

2015

Central Park Tennis Club



# The Baseline

## Newsletter

**President**  
**Randy Gerth**



### OTHER NEWS

Over the past few weekends I went to 3 USTA Sectional events with members of the club for 3.5 men's, 7.0, and 8.0 mixed. We ended up missing going to Nationals in all three events, but getting to Sectionals by itself was a journey worth taking. It was a great time by everyone to spend a few day playing and talking tennis, tennis, and MORE tennis! I really enjoyed not only the matches but meeting players from across the PNW including Alaska. What I can say is that our level of play at the club is up there with the other regions and the matches all came down to one or two points in a super-tiebreak to determine who went on and who didn't. A reminder is that anything can happen in a tiebreak and it is not over until it's over. Play tough, especially when you are in a close match. I heard multiple times from the other clubs how well the CPTC members represented themselves on and off the court.

The new courts are painted and we have the WTA marching into town as you read this article. What a great time to be a member of CPTC, to be able to watch some top-notch tennis at our own club. I want to thank Molly and Patrick and all the other members who have worked so hard in coordinating the logistics to be the host. I hope this becomes an annual event at CPTC!

The committees are all starting up this month and we have a great group of individuals that have volunteered to help run them. We need more members to join almost all the committees and I am asking all of you to get involved! Here is the list of committee chairs and board representatives in case you have questions on what the committee does. Tony and I will start to reach out to members to help us launch the Marketing and Branding Committee over the next few weeks. If you have interest we would love to have you help out.

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	Chair	Board
Finance	Marty McCurry	/ Russ Nomi
Membership	Kim Skorupa	/ Laura Laun
Tennis	Nancy Goldberg	/ Matt Osborne
Facilities	Kristin Grobstock	/ Susan Finke
IT	Derek Gates	/ Tony Martin
Events	Dundena Doyle	/ Patrick Barthe
Survey	Randy Gerth	
Marketing/Branding	Tony Martin,	Randy Gerth

The club survey is coming soon and please take the time to fill it out to give our Board direction on areas of concern. There will be many of the standard questions and an opportunity to provide feedback on the WTA event on what went well and what did not. See you at the club!

-Randy Gerth, Club President

# OCTOBER IMPORTANT DATES

\$50K Kirkland Classic	Saturday, October 3 –11
Tennis Committee Meeting	Monday, October 12
CUPS Meeting	Tuesday, October 13
Facilities Committee	Tuesday, October 13
First Day to Sign Up for Late Fall Junior Team	Friday, October 16
Membership Committee	Monday, October 19
Finance Committee	Wednesday, October 21
Halloween Family Funfest	Friday, October 23
Junior Awards Ceremony	Sunday, October 25
Women's Cups Tennis/Luncheon	Wednesday, October 28
Board Meeting	Wednesday, October 28
Happy Halloween	Saturday, October 31
Last Day of Fall Junior Team	Sunday, November 1
First Day of Late Fall Junior Team	Monday, November 2
Club Championship Draws Posted	Tuesday, November 3
Club Championship Starts	Thursday, November 5
Club Champs HopeLink Drive Starts	Thursday, November 5
Club Championship Pizza Party—6:00 pm	Friday, November 6
Club Championship Pizza Party—6:00 pm	Friday, November 13
Club Championship Finals	Sunday, November 15



# MANAGER'S MISCELLANY

## Changing of the Seasons!

The end of September and first day of October have certainly been impressive. That foggy crisp morning air that breaks out into a warm sunny day has been amazing and welcoming as we prepare the facility for the \$50,000 Kirkland Classic.



We have been talking about the possibility of hosting this event for about 2 years now (some have been talking about it for 15 years -since we did the last one!) and now that it is upon us we are starting to see all of the efforts come to fruition. Just a quick "shout out" to those that have worked on all the details - and an early thank you now that we are underway.

Carolann Castell, Mike Kalian and Vitaly Gorin - Visionaries

Patrick Barthe and Molly Lammers - Tournament Chairs

Matt Osborne - Sanity Checker - "says it like it is"

Russ Nomi - Enforcer - you will be housing someone

Kim Skorupa - managing all those housing requests...endless effort until she escapes on vacation

Jo Marsh - wrote a wonderful article highlighting why CPTC

Susan Fascitelli - keeping the inside looking good

Doug Denney - keeping the outside looking good

Laura Lund - outdoor decorating - pumpkins - great idea!

