

The Baseline Newsletter

October 2016



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This is always an interesting time of year at the Club as we transition from the more relaxed end of summer schedule to the full swing of fall activities. Kids are back in school, the junior program, adult programs, and USTA mixed leagues have kicked off and the Club committees have all resumed their monthly meetings.

Here's where we are on the ongoing items:

Clubhouse Planning. The planning group had a very productive meeting with past presidents Jim Mock and Tom Sehrer. We discussed the lessons learned through the planning, design, and construction of past clubhouse building projects. I really appreciate Jim and Tom taking the time to meet with us and I know we will benefit from their advice as we work our way through the planning process. As I wrote last month, I'd continue to encourage anyone with suggestions or recommendations of any kind to visit the Club webpage, go to the Facilities drop down menu, and then click the Facilities Feedback link. I'm happy to take any and all ideas under consideration as we go forward with the planning process.

Junior Program. We are a few weeks into the new junior program and I've received two types of feedback about the new program schedule:

- the junior program does not have enough court time, and
- the junior program has too much court time.

I'd say that means we're probably about where we should be. In terms of the quality of instruction, I've been very pleased with Dea's performance. My three year old daughter is in the Future Stars program and she really looks forward to coming out to her lessons with Dea. Given the mood swings and short attention span of three year olds, that's high praise indeed.

Marketing. Laurie has tackled her new marketing role with enthusiasm. She's already sold her first new membership and is well on her way to learning the ins and outs of running the marketing program.

LED Lighting. After some initial adjustments, the new LED lighting on Court 5 is near completion. So far the feedback on the quality of lighting has been positive. I'd encourage everyone to try and find some time to play on Court 5 over the next month and then fill out one of the available survey forms to tell us what you think about the new lighting.

As always, people are welcome to contact me via e-mail (matt_osborne@hotmail.com) with any Club related issues.

See you at the Club, Matt



**President
Matt Osborne**

OCTOBER

Important Dates

Monday, October 3	Draws posted for Singles & Doubles
Monday, October 3	Tennis Committee Meeting - 6:00 PM
Wednesday, October 5	Late Fall Women's Team sign-up available
Thursday, October 6	Facilities Committee Meeting - 5:00 PM
Thursday, October 6 - 16	Adult Club Championships
Sunday, October 9	Draws posted for Mixed Doubles
Monday, October 10	Cups Meeting - 1:00 PM
Tuesday, October 11	Sign-ups available for November Super 60s
Friday, October 14	Late Fall Jr Program sign-up available
Monday, October 17	Membership Committee Meeting - 5:30 PM
Wednesday, October 19	Entry for Junior Club Championships available
Wednesday, October 19	Finance Committee Meeting - 5:45 PM
Thursday, October 20	Deadline for Late Fall Women's Team sign-ups
Wednesday, October 26	Women's Lunch & Tennis - 10:00 AM
Wednesday, October 26	Board Meeting - 6:00 PM
Friday, October 28	Halloween Family Funfest - 6:00 PM
Sunday, October 30	Last day of Fall session of Jr Program
Monday, October 31	Happy Halloween!
Monday, October 31	First day of Late Fall session of Jr Program
Wednesday, November 2	First day of Late Fall Women's Team
Thursday, November 3 - 6	Junior Club Championships

MANAGER'S MISCELLANY

Busy, busy, already!

September went by way too fast! With the start of all the fall programs, junior and senior; summer seems to be a long forgotten season. Back to business!



Chad and team have read the market right! Tennis is on an upswing! Dundeeana Doyle shared with me an article from Tennis Industry Association with the headline reading “Tennis Continues to Lead Pack Among Traditional Sports In Participation Growth.” It mentions that the USTA continues to build strong foundations with programs and playing opportunities – for young and old. Regardless of when someone starts to play the game, we are fortunate to have the courts and many outlets for this to be a “sport for a lifetime.” We couldn’t agree more with the TIA article and sense the excitement! This is especially true when a grandfather starts talking to one of us about his grandchild that wants to learn the sport. And that grandfather in turn plays on a USTA team with his Club friends. Great family sport and one we can play as long as our bodies allow us to!

With bringing Dea on, allowing more court time for the defined 10 and under program, and with our current 21 USTA Adult teams plus two Junior Team Tennis teams starting, we feel the fall heating up! We appreciate the support of the Tennis Committee and Board and believe we are on the right path to providing the right programs for our thriving tennis community. We also appreciate member feedback and input.

From feedback and mixed reviews on the Club tournament format over the last few years, we have decided to make some changes. With the entries now available, you can see the modifications we have made; still taking into consideration overscheduled members, desire for longer match play, and ways to avoid too much play that end up causing injuries. We have also decided to set aside a full weekend for just junior tournament play. Those dates are November 3 to November 6.

