

The Baseline Newsletter

May 2016



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Do you know how your membership dues are being spent at the Club and the process for approval to do so for capital improvements? I thought I would discuss it with this month's newsletter since there will be noticeable changes to the Club in the next few months. Our clubhouse and the Reed and Wright buildings are over 45 years old and need money to do normal maintenance and fix wear and tear that has occurred. This is to be expected and CPTC has a defined process with many checks and balances assuring your money is being spent in a prudent manner.

There are two types of expenditures for the club: planned and unplanned; and there are controls in place for both of them. An unplanned expense can be a water heater that goes out and the club manager has to make an immediate purchase to replace it. Depending on the dollar amount, she will communicate with the Board for their approval before moving forward with the purchase.

Planned expenditures, or capital purchases, are identified during the year and a placeholder is included in the budget for the next year. Each committee can make a recommendation to the Board for items to be placed in the upcoming budget. This past year, the Tennis Committee recommended a new and improved ball machine to be purchased. A bid was received by the Board and, after a discussion, it was included in the 2017's budget. Before Julie ordered the machine this year, it was discussed at the Board meeting and the money in the budget was approved to be spent. Just because an item has been budgeted for does not mean it can be automatically ordered without further discussion. This allows the expense to be reevaluated if something has changed.

The Facilities Committee did a thorough examination of the Club and developed a lengthy list of items that could use some attention. These included everything from painting walls to replacing the front doors and windows in the Reed/Wright buildings and the clubhouse.



President
Randy Gerth

This list of items was prioritized with Julie's help and brought to the Finance Committee and Board for discussion and inclusion. Bids have been evaluated and work is slated to be done replacing the worn doors and windows on the three buildings. I am excited about how this will freshen up the entryways into these buildings.

In the budget this year, we included money for a new elliptical machine to replace an 8 year old one. This was purchased and placed in the workout room earlier this year. We have received feedback from many members stating that it is a welcomed addition to the room and I agree.

MAY

Important Dates

Monday, May 2	CUP meeting 1:00 pm
Friday, May 6	Mix-Up Friday Night — Fiesta time! - 5:30 pm
Sunday, May 8	Happy Mother's Day!
Monday, May 9	Tennis Committee Meeting — 6:00 pm
Thursday, May 12	Facilities Meeting — 5:00 pm
Saturday, May 14	Member Work Party & BBQ—9 am to 12 pm
Sunday, May 15	Last day of Spring I Junior Team
Monday, May 16	First day of Spring II Junior Team
Monday, May 16	Membership Committee — 5:30 pm
Tuesday, May 17	Sign-ups available for June Women's Super 60s
Wednesday, May 18	Finance Meeting — 5:45 pm
Saturday, May 21	Compass Draw Event—1:00-4:00 pm
Wednesday, May 25	Board of Directors — 6:00 pm
Thursday, May 26	Deadline for June Women's Super 60s Sign-ups
Friday, May 27- May 30	No Junior Team
Friday, May 27	Pool Opens for Weekends Only!
Monday, May 30	Center Court Café closed

USTA Mixed 40+ Teams to Date

6.0 Colleen Grobstok	7.0 Carla Stanford	8.0 Randy Gerth
7.0 Steve Fields	7.0 Traci Lynch	8.0 Tim McRoberts
7.0 Connie Ballou	7.0 Bhanu Purohit	8.0 Daniel Avery
9.0 Dundeeana Doyle		

USTA Mixed 55+ Teams to Date

7.0 Larry Ho	7.0 Traci Lynch
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28th Annual Women's Doubles Benefit Challenge and Charitable Event

Benefiting:
Bellevue LifeSpring



Monday, June 6th | 8:30 am - 11:45 am

CPTC, Bellevue Club, Pro Sports Club, Mercer Island Country Club

Round Robin—\$50/person

Everyone can support this cause by participating in the raffle!

Raffle and Registration forms will be out mid-May

Sign up forms will be at the front desk soon—watch for an update.

MIX UP FRIDAY

It's Fiesta Time!

Friday, May 6th

Tennis: 5:30 pm

Social: 7:00 pm—Catered by Qdoba

\$17.50 per member



Fun little compass draw event being scheduled by Phil Ansdell and Mike Calkins for Saturday, May 21 from 1-4 pm. Please contact one of them if you are interested.

MANAGER'S MISCELLANY

Springtime is upon us! And the outdoor courts have been cleaned. Yes, we did do it early but Vlad and Chris are staying on top of any lingering pollen. Our maintenance team will work hard to get out early to blow off the courts and plan on daily water changes to the coolers. If you do reserve a court for outside, please remember that this does count as a reservation and all policies apply. If you decide to move outdoors, you must communicate with the front desk as these courts may be spoken for.



