

# Central Park - The Tennis Players Club

## Baseline Newsletter November 2019



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Hello Central Park,

November is the month of Thanksgiving and I want to express my gratitude for all those that contribute to making Central Park great. I've been the club president for roughly four months and the role has afforded me a new level of visibility and appreciation for those that serve Central Park.

At the board level, we've been managing through an array of topics. I've been impressed with the richness of dialogue and diversity of thinking of our board. It's been a pleasure to guide the group and see our progress through our discussions. I'm thankful for this group of engaged leaders.

I've also had the pleasure of attending some of our committee meetings. The level of energy and engagement from our committee members has been awesome to witness. Our committee chairs are doing a great job in their respective areas, leading us through 2019 and pointing us towards 2020. I'm thankful to our committee members and chairs for their service.

And, I am very thankful for our excellent Central Park staff. I recently received a list of the current club personnel. I didn't realize the extensiveness of the team and their responsibilities until I saw it on one list. From the administrative staff to the maintenance staff to the professionals, I'm thankful for the 20+ people that make up our Central Park staff.

Lastly, it's been great to witness Vlad work with the Facilities committee and see firsthand that our property is in great hands. Talking with Laurie and seeing her efforts with the Membership committee has been impressive as well. And finally, we are so lucky to have Julie's leadership and oversight. If she's ever been annoyed by my long list of requests and musings, she hasn't shown it. Our management team is amazing as well.

Another year is incredibly almost over. If you're like me, it won't begin to register until you hear the music or see the decorations. I hope you all find gratitude, as I have, as we move quickly toward Thanksgiving.

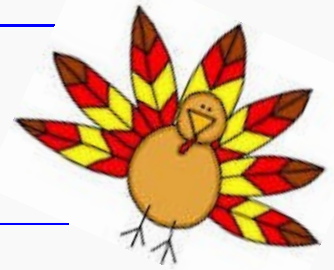
Follow this [link](#) to our monthly minutes to find out what your Board is up to.



**PRESIDENT**  
**ROSS LAURSEN**



# November Important Dates



Sunday, November 3

Wednesday, November 6

Thursday, November 7

Thursday, November 7-10

Friday, November 8—December 3

Sunday, November 10

Monday, November 11

Monday, November 11

Tuesday, November 12

Monday, November 18

Tuesday, November 19

Wednesday, November 23

Saturday – November 23

November 21—24

Thursday, November 28

Friday, November 29

Workout for a Cause 10:00 am

Cup Charity Event (PEPS) 10:00 am

Book Group – 12:30 – 2:30

Jr Championships

HopeLink Holiday Giving begins

Jr Awards celebration 6:30 pm

Cup Tennis Meeting - 1:00 pm

Tennis Committee Meeting - 6:00 pm

Facilities Committee Meeting - 4:30 pm

Membership Committee Meeting - 5:30 pm

Finance Committee Meeting - 6:00 pm

Board of Directors Meeting - 6:00 pm

Turkey Call in 11:30 am

Lost and Found Purge

Thanksgiving - **Club closes at 1 pm**

Day after Blaster — 9:00 am

Don't forget to

“Fall Back”

Sunday, November  
3rd!



# MANAGER'S MISCELLANY

October was full of some exciting tennis! The Club Championships were a busy 10 days with some great matches and new friendships made! Check out the results on Page 12. Now we prepare for the Junior Club Tournament November 6-10 followed by our annual Junior Team Awards celebration Sunday, November 10 at 6:30pm. We have some great up and coming junior tennis players that will amaze you with their talents. They have been working hard, come by and watch them play or join us for our Awards Celebration to hear about all their accomplishments this past year. (Thanks to the Tennis Staff for all your organization and support during these busy tournament and award times!)

With DAYLIGHT SAVINGS this weekend and the change in the weather, autumn is truly here, just throw in the holidays and the mad dash begins! Another great annual event is the Cup Committee annual fundraiser benefitting PEPS. This first week of November - the Committee's silent auction will be featuring 4 amazing baskets provided by our Cup teams. These will be available to bid on until closing at 10 pm on Tuesday, November 5. On Wednesday, November 6<sup>th</sup>, the Committee will host tennis and lunch with PEPS representatives to learn more about this great parenting program. There will be a raffle with more beautifully packaged and stocked baskets available. Watch for the emails announcing how you can support this cause.

