

Central Park - The Tennis Players Club

Baseline Newsletter

May 2020



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Stay Home!
Stay Healthy!

Greetings Central Park –

The days are getting longer and brighter. And yet, we are entering month three of social distancing and day 46 of club closure. I hope you are staying positive and safe, and finding outlets other than tennis to maintain your mental wellbeing and vitality.

The Board of Directors continues to meet overtime during this shutdown, meeting (virtually) twice in April, along with an intent to meet at least twice in May. We continue to debate and decide the direction of several key issues, including expenses and personnel, revenues and cash flow, and other standard needs such as capital projects, insurance premiums and loan status. Julie has been working tirelessly during this time of flux to address the decisions made and changes needed.

It is difficult to cover every decision the board has made. However, one important decision I will mention relates to May membership dues. The board voted on April 22nd to reduce member dues for May by 25%. This was not an easy decision to make. We had to consider the reduction in revenue, coupled with our continuing costs, even during closure. I applaud the board for finding a balance between the continuing financial needs of our jointly owned business and the reality that our business has been closed and unavailable to us since mid-March.

Also, we have begun preparations to reopen. This will be a careful and intentional effort. Many details are shared in Julie's report on the next page. We do not know in what capacity or when our reopen will occur. We may start only with our outdoor courts. Or, we may transition with the previously designed "Limited Tennis Only" plan that was conceived in March. We are watching the news from Olympia intently and will always consider our collective safety first and foremost. Continue to stay tuned and thank you in advance for your continued patience.

I went to my local bike store today for a couple of essentials. It always strikes me when I go to a store like this, how dark and strange the world is right now. And yet, I am hopeful and optimistic. That fuzzy yellow ball is going to be on our strings very soon; I know it! Stay safe everyone.

Follow this [link](#) to our monthly minutes.



PRESIDENT
ROSS LAURSEN

May 2020

Important Dates

COVID 19 closure dependent

**Keep an eye out for when we open up again!
We cannot wait to see you on the courts again!**

Wednesday, May 6	Special Board meeting	6:00 pm
Monday, May 11	Tennis Committee meeting	6:00 pm
Tuesday, May 12	Facilities Committee meeting	4:30 pm
Wednesday, May 13	Finance Committee meeting	6:00 pm
Wednesday, May 27	Board of Directors meeting	6:00 pm

Open Enrollment Details for Equity members

OPEN ENROLLMENT IS [HERE!](#)

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.

MANAGER'S MISCELLANY

I hope you are all staying safe and healthy during this “stay at home” order. There may be light at the end of this long lonely tunnel! I know this has been a difficult situation to get used to, but I have loved seeing the photos and the Facebook interaction with most of you. Thank you for sharing.

While we have received some guidance from the USTA and USPTA organizations on what future tennis should look like, we are still waiting for Governor Jay Inslee to give us a clear path to what reopening looks like and when that will happen. As I work with the staff and the Board on these objectives, safety, along with continued social distancing is the top priority.

The Board has discussed returning to our Limited Tennis Only model that was implemented the day before we closed, however there will be more modifications as we move forward.

We have reviewed every physical touchpoint and wherever possible removed them.

We are adding foot pulls to most of our doors so you no longer have to grab handles. Sanitary wipes and trash cans will be near each door where we are unable to add foot pulls.

We are adding floor markers to delineate safe distancing, and spacing.

Plexiglass is being installed to protect the front desk service area and staff.

We have removed all doormats and umbrellas.

We are working with our vendors and other clubs to be consistent and learn best practices.

We are considering marking hallways and access points one way.

We are researching fitness spacing and equipment usage.

As you are aware, our fitness equipment is all about touch points. We rely on the user to take responsibility to follow proper care in sanitizing the equipment when they are done. To make sure equipment is truly sanitized after each use, we are considering modifications to the availability of the fitness spaces to meet these needs.

We are adjusting cleaning procedures.

We have created more signage and sanitation stations.

We have ordered gloves and masks for staff.

