

Central Park - The Tennis Players Club

Baseline Newsletter October 2017



Hello, October - home to the favorite holiday (Halloween) of many of our members, and the time of year when we ask the time-honored question - can the Cubs repeat? Actually I think that has only been asked twice before - in 1908 and 1909.

September was a busy month. Thanks to all who participated in the membership informational meeting on the 18th and to the many of you who have sought me out to ask questions or provide input. At both the August and September meetings, we provided an update on the new clubhouse planning project and the equity membership issue and in total, we had over 50 members in attendance. We will continue to provide updates on these two separate issues; check out the link on the Central Park member web page, which has the latest info. As a reminder, no decisions have been made on either matter, and in order to move forward with either a change in the equity membership structure, or to proceed with a new clubhouse, a vote would be put to the membership. We hope to have a vote on a new equity membership structure later this year in conjunction with a member vote on the "name the new building contest." I learned an important lesson on the importance of clarity a couple of weeks ago, as a member asked me, "why are we naming the new building when we haven't even decided to build it." Hmm...so to clarify, the "new" building is the tennis facility that hosts courts 9-12 and has been unnamed since its completion in January 2012. The contest closes on October 13 and Julie Wheadon tells me we have some great suggestions. Get creative and submit your suggestions to Julie at ju-liew@centralparktennisclub.com for a chance to have your monthly dues waived for three months and to get a premier parking space for six months.

September was also the month that the various club committees moved into full gear. The standing committees and chairs are: Tennis (Nancy Goldberg), Finance (Ross Laursen), Membership (Carol Buckingham), and Facilities (Brian Darrow). They are hard at work addressing a myriad of issues, and planning fun events like the recent Wine Tasting Mix Up hosted by members Jim and Sylvia Stanfill who poured wines from the Otis Kenyon Winery. I've had a chance to attend many Mix-Ups and this was a great one. Also, thanks to all the members who completed the short survey regarding our food service. The Ad Hoc Food Services Committee under the leadership of Board Member Kerry Levine will soon be reviewing the feedback and recommending a course of action to the Board.

One last item - there's still time to sign up for the Club Tournament. It's a fun event and good for a year's worth of bragging rights. Here's a [link](#) to the registration form.

All the best,
Dundeana Doyle



**President
Dundeana Doyle**

OTHER NEWS

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October

Important Dates

Wednesday, October 4	Entry Deadline for Adult Club Championships
Monday, October 9	Cup Committee Meeting - 1:00 pm
Monday, October 9	Tennis Committee Meeting - 6:00pm
Monday, October 9	Late Fall Junior Program Sign-ups Available
Wednesday, October 11	Late Fall Women's Team Sign-ups Available
Thursday, October 12 - 22	Adult Club Championships
Monday, October 16	Membership Committee Meeting - 5:30 pm
Tuesday, October 17	Facilities Committee Meeting - 4:30 pm
Wednesday, October 18	Last day of Fall Women's Team
Wednesday, October 18	Finance Committee Meeting - 6:00 pm
Monday, October 23	Deadline for Late Fall Women's Team Sign-ups
Wednesday, October 25	Board Meeting - 6:00 pm
Wednesday, October 25	Women's Cup Social (Lunch & Tennis) - 10:00 am
Friday, October 27	Halloween Family FunFest - 6:00 pm
Sunday, October 29	Last day of Fall Junior Program
Monday, October 30	First day of Late Fall Junior Program
Tuesday, October 31	Happy Halloween



Don't Miss This!

Adult Club Championships



October 12 - 22, 2017

Men's and Women's Singles & Doubles will be held Thursday, October 12 – Tuesday, October 17.

Mixed Doubles will be held Wednesday, October 18 – Sunday, October 22.

Entry Deadline is Wednesday, October 4.

Register online at <http://www.centralparktennisclub.com/-2017-club-championship-entry-form>

MANAGER'S MISCELLANY

And without missing a beat – we are back into the swing of fall programs, new committees, events and budget planning. CPTC amazes me with only one or two weeks out of the year where we “kind of” slow down! March due to BNP (have you started planning your 2018 trip yet?) and end of August (ah, those last summer vacation blues!).



After our first month of committee meetings, it is exciting to see the energy from the Chairs and committee members. The Membership Committee is readying themselves for member and community outreach, the Facilities Committee, assessing our needs and learning about the club systems (electric, plumbing etc.), while looking for that member enhancement project and the Finance Committee is all in understanding the budget process as well as our current loan and ways to continue paying that off at a more rapid pace. Tennis Committee is a well represented group that is fair and open to ideas and requests. The Cup Committee is developing some great social events around the Cup tennis season and the Food Service Committee is starting to dive into survey results to determine what will be the best solution for our membership. The ongoing Club-house Planning Committee has their work cut out for them, so be looking for their communication on the steps they are taking to get feedback from you about this project. All of these committees have their own newsletter article so engage yourself monthly in what they are doing to make CPTC the great Club it is.

