

The Baseline Newsletter

September 2016



Well, the summer weather finally showed up. It was great to see so many participating in the Summer Team Challenge, and congratulations to the winning Rio Rebels team. I also had the chance to see Club members playing some great tennis at the Washington State Open. Congratulations also to the Club's Junior Eastside Tennis League team for taking home the League Finals trophy for the third year in a row.

Here's where we are on the ongoing items:

- Clubhouse Planning. We've begun reaching out to commercial lenders to determine the rough outlines of the necessary financing. We've also begun identifying specific requirements, starting with what we'd like to see in locker room facilities. I'd 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. After multiple rounds of interviews and a careful evaluation of all the applicants, we've decided to hire Dea Sumantri for the full-time position. Dea has a very impressive resume, both as an instructor and a player, and has been with us on a part time basis for the past few years. Although Dea will be involved in all aspects of the Club's tennis program, her focus will be on junior development. I'm excited that Dea will be joining the team on a full time basis and confident that she will be instrumental to enhancing our junior development program.
- Member Services/Marketing. After considering several options to fill this position, we are all excited to announce that Laurie Urich will be taking on the marketing responsibilities. Laurie will be a great fit for the position since she's already so involved in Club activities and events, and her enthusiasm and energy will be put to great use in marketing the Club. I know that Laurie will take an already strong marketing effort and make it even better.
- Equity Membership Structure. Nothing new to report here.
- LED Lighting. Converting the current court lighting to LED lighting could provide a very significant savings on the Club's power bill. Before we decide to make the conversion, we want to make sure that the new LED lighting will be playable. Towards that end, we've installed LED lighting on Court 5 to let everyone have a chance to try it out for a few weeks before we make any decisions. Please 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.

Based on the attendance (or lack thereof) at August's informal meeting, everyone must be very satisfied with how things are running. I will host one more meeting on Wednesday, September 14 at 7:00pm, but I think the upcoming new addition to the family, fall workload, and the holiday season will likely rule out any more of these events for the rest of the year.

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**

OTHER NEWS

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SEPTEMBER

Important Dates

Thursday, September 1

Friday, September 2

Monday, September 5

Tuesday, September 6

Tuesday, September 6

Wednesday, September 7

Friday, September 9

Friday, September 9

Saturday, September 10

Sunday, September 11

Monday, September 12

Monday, September 12

Wednesday, September 14

Thursday, September 15

Monday, September 19

Tuesday, September 20

Wednesday, September 28

Wednesday, September 28

Junior Program Meetings

Junior Program Fall sign up deadline

Labor Day

Pool is closed for the season

Start of Fall Junior Team

Start of Fall Women's Team

Mix Up Friday Night - 5:30 pm

Start of 18+ & 55+ USTA

LWHS Clothing Drive—11:00 am

Men's Outdoor Pro League - 4:00 pm

Cups Meeting - 1:00 pm

Tennis Committee - 5:30 pm

Meet the President - 7:00 pm

Facilities Committee - 6:00 pm

Membership Committee - 5:30 pm

Sign-ups for October Super 60s

Board Meeting - 6:00 pm

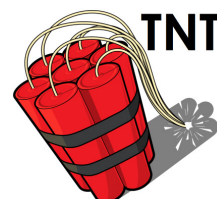
Deadline for Super 60s sign-ups

Chad's NEW Tuesday Cardio Clinic

Tuesdays from 6:00 pm - 7:00 pm

Levels: 3.0 & Above

Cost: \$17.50



MANAGER'S MISCELLANY

Here it is the end of summer...And what could be a better opening to Fall than football and brats? Join us Friday, September 9 for our own "Seattle Seahawk home opener kickoff celebration and Mix Up Friday Night". We will be decked out in our Seahawk gear and plan to have raffle items for those that stay for dinner. Get your 'hawk swag' now!



Besides football season upon us, it is also a new USTA season. We have 11 teams playing in the Mixed 18+ league and 10 teams playing in the Adult 55 league. We also have two teams for Junior Team tennis starting in October. Janet Isaacson and Michele Fang will help organize a U14 co-ed team and a U12 Green Dot team. For those that want extra practice or for those that would rather participate in something different, Chad has started up a TNT Cardio Clinic Tuesday nights from 6-7 pm. This will be a great way to stay in shape for all those USTA matches or just to make sure you are staying active as we head to indoor tennis.

