasn't certain I was clever enough for puns and I wasn't even sure I knew what a meme was. However, I filed her advice away knowing I would need it one day. I'm proud to have completed eight monthly articles before falling back on her playful reply.

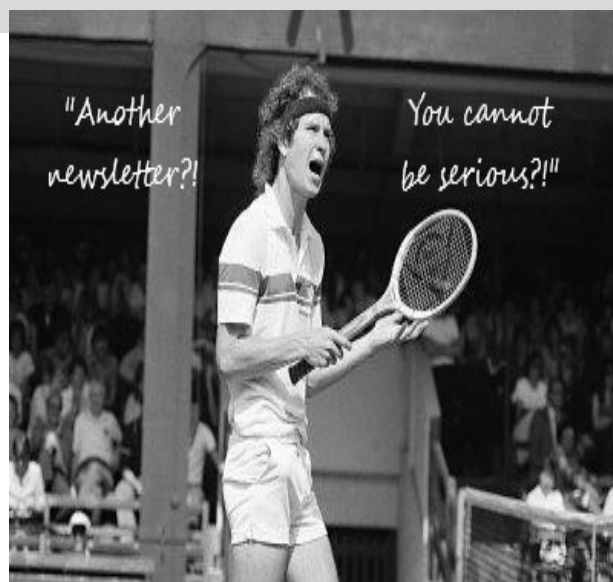
Eight months means it is time to start planning for the next Board year. I want to thank Andrea Gerth for agreeing to chair the Nominating Committee. Her committee includes Steve Carl, Anne Glenny, Barry Katz, Randy Gerth, and Nancy Goldberg. Their work has begun and I'm certain they will string together a ballot of candidates that will grip our attention.

Our other four committees continue to work diligently on your behalf. I will write about some of the Finance and Facilities efforts in upcoming articles. The Membership committee has orchestrated some fun events in the coming months which I hope you will consider. And, the Tennis Committee is hard at work too. Thanks again to all you who serve on our committees.

Wrapping up, last month I wrote about my injury filled 2019. It spin fun to be back on the court again in 2020. And, there was only one option for my tennis meme; John McEnroe is my all-time favorite. Lily loves it!

See you around the club. Ross Laursen, Board President

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



**PRESIDENT**  
**ROSS LAURSEN**



# March 2020



Sunday, March 1st

Wednesday, March 4th

Sunday, March 8th

Monday, March 9th

Monday, March 9th

Tuesday, March 10th

Saturday, March 14th

Wednesday, March 18th

Thursday, March 20th

Monday, March 23rd

Wednesday, March 25th

Saturday, March 28th

Summer Junior Program Sign up available

Women's Team Tennis begins

Daylight Savings time begins

Cup Committee Meeting (1:00 pm)

Tennis Committee Meeting (6:00 pm)

Facilities Committee Meeting (4:30 pm)

Junior Team Outing (3:00 - 6:30 pm)

Finance Committee Meeting (6:00 pm)

Jr. Team Spring Sign up available

Membership Committee Meeting (5:30 pm)

Board of Directors Meeting (6:00 pm)

Bowling Day!



***CPTC is Beta Testing a New Check in System!***

***It is three Easy Steps!***

**Step 1: *Before playing* - add the people you are playing with on your court through Gametime. If you are playing on someone else's court make sure they have your name in the system!**

**Step 2: Check in at the Ipad station by the front desk.**

**Step 3: Enter in your club# with the letter (a, b...) associated with your account (Log in to your account profile in Gametime or ask the front desk if you don't know)**

**You're all set!**

***This will tell you the court and time you are playing***

## MANAGER'S MISCELLANY

Welcome March – the sunshine in February was definitely a welcoming surprise! I am jealous of our members that have left and those that are leaving to head to the desert for the sunny BNP tennis event! Please bring some home (along with the heat) for the rest of us.

We finished January and started February with the Bellevue Club/Central Park tournament. There was some great tennis played over 7 days that kept the hallways buzzing with competitive talk. Congratulations to all those that participated and to those that were winners. Please see page 12 for our member results.