Another special project your Board and Membership Committee are working on, with your input, is Name the New Tennis Building. Since 2012 courts 9-12 have always been called the New Building. Your Board felt it was time to put a name on it! For those that were so very sweet in thinking the “Wheadon Building” sounded right – I thank you for that overwhelming kind suggestion. However, as I have shared with a few of you, we have an opportunity to really do this building justice and give it a name that will represent just how special Central Park is, an amazing community we have all worked hard to create. So, while I appreciate the gesture, I have respectfully taken my name out of consideration. I believe that if we can capture a name representing the community spirit that is Central Park, then we will have a true winner! So keep those names coming – our deadline is October 13! juliew@centralparktennisclub.com

Don't forget about our annual Club tournament. Entries are now available for the Adult tournament, October 12-22. We have also set aside a full weekend for just junior tournament play. Those dates are November 9 to November 12. Sign up today for the Adult Championships <http://www.centralparktennisclub.com/-2017-club-championship-entry-form>

As always, we look forward to setting and working towards 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

HALLOWEEN FAMILY FUNFEST



Halloween Family Funfest

Join us for Pizza and Tennis!
Friday, October 27, 2017
Tennis: 6:00 pm - Pizza Party to Follow
Contests and Prizes for both Adult & Kids!
Sign-up at the front desk October 13th!



COMMITTEE REPORTS

FACILITIES | CHAIR BRIAN DARROW

The new Facilities Committee held its first meeting mid-September. This year's committee consists of Jack Goldberg, Merrie Vieco, Steve Coleman with Kim Skorupa as the Board liaison and Brian Darrow as the committee chair.

The meeting began with an overview of the previous committee's accomplishments last year. We also discussed projects that are ongoing or yet to be completed which provided the initial basis for our committee's project agenda going forward. We supplemented the project list with input provided by all committee members. Over the next couple of weeks, we will conduct a club walk through to finalize our project list, prioritize that list, obtain some initial time and cost estimates, and present the info to the Board for consideration.

I know I speak for all Facilities Committee members when I say we are looking forward to make Central Park the best club it can be.

MEMBERSHIP | CHAIR CAROL BUCKINGHAM

Membership Committee activities are off to a good start this fall. For those of you who aren't aware, the three main missions of the Membership Committee are: Membership Recruitment, Welcome New Members and Member Retention. Our first meeting in September was filled with lots of good discussions around activities in these three areas. Welcome to all our new committee members with their great input!

We wrapped up a very successful school supply drive to benefit the Seattle/King County Coalition on Homelessness on September 20th. Thank you for all of your support!! There was also a Friday night mix-up Wine Dinner on September 22nd. This was something new and since it was very popular, you can count on seeing it again. And we are currently in the midst of the Name the New Building Contest. Please get your suggestions in!

We have lots of ideas of fun new events to try. And we are always looking to improve the activities we already do. Please feel free to give us feedback on both!!

FINANCE | CHAIR ROSS LAURSEN

The Finance Committee reviewed preliminary budget items for 2018 along with August financials. The club's YTD financials are strong. We also had a discussion about the committee's mission, purpose and responsibilities and are working towards a revision. Finally, we discussed the status of our debt. Our outstanding loan balance is roughly \$2.2 million and we are facing an interest rate adjustment in December. We have begun the process of evaluating our options, including accepting the adjustment or refinancing with our current lender or others. How many of you noticed that we now have Bud Light on draft? I hope you enjoy it!

CUPS | CHAIR LYNDA CARLSON

We are in the process of planning a fall social, fun tennis and a luncheon on Wednesday October 25th. For our Cups team members look for an invite and a sign up at the front desk early October. Hope to see many of you there. We are also planning a fundraiser on January 10th. And would love to hear from our membership about any worthy charities that you would like us to consider. Please send your ideas to your Cups representative or Lynda Carlson at lyndacar@comcast.net.

COMMITTEE REPORTS

TENNIS | CHAIR NANCY GOLDBERG

An exciting year ahead - We have a robust committee with representation from most playing levels and ages at the Club, two board liaisons, Pro representation alternating with Chad and Lisa.

At our first meeting on September 11, we approved the participation of a waitlist member to play on a Men's 9.0 55+ team and another waitlist member to play on a Men's 8.0 55+ team. We also voted to allow a junior program participant to play on a U12 Co-ed team in order for that team to have the minimum number of female participants.