We hope to see you at our Member Work Party on May 14. The Facilities Committee has quite a few projects that we could use help with – it's a great way to pitch in and meet a lot of members in a different atmosphere – plus a BBQ – how can you pass it up??

Other exciting news!!!

- Memorial Day weekend we are back to pool time! We will have the pool open Friday, May 27, through the holiday, and then it will be on a weekend only schedule until school is out. Please check this newsletter for the policies for kids using the pool. And please remember to bring your own pool towels!
- We will host two events June 3 through June 5. During the day we will have the USPTA convention and in the evenings, and all day Sunday, we will be hosting the Adult 40+ Playoffs. It will be busy but what a great way to give back to our community of tennis pros and USTA tennis!
- Women's Benefit Challenge is right around the corner – Lisa and the associated clubs have found a great beneficiary for this fun event that includes Bellevue Club, Pro Club, and Mercer Island Country Club. Watch for more information to come.
- We have a great slate of Board candidates for this year's election. Ballots will be available mid-May and the results will be announced at our annual meeting scheduled for June 15.

Other miscellany items:

New Faces:

Please welcome Kristin Cremo and Kat Hobson who have recently joined our front desk team. We say adieu to many of our college graduates (Bailey and Gabriel) and students (Rachel, Amanda and Mattie Jo). We will miss all of you and wish you nothing but the best, and hope to see some of you return in the fall.

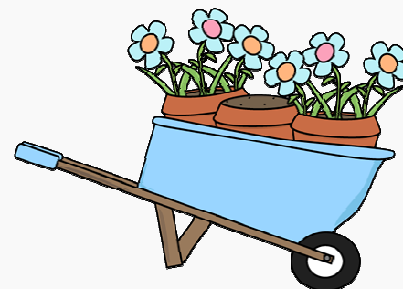
Look forward to seeing you here – we have a lot going on this month. And a side note – thank you to the staff and members that helped out and shared kind words of support while my family dealt with a tragic loss. It meant more than you will ever know.

Julie Wheadon
Club Manager

Summer is arriving early!

Join us Saturday, May 14, from 9 am to 12 pm as we plant flowers, take care of the grounds, prep the pool for summer, and set up our outdoor furniture.

Enjoy complimentary coffee and muffins in the morning and lunch on the BBQ in the afternoon.



Sign up at the front desk!

COMMITTEE REPORTS

FINANCE | CHAIR MARTY MCCURRY

The financial results for the month of March were good. Net Ordinary Income (before Depreciation, and Interest) for the month was \$49,378 and year-to-date \$158,983; budget for the month was \$29,552 and year-to-date budget \$91,474, yielding a surplus for the month of \$19,826 and year of \$67,509. The month's surplus was primarily attributable to \$6,200 in savings on new membership fees, and a surplus of \$4,700 over budget for the month in tennis lessons. The Club's financial position remains sound with Total Cash of \$419,784, and a good current ratio of over 3.4 to 1.

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a growing wait list to join of 35. Again, due to the strong demand, the Equity Member Initiation Fee remains at \$6,000.

The next committee meeting is scheduled for Wednesday, May 18th, at 5:45pm.

CUPS | CHAIR TRICIA SCHROTH

Applications for 2016-2017 Cups Season were due on April 25th. We have over 143 women participating next season! Currently, the pros and club manager are forming teams which will be announced mid-May. Please consider captaining next season; after teams are formed, the Cups Committee will ask for volunteers to captain each team. If there is more than one person wanting to captain / co-captain, then the team will anonymously vote on who will be the captain for next season. Captaining is broken down into four jobs that can be delegated to teammates in order to make the job of captaining easier. The four categories are scheduling practices, email communication, preparing match roster, and match day duties. Again, please consider volunteering to captain!

NOMINATING | CHAIR STEVE CARL

The Nominating Committee has completed their work in selecting members who are willing to serve on the Board. Steve Carl chaired the Committee comprised of Randy Gerth (current board member), Petra Carl, Colleen Grobstok, Dana Laursen and Traci Lynch. The candidates for election to the Board are Dundeeana Doyle, Sally Edwards, Maggie Maita, Roger Perrin, Dave Stafford, and John Thekkethala. Thank you to the Committee for their work and to the candidates willing to serve.

Election Process

Nominations will remain open to petition candidates for 25 days following date of publication. This can be accomplished by filing a petition signed by no less than 25 equity members with the Secretary of the Club, Matt Osborne. Ballots, with supporting biographical material and candidates' pictures, will be mailed to membership no less than 20 days before our Annual Meeting in June, and no less than 40 days after date of publication of nominees' names.