DJ Malone and Laurie with bartender Blakeley brought a fun night of Karaoke to the Club February 22. For those that attended – what talent!! And what party goers!! I am sure this is one that you all will be talking about for a while.

We will start a few projects directed by your Facilities Committee and approved by your Board. The pool will be resurfaced before the swim season. This will allow for some repairs to damaged tile, replacement of the swim steps and some much needed TLC to the surface. Our goal is to have the pool ready for Memorial Day – hard to believe that is not so far away.

We will also be painting the Clubhouse sometime this summer. We will do our best to not impact your visit to the Club – please remember to check our notifications and postings when you are on-site.

The Tennis Staff is happy to bring you the summer junior program sign up early this year. Start making your plans. You can check out the offerings [here](#).

We also get to enjoy daylight later starting March 8 with springing forward into daylight savings. We will keep watch on the weather and determine how early we can pressure wash those outdoor courts, but as of right now, be careful of the grime if you decide to hit outside.

And for our social this month your Membership Committee is planning an offsite event at Tech City Bowl – bring out your bowling ball and shoes - game on!

March will also be filled with an introduction to our Gametime kiosk (allowing you to check yourself in for your court) as well as the testing of the point of sale system that will help you and our staff with more up to date billing and efficiency.

### **CPTC WEBSITE & GAMETIME:**

We have so much information for you at your fingertips. If you log in to the Member side of the **CPTC website**, you can find Board minutes, financials, maintenance and amenities request forms, all committee mission statements, policies – check it out when you can. If you cannot remember how to log in. Enter first your member number, then your last name.

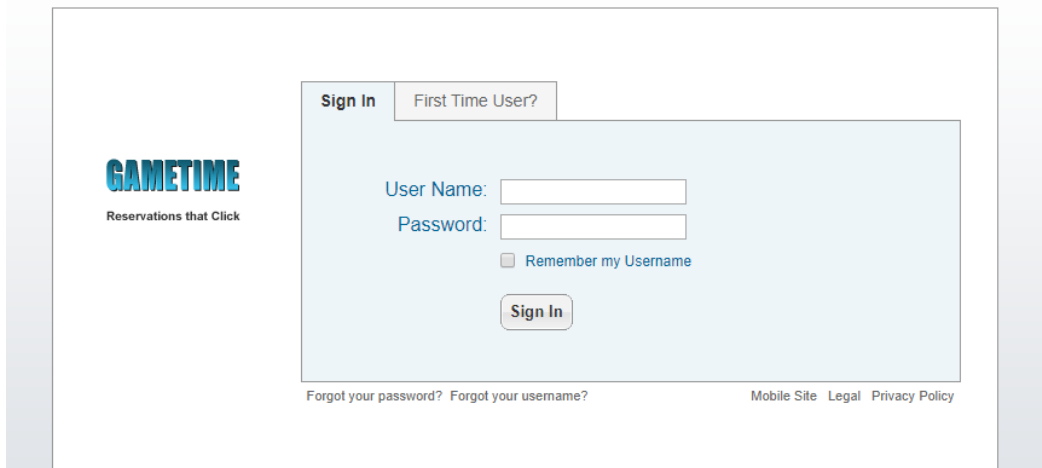
[www.centralparktennisclub.com](http://www.centralparktennisclub.com) Member Login tab.

Please log in first to view this page.

Login:	<input type="text"/>
Password:	<input type="password"/>
<input type="submit" value="Submit"/>	

## MANAGER'S MISCELLANY CONT.

**GAMETIME** gives you access to what is happening on the courts. If you have not done so, please log in and enter your information. This allows us to see your level of play and help link you up with other members. Many members are taking advantage of viewing the courts and waitlist on-line, as well as making their own reservations and looking for open courts. If you don't have the log in information you can download it here. <https://cptc.gametime.net/auth> and for those that want phone access: <https://cptc.gametime.net/mobile/>



Happy Spring! Exciting things to come!

[Julie Wheadon, Club Manager](#)

### Violation of the Month

#### Checking in with the Front Desk

**CHECK-IN:** 1. It is mandatory that all players with a court reservation in their name check in at the Desk prior to play. 2. It is mandatory that all players also check in at the Desk prior to play. 3. Members must register all guests at the Desk prior to playing and specify the guest fee payment or if the fee will be charged to the member playing on that court. 4. Players must notify the Desk if they wish to use a court other than the one assigned to them. This holds for outdoor as well as indoor courts.