We will be requiring staff to follow safety and sanitation procedures.

We have ordered plenty of cleaning products, single use wipes and hand sanitizer.

We have deep cleaned every inch of the facility and that process will be repeated prior to opening. Additional cleaning will occur throughout the day once we have reopened.

We are continuing to develop Gametime and the Point of Sale system

This will allow paperless transactions for the front desk staff and billing processes.

All “clipboard” sign-up for classes and events will now be online only.

This effort is to create a safe place for our members to get back to playing the game they love at the Club they love. We know the Club will look different and our community will interact differently, but our mission remains the same - *To provide an exceptional and comprehensive tennis experience for our members along with the opportunity for social, fitness and family activities.* Even if it means at a distance.

Your staff has worked hard to keep you engaged and longing for the days to be back at our facility. Hopefully, you are reviewing the weekly tips they are sharing and watched the epic CPChallenge – if not you can catch all of them [here](#).

Feel free to share your ideas or thoughts with me as we prepare for when we can all be on the courts again.

Stay healthy.

[Julie Wheadon](#)
Club Manager



COMMITTEE REPORTS

CUP TENNIS | CHAIR CONNIE BALLOU

Hello remotely from the CUPS Committee.

We are happy to report that the appeals process is complete so you should have your current CUPS standings. Next step - Complete your CUPS application forms ASAP! Due date was May 8th, but due to the usual circumstances, we will continue to accept applications for a few more weeks. The ease (and reminder) of picking a copy up at the front desk has luckily been replaced with an online form that takes minutes to complete. Thanks Julie! <http://www.centralparktennisclub.com/cups>

A big shout out to those of you that have turned in your applications, and a HEADS UP to those who have not. Don't miss your opportunity to sign up for the upcoming CUPS season – teams will be formed by the end of May, so take time to get your paperwork turned in!

Hoping courts begin to open soon.....

FACILITIES | CHAIR STEVE COLEMAN

The pool project which included retiling, resurfacing and the painting of the pool area has been completed and is ready to be operational this summer. I know we're all looking forward to some quality tennis and pool time as soon as we are able. The painting of the clubhouse is still being planned for the near future and will be scheduled as soon as we can get on the painting contractors production calendar. The plastic TLED replacement lamps for the multi-purpose room have been delivered and should be installed shortly. Central Park facilities staff will also be raising the fixtures as part of this project as a safety precaution based on the usage of the area. Currently, all other large spending facility items have been placed on hold for the duration of the Covid-19-related-stay-at-home-measures. The new Point-Of-Sale equipment staff training is taking place during the shutdown and will be starting when the club reopens. Logistically during the shutdown, all heat and electricity have either been turned off or set for shorter durations, janitorial services have been suspended until we reopen and trash and recycling pickups have been cancelled. The Club has taken advantage of the shutdown to have all carpets and furniture cleaned in anticipation of the reopening. Landscaping services continue as we are in the peak of the growing season and desire that the facility look sharp in the interim. The next Facilities Committee meeting is scheduled for Tuesday, May 12 at 4:30 PM. We're looking forward to seeing you all again on the courts soon and please stay safe.

TENNIS | CHAIR CHRISTINE GARNETT

The Tennis Committee held its regularly scheduled meeting virtually on Monday, April 13th. Our slate of agenda items was reduced very quickly after review of the latest communication from the USTA League which indicated that all USTA 18+leagues and USTA 40+ league playoffs would be cancelled this season. I know this is difficult news for our club members that were a part of these successful teams. There are other potential events that are on hold right now as we await information on the reopening of the club and the protocols that will be observed. We miss everyone and can hardly wait to get back on the courts with all of you. In the meantime, we encourage you to view the tennis tips that Laurie Ulrich and her staff are posting on the club's website.



