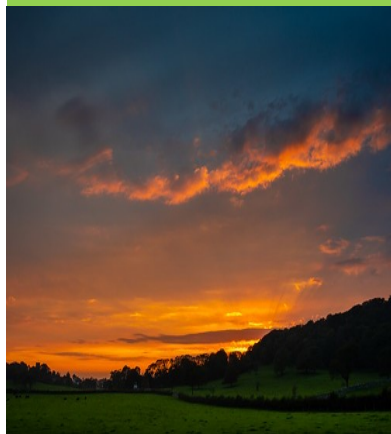


Baseline Newsletter

September 2023



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I reflected this last week why I play tennis and pickleball. I thought of three things. First was friendship, I really enjoy the people at our club, when coming off the court after a tough match, the conversations are often the highlight given the amazing and intriguing experiences that are shared across vast subjects. The second is the health benefits. A study published in the Mayo Clinic says that tennis extends your lifespan by 9.7 years due to social, mental strategy, balance and physical demands. Lastly, it is about the feeling I get when I help others enjoy this great sport and seeing that our club becomes better every single day. On that last point our outdoor court project is coming along so nicely, can't wait to have those courts open this month and seeing some great lobs! We still have some committee slots open so if you are interested please let me, Tom, or Darin know. Have a great Labor Day!



PRESIDENT

[FRED WURDEN](#)

September 2023

August 28 - September 3

Monday, September 4

Wednesday, September 6

Friday, September 8

Friday, September 8

Monday, September 11

Monday, September 11

Tuesday, September 12

Wednesday, September 13

Thursday, September 14

Thursday, September 21

Saturday, September 23

Monday, September 25

Wednesday, September 27

Lost & Found Cleanout

Labor Day & Last Day of Pool

Fitness Committee Meeting - 1:00pm

USTA 55+ & Mixed 18+ Begins

Demos, Drills, & Dinner - 5:30-8:00pm

Women's Cup Tennis Begins

Tennis Committee Meeting - 6:00pm

Facilities Committee Meeting - 4:30pm

Membership Committee Meeting - 5:30pm

CPTC Adult Club Championships begins

Finance Committee Meeting - 6:00pm

Outdoor Grand Opening Event - 11:00am

Pickleball Committee Meeting - 1:00pm

Board of Directors Meeting - 6:00pm

Welcome our New Members

Bin Wang

Diego Piacentini

Bhanu Purhit & family

James Lai & family

Best to our Resigning Members

Kourosh Gharib & family

Rowland Tegio (becoming seasonal)

Eddie Schultz

Matthew Lim (non equity intermediate)

**WE
ARE
HIRING!**

Do you or someone you know want to join our staff?

We are hiring a few more people to work at our front desk. The shifts open are morning and closing. Must be 21+. Contact [Madison](#)

OUTDOOR COURT PROJECT

- JACK GOLDBERG, COMMITTEE CHAIR

There is a children's book called *Good Night Construction Site* that I read to my 2 year old grandson. Fingers crossed that we will soon be saying "good night" and "so long" to our construction friends. They have done some great work for our Club but now it is time for us to say goodbye.

This month we will see the fences completed, courts 14 – 18 painted, landscape finished, sidewalk and landscape lighting installed, water bottle fillers hooked up, cabanas assembled, railings installed and finally some tennis nets stretched across our shiny new courts.

The project has been in the works and supported through four club Presidents and Boards – (Nancy Goldberg, Wayne Lim, Elizabeth Graves and Fred Wurden). Our Board and Members got behind this project with a large voter turnout and support. I am grateful for having an excellent committee (John Barnes, Matt Osborne, Brian Darrow), all the staff who were actively involved (Darin, Julie), and the rest of the staff who just had to figure out how to work around the construction and still get things done (Chris, Alan, Laurie, the Pros and many others).