Court allocation for Singles Night, Women's Night and Saturday Call-in was also discussed. Participation in these programs will be monitored and court allocations adjusted as necessary.

Our next meeting is October 9.

WELCOME NEW MEMBERS



Debra & Malcom Buxton - Family Membership

Erin & Todd Parsons - Family Membership

Sharad & Anita Sundaresan - Family Membership

Adrian Davila - Young Professional

Paul & Mary Jo Eldenburg - Social

Shannon Christenson - Returning from Leave of Absence

Mike Walter - Returning from Leave of Absence

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

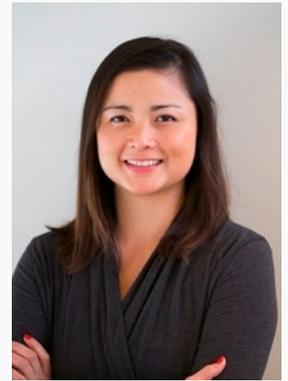
Paul Swiontkowski, Chao Chen, Paul & Mary Jo Eldenburg (switching to social) and Travis Jones

PRO'S COURT

As we are back into competition with the Cup and Mixed Doubles season starting again, it would be great to start practicing a new routine for your match. Wouldn't it be a dream to have a new and improved mental focus during the match?

From Certified Mental Toughness Specialist from Human Performance Institute founded by a world renowned sport psychologist, Jim Loehr, I learned that the first step to achieve mental focus/toughness is by creating a routine "in between the points"

The USTA rule mentioned that players have 20 seconds in between points. The next time you watch the professionals, watch what they do in between points. Jim Loehr calls this routine system "16 Seconds of Cure." Here is how we would break down the routine, To easily remember, I always tell my students to think of PRPR



Positive Response (P)

2-3 seconds: You want to show positive body language, whether you won or lost the previous point. A fist pump would be encouraged when you won an important point.

Relaxation (R)

4-6 seconds: you would want to walk back to the fence passing the baseline with eyes looking down on your strings. It helps for those of you who tend to have 'wandering' minds/eyes (distracted – looking at other courts/crowd).

Preparation (P)

3-4 seconds: walk back toward the baseline. You would want to stop about a foot behind the baseline and look stern across the net. At this point, you want to review the score and strategize. For example, at 30-30 you would want to play high percentage, at 40-0 you will take a more initiative to find that FH early, etc.

Ritual/Routine (R)

3-4 seconds: walk up to the baseline where you would serve/return. Having a routine/ritual is a great way to clear and calm your mind. Think of Nadal having the same ritual of picking his pants right before he serves, or Novak Djokovic for bouncing the ball at least 15 times before he serves. Think of the hitter in baseball doing some routine before the pitcher throws the ball.

If you are serving:

- 1) Bounce the ball 2-3 times.
- 2) Then Pause to look at the target. Visualize how you want that serve to look like and where it will land.
- 3) Then start the serving motion. At this point, it's important to only think about the serve.
- 4) Do this on the second serve as well.

If you are returning:

- 1) Footwork activation – move your feet, bounce around to get your body ready to receive the serve
- 2) Sway your body, at this point, have scenarios; if serve goes wide, I hit here; if serve goes T, I go here....All you think about is where your return is going - nothing else beyond that.
- 3) When server tosses, take a step forward, when server hits, land on your split step and move in the direction of the ball.
- 4) Do this on returning the second serve as well.

Continued on page 7

PRO'S COURT

By practicing the 16 Seconds of Cure, I hope that you gain the focus and clear mind that all the pros have right before they start a point during their Grand Slam matches. If you're interested to improve the Mental Toughness part of your game, feel free to contact me and we can create a tailored practice for you. Hope you get to try this new routine and let me know how this changes your tennis game when we meet on the court.

Dea Sumantri

BABY SHOWER

Please join us on Thursday, November 2 at 7pm in the Clubhouse Lounge to celebrate Chad & Amy Smith! They are expecting a little bundle of joy (in December!). Everyone is invited to come out & shower the happy couple with love & well wishes. For those of you wishing to bring a gift, they are registered at Target and on Amazon.



HAVE YOU HEARD?

Chad & Amy Smith

ARE HAVING A BABY!

Please join us for a baby shower on
Thursday, November 2nd @ 7 pm
CPTC Clubhouse Lounge

REGISTERED AT AMAZON & TARGET



USTA

Congratulations to our Women's 65+ 7.0 USTA team for making it all the way to the Championships! They finished 2nd in their flight with 2 wins and 1 loss.

Team members include: Karen Schmitz, Lynda Carlson, Penny Lee, Jeannie Coe, Lindsay Price, Elizabeth Franklin, Donna Massoth, Linda Stone, Rebecca Bratlien, Lia Morrison, Lynda Wilson, Ethel Brende.