Wednesday
Night Tennis
Group...
Now the
Wednesday
Night Group

COMMITTEE REPORTS

FINANCE | CHAIR PETRA CARL

Hello everyone,

We had our meeting virtually again this month to discuss our annual insurance renewal, monthly club expenses, payroll and membership dues. Julie presented options with our current provider and a new provider. In the end, we decided to stay with our current one, but increased our deductible a little so that our rate for the next year will be only slightly higher than this year. We created a cash forecast last month that has been a useful tool in understanding how much cash the club needs to operate. We used it to guide our discussions around how long we could sustain paying employees and if we could afford to reduce dues. In the end, our recommendation to the Board was to encourage staff to consider going on unemployment until we can reopen. It seems that most of them are okay with this, so that will allow for a short-term reduction in membership dues. All of these topics are difficult as one decision hinges on the next but, as I have said before, we are very fortunate to have cash reserves to get us through this "rainy day".

Like everyone else on the planet, we are taking things one week at a time and trying to make the best decisions we can. I have confidence in the Board and our Club Manager that we will do the right things in the next weeks and months and someday soon we will be back to hitting tennis balls and drinking beer on the deck.

If anyone has any questions or comments, please don't hesitate to reach out. Take care!

MEMBERSHIP | CHAIR TRACI LYNCH

As we move into our third month of quarantine we are probably all reminded how important social contact is, which is what our membership committee is all about. Like most of you, I am missing my family and looking forward to what will likely become our "new normal", whatever that might be. I have baked and cooked everything I can think of, (instead of freshman 15, its covid 19!) completed house projects and played more games of scrabble and bananagrams than I would like! We have also driven by tennis courts with looks of longing!

Soooooo, as we have had lots of time to think about what we will do when this is over, our committee will work to create some fun social events and as usual would love to hear from you if there is something you would like to recommend.

So in closing, how about new way to play tennis:

1. Bring your own can of balls. Bonus points if yours are pink.
2. If they are yellow, remember the number (i.e. Penn 1 vs. Penn 3).
3. Use your racket, not your hand, to corral balls that are not yours.
4. Apply hand sanitizer during changeovers.
5. Pray that the police don't come by to break up the game.

Stay safe everyone!

Welcome New Equity Members

Marcel Gavriliu & Stephanie
Kitamura

Tom & Carolyn Werner

Desney Tan

Welcome New Junior Member

Ryan Brackett



Best to our Resigning Members

Jean & John Jones

Art & Sharon Olsen

Olivia Sun (junior)

PROS COURT

Hi all!

I hope this finds you happy and healthy! My line of work obviously lands me in the tennis business but more importantly – it lands me in the people business – and right now that’s the part I miss the most. I think I speak for all the pros in saying how fortunate we feel to work at a club full of so many amazing members that are easy to miss!

Super cheesy metaphor alert. On the court, getting back to ready position is important because it allows us to find our balance and be ready for anything – even the unexpected. It’s our job to take what comes our way and make the best of it, no matter how much we dislike the ball we’ve been given. This is part of what makes the game so great, you could say the same thing about life. Right now, what are some of the things that can help us get back into ready position?

When it comes to tennis specifically, pros and experts all around the world are providing content full of simple exercises to keep your skills sharp during this time. It’s so easy to see these and simply blow them off. We convince ourselves that it won’t be as fun as “real tennis”. While sometimes this thought may be true, give it a try. Find a wall or an open space and humor us for thirty minutes. You can have a specific task or no agenda at all. It feels good just to have a racket in hand and I’m willing to bet you’ll find some enjoyment. As far as improvement goes, are these activities worth it? I have hit a lot of drop shot winners in my life and I owe it all to a garage door.

Another option to keep you in the game. USTA’s “Spring Quarantennis League”. USTA captains, herd your cats and check it out. A great way to have some fun and stay close with teammates. <https://www.usta.com/PNWQuaranTennis/>

When it comes to other aspects of life, I am certainly no expert. Just last week I found myself feeling shocked and excited over the realization that hot dog buns are SO good without the hot dog – who knew? Besides that, there are silver linings in the unexpected ball that’s been sent our way. It has allowed us to slow down, find joy in simplicity, and sometimes start happy hour at 3:00pm (tennis pro tested and approved). I hope you are all staying busy, active, & CONNECTED to one another. Central Park is not just a tennis club – it is a community and a family – a strong one. We got this!