## WELCOME NEW MEMBERS

Erica and Antonio Genzale

Lisa Kerslake

Dennis and Nora Vrabek

Kathleen Bystrom

Lyle and Shanshan Li

## LEAVING AND WILL BE MISSED

Cris Jaffe

Grace Abraldes

John Walter

Kerry Spalding

Matt Rainey (LOA)

# Open Enrollment Details

## OPEN ENROLLMENT IS COMING SOON!

The annual open enrollment period is from April 1 to May 15, dues to be effective June 1.

Equity Dues Structure – Monthly membership fee\*

Equity Member	\$215.00
+ Spouse/Partner	\$25.00
+ 1st child	\$10.00
+ each additional child	\$5.00

*\*plus capital fund and taxes*

- Lowest club number members will have priority to switch.
- Only 50 memberships per year will be allowed to convert to this equity dues structure.
- Changes or adjustments to fee structure can only be done during each year's enrollment period.
- Members who opt for the New Equity Membership shall not be able to revert to any previous membership structure.
- Any special circumstances that fall outside of the enrollment period may come before the Board and decided on a case by case scenario.

## ELECTION OF DIRECTORS—It's that time of year!

### NOMINATING COMMITTEE | CHAIR ANDREA GERTH

As the newly appointed Nominating Committee Chair and in accordance with the Club Bylaws, I am pleased to announce the Nominating Committee for the 2020-2021 Election of Directors. Anne Glenny, Steve Carl, Nancy Goldberg (Current Board member) Barry Katz, and Randy Gerth 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 be an asset to the Club and the Board of Directors, please feel free to contact me or any of the committee members.

# COMMITTEE REPORTS

## FINANCE | CHAIR PETRA CARL

The Finance Committee met remotely this month, reviewing the financials via email. Club Manager Julie Wheadon outlined the first month of 2020 was close to budget – with a few nuisances of snow days and fortunately minimal impact to income. Numerous service calls and tune ups for equipment including ice machines, fitness ac unit and the Clubhouse furnace were addressed. The Committee is reviewing parameters for the Point of Sale System while we are diligently reviewing our current loan and planning options for ways to move the Club forward financially. The Committee's next meeting is Wednesday March 18 at 6:00 pm.

## MEMBERSHIP | CHAIR TRACI LYNCH

Membership has been busier than ever! Our equity waitlist is currently at 63 families and 50 for juniors with 5 new families moving to active in March. We wrapped up January with a week of appreciating our CP staff. The feedback was overwhelmingly positive and appreciated by the staff- they deserve it, they all work hard to make this a great club!

February was the ever popular Karaoke night which was well attended with some great Ezell's chicken for dinner. Thanks to Tim Malone for MC'ing. We might even try to do another before the year is out!

The creative juices are flowing at our membership meeting each month. We have been busy putting our heads together to come up with some new and fun socials. Get your calendars and get ready for some fun! On March 28th we will have an adult bowling night at TechCity bowl with food served up, signups will be coming out soon.

April 18th will bring the 3rd annual clothing drive for Hopelink. Start cleaning out your closets! We will be asking for lightly used or new tennis related clothes and gear. If you would like to volunteer at the event, we could use you! Please reach out to me.

In May we are going to be having our first ever Health/Wellness day at the club. We will be inviting our members to set up a table to showcase their health/wellness related businesses. Look for some additional details and sign ups soon.

June 13th we will hold "Demo Day" which allows our members to try out racquets and have some fun with the pros. How about some tips from the pros and a little friendly court fun all while taking a racquet for a test drive!

Summer will bring a pickleball event and a movie courtside!

Lastly I would LOVE to hear what events and ideas you have that we could kick around at a membership meeting. Better yet, if you haven't been part of a committee, please consider joining one. We are the FUN group!

A large, 3D, red, blocky graphic of the word "FUN!" with a thick outline and a slight shadow, giving it a three-dimensional appearance.