For the kids, we are excited about the new format that has been developed over the summer for the junior program. With the USTA giving youth tennis a facelift with the 10 and under push and now with new classifications for junior tournament play, we decided it was our turn to create a more clear pathway for youth tennis at Central Park. With Chad overseeing the process, and our new full time hire Dea Sumantri working on junior development, we are pleased with the plan that has been built. Court times and intensity levels for the higher groups have been allotted, while additional court times for the stars levels will lead to more opportunities and growth for their tennis foundation. The team is dedicated to working together and helping grow junior tennis at Central Park. If you are able to attend the program meeting Thursday, September 1 starting at 6 pm – we would love to have you there.

We do have new faces at the front desk as well. The end of summer also brings the end of our college employees we love to have back! Please help me welcome Nizom and Maddy to Central Park. These fresh new faces will greet you at the front desk, so please make sure to check in and give them your name – in a few weeks they should know who you are, but there are a lot of you, so please be patient. If you are the organizer of a large group, getting the names ahead of time always helps. This is especially helpful with the USTA matches. (And it also reduces a no-show letter or fine for you.)

We are also excited to have Laurie out from behind the front desk to help us with some of our Member Services and Marketing responsibilities. Laurie has been a great asset to our Central Park team and we look forward to having her more involved in more of our day to day operations and membership needs. Please give her a big thank you for taking on this task. And thanks to Arica for helping sort through these needs and work with me to get them done!

And last but not least... a few friendly reminders to get us back in full swing:

Check your bags and your cars for those towels you may have accidentally taken home. No questions asked – we appreciate the return!

For USTA tennis and Cup tennis, remind your team that warm-up courts for your home matches are to be walk-on only – and if you will be arriving late, you must notify the front desk; they are able to hold the court for you for 30 minutes. If your team will be late, remember to not disrupt the adjacent courts already in play. 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. The same rules apply for overflow courts when it comes to USTA play!

Here's to a great rest of the year with lots of tennis!

Julie Wheadon
Club Manager

COMMITTEE REPORTS

FINANCE | CHAIR MARTY MCCURRY

The financial results for the month of August were good. Net Ordinary Income (before Depreciation, and Interest) for the month was \$45,907 and year-to-date \$332,928; budget for the month was \$47,689 and year-to-date budget \$204,976, yielding a small deficit for the month of <\$1,782> and year to date surplus of \$127,952. The Club's financial position remains sound with Total Cash of \$444,818, and an excellent current ratio of over 4.8 to 1.

Due to the solid financial results, 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 28. Again, due to the strong demand, the Equity Member Initiation Fee remains at \$6,000.

Thank you to Steve Coleman and Russ Nomi for working diligently on the idea of LED court lighting. The savings are incredible if we move forward with this project. We will know more after we receive feedback after demoing court 5 this month.

The finance committee met August 17th, and the next committee meeting is scheduled for Wednesday, September 21st at 5:45pm.

TENNIS | NANCY GOLDBERG

The Tennis Committee is on a meeting hiatus until September; however we took an email vote and approved a request from the tennis staff for a re-allocation of courts for the Fall Junior program which was subsequently approved by the Board. This results in an overall two-hour increase of weekly court usage for the program. When we look at such a request, among other factors we examine the member demand for courts at the requested times and overall, and other programs.

Want to get involved? In general we meet the second Monday of the month at 6:00 p.m. Sign up at the front desk before Labor Day. Remember we are member owned and set our own policies.

MEMBERSHIP | CHAIR KIM SKORUPA

It is time to start thinking about signing up for committees. I'm sure that it has already been mentioned several times in this newsletter but here we go again!! This is a great club because it is full of great people who feel a real ownership of the club. Membership committee is a fun group of people and I would love to see a few new faces on the committee – new points of view are always welcomed.

Membership Committee will be having its kickoff meeting on September 19th at 5:30. We hope to see you there!

COMMITTEE REPORTS

FACILITIES | CHAIR KRISTEN GROBSTOCK

Hope that you enjoy the newly installed doors. We have completed Reed, Wright, and clubhouse level 3; the clubhouse front automatic doors will be installed in the end of September.