Julie Dreyfoos - Player Services - they will have every question answered

Billi Dunning - Food availability - tough one to figure out how to feed officials, players and spectators

Steve Carl - Parking - member parking - non-member parking - follow the signs

Lisa Moldrem and Jeff Eicher - (and tennis staff for practicing) - BALL KIDS- what a great experience

Sponsors – Thank you for donating and helping support the event.

All the volunteers that have agreed to help here and there - AMAZING! Whether you are housing a player, helping set up or on a committee - we so appreciate the help to show our Club in the best light ever.

I must also thank the staff - as you can imagine we have all been going a 1000 miles a minute trying to prepare and maintain the Club's daily operations. So thanks team for pitching in and being a part of this experience. I hope you get a chance to enjoy it and remember to have patience through the next 10 days - it will be chaos and excitement all week long!

Speaking of Club and daily operations - Just making sure you have a few reminders.

Warm up courts for your home matches are to be walk on only – If you reserve a court and play in a match this is still considered playing on two reserved courts...unless the match is at 8:30 pm.

Please do not leave anything in the refrigerators either in the kitchen or in the lounge. If you have left over food or drinks– take it with you. The club can be held liable if someone eats or drinks something left behind. Please pick up after yourself - we are not staffed to clean up after matches.

And remember there may be a match right after you or someone else that is trying to play – so voices should be kept lowered or the socializing should be moved to another location.

Thank you! Enjoy the next week of Professional Women's Tennis and have a great USTA season.

- Julie Wheadon, Club Manager

REMINDER! Please make sure to add your email to your GameTime account. This is the only way you will receive emails for your waitlist courts!

# COMMITTEE REPORTS

## FINANCE | CHAIR MARTY MCCURRY

The financial results for the month of August were fair. Net Ordinary Income (before Capital Assessments, Depreciation, and Interest) for the month was \$4,979, budget for the month was \$(966), yielding a surplus for the month of \$5,945; year to date the Net Ordinary Income was \$115,748, budget was \$115,357, yielding a small surplus of \$391 year to date. The Club's financial position remains sound with Total Cash of \$296,012—down from last month as significant funds were used for resurfacing the indoor courts. The current ratio remains good at over 2.9 to 1.

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a growing wait list to join of 39. Again, due to strong demand, the Equity Member Initiation Fee has been increased to \$6,000.

The next month's committee meeting is scheduled for Wednesday October 21st at 5:45pm.

## CUPS | CHAIR TRICIA SCHROTH

Cups matches have begun and all nine teams are off to a good start! The Cups committee had its first meeting of the season on Sept. 14th. The next meeting is on Tuesday, October 13th, 1:00 and all are welcome to attend. Cup committee advisors have been assigned to each team. All participants are invited to reach out to their advisor during the season if they have questions or concerns. The advisors are intentionally assigned teams from a different level than they play in order to provide a fair and unbiased forum for comments or questions.

The Cups committee advisors to each level are:

Evergreen: Connie Ballou

Emerald: Michele Burns

Classic: Mistie Anderson

Rainier 1: Tricia Schroth

Rainier 2: Elsa Brodin

Challenge 1: Nan Myers

Challenge 2: Christine Garnett

Kingco 1: Merrie Vieco

Kingco 2: Marilyn Pedersen



*Central Park is a member owned club! Join a committee and help make the club a better place! Sign ups are available at the front desk.*

# COMMITTEE REPORTS

## TENNIS | NANCY GOLDBERG

The Tennis Committee had our first meeting of the year on September 14 with the majority of the committee members in attendance. We reviewed the tennis policies of the Club and developed guidelines to direct the role of the Tennis Committee (submitted to the Board for approval). Standardized forms are being developed for requests for new events/programs, requests for non-members joining a USTA team, and suggestions/policy-related issues. A request from the Lake Washington School District to host the 4A KingCo Boys tournament in October 2016 was reviewed and submitted to the Board for approval. We also discussed ways for the junior program to communicate to parents that only tennis shoes can be worn on the courts and that dress shoes are not permitted. Our next meeting is October 12.