I CANNOT WAIT to see all your faces!



[Blakeley Bean | Tennis Pro](#)



[USTA COVID-19 Updates](#)

[USTA PNW COVID 19 Updates](#)

[USTA PNW Spring Quarantennis League](#)



The Tennis Committee is reviewing a proposal regarding a change to the Men’s Night format. Click [here](#) to read more about it and give us your feedback.

Central Park Junior Tennis Program

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



Junior Team Spring Camp

Not available at this time.

Junior Team News!

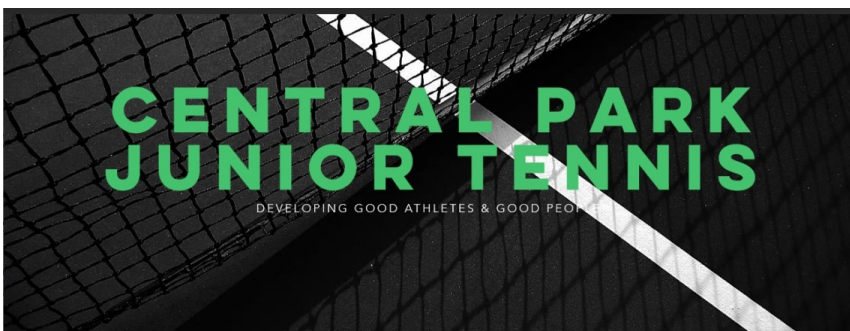
Sign ups for our Summer Camps are out now.

Once social distancing guidelines are provided, we will be updating our Summer Camp information to meet those requirements.

Members may sign up online [here](#) and we will notify you of all the changes.



Junior Team Parents & Students...



[https://
www.cptcjuniorteam.com](https://www.cptcjuniorteam.com)
**Visit the above link & click
“blog” to
access posts**

This content will also be posted on social media for our older juniors..

Instagram Handle: cpjuniorteam

FITNESS COURT



White Rim Trail, Canyonlands Utah!!!!

April 22nd-26th 2019

This was a great trip! Outstanding weather, spectacular scenery and a fun group. We enjoyed 3 days of riding a jeep track in along the Green and Colorado Rivers, ate some great camp food and had lots of laughs.

Trips this Year?

With the uncertainty that the Coronavirus brings we've had to cancel a couple of trips, but hoping we will be able to do a few in late summer and early fall.

MORE UPCOMING 2020 ADVENTURES

Enchantments Traverse August 13-14

Ride the Mickelson Trail August 23-27

Grand Canyon Rim to Rim Late September

CONTACT us Today for more information: clay@fit2playnw.com or 206.595.3021

Looking for a great “recipe” for a new workout? One that’s short, yet effective, portable and can be done virtually anywhere. One that burns fat, improves your fitness and VO2max (because that sounds important!) AND can help to balance your hormones? Oh yes, dish it up please! You got it - your sweet workout is served.

HIIT: what is it - and is it *really* the best fat burning workout?

If you follow the fitness industry or the latest trends, you’ve probably heard of the benefits of HIIT (*or High Intensity Interval Training*).

The short, yet powerful workouts are touted as the best way to improve your overall conditioning, burn fat, and even balance hormones! (*but that’s another article!*)

SO, WHAT IS HIIT ANYWAY?

HIIT workouts involve working at an intense effort level for a short period of time followed by short recovery periods. (NOTE: The “intensity” is relative to each individual since we are not all in the same place. Start where you are and go from there.)

Tabata workouts are one great example of a HIIT style workout.

A Tabata session involves 20 seconds of intense all-out effort, followed by 10 seconds of recovery. This is repeated 8 times through for a workout total of 4 minutes only and is said to promote fat loss and increase aerobic power - all in a very short period of time.

Seems a little too good to be true...