Touch-up painting has been done around facility.

Indoor court fans were all repaired with thermostats installed in Reed and Wright buildings.

Added new bark, trimmed trees on outdoor courts, and removed some of the dead trees/plants.

Upcoming project;

- Fix the asphalt cracks in the parking lot
- LED court lighting – Test court (Court 5 to be installed early September)
- Paver fix 125th Lane

Note that the Pool closes Tuesday, September 6 (the day after Labor Day).

Next facilities meeting is Thursday, September 15, at 6:00 pm.

CUPS | CHAIR TRICIA SCHROTH

CUPS TENNIS SEASON (is just around the corner)

Central Park Tennis Club has a record number of players (147) to field among 6 levels for the 2016-2017 season that begins on September 6. Team Captains met with Cups Committee representatives and Tennis Pro Lisa Moldrem on August 22nd to review Seattle Area Cups Tennis (SACT) rules and share tips for ensuring each team and player receive a fun, quality tennis experience. No surprise that Central Park enjoys a reputation among area tennis clubs as the club with the best after-game treats along with gracious hospitality!



Cups Captains: L to R

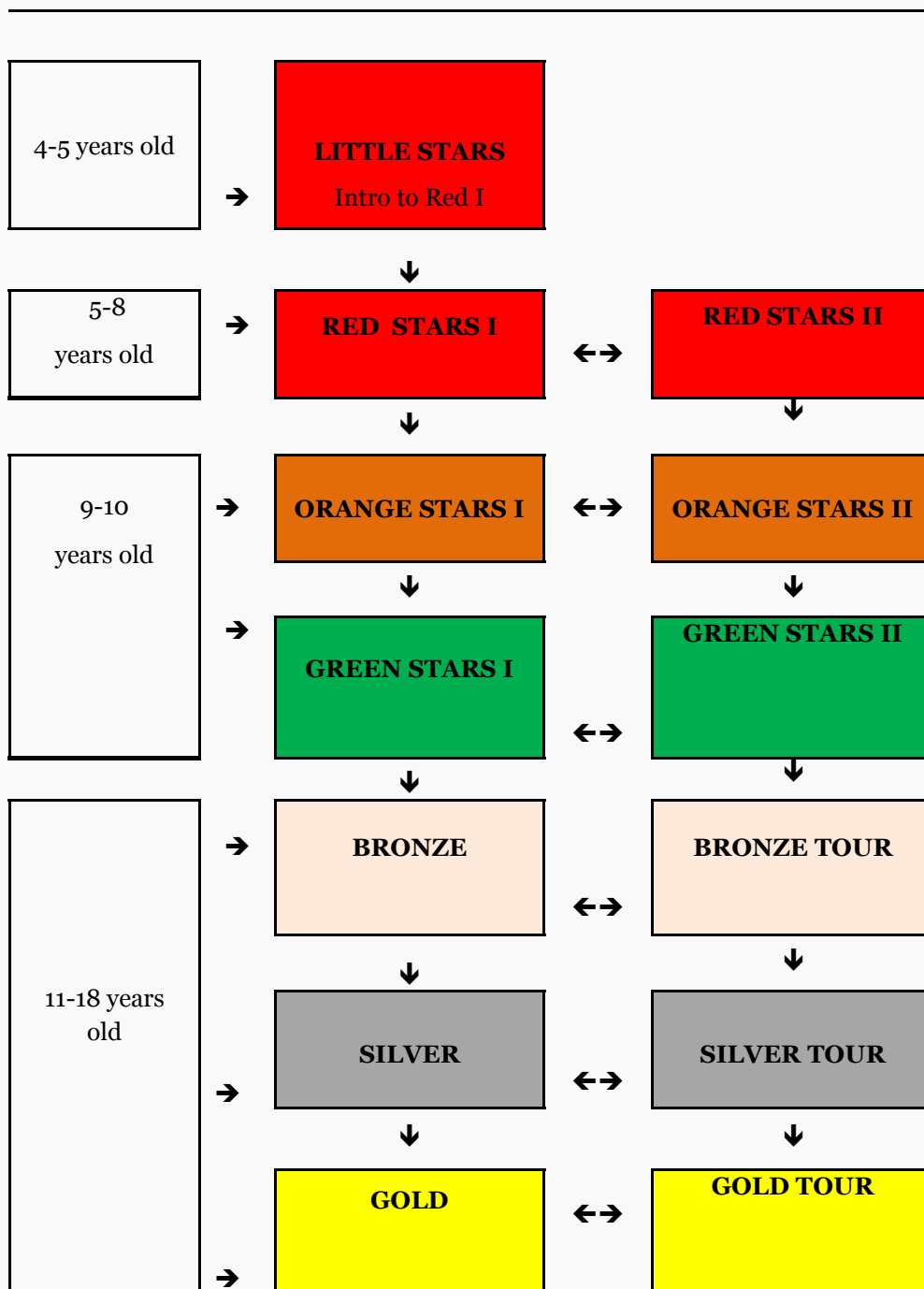
Back Row: Arthe Lee, Dundeeana Doyle, Marilyn Pedersen, Linda Greenlaw, Anne Glenny, Beth Hom, Merrie Vieco, Ehtel Brende, Lisa Moldrem (Pro Contact).