## MEMBERSHIP | CHAIR KIM SKORUPA

Our first membership committee meeting of the year was held on September 21. Your membership committee members for 2015/2016 are: Shelly Enstrom, Chairuna Antono, Elsa Brodin, Dave Stafford, Janice Denney, Roger Perrin, Carolann Castell, Lydia Sun, Kim Skorupa (chairperson), Julie Wheadon (club manager), Kelly Hurney (marketing director) and Laura Laun (board liaison).

The membership committee focuses their efforts in three areas: 1) Member recruitment – maintaining a healthy wait list, 2) New member welcoming (connecting with new members and ensuring that they understand how to navigate the club), 3) Member retention – understanding how to keep our current members happy (reviewing the surveys, planning socials and events). While Kelly does the bulk of these items, our committee is there to help her and generate ideas when needed.

Members in Action – USTA Adult and 40+ teams are forming now – these leagues usually start matches around the first of the year. If you are a captain, please consider inviting a player to your team that hasn't played for you before. If you are new to the club and need help finding a team, please indicate your interest, team type (18+ or 40+) and level on the signup sheet at the front desk. I would like to ask everyone to get a little out of their tennis bubble and reach out to a player that they haven't played with before – you never know, you might meet a new doubles partner or make a new friend!!

## FACILITIES | KRISTEN GROBSTOK

The Committee reviewed their 2015 Capital projects – completed, in progress, and not yet scheduled. It was determined that Committee's goal for this year will be to focus on increased maintenance standards and how we work with current and potential contractors. The Committee will perform a walk thru on Tuesday, October 13.

## PRO'S COURT

### Private Lessons

Private lessons are something special. I have been so lucky growing up and as an adult to have had the opportunity to take tons of private lessons. I have had private lessons for piano, viola, guitar and voice. You may find it odd, but I never had a private lesson for tennis.... until recently that is. There are parts of my game I am more than ready to improve, so with my toddler starting preschool I decided to treat myself, and my game to some private lessons. And you know, whether it's music or tennis the same rules still apply.



Your private lesson is where you learn how and what to practice. The trick is taking it upon yourself to do the work on your own so you are ready to keep building when you go back. Of course there will always be skills that take more time than others to learn, bad habits it takes time to break, and technique you may need to revisit. But, to truly improve you must practice with a purpose. It is too easy to go to a weekly lesson and feel that you are doing enough to improve by having your instructor run you through drills. Being both a teaching pro and a student, I know nothing will get you more bang for your buck (private lessons are expensive), and make the most of your and your pro's time and effort, than practicing with a purpose between your lessons. If you are trying to improve, make sure you do the work. I will be out there doing the same!

See you on the courts,

Kathryn Osborne

USPTA Professional



# FITNESS COURT

"You get fit to play tennis; You don't get fit playing tennis"

Sometimes fitness is underrated and given the cold shoulder, but if we put as much thought into our fitness as we put into our latte, we might be surprised at the outcome.

People say things such as "I need to work out", "I want to get fit", "I need some endurance", "I need a strong core", "My ham-strings are so tight"...

What is being fit all about? Well..... Physical fitness has 5 components:

1. Muscular endurance- is the ability of a muscle to exert force continuously over time.

\*\*\*"Tennis requires the strength to hit or run to the ball numerous times during the course of a point, game, set or match. Muscular endurance will help your body quickly recover from prolonged points and be ready to perform again with minimal "rest.""

2. Muscular strength- is the amount of force a muscle can produce in a single max effort.

\*\*\*"Tennis is an impact game, and each time you strike or run for the tennis ball your body absorbs serious impact. To withstand this force you need both upper and lower body strength. Thus, including strength training in your off-court workout is a smart move." \* "Tennis requires great muscular strength and a great fitness level."

3. Flexibility- is the range of motion around a joint; can you bend down and touch your toes...your knees?

\*\*\*"The quick starts and stops in tennis, reaching for overheads and serves and lunging and stretching for wide shots, all test your body's flexibility. Having a consistent stretching routine as part of your tennis preparation will help you avoid injuries associated with these movements and improve your overall health. For optimal results a stretching routine includes dynamic stretching, before practice or competition, and slow controlled stretching, afterwards."