The new Directors will be announced at the Annual Meeting of Central Park Tennis Club.

COMMITTEE REPORTS

TENNIS | NANCY GOLDBERG

Want to suggest a change to a program? Or host a tennis event? Or appeal a violation or fine? How about adding a non-member to your USTA team? There are forms for that! Submit the appropriate form to the Club Manager or the Tennis Committee chair, and your issue will be brought to the committee for discussion and a decision or a recommendation to the Board.

At our April meeting the Tennis Committee discussed and approved a member request to use courts for a party on May 29; the entire membership will be invited. We also discussed and denied a member request for a fee adjustment for a missed junior tennis class.

We are continuing to review the results and comments from the Club survey -this month focusing on membership classifications (single equity or family equity).

Our next meeting is May 9 at 6:00 p.m.

FACILITIES | CHAIR KRISTEN GROBSTOCK

Member Work Party will be Saturday, May 14th, from 9-12pm- rain or shine! BBQ lunch to follow. We can use your help on various small projects. Sign-up sheet available at the front desk.

Follow up on Fitness Court and Multi-purpose room changes - the replaced older elliptical machine has now been placed in the multi-purpose room. The shoulder rehab machine has been placed in the lower level lounge space, along with an additional retired recumbent bike. Great to see our 20 lb. dumbbells returned! And please remember to pick up equipment and return it to the appropriate places; especially if you remove it from the closet or take out to the courts to use. We are now missing 2 mats from the multi-purpose room. If you see them somewhere—please make sure to put them back.

Our next meeting is May 12th, 5:00 pm.

MEMBERSHIP | CHAIR KIM SKORUPA

The Distinguished Member Service Award is going to be given at the Annual Meeting in June. If you would like to have a member recognized for their outstanding contributions to the Club, please forward their name to a Board member. There are so many people who do awesome things for this club!!

There are lots of USTA matches going on right now – most Friday, Saturday and Sunday nights are filled up with competition; often there are 5:30, 7:00, & 8:30 matches. If you are an earlier court, please adhere to the 7 minute warm-up and the time between points and games so you can complete your match on time to allow the next match to start on time. If you are not done with your match at the end of court time, please allow the next team to take the court and move to another court. If you are on a later court, please consider allowing a team to finish a Match Tiebreak already in progress.

Our next membership committee meeting is on May 16th at 5:30 pm.

PRO'S COURT

The Match

I wrote a newsletter article on this subject years ago but recently it has been popping up in conversation again, so I thought I would revisit it. Basically my friends and I were talking about how incredibly easy it is to put your foot in your mouth after a competitive match; we've all done it. Whether you are playing against a friend or someone new, the art of conversation post match can be tricky.

There is the match during which you played lousy and lost—no matter how bad you want your opponent to know you had a bad day and that you are better than that.... Don't. Everyone has bad days, you are a better player when you can learn how to turn that bad day around. No matter how you phrase this one, you are taking away from your opponent's accomplishment and it just comes off as petty and that you are a sore loser.

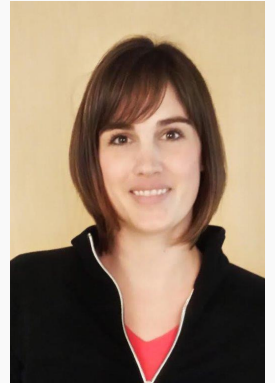
Even when you are trying to be sympathetic to an opponent who had a bad day, you have to be a little careful. I had one person who was very sweet and I appreciated her words after our singles match. She played amazing and I had one of those days where I was just off and made so many unforced errors. After the match she told me she had seen me play and knew I was better than that. I thought it was so nice of her and I wish I remember her exact wording because that can be hard to pull off. If you say something about just being "lucky" to have won, it can be irritating and come off as patronizing; plus there is no need to take away from your own accomplishment.

There are the matches where opponents play out of their mind—be complimentary, of course. But if you go too far and add the word "today" to the end of every compliment, it starts sounding like you think they normally stink and this was just a fluke.

Then there is the absolute worst thing, in my opinion, you can say within earshot of your opponent after a match.—exclaiming how terribly you played, after winning. Such a slap in the face, and very disrespectful.

Of course, this may seem too sensitive, but I have met some amazing people and made some wonderful friends through tennis whether they were on my team or people I played against. We have such a great tennis community in this area, and so many social and competitive opportunities. Be respectful, acknowledge other people's accomplishments, and be a class act win or lose. Most of the time it's best to just say nice match and leave it at that.