# COMMITTEE REPORTS

## CUP TENNIS | CHAIR CONNIE BALLOU

It seems unbelievable that our CUP season is over. It's passed so quickly. Our last snow date "make-up" matches were played February 24<sup>th</sup> and 26<sup>th</sup> to conclude this season.

I hope you took the time to take part in the end of season CUP play/social held February 26th. What a wonderful opportunity to play with CUP members of different levels and finish the season with lunch and conversation. A big shout out to Laurie Uhrich for organizing and making it a grand success!

Remember there are some deadlines coming up soon. You may have already received your CUP yearly Stats letter/email from Zhanbing Wu (thank you so much Zhanbing for taking the baton on this important task). If you have not received anything yet, be on the lookout within the next week. This information provides you with yearend statistics and is needed to plan for your next CUP season. The deadlines to apply for a **CUP Appeal is Monday, April 13**. You will hear a **response no later than Friday, April 17<sup>th</sup>**.

Your CUP application form for the 2020-2021 season which must be completed by both partners is due by **Friday May 8, 2020**. Please spread the word to any members who are new, or have not been playing CUPS to let them know this is happening.....what a fun way to enjoy tennis, your fellow members, and to meet folks from all around the area.

Please be in contact if you have any questions. Happy Hitting,

Connie Ballou, CUP Committee Chairperson

### Cup Tennis Results

Evergreen Cup – 12/18

Emerald Cup 1 – 18/27

Emerald Cup 2 – 7/27

Classic Cup – 17/33

Rainier Cup 1 - 7/32

Rainier Cup 2 – 24/32

Challenge Cup 1 – 6/19

Challenge Cup 2 – 4/19

Challenge Cup 3 – 15/19

Kingco Cup 1 – 5/15

Kingco Cup 2—4/15



# COMMITTEE REPORTS

## FACILITIES | CHAIR STEVE COLEMAN

At the January Board meeting, former Facilities Committee Chair Brian Darrow presented options and projected costs for adding a bathroom to the Reed and/or Wright Buildings. The Board will discuss and make a decision at the February meeting as to whether this is something that the Club wants to pursue.

Board member Kim Skorupa met with Steve Coleman to review the 2019 Club survey as it pertains to Facilities and Steve will present the results at the next committee meeting.

The pool resurfacing continues to move forward with a service provider who can have the work completed before the Memorial Day opening. The planned painting of the clubhouse exterior is to the point of finalizing proposals and checking vendor references with the Committee making the final color selection decision at the March 10<sup>th</sup> meeting.

The recent heavy rains have tested last year's improved drainage work, and while not perfect, drainage was much improved from what it was in the past. We still need to seal the concrete tilt up seams that are below grade and are vulnerable to moisture intrusion.

In March the Club will be testing a POS system when sales volume is a little slower. Club Manager Julie Wheadon provided the most recent comments from the Fitness/Massage survey that related to the Facilities Committee pertaining to what would prompt members to use the exercise facilities more than at present.

## TENNIS | CHAIR CHRISTINE GARNETT

The tennis committee is hard at work looking at ways to involve membership in some fun programming events. We will be looking at a potential event in late March so stay tuned.

We want to remind you again, if you have not done so, to input your USTA rating (and soon your UTR rating) in GameTime so captains as well as members can find you for teams or match play.

We have started to see a small uptick in court violations. Please familiarize yourself with the tennis policies and regulations to avoid any penalty.

This month we remind you of late cancellations:

### **CANCELLATIONS/LATE CANCELLATIONS:**

1. Members are encouraged to cancel a reserved or assigned court as early as possible. It is mandatory to cancel a reserved or assigned court at least 4 hours prior to court time or 24 hours in advance for events and clinics.
2. Late cancellations: If less than four hours notice is provided for a reserved/assigned court cancellation, a penalty fee will be imposed and charged to the reserving member's account (see Violations & Penalties).
3. Courts assigned to members from the wait-list or as a walk-on are still subject to No-Show, Failure to use the Court and Late Cancellation violations and penalties.

Thank you for adhering to the rules and regs. It makes things so much easier for all.