For a time-lapse video of the current project, click [HERE!](#)



COMMITTEE REPORTS

MEMBERSHIP |

The Membership Committee discussed logistics for Demo, Drills, & Dinner, which will include hundreds of racquets for members to demo, along with fun drills and food! If you're looking to test out other racquets, you won't want to miss this event. [Register HERE!](#) We also discussed different ideas for the grand opening of the outdoor courts which will be held on Saturday, September 23rd. Look for more details to come soon! Our next meeting will be Wednesday, September 13th at 5:30pm.

FACILITIES | CHAIR [LYNDA CARLSON](#)

Our facilities committee will be meeting again on 9/12. Our focus will be to identify and prioritize all projects for consideration for 2024 funding. Light poles in the gravel lot will be getting installed soon, and it's exciting to see the new court project finishing up. Watch for a grand opening of the new courts this month.

TENNIS | CHAIR [GEORGE HAYS](#)

The Tennis Committee met on August 14 and addressed two requests to add non-members to USTA teams. The next meeting is scheduled for September 11. A number of new members will be joining the Committee, and we expect to take up (1) the results of the recent Club survey and (2) the issue of court usage by wait-list members.

FINANCE | MATT OSBORNE

The Finance Committee did not meet in August. Our next scheduled meeting will be Thursday, September 21st at 6:00pm.

PICKLEBALL | CHAIR [CAROLYN WERNER](#)

The Pickleball Committee hosted another social mixer on Friday August 25. This event, as with the other pickleball socials in the past, filled to capacity (55+ members) and had a long waitlist eager to join the fun. Two hours of competitive pickleball games for all levels were followed by a delicious spread of potluck dinner items in the clubhouse. It was great to see members of all abilities mixing, playing and socializing!

As the outdoor court project nears completion, we look forward to pickleball play once more on Court 18, which will be lined for both tennis and pickleball. The Pickleball Committee has submitted a proposal to the Board recommending guidelines for Open Play and reserving Court 18 for pickleball.

SIGN UP FOR A COMMITTEE!

Do you have an idea to help improve our club? Do you have skills that apply to certain committees? Do you wish the club would implement something or make change to current policy? Are you a team player that works well with others to reach a common goal? If so, then join a committee! Please use the link below to submit your interest! The more minds we have collaborating on all aspects the better for the club and our membership. [LINK TO COMMITTEE PAGE](#)

MANAGER'S MISCELLANY

August was a great month here at the club - we enjoyed the wonderful PNW summer weather, construction outside moved along nicely, our Stadium Court was painted (bye bye red and green - hello blue!) and we welcomed a great new addition to our staff, Madison Corey! We're lucky to have Madison join our team as our Administrative Director, handling a variety of tasks for the continued smooth operation of our club. If you haven't met Madison yet, make sure to say hello in her office by the fitness court!

August was also host to another VERY popular pickleball social. We had about 60 participants in the Roberts Building playing and having a great time. Thank you to the Pickleball Committee for their work in coordinating all of the socials this summer! They were a lot of fun. See some action shots provided by Barry Thompson on page 11.

September is gearing up to be one of the busiest and most fun months of the year. We start off on the 8th with our Demos, Drills, & Dinner event. Partnered with Sturtevant's, we will have hundreds of racquets for our members to demo, as well as drills with our Pros and food on the deck after! If you are in the market for a new racquet, you won't want to miss this event. [Sign up HERE!](#)

We then move to our much anticipated annual Adult Club Tournament, with doubles being played 9/14-9/17, mixed doubles 9/18-9/21, and singles 10/1-10/4. To register, [CLICK HERE](#) and for any questions please email LISA. Good luck!!

On Saturday, September 23rd, we will have having our GRAND OPENING for our outdoor courts from 11am-3:30pm, which will also help benefit <https://www.rainierathletes.org/>. We have a lot of fun things planned, from a ribbon cutting, CP Pro Exhibition, and drills on court. There will also be fun baskets up for raffle leading up to the event, with one being **"The first to play on Stadium Court"** Look out for more details and registration in the coming week! We hope you can attend.

Starting on Monday, September 4th, we will get back to normal operations by using the "Tennis" tab in Gametime, Pros and Junior Program move back to the Wright Building, weekday adult programs move back to Reed Building, and ball machines go back to courts 5, 8, & 9. I personally thank you for your patience and cooperation this summer with my access changes, and I am happy we are back to normal. As you can see, the outdoor courts were definitely worth the minor headache, and we can't wait to see you playing on them very soon!