4. Body composition- is the ratio of body fat to lean tissue (muscle). Muscle is more metabolically active than fat.

\*\*\*"The lean tissue (muscle) drives your body and gives you the ability to perform tasks, such as tennis, requiring strength and power. Combining strength training with a consistent cardiovascular exercise regimen will help you reduce body fat and increase your lean tissue. This strategy can help you develop more strength, power and speed for playing tennis."

5. Cardiovascular endurance- is the ability of the heart, lungs and the blood to deliver oxygen to your working muscles and tissues, as well as your body to utilize that oxygen.



\*\*\*"I often describe tennis as "a marathon comprised of several mini-sprints." "During the course of a match you cover a lot of ground, which is the "marathon." But within each point, game, set and match, you also perform countless mini-sprints running to the ball."

The demands of tennis are not equal; some muscle groups are overworked while others are ignored. Injuries such as tennis elbow and rotator cuff problems can come from those muscle imbalances. You don't have to be a professional to treat yourself like one!

## OCTOBER SCHEDULE

TOTAL BODY: M/TH@1:00pm

ABS AND BACK: W@11:45am

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

YOGA: Sat@9:00am & 10:15 am

Mon@5:45pm with Christina

BOOT CAMP: MWF@9-10am, T/

TH@5:45-7:00 pm



# THE KIRKLAND CLASSIC

CP plays host to the \$50,000 Kirkland Classic, a USTA Pro Circuit event!

Come see some of the best players in the world battle it out as they position themselves for the Australian Open!

Learn more at: <http://kirklandclassic.com>

Follow the fun on our Facebook page:

<https://www.facebook.com/CentralParkTennisClub>

## NEW FACES

We have some new faces joining us at the front desk and in the kitchen!

### **Bailey Shirley**

Bailey is a student at Northwest University (Biology—PreMed Major). She would like to do medical missions in East Africa and has played tennis for 8 years. She also loves camping. Bailey will be working front desk and kitchen. Stop by and say hello!



### **Amanda Waterman**

My name is Amanda Waterman and I am from Denver, Colorado. I am on scholarship for volleyball at Northwest University. I am 19 years old and studying communications with a concentration in organizational comm. I am very excited to begin working in an environment where I can form relationships with the community of Central Park, practice my communication skills for my future career, and share my love for connecting with people!





# ALZHEIMER'S BENEFIT RECAP

Dear All,

From the bottom of my heart, THANK YOU SO MUCH for your support and participation. This event would not be possible without you. I want to give you a summary on how we did.

Saturday, September 12th, we had a HUGE success in raising money to support the Alzheimer's Association by having a Tennis Fund Raiser Tournament and Silent Auction.

We received great feedback on how much fun it was and that was Phil's & my ultimate goal. Not only is the money we raised is going to a great cause but also everyone got to enjoy great tennis.

Many of you were touched and thankful that we created this event and hoped that we can do it annually. It amazes me how many of you have experience with Alzheimer's disease in some way or another.

We had over 50 tennis players signed up for the tournament. And in total we raised over \$4,500 dollars which exceeded our expectations. Plus The Terrace at Beverly Lake Memory Care, donated \$1,000 to the Alzheimer's Association.

Meaning our Grand Total is over \$5,500 dollars!!!!

Food was Amazing!!! BIG thank you to Central Park Tennis Club for being so generous by letting us use their amazing facility! Most importantly, thank you to everyone who donated many amazing items for a silent auction and some of them even gave donation without play. Everything went extremely well!

Thank you again for your support and we hope to do it again next year.

Char & Phil



## UPCOMING EVENTS

# FAMILY FUNFEST

Join us for Pizza and Tennis!

Friday, October 23, 2015



Tennis: 6:00 pm—Pizza Party to Follow

Contests and Prizes for both Adult & Kids!



Sign-up at the front desk October 9th!

# Club Championships

**& Food Drive!**

hopelink  
Helping people. Changing lives.