### **Violations for February - Tennis Policies**

No Show - 5 | Late Cancel - 2 | Etiquette - 2 | Played on 2 Reserved Courts - 6



# PROS COURT

Hello Members,

I wanted to point out something special happening on the pro tennis tour as we continue into the 2020 season.

Grand Slam Tournament leader board on the men's side:

- Roger Federer has 20 Grand Slam titles and is 38 years old
- Rafael Nadal has 19 Grand Slam titles and is 33 years old
- Novak Djokovic has 17 Grand Slam titles and is 32 years old

They are calling them the “3 Kings” of tennis. All three are smashing the former Slam record held by Pete Sampras (12 slams) and are in a neck in neck race to be the best to ever play the game.

With the French coming up Nadal could tie Federer as the best to ever play the game and we all know that Rafa is a clay specialist. After the French is Wimbledon and Roger's best playing surface. Then the US Open will finish out 2020 where Nadal took the tournament in 2019. Novak has won on all surfaces as well but has the most on hard court and just won the 2020 Australian open and closed the gap a little more.

These three haven't showed much sign of slowing down either and are currently the top three ranked players in the world. Their dominance has now spanned the good part of two decades and now we are going into a third. Can you believe that? Three decades of dominance. I don't think that happens in many other sports.

On the women's side Serena Williams is only one Grand Slam away(23 slams) from tying Margaret Court (24 slams). Another potential exciting moment in tennis history.

This should be a very interesting year to watch and some potential new leaders could emerge. Stay tuned and don't miss out on the action.

See you on the court!

Coach Chad



[Chad Smith | Tennis Pro](#)

## What is a Universal Tennis Rating?

All tennis players can have a UTR, which is a real-time evaluation of skill level based on your actual performance. If you've played a sanctioned or competitive match, you may already have a UTR, and you can activate your profile. Otherwise, get rated by easily posting a score from a casual hit or by playing matches. Then use your UTR to understand your level, find play and track your progress.

Check it out.. <https://www.myutr.com/for-players>

## FITNESS COURT

Named for Governor Mickelson, who crusaded for the trail before his death in a plane crash in 1993, the Mickelson trail is one of the premier rail trails in the U.S.

The Rails-To-Trails Conservancy awarded Hall of Fame status to the Mickelson Trail in 2010 and for good reason. At 109 miles long, from the north end of the trail in Deadwood, (think Wild Bill Hickok and Calamity Jane) to the south terminus at Edgemont, the trail runs through the heart of the Black Hills. It crosses 100 trestles, goes through 4 tunnels and is rich with boom and bust history.

Starting at 6350' the north end of the trail is primarily National Forest land traversing through pine and spruce forests slowly descending to high desert and open range land at 3428' in Edgemont. Along the way we will go through the town of Custer, visit Crazy Horse Monument and have an opportunity to see Mount Rushmore. Your South Dakota Adventure Awaits!!

**Contact Clay for more information** at [clay@fit2playnw.com](mailto:clay@fit2playnw.com) or 425.822.2206 ext. 126  
You can also find information on [www.fit2playnorthwest.com](http://www.fit2playnorthwest.com)



George S. Mickelson Trail

August 23-27th

**These 2 core exercises improve core activation and stabilization, which will help you to transfer power to the ball.**



**Band 1/2 Rotation w/pause:** Start in athletic stance weight centered over feet. Reach to starting position by turning shoulder w/tension on the band. Initiate movement with leg and hip drive quickly rotating to the center position. Pause for a 2 count and repeat 10-15 times/side.



**Airball Plank and Saw:**

Establish a strong plank on airball. Keeping core tight, push the arms forward and back to start position. Mimic a sawing motion. Lock your ankles in place. The only movement is at the shoulders.



## FITNESS COURT CONTINUED

### **Quick Snacks on the Go**

When you're in the moment and feeling those hunger pangs, it can be hard to sit and think about healthy snack options, you want whatever is closest to you and easiest to consume. To avoid grabbing the high-sugar, processed snacks that will leave you feeling unsatisfied and blah, here are eight healthy snack ideas that will satisfy you and hold you over until your next meal.