- Kathryn Osborne, Central Park Pro



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Chad has new HEAD demos for you to try:

- Speed S or Speed MPA
- Radical LITE, Radical S or Radical MPA
- Instinct S or Instinct MPA
- Prestige MP

*He can be reached at
chads@centralparktennisclub.com*

FITNESS COURT



Summer is just around the corner and so is warmer weather. Are you ready to put on those shorts, swim trunks, tank tops, or summer dresses?



Now is a perfect time to reset, refresh, renew, and just plain start over. Figure out what worked for our fitness and health, what didn't and where are we going to go from here.

If getting rid of the winter weight is on the mind, the change needs to be a lifestyle change, not a quick fix -do it for a month and call it good or quit because we aren't seeing immediate results. Making changes in what, how much, and when we eat are all things to consider. As we age we may think it's just part of getting older and resign to fact that we are just going to keep getting a bigger middle. But...that's not how it has to be.

If you are ready to lose the handles, muffin top, tone up, shape up, mix it up...now is the time!

We can create a customized meal plan for you, with many different food preference options. Everyone is different and so are the plans; get one made for you!

Hitting the weights is GREAT to increase our muscle and, women, we will not end up looking like Arnold, so we can go ahead and push ourselves. We can shape our bodies and get stronger; men and women alike need to at the least maintain our muscle.

So, if you are ready to make this the Spring you take charge and get a handle on things, we are here to help!

Get a nutrition plan designed just for you!

- Take charge of health and wellness
- Lose unwanted pounds
- learn healthy meal and snack choices
- portion control

Contact Vicki: vickir@centralparktennisclub.com//425.822.2206 ext. 122

Contact Clay: clayr@centralparktennisclub.com// 425.822.2206 ext. 126



MAY SCHEDULE

TOTAL BODY: M/TH@1:00pm

ABS AND BACK: W@11:45am

FIT TO PLAY (MEN): T/TH@11:30am

BOOT CAMP: MWF@9-10am, T/TH@5:45-7:00 pm

Junior Early Spring Awards

Champs: Most Improved - Kate Cocales

Challenger: Most Improved - Charlie Kern

Rookies: Most Improved - Austin Tarrach

Shooting Stars: Most Improved - Sarah Chiang-Lin

Future Stars: Most Improved - Daniel Gitlin

Rock Stars: Most Improved - Tess Chin

Player of the Session - Alex Levine

Player of the Session - Flavia Meo

Player of the Session - McKenna Mullet

Player of the Session - Taka Yoshida

Player of the Session - Laura Chiang-Lin

Player of the Session - Marisa Woo

Spring Junior Tournament Results

Champs

Winner: Josh Chou

Finalist: Karen Lu

Challenger

Winner: Zander Gillett

Finalist: Benji Lelivelt

Rookies:

Winner: McKenna Mullet

Finalist: Taraneh Khalighi

Buy or Sell: Pick a Coach

I have been fortunate to be in the coaching world for just under 15 years and even with this number of years under my belt, I am learning every day. Every student brings on a new set of challenges and a potentially new form of communication to maximize his/her talents.

The one underlying aspect that I have found to be very important when developing a child is your form of communication. How you choose to communicate to the child can instantly build and intensify the relationship or put a major roadblock in development. I have seen many different types of coaching styles and it would not be fair to pinpoint what the "best" way of coaching is. However, I would argue that to become a great coach, you need to first understand who the child is you are working with. Not every child will just mold into your preferred coaching method and be receptive, so it's up to the coach to find different ways to communicate that will still motivate and inspire them. This is where many coaches fail as they take the mindset of "it's my way or the highway." So, to all the coaches out there reading this....have a small piece of humble pie and, before you start trying to install your preferred software into the child, make sure you understand the child and who they are, what their goals are first. Most coaches fail to do this.

And for all the parents out there with an aspiring tennis player, always make sure that you (the parent) understand your coaches' main philosophy as you're not just investing into this coach to make their tennis better. You're investing into this coach to help mold your child into a well-rounded individual. Everyone has heard the stats of how hard it is to become a college varsity tennis player, or even a professional tennis player. This is why picking the coach for your child is so important. Invest into someone who cares, is patient, and, most of all, someone who communicates well with your child.

-Mike Calkins, Premier Coach

Recent Premier player results:

- Amber Edmonds won her first Girls 16's tournament at the Seattle City Jr. Champs at Amy Yee.
- Paige Sorgen & Diana Bibreata are undefeated so far in high school tennis for Bellevue High.



Aces Tennis

If it's tennis, we do it.