Tournament Dates: November 5—15

Pizza Party: November 6th and 13th

Help Feed those in need this Thanksgiving!

Compete for Cans! Men vs Women vs Juniors!

Who can collect the most cans November 5—20?

Sign-up at the front desk October 22nd—More details to come!

...The next Mix Up Friday night will be December 4th at 5:30 pm! Save the Date!

# JUNIOR TEAM TENNIS

## Sign ups for Late Fall

Sign-ups will be available October 16th!

First day of Late Fall Junior Team is November 2nd!

## Summer Junior Awards

### Champs

Most Improved: Charlie Wong

Player of the Session: Peter Griff

### Challengers

Most Improved: Rand Mattis

Player of the Session: Kate Cocales & Annika Renganathan

### Rookies

Most Improved: Karmila Densmore & Kouros Samii

Player of the Session: Einya Densmore

### Future Stars

Most Improved: Kyra Isaacson

Player of the Session: Alexander Singh

### Rock Stars

Most Improved: Setereh Khalighi

Player of the Session: Leo Yoshida



## Junior Awards Ceremony



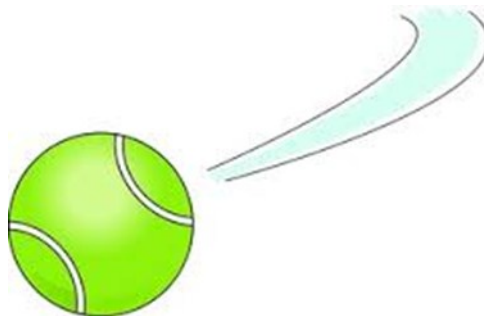
Join us October 25, 2015  
6:00 pm in the Fitness Room  
Pizza and dessert included!

## BALL MACHINE

# Fall Offering!

CP Pro, **Chad Smith**, will be offering a **special lesson** on how to **setup the ball machine properly**. Chad will show you how to **setup drills** and patterns specific to your needs and even correct you on **technique** while you hit!

\$30/1/2 hour \$60/hour



## Improve your game!

Sign up with Chad Smith  
[chads@centralparktennisclub.com](mailto:chads@centralparktennisclub.com)



# Aces Tennis

If it's tennis, we do it.

Hey Central Park Members,

## NEW Babolat & Wilson RACQUETS HAVE ARRIVED!

The new Babolat Pure Aero racquets give you the perfect amount of power and spin to dominate the court. We have all the new tennis rackets for demo from: **BABOLAT** (the new PURE AEROs) and **WILSON's (exclusive to PRO SHOPS)** ULTRA XP series as well as all the other big brand names. Call to let us know what you are looking to try out! 425-453-9224.



Left (Babolat Pure Wimbledon Bag 6 Pack)

Right (Wilson Tour Molded Black/Orange 9-Pack Bag)



If you need a bag to put your tennis rackets, shoes, and gear, we have the new tennis bags and backpacks from Wilson and Babolat that will keep everything nice and organized. Brand New Babolat Aero Bags and Backpacks arrive September 1<sup>st</sup>!

For any questions or for further information please contact us at [info@acestennis.net](mailto:info@acestennis.net) or call us at 425-453-9224.

## US Open Champion Prediction winners!

We ended up having three entries in the contest, none got both winners correct, but congratulations to all three of you for winning a prize!! Denis Brasfield is the grand prize winner and receives a free stringing (up to \$35 value) Our 2<sup>nd</sup> prize winners were Carol Buckingham and Cathy Rouske (Half off on one stringing of up to \$35).

Thanks for playing! Please visit us at Aces Tennis in the Bellevue Tennis Academy to collect your prize!

*We match or beat internet prices and if we don't have your size in stock, we can have it ordered within two business days. - Aces Tennis*



# MEMBERSHIP—WELCOME!



RENEE BIBEAULT

SINGLE EQUITY

I'm originally from Boston. I came west for medical residency, and the natural beauty and outdoor opportunities of the Pacific Northwest have held me captive now for 20 years. I took up tennis about a year ago, having come from an athletic background of field hockey, rowing and softball. When I'm not working in my private medical practice, I'm raising my son, an 11-year old named Avery who's joining the junior program here. My passions off the court include cooking, traveling, the arts and just about anything outdoors.