And as we do in perfect CPTC fashion – more giving opportunities. The HopeLink Holiday food drive will begin Friday, November 8 and run for the full month. Bins will be available in the lobby. We will also have our annual Turkey Call in on Saturday, November 23. Canned food or donations will be taken to participate in this fun social event.

Just a reminder... while it is the season of giving... it is also the season for unusual weather patterns. For future reference, if you call the club and our voicemail does not pick up, that usually means we are without power. We will do our best to send out notices and keep you up to date of the Club status, but depending on how wide the outage has spread, we may not be able to do that. If you have a junior in our program, we usually follow the snow schedule of the schools, as well as try to get notice to you if there is a cancellation. If we do cancel and make up days are available, just reach out to Ethan, Dea or Chad and they can let you know what the options may be. If you are onsite when the power goes out, the exit signs will light up- please come to the front desk, help others around you make it out of the buildings and be all around safe and aware of your surroundings at all times. Busy times, busy courts – think of your fellow members!

This time of year we are limited to our indoor courts only and the impact on popular times can be overwhelming. The staff does their best to monitor court use and the waitlist – and now we are going to do our best to be proactive in making sure the courts are being utilized by those that reserve them or receive them off the waitlist. At least once or twice a day we receive a comment from your fellow member – who has that court? No one is there? It can be very frustrating when someone is on the waitlist and sees an empty court. Please - let the front desk know as soon as possible if you will not be using your court – we do have a four hour cancellation policy. Also avoid trying to game the system by using the waitlist. Remember – the court reservation and waitlist are visible to anyone that logs in – they watch to see who has the court and who will get the court if they are on the waitlist behind you.

DO REMINDERS: • Check yourself in (and check your guest in) at the front desk for your court. • Wear appropriate tennis attire and tennis shoes – no street shoes allowed on the courts. • Use the exterior walkways to access courts 2, 3, 4 and 5. • Wait for your court time to walk on the court and be courteous, wait for play to finish before entering the court. • Do turn your cell phone to mute. • Clean up all your tennis balls, water cups and towels; ball machine users, clean up that ball fuzz and put the ball machine away with balls in the machine, not in the mower. • Return the Member ball basket to the closets and ball hoppers near the benches. • Enjoy your time while here and remember to be respectful of those around you.

We will be open Thanksgiving Day until 1 pm – walk on courts for Friday, November 29 can be made after 10 am on November 28.

Enjoy and be healthy!



Do you know anyone that might be interested in working at CPTC?  
Have them email [employeeservices@centralparktennisclub.com](mailto:employeeservices@centralparktennisclub.com)  
to see what is open for the fall.

# COMMITTEE REPORTS

## TENNIS | CHAIR CHRISTINE GARNETT

The Tennis Committee received approval by the CPTC Board to move forward with changes to the CPTC policy guidelines for USTA team formation. The guidelines will be posted to the CPTC website in early to mid-November. We are very excited to roll out the incremental changes that we believe will be helpful to team captains and players. As we strive to be more inclusive of our membership interest in joining USTA teams we will be requesting additional information from players to be added to the Game Time reservation system. Be on the lookout for the tennis committee's next communication. Wishing you a very Happy Thanksgiving with your family and friends

## FINANCE | CHAIR PETRA CARL

Happy November! The Finance Committee met in October and took a preliminary view at the 2020 budget. We will be working with Julie at the November meeting to finalize our proposal to the Board. Most line items don't require a lot of discussion, but we will focus our energy on the club improvement list proposed by the Facilities Committee.

## CUP TENNIS | CHAIR CONNIE BALLOU

As we enter November, we find the CUPS season well underway. Many of our teams are in the upper 1/3 of the CUPS brackets and are enjoying the luxury of both playing against and making social connections with other clubs in the Greater Seattle area. This is the first year that SACT began playing "game point" (instead of playing the deuce out) and there are mixed reviews around the change. IF you have never played on a CUPS team, please consider getting involved, it is truly a fun way to meet other players and enjoy the social, lightly competitive game of tennis.