### **Apple slices with peanut butter**

Apples are high in fiber and water content, so they will fill you up and when you add peanut butter on top, you're adding healthy fats, which will also keep you full and satisfied for longer. Make sure not to peel the skin of the apple because this is where most of the fiber and vitamins are found.

### **Chia pudding**

Chia seeds are an excellent snack because they are rich sources of omega-3 fatty acids. These unsaturated fats play many vital roles in hormone production, cognitive functioning, and mood and energy levels. Just mix chia seeds in almond milk and let it sit. You can make it the night before, so it has time to absorb and add whatever toppings you like, such as fresh berries.

### **Homemade granola**

Store-bought granola can be unnecessarily expensive and contain sneaky ingredients such as added sugars. It's easy to make a batch of homemade granola that is a cheaper, healthier alternative to those store-bought granolas. Simply roast some oats in the oven with some honey (or your choice of natural sweetener) and add toppings like dried fruits, nuts, seeds, and even dark chocolate.

### **Veggies and hummus**

If you prefer savory snacks, wash and cut up some vegetables and serve them with a dollop of hummus. Peppers, carrots, celery, broccoli, and cucumber are just some of the veggies that taste great raw. This is low-calorie snack, that provides you with loads of vitamins, minerals, and protein from the hummus.

### **Yogurt and berries**

You can use Greek yogurt if you want some extra protein, or coconut yogurt if you're dairy-free. Regardless of the source, yogurt provides you with healthy fats that will keep you satisfied until your next meal. You can even add some of your homemade granola for extra calories and crunch.

### **Roasted chickpeas**

This might be surprising, but roasted, seasoned chickpeas are as tasty as a bag of chips! This is inexpensive to make at home (and you know there are no nasty preservatives or additives). Simply roast some drained, canned chickpeas in the oven and season them with whatever you like— smoked paprika, garlic, or simple salt and pepper are all great ideas.



## FITNESS COURT CONTINUED



### Protein Shake

While a smoothie can quickly become high in calories and a filling meal, you can also make a lower-calorie protein shake for a snack. Simply blend up a banana with your favorite protein powder, use water for your base, and you will have a snack that won't pack on the calories but will satisfy your sweet tooth. (check out smoothie on FaceBook)

### Hard-Boiled eggs

Hard-boiled eggs are a healthy staple snack. They are packed with protein from the egg whites and healthy fats from the yolk. And they are an excellent snack to anyone who is looking to lose weight because of their high protein, high fat, and low carb macronutrient breakdown.

*Ready to get off the diet roller coaster and finally live that happier healthier life you envision? Contact Vicki and find out how she can help you! Vicki Runnels, NBC-HWC, Fitness Nutrition Specialist, ACSM, ACE and WellCoaches Certified.*

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### CLASSES

*Join the Fitness FuN!*

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

***"Being healthy and fit isn't a fad or a trend, it's a Lifestyle."***

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

425.822.2203 ext 126

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

425.822.2206 ext 122



## FITNESS COURT CONTINUED

Just a reminder... The club has 2 fitness areas designed to give you the space and equipment needed to keep your fitness goals on track. Members have complete access to the gym with cardio, circuit and weight training equipment as well as our multi-purpose room, which is available for use when classes are not in session. (Fitness class times are posted on the door.)

Our fitness pros – Clay and Vicki currently offer the following classes throughout the week.

### Fit2Play Boot Camp

- Mondays and Wednesdays 9:00 -10:00 am
- Tuesdays & Thursdays 5:45 - 7:00 pm
- A 60 minute class full of calorie blasting/metabolism boosting conditioning using your bodyweight, bars, balls, and much more!



### Fit N'45

- Tuesdays and Thursdays 12:00 - 12:45 pm
- Minimum 3 per class needed, email Vicki the week before if you are available. [vickir@centralparktennisclub.com](mailto:vickir@centralparktennisclub.com)
- Increase your endurance, tone your muscles, strengthen your core and give your metabolism a boost with this 45 minute work-out!

Start where you are. Do what you can.