FITNESS COURT CONTINUED

BUT, IS HIIT REALLY ALL IT'S CRACKED UP TO BE? AND DOES IT REALLY BURN FAT OR IS THAT JUST A MYTH?

When it comes to the research, the answer is YES!

One study compared MICT (Moderate Intensity Continuous Training) vs. HIIT and the effects that it had on visceral abdominal fat. The study found that both types of training reduced overall body fat; however, HIIT did this in half the time. Half the time!!

Another study from the International Journal of Obesity compared 2 groups of exercisers to determine the benefits of HIIT for women.

The women were divided into two groups: the first group did 40 minutes of steady state aerobic exercise for 15 weeks. The second group did 8 second sprints followed by 12 seconds of recovery for 20 minutes.

The results of the HIIT study?

HIIT participants lost up to 7.3lbs and the steady state exercisers gained up to 2.7lbs. HIIT participants also saw significant reduction in overall body fat as well as subcutaneous abdominal fat - this is the fat just beneath your skin.

OTHER KEY BENEFITS OF HIIT

- Reduces fasting insulin levels and decreases risk for Type 2 Diabetes and heart disease
- It significantly improves your cardiovascular fitness. The International Journal of Obesity Study also found that HIIT participants improved their VO2 max (aerobic power) by up to 23%
- It balances your hormones! Research shows that high intensity exercise boosts Human Growth Hormone (HGH), which is a powerful anti-aging hormone that helps us maintain lean muscle mass (*think revved up metabolism!*) AND bone density, which reduces risk of osteoporosis.
- It's easy to fit into a busy lifestyle since it doesn't take a lot of time.
- They're portable. You can get an effective HIIT workout using minimal or no equipment whatsoever which makes it great for staying in shape while you're on the road.
- How often should you do HIIT workouts to achieve these results?

HIIT workouts do have a lot of benefits, and it has been documented that they only need to be done 2-3 times a week.

But, because they require such a high level of effort, they can put more strain on your joints, thus increasing your risk of injury if done too frequently.

This 15-minute bodyweight HIIT workout "recipe" is a great way to burn fat and stay fit when you're tight for time and space.

The Workout "Recipe":

Ingredients

- 1) Jump Squats (beginners can do a regular bodyweight squat without the jump)
- 2) Push-ups (beginners can start from their knees)
- 3) Jumping Jacks
- 4) Burpees (beginners can use a chair instead of going to the floor)

How to perform

Beginners: Do 30 seconds of each exercise followed by 30 seconds of rest. If needed, modify the jump squat to a basic body weight squat (no jump). Pushups can also be modified by performing from knees rather than toes.

Once you've completed all 4 exercises, rest for 1-2 minutes. Repeat for 2-3 sets total.

Intermediate: Do 40 seconds of each exercise followed by 20 seconds of rest. Once you've completed all 4 exercises, rest for 1 minute to 90 seconds. Then repeat for 3 sets total.

FITNESS COURT CONTINUED

How to perform the Workout "Recipe"

Advanced: Do 50 seconds of each exercise followed by 10 seconds of rest. Once you've completed all 4 exercises, rest for 1 minute and repeat for 3 sets total.

SERVICES: Performance training //Health Coaching//Small Group Training//Personal Training

CLASSES

Virtual Boot Camp Tuesday and Thursday 5:45-6:45 p.m. and Saturday 9:00- 10:00.