Most importantly is the giving and caring attitude we bring to CUPS and to the club. With this mindset, we take on a Fundraiser every year to give back to the community that is so good to us. Our choice of an organization this year is the PEPS program (Program for Early Parent Support). It is a non-profit organization helping parents connect and grow as a community as they begin their journey into parenthood. What could be more important than that?

100% of our fundraising efforts will be used to develop the first Spanish-speaking PEPS program on the Eastside. Our event will take place on Nov. 6<sup>th</sup> including a tennis social and luncheon.

Soon all club members will be asked to do their little part by participating in a "basket" silent auction appearing in the lobby of the club. Please take this opportunity to show your support of our CUPS program and also of the newly forming PEPS program on the Eastside. As a team we can truly make a difference. Happy hitting!

## FACILITIES | CHAIR STEVE COLEMAN

At our October 8<sup>th</sup> Facilities Committee meeting, we took advantage of the last of the Fall daylight and did an exterior site walk of Central Park. The goal was to develop three lists for the upcoming year which would be smaller housekeeping items, maintenance items and future capital projects which would be presented to the Board for evaluation and possible funding. At our November 12<sup>th</sup> meeting we will continue to evaluate the facility interior. Projects approved by the Board are new carpet for the entry and stairs in the clubhouse, court building roof repair and a baby changing station in the downstairs bathroom.

# COMMITTEE REPORTS

## MEMBERSHIP | CHAIR TRACI LYNCH

We have a lot of good activity going on in our committee meetings and planning some fun events to look forward to! Our waitlist is healthy at 51 for equity, 45 for Juniors and the waitlist is approximately 8 months. We just finished our Brats/Brews mix up with great success! A fun evening with the Anheuser-Busch rep in lederhosen featuring some nice winter beers, trivia and prizes.

As we move into the season of giving we would like everyone to start collecting food and thinking about our Turkey call in and food drive for Hopelink. Let's fill those bins-which will be out next week.

Be on the lookout for the Dec 9th chili cook-off signups - a friendly contest with \$5 chili tastings, football and beer and on Dec 8th we have our own Neil Roberts concert. To round out the year we will have Member Appreciation week - Dec 9th - 12th. Each day is new- Happy Hour, Hot chocolate, Sundaes and Phil's clinic. Last but not least, we will have our holiday giving tree.

Any feedback or suggestions, feel free to contact me.



## WELCOME NEW MEMBERS

Jim and Marlene Butterworth

Damir Nizamik

Robert and Jun Liu

Todd Wescott and Amy Lex

## LEAVING AND WILL BE MISSED

Janet Graeber

Tung Pinh

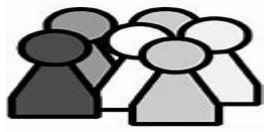
Christine Ker

## NEW SEASONAL MEMBERS

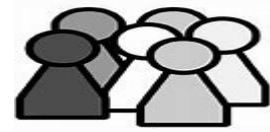
Marty and Susan McCurry







## Staff Direct Lines and Emails



Operations Team		Ext.	Email
Julie Wheadon	Manager	147	<a href="mailto:juliew@centralparktennisclub.com">juliew@centralparktennisclub.com</a>
Laurie Uhrich	Membership	119	<a href="mailto:Membership@centralparktennisclub.com">Membership@centralparktennisclub.com</a>
Laura Lund	Billing	197	<a href="mailto:billing@centralparktennisclub.com">billing@centralparktennisclub.com</a>
Nick Bunda	Member Services	147	<a href="mailto:memberservices@centralparktennisclub.com">memberservices@centralparktennisclub.com</a>
Vlad Radojevic	Maintenance	128	<a href="mailto:vladr@centralparktennisclub.com">vladr@centralparktennisclub.com</a>