September is also the time our pool closes. The last day for swimming will be on Monday, September 4th. Thank you to our maintenance staff & Lifeguard team for their hard work this summer. We hope you had time to enjoy our pool, and we look forward to opening it back up next summer!

Here's to a historic month of September for the club. Sign up, get involved and have fun!!

See you soon :)

Darin Rauso - Club Manager

Program Director - Chad Smith

Exploring the Joyful Benefits of Pickleball Compared to Tennis

When it comes to engaging in recreational sports, the choice between pickleball and tennis has become a delightful dilemma for enthusiasts seeking an active and enjoyable way to spend their time. While both sports share similarities, pickleball offers a unique twist that brings a fresh wave of fun to the court.

One of the most exciting benefits of pickleball is its accessibility. The smaller court size and slower ball speed make pickleball easier for beginners to pick up and enjoy. Unlike tennis, where power and precision are often crucial, pickleball relies more on strategy, finesse, and quick reflexes. This makes it a fantastic option for players who might find tennis a bit daunting, allowing them to engage in a friendly match without feeling overwhelmed.

Due to its smaller court size, players are often in closer proximity to each other, encouraging friendly banter and camaraderie during matches. The slower-paced rallies provide ample opportunities for players to chat and share laughs, enhancing the social aspect of the game. Tennis, while also offering a social component, tends to involve more distance between players due to the larger court size and faster ball speed.

While both pickleball and tennis provide great cardiovascular workouts, pickleball's slower pace often leads to longer rallies, resulting in more continuous movement. The game's focus on agility, quick lateral movements, and precision shots engages various muscle groups and promotes overall fitness. Tennis, on the other hand, emphasizes explosive power and endurance due to the faster ball speed and larger court size. Both sports offer excellent opportunities for staying active and maintaining a healthy lifestyle.

Tennis enthusiasts seeking a new challenge and newcomers looking for a fun way to stay active can find plenty of reasons to give pickleball a try.

Coach Chad



SAVE THE DATE!

**Central Park Tennis Club is hosting Rafa Nadal
Academy August 5-9, 2024**

Junior and Adult clinics.

More info coming soon!



Junior Program

Early Fall 2023

Session Dates:

September 4th – October 22nd

[Click Here for Calendar, Scheduling & Pricing](#)

- Classes available to Members & Non- Members.
 - Members receive priority registration.
- Players can choose to attend class either 1 x, 2 x, or 3 x a week.
- Registration for classes is offered by the session (seven weeks of class).
- Scheduled Friday Match Play is included for every level except Red Stars.

[CLICK HERE TO REGISTER NOW](#)

NEW CLASS ALERT!

We have added two new classes for our juniors – make sure you don't miss them!

Mini Stars

- Saturdays 9:30am – 10:15am
- Ages 4 – 6
- Introduction to tennis with focus on growth in hand eye coordination & agility
- Introduction to all strokes

Teen Tennis Intro

- Saturdays 10:15am – 11:30am
- Ages 13 – 18
- Introduction to basic swings
- Learn and develop movement skills on court
- Develop control of the racquet and accuracy on shots
- Work towards controlled play from the full-size court with other players



[CLICK HERE FOR PRICING & REGISTRATION](#)

Junior Program

FALL SCHEDULE CHANGE: RED & ORANGE CLASSES!!!

Due to a change in local Elementary release times we have adjusted our times for Tuesday/Thursday/Sunday Red & Orange Classes. The updated times are listed below. These schedule & pricing changes have also been updated on our website. Please email blakeleyb@centralparktennisclub.com if you have any questions or concerns about this.

Tuesday/ Thursday Red Stars: 4:15pm – 5:30pm

Tuesday/Thursday Orange Stars: 4:15pm – 5:30pm

Sunday Red Stars: 9:00am – 10:15am

Sunday Orange Stars: 9:00am – 10:30am(same as was)

BNP PARIBAS BALL CREW OPPORTUNITY

Have you ever wondered what it would be like to be on (or watch a loved one on) the ball crew for a professional tennis tournament? Well, let me tell you it's an amazing experience and a lot of fun!