Hello Central Park Members,

May, 2016

\$30 OFF Wilson Burn FST & Ultra Racquets!

The newly released Burn FST and Ultra racquets from Wilson are now \$30 off! The Burn FST is \$219.00 and Ultras are \$199.00. These are the newest racquets on the market from Wilson! Come to our location in the Bellevue Tennis Academy and check them out today!



Racquet Stringing – Drop Yours Off Today!

Have your racquet strung at top quality by Aces Tennis. If you drop off your racquet by 9am at Central Park it will be ready for pickup after a 48 hour turnaround. However, if you need it sooner let us know and you may be able to pick it up at our location in the Bellevue Tennis Academy.

13203 NE Spring Blvd, Bellevue, WA 98005

Aces Tennis will Match or Beat Our Competitor's Price

For the best deal on ANYTHING tennis, Aces will match or beat our competitor's prices! As a small business, customer loyalty is VERY important to us! We want you to shop with confidence and know you're getting the best deals possible. We strive to make your shopping experience at Aces Tennis a great one.

Thank you!

May tennis tip: Come get a free racquet evaluation at our Bellevue store!

For any questions or for further information please contact us at info@acestennis.net or call us at 425-453-9224.

JEFF TRAGER & KAYLEE NILAN & DAUGHTER, ZOE

FAMILY EQUITY

Jeff and Kaylee - please let us know more about you!

LILJA SILVERBERG & SON, STEVE

SINGLE EQUITY

We moved here from New York in 2008. I came to UW to study Bio-medical engineering. Steve always likes tennis, but not until lately, after he joined the junior programs in the club, has he become so fond of this sport. He has been improving really fast. I am completely a beginner in the game. But, I have already enjoyed the learning in the club while waiting for the membership. We are very enthusiastic to be the members of the club. Steve is very talented in piano playing. This June, he is going to perform at WSMTA music festival as the first prize winner of Outstanding Artist Competition of the state. I love art and literature and I travel a lot. We frequently return to New York for visiting, but only find the Northwest more and more attractive.

YOUNGMEE KIM & SONS, JOSHUA & DANIEL

SINGLE EQUITY

Youngmee - please let us know more about you!

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

Lynda Arden & Bill Wilson, Steve Hager and Nancy Quickstad

GEORGE HAYS & PAMELA SCHULTZ & SON, ALEX FAMILY EQUITY

George and Pamela - please let us know more about you!

NATALIE PRYDE & MARTY JOURARD, & SONS, NATHAN & MALCOM FAMILY EQUITY

Natalie - real estate investor/property management. sailboat racer

Marty - musician, writer

Nathan & Malcom- teenagers: interests film-making, drums , soccer, tennis

DAN ANDERSON SINGLE EQUITY

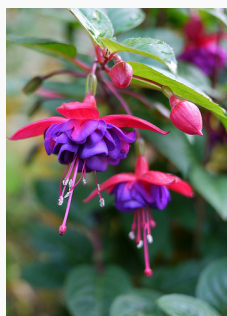
Dan - please let us know more about you!

DAN & PAM HAY

Switching from Equity Family to Non-Equity Social

MASSAGE

Spring. Tennis. Spring. Gardening. Spring. Mother's Day.



Book yourself a massage today or buy a gift certificate
for a loved one. <http://freeman.youcanbook.me>

POOL—Opens for weekends starting May 27

Important reminders for another safe and enjoyable pool season.

Connor Gerth is the head lifeguard and swim instructor
For lessons : connor.gerth@gmail.com

1. Shower before entering pool
2. Take children to bathroom before allowing them into pool
3. No bathing with diapers
4. Absolutely no GLASS containers beyond doors leading to pool
5. Be aware of pool use rules and observe safety precautions.

CENTER COURT CAFÉ

Kaeli is our newest face in the kitchen during the day! Stop by and say hello! She has some great new ideas for food service including menu changes and beverage additions. Please share your feedback with her as she perfects over the next few months getting us ready for summer!

Stop by the kitchen or email with questions:

kitchen@centralparktennisclub.com.

ADVERTISING AND CLUB INFORMATION

Overlake Service, Inc dba



Dan & Denise Stumpf
Owners
dans@kirklandeastsideside.com

12676 NE 85th
Kirkland, WA 98033
Phone: 425.827.8686
Fax: 425.828.3141

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New Ball Machine on court 8 - ISmash by Playmate

- Holds 300 tennis balls
- Variable topspin and Backspin
- 7 Position Programmable Electronic Direction with Programmable Random
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Check it out today!

**Contact Chad if you are interested in a tutorial on how
to best utilize this machine**

chads@centralparktennisclub.com