Tennis Pros		Ext	Email
Phil Ansdell	Tennis Pro	120	<a href="mailto:phila@centralparktennisclub.com">phila@centralparktennisclub.com</a>
Dea Sumantri	Tennis Pro	117	<a href="mailto:deas@centralparktennisclub.com">deas@centralparktennisclub.com</a>
Chad Smith	Tennis Pro	125	<a href="mailto:chads@centralparktennisclub.com">chads@centralparktennisclub.com</a>
Ethan Vaughn	Tennis Pro	124	<a href="mailto:ethanv@centralparktennisclub.com">ethanv@centralparktennisclub.com</a>
Lisa Moldrem	Tennis Pro	121	<a href="mailto:lisam@centralparktennisclub.com">lisam@centralparktennisclub.com</a>
Junior Team	Contact Dea – For Bronze and All Stars   Ethan - for Silver/Gold		
Nick Bunda	JTT Registration		<a href="mailto:cptcsignup@gmail.com">cptcsignup@gmail.com</a>

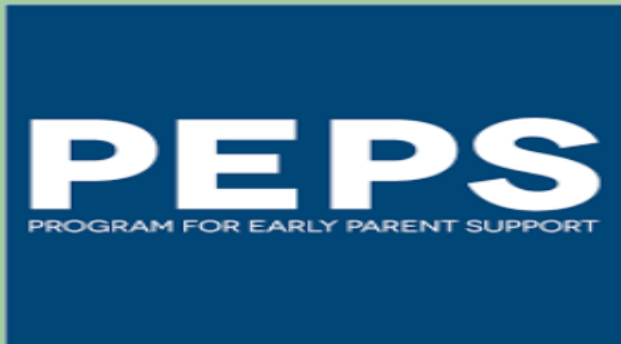
Fitness Pros		Ext	Email
Clay Runnels		126	<a href="mailto:clayr@centralparktennisclub.com">clayr@centralparktennisclub.com</a>
Vicki Runnels		122	<a href="mailto:vickir@centralparktennisclub.com">vickir@centralparktennisclub.com</a>

### Policy of the Month

**FAILURE TO USE THE COURT:** It is considered Failure to use the Court **if the member with the court reservation fails to remain on the court for more than 45 minutes or during the entire time of play.** Once the member with the court reservation vacates his/her court, that court is available as a walk on court. Member must give prior notification to the Front Desk that they will be vacating prior to the end of court time. A penalty fee will be imposed and charged to the reserving member's account (see Violations & Penalties.)

If you have any questions about policies or violations, email [Nick Bunda](mailto:Nick Bunda) and he will answer your questions!

# CUP SOCIAL & FUNDRAISER 11.06.2019



The recipient of this year's fundraiser is PEPS (Program for Early Parent Support). PEPS is a non-profit organization helping parents connect and grow as they begin their journey into parenthood.

100% of our fundraising efforts will be used to develop the first Spanish-speaking PEPS program on the Eastside!

THE PEPS MISSION IS TO CONNECT PARENTS TO  
STRENGTHEN FAMILIES AND BUILD COMMUNITY

## **SOCIAL OVERVIEW:**

- Wednesday, November 6, 2019
- Tennis: 10:00 -11:30 am
- Lunch, guest speakers and live raffle: 11:30 am - 1:00 pm
- Cost: \$25
- Includes: Tennis, potluck lunch hosted by the CUP Committee & 5 raffle tickets

Additional Raffle Tickets: 5 for \$25 (purchase on or before event). 100% of the proceeds will help develop a Spanish -speaking PEPS (Program for Early Parent Support) on the Eastside. Raffle tickets can be purchased with cash, check or by billing your member account.

## **Fundraiser Overview :**

The Cup Committee is excited to host a Social + Fundraiser this year. On Wednesday, November 6th all CUP players are invited to play tennis, enjoy lunch and participate in a live raffle. We are also happy to bring back the all-club silent auction during the week preceding the event where ALL club members will be able to bid and out-bid each other for some amazing gift baskets.

The recipient of this year's fundraiser will be PEPS, a non-profit organization that for the first time in King County is developing a Spanish-speaking support group on the Eastside!