SHELLY ENSTROM

SINGLE EQUITY

Shelly comes from a family of soccer players as well as a soccer coach. She gave up soccer about 18 months ago and for the first time picked up a tennis racquet. The tennis bug hit hard and she has played on 2 USTA teams this past season with both going to regionals and one onto a win at sectionals. She was looking for a club to take lessons, clinics, socialize, and play on USTA teams that was all in one location. She is hoping to convert her soccer family to tennis eventually.



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

*Ned Vidinli, Nikolay Bykov, John and See Lui, Patricia Backlund, Chih and Sabrina Huang and Stephen and Sara Corley*

# MEMBERSHIP—WELCOME!



JASON LUI

JUNIOR

My name is Jason Lui and I am 16 years old from Bellevue, Washington. I am in the Class of 2017, and will be a rising Blue Chip junior. Based on Tennis Recruiting, I am currently ranked #1 in the Pacific Northwest and #25 in the nation. In addition, my USTA ranking is #17. I previously competed in the B16 Kalamazoo and reached the quarterfinals in singles. Furthermore, I have also reached the quarterfinals at Winter National and the semifinals taking 3rd at Easter Bowl.

YEN CHEN

SINGLE EQUITY

Hi. I'm Yen. I grew up in the Bay Area, and came here about 12 years ago to work at Microsoft. I've been playing tennis since I was a kid and am happy to join Central Park Tennis. Looking forward to seeing everyone on the courts!



ZEE TONER

SINGLE EQUITY

Zee Toner is looking forward to joining Central Park Tennis Club! Make sure to stop by and say hello next time you see her at the club!

# MEMBERSHIP—WELCOME!



## SCOTT AND JENELLE MULLET

### FAMILY EQUITY

The Mullet Family lives in the Houghton neighborhood. We love to travel. Our favorite destinations include the Big Island and Belize. Closer to home, we enjoy Whistler and Leavenworth. Jenelle and Scott met while attending USC. They have three daughters: Miranda (10th grade), Annemarie (8th grade) and McKenna (6th grade). Scott has played tennis since Junior High. Annemarie and McKenna have played a few seasons at the Bellevue Club. Jenelle has recently picked up a racket herself. We look forward to joining Central Park.

## JOHN ROSE

### SINGLE EQUITY

I played tennis briefly as a 9th grader, trading lessons for picking up balls during a summer. I changed schools and did not play again until about 2001. At my best, I played USTA at the 3.5 and 4.0 levels, the latter occurring in 2010 when I was bumped up to 4.0 after our team placed 3rd in the 2009 level 3.5 nationals. After that, my tennis home shut down (Ballys PacWest), I mostly shut down my game, and I got a new job working as a psychiatrist at King County Jail. I appreciate my wife pushing me to play again so I'm rebooting my tennis and hope to get my skills up with the help of a few new friends at Central Park Tennis.





# MASSAGE

So this pumpkin  
goes into a tennis club...  
to carve out time  
for a massage

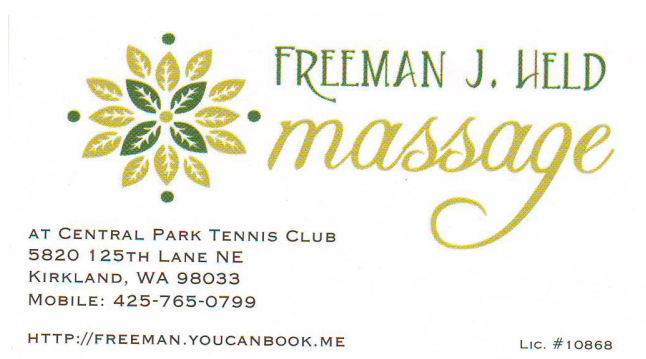
So how's about you?

Be Well,  
Freeman



## Freeman's Hours:

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



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

## ADVERTISING AND CLUB INFORMATION



## CENTER COURT CAFÉ

Look for this Fall special at the front desk - Pumpkin Bread!



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

[kitchen@centralparktennisclub.com](mailto:kitchen@centralparktennisclub.com)