FITNESS COURT

On Friday, September 22, an event of EPIC proportions happened!! Myself and 3 club members, Jack Goldberg, Ross Laursen and Lee Zulch rode from Leavenworth to Lake Chelan on Forest Service roads.

Our first leg took us to Sugarloaf which was about ~2900 feet in elevation gain. Next "hill" to conquer, Shady Pass! By the time it was all said and done we had gained close to 8000 feet in elevation! The temps were cool but we didn't notice until we would stop to refuel or when we were going down. We all had plenty of food to keep us going from potatoes, hard **boild** eggs, pbJ, nuts, pretzels, fruit to sandwiches plus plenty of water.



Getting a view of Lake Chelan was a promising site, we knew we were on our last leg of our journey. It had been a long day, starting at ~7:15 am and it was now ~4:30 pm, our legs were happy to see the downhill!



We made it to the end of our ride at ~5:30 pm, what a day! YES!! A GIANT "Thank You!" to Lee, Ross and Jack for their hard work, perseverance and determination, way to go guys!

According to my Garmin tracker we burned somewhere in the ballpark of 4000 kcals, which would explain the constant eating the next day. The body has to replenish it's energy stores as well as repair tissue and muscle damage from the constant grind!



Stay tuned for our next adventure!

"A determined mind and a strong will bear endless possibilities"

CLASSES//HEALTH COACHING//PERFORMANCE TRAINING//SMALL GROUP TRAINING

CONTACT US TO BEGIN!

Clay/ clay@fit2playnw.com /425.822.2206 EXT 126

Vicki/ fitthehealthy@fit2playnw.com /425.822.2206 EXT 122



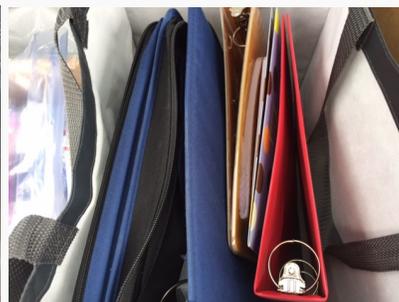
MIX UP & WINE TASTING



Thank you to all of the members who attended our Wine Tasting Mix Up Friday Night on September 22. It was a treat to enjoy wines by CPTC's very own Jim Stanfill and Otis Kenyon Winery. The evening was complete with delicious food pairings by Twelve Baskets Catering. If you have ideas for our next Mix Up, please email membership@centralparktennisclub.com.

PROJECT COOL BACK-TO-SCHOOL SUPPLY DRIVE

Thank you to everyone who participated in this year's Project Cool Back To School Supply Drive to ensure that homeless children in our community have the school supplies needed to feel confident and prepared to learn. Together we raised \$445 and an SUV full of supplies!!!



ADULT CLUB CHAMPIONSHIPS

Central Park Tennis Club

**ADULT
CHAMPIONSHIPS**

October 12-22, 2017



REGISTER TODAY!

ADULT CLUB CHAMPIONSHIPS

Adult Club Championships October 12-22, 2017

- **Entry Form – Singles \$25.00. Doubles \$20.00 per person.**
- **Men's** and **Women's** Singles will be held Thursday, October 12 – Tuesday, October 17.
- **Men's** and **Women's** Doubles will be held Thursday, October 12 – Tuesday, October 17.
- **Mixed Doubles** will be held Wednesday, October 18 – Sunday, October 22.
- You **MUST** be free during the time period of your event.
- Players are responsible for checking match schedule times.
- Draws will be posted 3 days before your event.
- USTA/PNW rules will govern tournament play.
- Matches will be USTA scoring (no ad, 10-point tiebreaker for the third).
- Consolation rounds for first match losers in all events, other than round robins.
- Match play will be weekday evenings after 5:30 PM & all day on weekends 10:00-5:30 PM.
- **Entry Deadline is Wednesday, October 4.**
- **You may play up to 1 Singles, 1 Doubles and 1 Mixed Doubles.**

[Register Online](#)

Please enter the flight number for the event(s) that you would like to participate in as well as the mandatory boxes on the registration form.

You may register online or print the form below and submit it to Julie at juliew@centralparktennisclub.com.

Click [here](#) for a Printable Form

JUNIOR CLUB CHAMPIONSHIPS

Junior Club Championships

November 9-12, 2017

Save the date! More details coming soon.

- Entry to Advanced Levels
- Singles & Doubles
- Singles: \$25. Doubles: \$20 / pp
- Match Play weekday evenings after 5:30pm and all day on the weekends

MASSAGE

Let the rain
Chase you inside
Down the stairs
Into to my room
and onto the massage table.



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Be Well,
Freeman

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