The 2019 Fall Junior Team Awards

Red Stars

Player of the Session.....Lila Osborne  
Most Improved.....Harper Ngan

Orange Stars

Player of the Session.....Blake Hardy  
Most Improved.....Nika Cakaric

Green Stars

Player of the Session.....Noa Cakaric  
Most improved.....Caden Seuk

Bronze

Player of the Session.....Sebastian ter Meulen  
Most Improved.....Sarah Chianglin

Silver

Player of the Session.....Owen Eastman  
Most Improved.....Kameron Bui

Gold

Player of the Session.....Taraneh Khalighi  
Most Improved.....Scott Huang

**JUNIOR AWARDS CEREMONY**  
Sunday, November 10 at 6:30  
RSVP at the Front Desk



**\$10 per family**  
**Pizza, drinks & dessert included**





## **Junior Club Championships**

November 7-10

Courts will be limited during this time

Come and Catch some our Junior Members play!

Play begins at 5:30 pm on Thursday/Friday

10:00 am - Saturday/Sunday

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### **Just a Few Reminders:**

No Junior Team 11/28-12/01

### **Match Play Every Friday**

Green/Bronze — 4:00-5:30 pm

Silver/Gold—5:30-7:00 pm

# FITNESS COURT

## GET FIT2PLAY



**Contact Clay for 1 on 1 or small group tennis conditioning**

### **November, the month of Gratitude: 5 reasons it's good for your health**

November brings us Thanksgiving, the perfect month to be thinking about gratitude. It impacts our health more than you may think.

When we think about our health, we think in terms of what we're eating, what we're drinking, how much we're exercising -- but we rarely think about our health being related to what we think about.

If this is not something you consider regularly, start digging deep into the idea that your thoughts and your attitude have power over your health.

The best place to start is with gratitude. We all have something to be grateful for, so it's the perfect place to begin.

Here's why gratitude is so essential to health...

#### **1. It boosts feelings of satisfaction**

Put pen to paper, write down what you are grateful for, it will boost your spirit.

#### **2. It builds relationships**

Find ways to weave in expressing gratitude for those things people do for you that you appreciate. Even if it's just your kids putting the dishes in the dishwasher for you -- express your gratitude. It will motivate them to keep doing more, and it will reduce your stress by seeing the good in things.



## FITNESS COURT CONTINUED

### 3. It helps your mental wellness

Taking a moment to be thankful for the things you have despite the challenges, is good for your mental health and well-being. Sometimes it can be hard to see the good things in life, so keep a journal if necessary and write things down. When you feel low, you can flip through it and find something to smile about. As a bonus, it boosts more than your mood by increasing energy levels too.

### 4. You'll sleep better

When you find things to be grateful for instead of focusing on the negativity, it allows your mind to relax. This, in turn, leads to better sleep. Try writing a gratitude list before you go to bed to use this power to your advantage so you can fall asleep faster.

### 5. It can help you with your exercise too

With recognition for things that you're grateful for, you feel happier. Feeling happier gives you more energy, hence, it will keep you feeling good about your workouts too. Sometimes the only thing we need is the motivation to START the workout, and a positive attitude helps get you there.

Don't mistake this for feeling like you must be positive 24/7. Other emotions are real, necessary, and deserve to be honored. Feel your emotions and acknowledge them -- but choosing to practice gratitude daily will positively shift things.

**“today be thankful and think how rich you are. Your family is priceless, your time is gold and your health is wealth”**

## CLASSES

Join us for some fitness Fun!



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

Small group and Personal Training//Health  
Coaching

\*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

# Club Tournament Results

## **Men's Singles:**

<u>Winner</u>	<u>Finalist</u>	<u>Consolation Winner</u>
<i>Flight 1:</i> Kerry Bucklin	Stuart Murray	Mike Walter
<i>Flight 2:</i> Asif Hussain	Tod Wescott	Aki Shirahama
<i>Flight 3:</i> Jacob Che	Sandeep Arora	Ron Newton

## **Men's Doubles:**

<u>Winner</u>	<u>Finalist</u>	<u>Consolation Winner</u>
<i>Flight 1:</i> K. Bucklin/H. Ligget	M.Walter/A.Walter	---
<i>Flight 2:</i> W. Antono/T.McRoberts	B.Katz/S.Muller	S.Murray/W.Murray
<i>Flight 3:</i> O.Graves/S.Oroszlan	M.Hull/D.Koh	D.Doyle/V.Gamage

## **Women's Singles:**

<u>Winner</u>	<u>Finalist</u>	<u>Consolation Winner</u>
<i>Flight 1:</i> Helen Chiang	Carol Lelivelt	---
<i>Flight 2:</i> Maria Semak	Dina Rogers	---
<i>Flight 3:</i> Audria Stubna	Emily Christensen	---