My name is Terry Evans and I am the Washington State recruiter and training coordinator for the BNP Paribas Open tennis tournament which is held each March in Indian Wells, California. We are searching for qualified individuals to be part of the Ball Crew for the tournament coming up in March, 2024.

I'VE LINKED A BROCHURE BELOW WITH MORE DETAILS AND INSTRUCTIONS ON HOW TO APPLY FOR THIS AMAZING EXPERIENCE.

[CLICK HERE FOR BROCHURE](#)

Swimming Pool

**The pool will be closing Tuesday
September 5th. Last day to swim is Monday
September 4th.
See you next season!**

Demo, Drills & Dinner

FRIDAY, SEPTEMBER 8TH 5:30-8:30pm

- 100's of Racquets to demo
- Discounted if purchased at the event!
- Fun drills with Pros
- BBQ food provided by Sturtevant's
- \$15 per person
- [REGISTER HERE!](#)



Lost & Found Cleanout



We are having our Lost & Found Cleanout now through Sunday, September 3rd in our Boardroom. If you feel that you may have lost something at Central Park over the last year, please come in and look for it! If you can't make those dates, feel free to give the front desk a call and they will look for you. After September 3rd, the remaining items not claimed will be donated.

Open Lessons in Gametime

We are excited to announce that starting now, each pro is offering a open one hour private lesson each week, for members to reserve in Gametime! Find the lessons in the Classes & Events tab. Lessons will open up 7 days in advance each week. Waitlist may register 4 days in advance. Sign up and improve your game!

Fall Open Lessons:

Mark Shkrebtan - Mondays 8-9am

Blakeley Bean - Tuesdays 3-4pm

Chad Smith - Thursday 12-1pm

Jeff Eicher - Wednesdays 3-4pm

Nick Kamisar - Saturdays 11:30am-12:30pm

Phil Ansdell - Thursdays 3-4pm

Lisa Moldrem - Thursdays 11:30am-12:00pm / Fridays 10:30-11am

Fit for Tennis

Taught by Clay Runnels



FIT2PLAY
NORTHWEST

September 12 – October 5
Tuesdays & Thursdays
9:00–9:45am

STRONGER FASTER BETTER
with a
FUN & ENERGETIC class

Price: \$149 for 8 classes or \$25 drop in

Questions? Contact Clay at clay@fit2playnw.com

Sign up in Gametime

**FIRST CLASS FREE for
new participants!**

Pickleball Social - Friday, August 25th



Photos by Barry Thompson

Congratulations!

2023 Washington State Open Adult Tournament Results

WINNERS

Jessie Gong *Mixed Open Doubles*
Mike Krummel *Men's 75 Singles*
Kristi Tremble *Women's 35 Singles*
Kristi Tremble *Women's 35 Doubles*
Joanna Stewart *Women's 45 Singles*
Carolann Castell *Women's 70 Singles*
Carolann Castell *Women's 70 Doubles*

FINALISTS

Beth Lehman-Brooks *Women's 45 Doubles*
Kathryn Osborne *Women's 45 Doubles*
Eugenia Salvo *Women's 55 Singles*
Eugenia Salvo *Women's 55 Doubles*
Ana Tessadro *Women's 60 Singles*
Ana Tessadro *Women's 60 Doubles*



Central Park Tennis Club

Adult Club Championships

REGISTRATION DEADLINE: Wednesday, September 6

- **Men's and Women's** Doubles will be held Thursday, September 14 - Sunday, September 17
- **Mixed Doubles** will be held Monday, September 18 – Thursday, September 21
- **Men's and Women's** Singles will be held Sunday, October 1 – Wednesday, October 4
- **18+ Event**
- ***Waitlist may sign up and will be entered if there is space available***
- 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.
- Matches will be USTA scoring (no add, 10-point tiebreaker for the third).
- Consolation rounds for first match losers in all events, other than round robins.
- Match play is weekday evenings after 5:30 pm and all day on weekends, 10 am to 5:30 pm.
- **Please list your USTA Number**
- **Entry Form – Singles 35.00 Doubles \$28.00 per person**