We are always open to offering more classes or a larger variety, so let your voices be heard. Please email all fitness class suggestions to [clayr@centralparktennisclub.com](mailto:clayr@centralparktennisclub.com)





## **Playoffs Starting soon!**

**Adult 40+ Wild Card Weekend | March 20th-22nd**

**Adult 40+ Playoffs | March 27th-29th**

**Coed 18 - 39 Wild Card | March 20th-22nd**

**Coed 18 - 39 Playoffs | March 27th-29th**

## **Bellevue/CP Tournament Results**

### **Women's 3.0 Singles**

Champion: Audira Stubna (CP)

2<sup>nd</sup>: Lani De Jong (BC)

### **Women's 3.5 Singles**

Champion: Christine Garnett (CP)

2<sup>nd</sup>: Deb Nielsen (CP)

### **Women's 4.0 Singles**

Champion: Lana Hansen (CP)

2<sup>nd</sup>: Natalie Pryde (BC)

### **Women's Open Singles**

Champion: Carol Lelivlet (CP)

2<sup>nd</sup>: Cindy Nelson (BC)

### **Women's 3.0 Doubles**

Champion: Audria Stubna/Dana Laursen (CP)

2<sup>nd</sup>: Tara Darrow/Coreen Robbins (CP)

### **Women's 3.5 Doubles**

Champion: Cathy Long/Joanne Edinberg (CP)

2<sup>nd</sup>: L.Chung/C.Min (BC)

### **Women's 4.0 Doubles**

Champion: Lydia Sun/Carly Oberg (CP)

2<sup>nd</sup>: Linda Baker/ Nadine Ramstead (CP)

### **Women's Open Doubles**

Champion: Teressa Morrow/Shauna Ader (CP)

2<sup>nd</sup>: Dianne Discolo/Anna Laricheva (CP)

### **Men's 3.0 Singles**

Champion: Stanly Ching (CP)

2<sup>nd</sup>: Ratish Prasad (BC)

### **Men's 3.5 Singles**

Champion: Bob Nicholson (CP)

2<sup>nd</sup>: Jacob Che (CP)

### **Men's 4.0 Doubles**

Champion: Z.Zygar/S.Varon (BC)

2<sup>nd</sup>: Barry Katz/Scott Mullet (CP)

### **Men's Open Doubles**

Champion: G.Chin/K.Woo (BC)

2<sup>nd</sup>: Daniel Avery/Justin Madison (CP)

### **MXD: 6.0**

Champion: J. Hancock/R.Hancock

2<sup>nd</sup>: Tracy Qi/Richard Liu

### **MXD: 7.0**

Champion: S.Holm/C.Barry (BC)

2<sup>nd</sup>: Laurie Ono/Joseph Allison (CP)



# Junior Team Tennis News!

**Sign ups for our Summer Camps are out now.**

Grab a registration form and register today!

Space is very limited!

If you are a member you may sign up online [here](#)

Non member hard copy forms may also be found online.

Print it out and bring it into the club with the proper payment.

*Please read the registration form completely before turning in.*



## Junior Team Spring Camp

Spring Camp information goes out on March 20th!

Keep an eye out for Details!

If you are a member you may sign up online [here](#)

Non member hard copy forms may also be found online.

Print it out and bring it into the club with the proper payment.

## Central Park Junior Team Outing

**Saturday March 14<sup>th</sup> at 3:00pm – 6:30pm**

Let's watch as a group, the University of Washington Women's Team taking on Baylor at the Nordstrom Tennis Center.

Free Pizza during intermission between singles and doubles and the best part is....juniors will get to meet and play with the UW players after the match ends! So plan to stick around!

Feel free to bring friends and don't forget to wear your tennis shoes and bring your racket!

Who is in with Coach Dea and Coach Blakeley at the UW match?