Also, later in October, we have some family fun! Our Halloween Family Funfest, October 28th – start working on your costume! And the Annual Junior Awards celebration will be coming soon..

This is our first month with the committees underway and it is already proving to be another busy year. We look forward to setting and working toward our goals and continuing to bring out the best in CPTC. Don’t hesitate to share your ideas or suggestions – we can get them to the right committee and see how they can be brought to fruition. Now’s the time!

Julie Wheadon ~ Club Manager

COMMITTEE REPORTS

FINANCE | CHAIR MARTY MCCURRY

The financial results for the month of August were excellent. Net Ordinary Income (before Depreciation, and Interest) for the month was \$54,033 and year-to-date \$381,450; budget for the month was \$11,034 and year-to-date budget \$220,429, yielding a large surplus for the month of \$42,729 and year to date surplus of \$161,071. The Club's financial position remains sound with Total Cash of \$382,448, and an excellent current ratio of over 4.1 to 1.

Again, the long term note payable to Umpqua Bank was paid down an additional \$100,000 in August. The original \$3.20 million dollar loan has been reduced to almost \$2.44 million.

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a wait-list to join of 24. Again, due to the strong demand, the Equity Member Initiation Fee remains at \$6,000.

The Finance Committee met September 21st and the next committee meeting is scheduled for Wednesday, October 19th, at 5:45pm.

MEMBERSHIP | CHAIR KIM SKORUPA

The membership committee met on September 19. This year we have the following people participating on the committee: Janice Denney, Carolann Castell, Elsa Borodin, Lydia Sun, Chairuna Antono, Laura Lund, and Ann Harrang. Thanks also to our board Liaison, Roger Perrin; and to Julie and Laurie Uhrich from the club side.

Mixed doubles season is in full swing and we have an opportunity to showcase our club to prospective members. Your hospitality after matches has had a great impact in recruiting new members.

Our committee meets again on October 17 and we will be brainstorming on activities our committee will be focused on for this year. If you have any suggestions about helping to expand our wait list, helping new members get acclimated to the club, or fun activities (both tennis and non tennis) that you would like us to consider, please send your suggestions to kimskorupa@msn.com.

CUPS | CHAIR CHRISTINE GARNETT - SUBMITTED BY MARILYN PEDERSEN

This year's Cups Committee is dedicated to **FUN** tennis and planning social get-togethers for all Cups teams at Central Park. Our first event will be a "spooktacular" Halloween themed play/instruct followed by lunch. Festivities will begin at 10:00 am on Wednesday, October 26. Players will participate in two 45 minute clinics organized by our Pros, Lisa and Chad. Costumes are encouraged!

Planning is underway for a post-holiday party on January 4, 2017, that will include tennis from 10:00 am to 11:30 am and a luncheon fundraiser to augment the Central Park Tennis Club's annual holiday charity event.

CUPS Curios:

Each match value is equal to 1 point. To score full value, all sets must be won by 2 games.

COMMITTEE REPORTS

FACILITIES | CHAIR KRISTEN GROBSTOCK

The Committee had its first meeting of the new year on Thursday Sept. 8th. Board Member Dundeeana Doyle joined the committee to gather feedback and input regarding the current status and future needs for the Clubhouse Improvement Committee. It was made very clear that this is only preliminary stage of fact finding to determine members' opinions and interests of what the project will look like. An ideas sheet was presented for the Facilities Committee to review and an email on the Club website was made available to share ideas.

The Committee then reviewed a long list of projects completed, active and upcoming, including the change to LED lighting on court 5 and final completion of door installation.

The Committee will meet again Thursday, October 6 at 5 pm.

TENNIS | NANCY GOLDBERG

Thank you to these members who volunteered to serve on the Tennis Committee for the upcoming year: Christine Garnett, Deborah Gates, Frank Alexandro, Janet Isaacson, Julie Dreyfoos, Karen Schmitz, Lynda Carlson, Paul Mathews, Steve Maita, Susie Heimdahl, and Tony Martin.

One of the duties of the Tennis Committee is to review requests from members and outside parties who want to use our courts. At our first meeting, we approved a request to host the Western Athletic Conference Men's College tennis event in April 2017, using outdoor courts only.

Another thing we do is examine proposed facility changes that may impact the tennis experience. We approved a request to add 60' teaching lines to the remaining two courts in the teaching building and to improve the color contrast between the lines and the court. These lines are used by our younger juniors in their matches. In addition, we discussed the trial of the LED lights and how to best gather member input.

Finally, we reviewed the past years' formats for the upcoming Club tournament and brainstormed ideas to bring more satisfactory play for more members this year. I hope you enjoy it.