[REGISTER HERE](#)



PRO REPORT

If you're on my court a lot, you know that one of my favorite things to yell out is "starfish!" By this, I'm referring to someone hitting a volley with their chest forward and arms straight out beside them. Volleys are tough. Transitioning to the net is tough. When you combine the two it gets even tougher. I think all of us pros spend a lot of time addressing these specific issues. So, what are some key fixes to keep in mind when it comes to transitioning and volleying?



Blakeley Bean
[Tennis Professional](#)

Arms up & out!!!!

This one kills me because if I'm being honest, I understand why it's so easy to screw up. You hear it all the time "ready position, hands together, arms up, blah blah blah." It's one of those tips that can fall by the wayside because it's such a small thing that is ALWAYS relevant during play - similar to "watch the ball". Don't let this one slip! This is extremely important to your success at the net and most of the time players don't even realize how badly it's impacting them. Train your brain - if you are playing a point and not actively hitting - you must be in ready position. This means even right after you've hit the best shot of your life & you think your opponent may not get the ball back - you still instinctively return to ready position.

Step & Turn

Circling back to the "starfish" – when we are running & transitioning toward the net it can be hard to also stop & turn at all before hitting our first volley. This often leads to making contact late or too close to our body. It is so crucial that we learn to slow down before & leave room before connecting with our volleys. Upon contact we want to ensure we are balanced enough to cross step out towards the ball with enough room for arm extension on contact. We should be slightly turned (unit turn) on contact so that our balance & contact can be maximized.

Hope these tips can give you something to think about during your doubles practice.

Happy Volleying!



RACQUET STRINGING AVAILABLE - DROP OFF SERVICE!

Ready to get your racquets serviced?

Simply fill out the stringing information [form online here](#) or under the *About Tab* at www.centralparktennisclub.com

Email Phil to set up drop off and pick up
Phila@centralparktennisclub.com

How Good Footwork can Transform your Game

Columbiaassociation.org

Everything starts with the feet — it's the foundation for your every movement.

Tennis is a game of constant movement, yet it's often overlooked that excellent footwork is the key to being a successful player. It's no secret why: The pursuit of the perfect stroke tends to steal the spotlight!

"You might have strong groundstrokes, but if you can't reach the ball and you're not on balance when swinging the racquet, you're not going to win many matches," says Anish Manrai, CA's Assistant Director of Sport and Fitness. "When you commit to developing your footwork, you commit to immense improvements in your game."

Cover the court with confidence

So, what's the big deal about being good on your feet?

For starters, good footwork allows you to cover more court, strike the ball earlier and add power, all of which helps build confidence and shape your game. It has a positive ripple effect on your entire performance, ensuring that you're balanced when you strike the ball and that you recover quicker. And, of course, we can't ignore the role it plays in reducing your chances of injury.

According to Manrai, footwork is actually 50% of the battle when hitting a groundstroke.

"Excellent footwork allows you to run around your backhand to play an aggressive forehand. If you are moving well, you will avoid the problem of getting too close to the ball, which can prevent you from taking a proper swing," says Manrai. "The first three to four steps one takes needs to be quick, so you can get into position as quickly as possible. In windy conditions, with the ball moving around a lot, quick small movements and little adjustment steps all the way till the moment you hit the ball is critical."

Roger Federer's superior footwork has been described as "the glue that gels his entire game together"

Reduce the number of unforced errors you make

If you're consistently making errors, there's a possibility that your footwork is to blame. The ability to move quickly and get into the right position will reduce a significant amount of your unforced errors, and allow you to execute shots with a greater probability of success. More time to prepare means more time to consider your plan of attack, after all.

"There will be days where you feel your legs are slow, your footwork isn't good and you're not moving well. The key here is to work on your footwork between points. Do lots of small steps and keep doing those between points until you feel as though your movement has returned," says Manrai.