## **Women's Doubles:**

<u>Winner</u>	<u>Finalist</u>	<u>Consolation Winner</u>
<i>Flight 1:</i> L.Baker/ N.Ramstead	C.Lelivelt/L.Ono	---
<i>Flight 2:</i> L.Hanson/H.Suk	M.Borgen/L.Price	---
<i>Flight 3:</i> E.Christensen/A. Stubna	T.Baird/C.Grobstok	---

## **Mixed Doubles:**

<u>Winner</u>	<u>Finalist</u>	<u>Consolation Winner</u>
<i>Flight 2:</i> T.Wescott/T.Morrow	B.Darrow/M. Skilton	K.Elkhadiri/J.Bengford
<i>Flight 3:</i> D.Warren/G.Warren	B.Skilton/M.Skilton	O.Graves/M.Borgan
<i>Flight 4:</i> R.Liu/T.Qi	J.Pope/M.Pope	E.Baird/T.Darrow

# PROS COURT

## Dealing with changing formats and scoring in competition

Tennis seems to be evolving towards condensed formats and scoring. College tennis & ATP/WTA doubles have been adapting to shortened formats for a while.

The club level is currently dealing with this as well. The USTA 40+ league will start to use sets and games to decide a 2-2 tie. SACT cup day league is using no-ad this season. The USTA junior players consistently play pro sets in doubles and consolations rounds. Some of these changes are on a trial basis and some are the norm.

Sharing our viewpoint on these topics is natural. But ultimately we should spend our energy on choosing how to best adapt to the format; otherwise our negative emotions and stress could reduce our ability to compete and enjoy our time on the court.



**Lisa Moldrem | Tennis Pro**

Listed below are a few coping skills:

### 1. Pre match:

- Center yourself mentally and emotionally; use music, quiet time, good energy people, perspective, look forward to playing.
- Warm up physically and visually; stretch move around, catch balls, hit balls. Warm up muscles, joints, core, eyes, hands and feet.
- Choose to have a better start. Settle in Sooner

### 2. On-Court Skills to Master { In practice and match play}

- Consistent concentration one ball at a time, one contact at a time, one recovery move at a time, one target at a time.
- Focus on your improvement, encourage yourself by staying committed to moving forward through the highs and lows.
- Respect yourself, your teammates and your opponents. Everyone is able, some have more hidden skills and some are obvious.
- Sports are streaky. Build inner strength, emotional control, coping skills, humor and strategy as an individual and as a team. Learn to counter and shorten the bad streaks and to lengthen the good streaks.
- Work toward the finish line but focus on the present. The journey is one ball, one point, one decision, one game one serve at a time.
- Remain alert and outwardly engaged, much of the knowledge you will need comes from the ball and the general situation
- Enjoy your time on the court and with the players around you. Teams are extremely popular at CPTC. Soak in the camaraderie and socialize. Support and care about each other. Encourage all of your teammates.
- Good energy, belief, and a reasonable plan will override the stress of no-ad and knowing each game and set could matter more in the 40+ league this season.

If you have been around sports, you know the choice to adapt is a must. Some are timed like football, basketball, and cup tennis. Some have an unknown length of time such as softball, baseball, and USTA tennis. There are pros and cons to each. Develop a strategy, keep improving your skills, breathe, and believe!





Adult 40+ team confirmation forms are now available. Email [Julie](mailto:julie@pnw.usta.com) your roster of 12 confirmed CPTC members for the link to get your team number. Confirmation forms are due **12/6/2019** for the **January 4th match start date**.