Rsvp: [deas@centralparktennisclub.com](mailto:deas@centralparktennisclub.com)



# Junior Team Tennis News cont..

## Junior Team Awards - Winter 2020

### Red Stars

Most Improved.....Ahriyen Kamran

Player of the Session.....Adi Swaathi

### Orange Stars

Most Improved.....Mikaela Trinh

Player of the Session.....Rohan Patwardhan

### Green Stars

Most Improved.....Boya Liu

Player of the Session.....Daniel Pong

### Bronze

Most Improved.....Linden Liu

Player of the Session.....Shirley Li

### Silver

Most Improved.....Julia Zhang

Player of the Session.....Alex Takagi

### Gold

Most Improved.....Grant Mundel

Player of the Session.....Teranah Khagili



## Central Park Junior Tennis Program

We are committed to the **DEVELOPMENT** of **GOOD ATHLETES & GOOD PEOPLE.**

## **Fun with CPTC!**



**Warm up your arms, CPTC is  
going bowling!**

**On Saturday, March 28th!**

**Keep an eye out for Details!**

## **Tennis with Artubus Tennis Club**

Last month, we had the pleasure of hosting a small taste of international play here at CPTC. The Artubus Tennis club from Vancouver, Canada, came down to Seattle and played a couple rounds of Tennis with various clubs around the area, and CP was fortunate enough to be one of those clubs.

A big thank you to Christine Garnett, Helen Suk, Connie Ballou, Deb Nielsen, Maggie Xu, Maria Borgen, Renee Bibeault, and Sharon Farrell for participating in this event. You represented CP well!





# Bellevue



# TENNIS

# SHOP

LET US TAKE CARE OF YOUR TENNIS NEEDS

Best Stringing In Town  
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Highest Quality  
24-Hour Turnaround

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and FREE stringing  
with purchase of any  
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- \* SERVING CP MEMBERS SINCE 2009

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Please Call us at 425.829.6679  
or ask at the CP front desk  
for more details.

DROP YOUR RACQUET AT CP FRONT DESK BEFORE 7:30 PM AND PICK IT UP  
NEXT DAY, AT THE SAME TIME !

## FALL FOR FRIENDS

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

- Take 30% off on your next stringing with 1 friend
- Take 60% off on your next stringing with 2 friends
- Get free string and stringing with 3 friends
- Inquire details at BTS store
- Additional charge applies for a natural gut

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

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

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

## MASSAGE

Hello Members,

As a massage therapist, my goal is to keep you on the court. I have studied Stretching with Robert McAtee, BA, LMT, CSCS, C-PT and I am happy to bring this technique to you. Basically, I stretch you after you play to maximize your flexibility and recovery and minimize sore muscles and stiff joints.

All sessions are 30 minutes and in the bottom floor of the clubhouse at these dates and times:

Monday.      March 2nd.      4pm-8pm

Thursday      March 5th.      11:30am-2pm

Monday.      March 9th.      4pm-8pm

Thursday.      March 12th.      11:30am-2pm

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



# GameTime - First Time Login

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

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

**GAMETIME**  
Reservations that Click

Sign In First Time User?

Your membership is verified, please create a new account.

Last Name:

Club Number#:

Next Step

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

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

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

4. Create a password for your new account.

Sign In First Time User?

Your membership is verified, please create a new account.

Username:

Password:

Confirm Password:

Password Meter: Password not entered 0%

Create

Tips for creating a secure password:

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

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

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



Club Number \* 1234

Barcode ID

Username TestUser

Password (Reset Password)

Role: ☒ Member ☐ Staff

Membership: Member (Member)

Privilege: Test

Suspension Dates: ☐ Enabled (for Court Booking)

Account Disabled: ☐

Bill Account: ☒

Home Phone  ☐ Show to others? ☐ Primary

Work Phone  ☐ Show to others? ☐ Primary

Mobile Phone  ☐ Show to others? ☐ Primary

Note: The Mobile Phone field is not used for Text/SMS notifications

Email  ☐ Show email address to others?

Alternative Email

Address

Add Photo Remove

Last Login: Feb 24, 2015 3:21:48 PM  
Last IP Address: 70.89.128.201

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

Tennis: N/A

Interested in Playing USTA?:

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

Save

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

Profile Appt & Activity Transactions Preferences **Family**

**Family**

Add Family Member

First Name	Last Name	Username	Club Number	Gender	Birthday	Last Login	Action
			1234	M		2015-05-05 13:17:40	
			1235	F			
			1236	M		2015-02-24 15:17:55	
			1237	F		2015-01-13 13:28:52	

Options

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