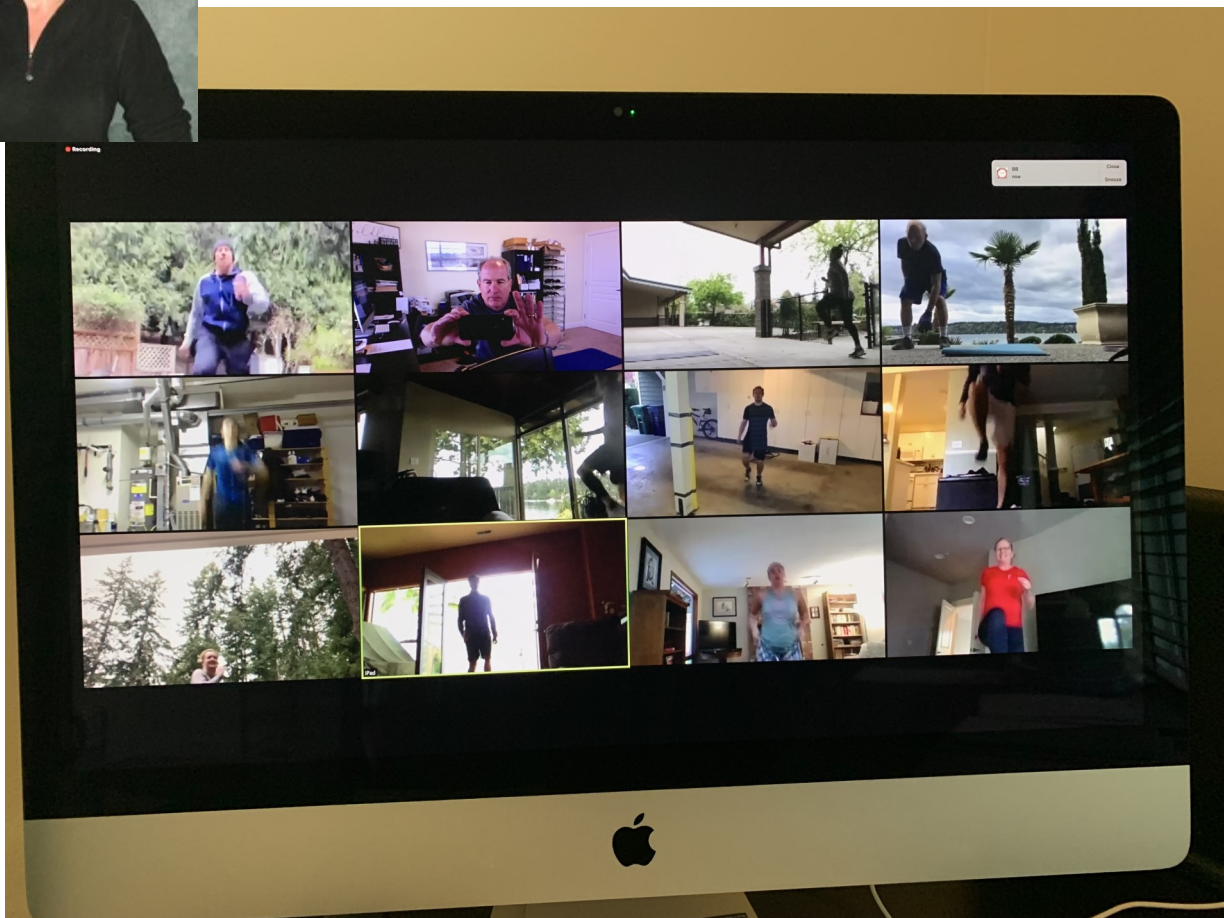
***Contact Clay//** Clay@fit2playnw.com 425.822.2203 ext 126