2020 USTA League Tennis Schedule (Northwest Washington)

Northwest Washington includes the following: All points between Kent and Bellingham including the greater Seattle/Bellevue/Everett area

Northwest Washington USTA Area League Coordinator: Jill Borqida, 425-531-5595, [jborgida@pnw.usta.com](mailto:jborgida@pnw.usta.com)

	<i>Adult 55 &amp; Over</i>	<i>Mixed 18 &amp; Over</i>	<i>Adult 40 &amp; Over</i>	<i>Coed 18-39 (2 cts)</i>	<i>Adult 18 &amp; Over</i>
<b>Team Confirmation Forms Due</b>	August 1, 2019	August 1, 2019	December 6, 2019	December 6, 2019	Feb 17, 2020 (Weekend); Feb 3, 2020 (Weekday)
<b>Minimum Number of Players Registered By:</b>	August 8, 2019	August 8, 2019	December 13, 2019	December 13, 2019	Feb 24, 2020 (Weekend); Feb 10, 2020 (Weekday)
<b>Schedule Published in Tennis Link</b>	August 23, 2019	August 23, 2019	December 20, 2019	December 20, 2019	Mar 13, 2020 (Weekend); Mar 9, 2020 (Weekday)
<b>Captain's Conf. Call/Webinar</b>	August 21, 2019	August 21, 2019	December 17, 2019	December 17, 2019	March 9, 2020
<b>Date of First Match</b>	September 6, 2019	September 6, 2019	January 4, 2020	January 4, 2020	Mar 27, 2020 (Weekend); Mar 23, 2020 (Weekday)
<b>End of Season</b>	November 24, 2019	December 1, 2019	Mar 15, 2020	Mar 15, 2020	Jun 7, 2020 (Weekend); June 5, 2020 (Weekday)
<b>A18/A40 only Wild Card Weekend</b>			<b>March 20-22, 2020</b>	<b>March 20-22, 2020</b>	<b>June 12-14 2020</b>
<b>Playoffs</b>	December 6-8, 2019	December 12-15, 2019	March 27-29, 2020	March 27-29, 2020	June 19-21, 2020
<b>Sectionals</b>	June 25-28, 2020	July 17-19, 2020	August 21-23, 2020	October 24-25, 2020	August 7-9, 2020
<b>Nationals</b>	TBA	TBA	TBA	TBA	TBA

	<i>Adult 65 &amp; Over</i>	<i>Mixed 40 &amp; Over</i>	<i>Mixed 55 &amp; Over</i>	<i>One Doubles</i>	<i>Sgl. Flex League</i>
<b>Team Confirmation Forms Due</b>	February 3, 2020	May 15, 2020	May 15, 2020	May 15, 2020	June 1, 2020
<b>Minimum Number of Players Registered By:</b>	February 10, 2020	May 22, 2020	May 22, 2020	May 22, 2020	n/a
<b>Schedule Published in Tennis Link</b>	March 9, 2020	June 5, 2020	June 5, 2020	June 1, 2020	June 15, 2020
<b>Captain's Conf. Call/Webinar</b>	March 9, 2020	June 1, 2020	June 1, 2020	May 26, 2020	n/a
<b>Date of First Match</b>	April 1, 2020	June 19, 2020	June 19, 2020	June 15, 2020	June 19, 2020
<b>End of Season</b>	June 12, 2020	August 9, 2020	August 23, 2020	August 23, 2020	September 27, 2020
<b>Playoffs</b>	June 13-14, 2020	August 14-16, 2020	August 28-30, 2020	August 28-30, 2020	n/a
<b>Sectionals</b>	September 17-20, 2020	September 25-27, 2020	September 26-28, 2020	September 18-20, 2020	n/a
<b>Nationals</b>	TBA	TBA	TBA	TBA	n/a

\*Playoffs dependent on number of teams in league  
 Minimum Number of Players Registered By: Captains must ensure the following number of players are registered through Tennis Link by the date above:  
 Adult 18, Adult 40 = 8 players (5 for 2.5 and 5.0+); Adult 55, Adult 65, Mixed 18, Mixed 40, Mixed 55 = 6 players, Co-Ed 18-39 = 4 players; One Doubles = 2

All players must have a valid NTRP Rating and USTA Membership through the end of the season  
 Players who do not have a valid NTRP Rating need to Self Rate at [tennislink.usta.com](https://tennislink.usta.com)



Junior Tournament:

Orange—Friday, December 6th 4pm-7pm  
 Green— Saturday, December 7th 1pm-5pm  
 Contact Dea, [deas@centralparktennisclub.com](mailto:deas@centralparktennisclub.com)  
 Tournament ID Orange: 600033019  
 Tournament ID Green: 600030419

## LOST and Found PURGE

November 21-24

All unclaimed Items will be donated.  
Come and take a look if you lost anything!