Our next meeting will be Monday, November 14 at 6:00 p.m.



PRO'S COURT

I just returned from the United States Professional Tennis Association World Conference in Palm Springs. The USPTA is where the majority of tennis pros train to be certified as a teaching professional. The Annual World Conference is where the whole world of Professionals within the association gets together for education, communication, and honoring past members.



The standout for me at this year's conference was the new technology in the sport. The innovation that got me most excited with its potential for Central Park was PlaySight. The system consists of ten cameras and an interactive touchscreen kiosk. I got to use PlaySight at Indian Wells where they currently have it set up on two of their courts. They plan on expanding the technology to six courts within the next year. After using the PlaySight for a few hours and having the pro there tell us how the staff and the members have been utilizing it, I was blown away with its capabilities. It can record matches from multiple angles, clock speed and trajectory of your shots and serve, call balls in or out, set up interactive drills and games to play, and that's just naming a few of its capabilities. There were pros and directors from all over the country there to try it out and see what it would take to bring this technology to their facility. Take a look for yourself and decide as we could be one of the first facilities to have it in our area (<https://www.playsight.com/#/tennis>). Our area has such a strong connection to the latest technology and Central Park could be a part of it.

- Chad Smith



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.



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.

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

**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, that require 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

Fit'N'45: T/TH@12:00pm

BOOT CAMP: T/TH@5:45-7:00 pm

G.R.I.T.: WF@9-10am

UPCOMING EVENTS

FAMILY FUNFEST

Join us for Pizza and Tennis!

Friday, October 28, 2016

Tennis: 6:00 pm—Pizza Party to Follow
Contests and Prizes for both Adult & Kids!
Sign-up at the front desk October 14th!

Club Championships



Tournament Dates: Oct 6-11 Singles/Doubles
Oct 12-16 Mixed Doubles
Nov 3-6 Junior Championships

Pizza Party: Friday, Oct 7th & Friday, Oct 14th

Watch online for the results!

The next Mix Up Friday Night will be December 2nd at 5:30 pm! Save the date!

MEMBERSHIP

WELCOME

BRYON CHRISTENSEN
FAMILY EQUITY

ASHITA PREMKUMAR
JUNIOR NON-EQUITY

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

NEW ITEMS AT CPTC

SOCKS!

We now carry a variety of socks provided by Twin City Knitting.

White Performance Crew Socks — \$7.00

White Cotton Roll Socks — \$4.25

White Performance Socks — \$6.25

White Blister Resistant Quarter Socks — \$8.00

We carry sizes: Women's Small - Large; Men's Small - X-Large.

DEMOS

Forgot your racquet at home? Or looking to try something new? Check out the demos that our Pros have. Located in their office downstairs, just sign out a racquet and return it once your court time is over.

CENTER COURT CAFÉ

Hey Everyone!

I hope you've had a chance to stop by and enjoy some of our new weekly lunch specials! Since I've gotten a lot of great feedback about them, I've decided to continue doing lunch specials every week permanently. Lunch Specials are available Tuesday through Thursday every week, and are posted in the Club House near the Café entrance as well as on our website at centralparktennisclub.com/food-service. If you have any ideas for new lunch specials to try, I'd love to hear them!

Hope to see you all soon!

Your friendly kitchen gal, Kaeli





Hello Central Park Members,

October, 2016

THE 2017 WILSON PRO STAFFS & HEAD SPEEDS ARE NOW AVAILABLE!

Come check out the new 2017 Pro Staffs! The Roger Federer Autograph Edition, Pro Staff 97, Pro Staff 97LS and the 97S. Aside from the great new design, the 2017 Pro Staffs offer other characteristics from the last models, including a larger sweet spot for more power.

We also have the 2017 Head Speed racquets! The Speed Pro, Speed MP and Speed S. These racquets are among the most comfortable racquets on the market. They are more flexible than any of the past models making these a very arm-friendly option.



Racquet Stringing – Drop Yours Off Today!

Have your racquet strung at top quality by Aces Tennis. If you drop off your racquet at CPTC by 9am 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**).

October tennis tip: Come try the new Wilson and Head racquets!!!

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

MASSAGE

Hello Club Members,

I have new massage hours to better suit you.

	DAY	EVENING
Monday	10am - 3pm.	6pm - 8pm
Tuesday	10am - 3pm	
Wednesday	10am - 3pm	
Thursday	10am - 3pm	

My prices are \$70/ 1 hour and \$100/ 1 1/2 hours.

I look forward to your next appointment: <http://freeman.youcanbook.me>

May this day find you happy, healthy and chasing a ball.

Warmly,
Freeman



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