Clay Runnels, NSCA CSCS, BS Exercise Science

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

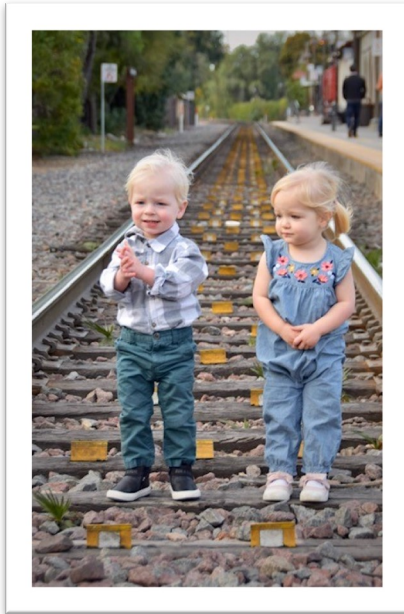
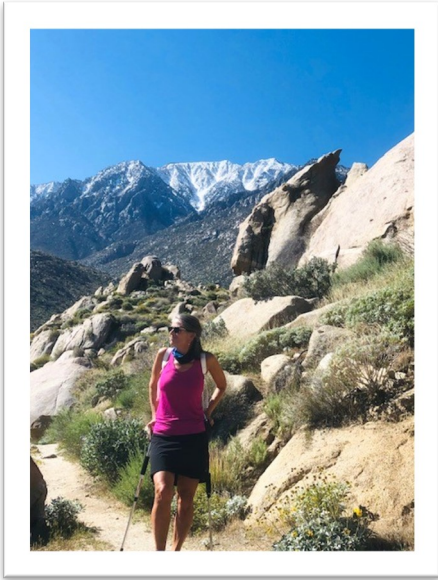


*"Do the best you can until you know better.
Then when you know better, do better."*

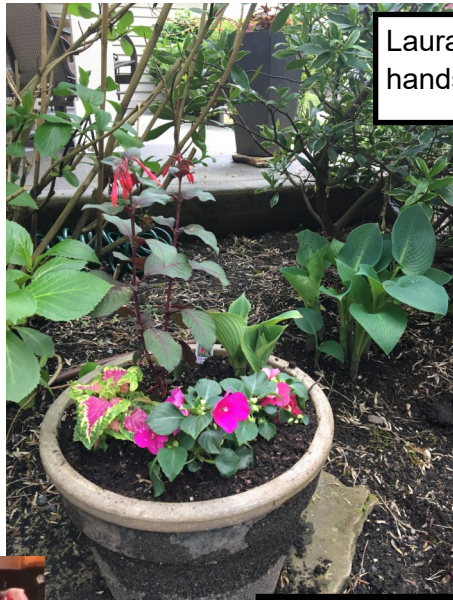
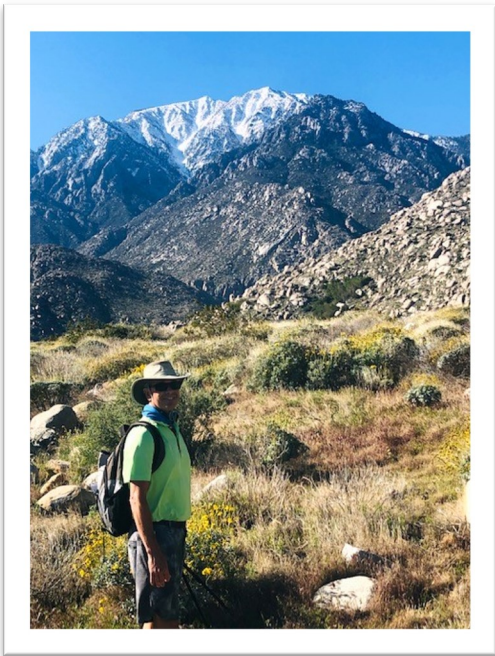


Join our online boot camp community and stay fit, stay healthy, stay strong!

WHAT ARE THE MEMBERS UP TO?



Jolene and Steve Kotzerke has had their hands full during this time with caring for her daughters twins while Jolene's daughter had her third child! Baby Henry! They have also been able to get some hiking in!



Laura Lund has been getting her hands dirty! Beautiful garden!



Jamen and Chanel Carrizosa— some fierce Ping Pong competition [Check it out here.](#)

While not working, Randy Gerth found a time to build a working replica of R2-D2 from the Star Wars movie franchise! A thought could be to bring it to the club and hire it as the new Ball Sweeper!



Bellevue

TENNIS

SHOP



LET US TAKE CARE OF YOUR TENNIS NEEDS

ADVERTISING

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 425-829-6679


MASSAGE



Massage with Freeman will return when social distancing guidelines are provided!

Stay well—stay healthy!

Tennis Word Puzzles and Games

[Need something to do? Download here.](#)