## HopeLink Food Drive

November 8 - December 3

In an effort to help those in our community who are struggling we are hosting our Annual 2019 Food Drive for HopeLink.

Donation bins are located in the clubhouse!



## JERICHO TENNIS CLUB

If you ever find yourself in Canada, make sure to stop by our fantastic reciprocal club. As members of Central Park you will have full access to the Jericho club and their amenities. Which includes fitness, aquatic, squash facilities. As well as 12 tennis courts year round!

Contact Laurie at [membership@centralparktennisclub](mailto:membership@centralparktennisclub)

Or Julie at [juliew@centralparktennisclub.com](mailto:juliew@centralparktennisclub.com)

if you are interested!

# Oktoberfest highlights!

We had a great time at our Oktoberfest event. It was filled with brats and an awesome beer tasting session.

Thank you Elysian for showing us all the different brews there are!



## Turkey Call-In

**When?** Saturday, November 23rd @  
11:30 am

Social to follow with light refreshments  
& snacks!

**Cost?** \$10 or 4 cans of food.

All proceeds will go to Hopelink.

Sign up at the front desk starting  
November 16th.



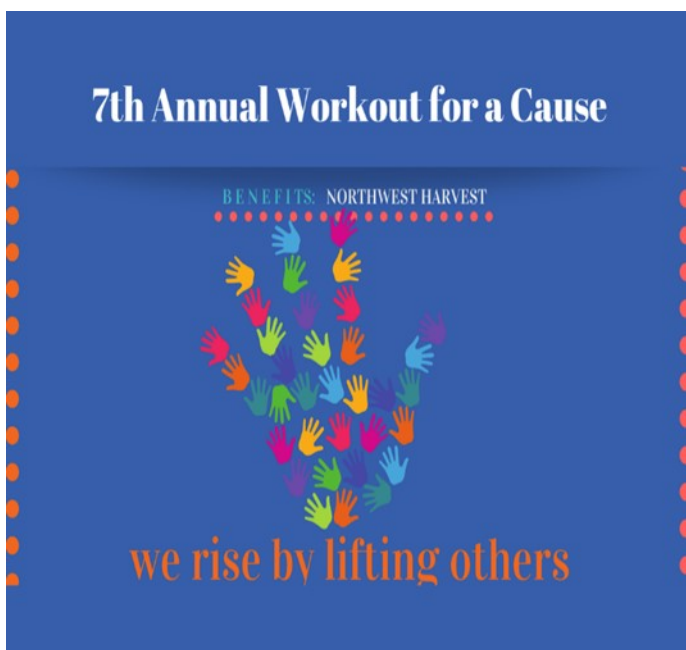


## What to do in an emergency?

Don't forget, if there is a medical emergency on the court; use the court telephone to dial 911.

This will alert the front desk that we have an emergency on that court and that 911 has been notified. If you have extra help – have them call up to the desk and determine who will be at the service gates to meet the EMT's. If it is a cardiac arrest, grab the club defibrillator. They are located in the following areas:

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



**Sunday November 3<sup>rd</sup> —**

**Benefits Northwest Harvest**

**Time:** 10am

**Place:** Court 8

**Admission:** Bring a bag of non-perishable food items

# MASSAGE



Good News Members. I attended an exciting massage convention where I furthered my studies of Facilitated Stretching and Sports Massage. Imagine your sore muscles massaged and joints opened. I have new times and package deals.

New Times:                      Monday                      10am-8pm  
    Tuesday                      10am-3pm  
    Wednesday                      10am-8pm  
    Thursday                      10am-3pm

New Prices:                      Regular:                      1 30 minute massage \$30  
                                         1 60 minute massage \$75  
                                         1 90 minute massage \$110

Package Deals:                      Sport Package    4 30-minute Sport Massages \$115  
    Sports Plus Package    2 30-minute Sport Massages  
                                         1 60-minute Massage    \$135  
    Supreme Package    3 60-minute Massages. \$200

To book your next appointment click here [<http://freeman.youcanbook.me>]

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