Focus on improving your speed & reactions

The idea is to focus on speed and reaction, which can be done off the court and then translated to on-court training using live ball drills and situation based training. Off-court repetition will build muscle memory, and on-court drills will develop those skills along with the mental aspect and patterns of play in which they're used. This will help your motor skills and overall development.

One simple, effective strategy to develop greater agility and endurance is to practice jumping rope. It's an inexpensive tool that you can take anywhere. Try working up to greater amounts of time jumping rope on a soft surface to reduce the stress on your feet and ankles (such as grass or indoor flooring). There's lots of room for creativity, too: You can add fun moves like running in place, crossing your arms or hopping on one foot.

It's also worth a mention that good posture allows you to move from a strong foundation — so just the awareness of standing up straight is a valuable way to improve your balance and ability to get into the right position.

Frequently Asked Questions

Q: When will the outdoor courts be open?

A: We are planning our Grand Opening event on Saturday, September 23rd! More details to come soon!

Q: When are the Pros and Junior program moving back to the Wright Building?

A: The Pros and Junior programs will move back to the Wright Building on Monday, September 4th!

Q: Do we need to check in at the desk first before a lesson?

A: Yes, we are asking that you please check-in before your private lesson.

Q: What courts are the ball machines on?

A: Ball machines will be on Courts 5, 8, & 9 starting Monday, September 4th.

Q: Why is there no Summer Team Challenge or Junior Tournament in August?

A: These two events are on hold due to the outdoor court construction. We are looking at options to host these events once the project is complete.

Q: What will Demos, Drills, & Dinner entail?

A: This event will be the evening of Friday, September 8th. We are working with Sturtevant's, and will have hundreds of racquets available to demo, drills with pros, and food after! [Register HERE!](#) The event will be held in the Roberts Building.

Q: Where is the Junior Program Entering/Exiting?

A: The junior program is back to using the original path from the gravel lot, down to the Roberts Building.

Q: How do I register for the Adult Club Tournament?

A: Register using the link [HERE!](#)

Clinics & Programs At CPTC

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Drills & Strategy 3.0+ Intermediate	Monday	8:30 - 9:30am	4	Sign up dependent
Phil's Skills & Drills 3.0+	Monday	8:30-10:00pm	6	Sign up dependent
Chad Cardio Tennis	Tuesday	10:00 – 11:30 am	6	\$35
Chad Cardio Tennis	Wednesday	10:00 – 11:30 am	6	\$35
Phil's Skills & Drills 3.5+	Wednesday	8:30-10:00pm	6	Sign up dependent
Blakeley Cardio Tennis	Thursday	10:00-11:30am	7	\$35
Chad Cardio Tennis	Friday	8:30 – 9:30 am	6	\$25
Chad Cardio Tennis	Friday	9:30 – 10:30 am	6	\$25
Lisa's Advanced Beginner Skills & Drills	Friday	9:30 - 10:30 am	6	Sign up dependent

Click [here](#) to refresh yourself about our programs. Here all the details:

All program sign ups are online in GameTime. Program times will be **one hour and 30 minutes**.

Program sign ups open at different times. GameTime will open the sign up for the following programs. See schedule and times below:

Program	Day of Play	Time	# of courts	Sign up Starts	Sign up Ends
Men's Night	Monday	5:30-7:00 pm	4	Saturday prior 7 am	Day of 11:30 am
Women's Night	Tuesday	5:30-7:00 pm	4	One week prior 7 pm	Monday prior 7 pm
Women's Day	Wednesday	10:00-11:30 am	2	One week prior 9:30 am	Tuesday prior 10:00 am
Singles Night	Wednesday	5:30-7:00 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	8:30-10:00 am	3	One week prior 7 am	Friday prior 8:30 am
Saturday Women's Doubles	Saturday	10:00-11:30 am	2	One week prior 7 am	Friday prior 8:30 am

Thinking of a Move?



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Wesley K. Nomi, DMD
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Saturday 9-10am

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and/or Outside

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- Flexibility
- Mobility
- Aerobic Fitness
- Balance

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MEET YOUR GOALS!!

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