Front Row: Christine Garnett, Molly Lammers

JUNIOR PROGRAM

The staff is excited to offer these new fall changes to our junior program and members. This is the first step in offering more opportunities for our juniors at all levels, including the 10-and-under pathway as well as the tour level for those wanting more intense practices to improve their game. We are thrilled to have Dea Sumantri joining us as we develop this program and look forward to being a part of your child's tennis success. We also have adjusted the schedule to now accommodate match play for levels on rotating Fridays. See the monthly calendar for dates for your junior.

JUNIOR PROGRAM PATHWAY



JUNIOR PROGRAM

Fall session runs from Tuesday, September 6 - Sunday, October 30.
Registration deadline is Friday, September 2.

We hope you are able to attend the parent meetings scheduled for Thursday, September 1.

Stars Meeting: 6:00 pm-6:30 pm

Bronze Meeting: 6:00 pm-6:30 pm

Silver Meeting: 6:30 pm-7:00 pm

Gold Meeting: 6:30 pm-7:00 pm

These meetings will address staffing and schedule changes; as well as the transition within each level. It will also cover how our team will communicate with parents and players on expectations and what it takes to move up. Our goal is to create a transparent program that clearly outlines the developmental player from the performance player; and having a program that our juniors are excited to be a part of.

For the 2016-2017 Jr. Program calendar and program details, visit

<http://centralparktennisclub.com/junior-program>

SUMMER JR. TEAM AWARDS

Rookies:

Player of the session: Karmila Densmore

Most improved : Lora Kwon

Challenger:

Player of the session: Adrienne Quan

Most improved: Brian Koh

Champs:

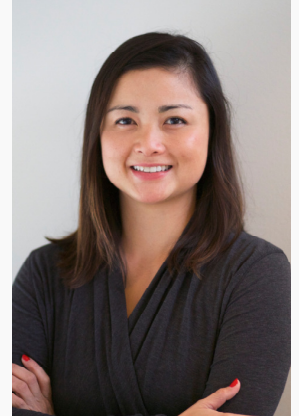
Player of the session: Simon Liu

Most improved : Gabriel Barcedo

PRO'S COURT

My dad was my first tennis teacher. He was the one who drop-fed me tennis balls, played catch & throw and other fun racket games. He had a passion to keep his kids active and he always had some kind of simple scoring aspect every time we played a game. At the time he was fascinated by Squash. He was constantly tinkering with how to learn the sport and I was the convenient guinea pig!

Through his passion and love for the sport, he went from a self-taught player to a coach to eventually become the Chairman of Indonesian Squash Federation. To this day he is still a strong advocate for Squash in my country. I definitely have to thank him for showing me what grit, perseverance and passion looked like.



When he traveled abroad, he always brought back the latest thing of modified equipment such as Foam Balls to learn tennis and squash. I remember vividly my first racket at 6 years old, a rainbow colored Donnay. One-Size-Fits-All for kids, It was about 25 inches in length, the smallest that he could find.

Back then there wasn't a lot of options like now. I was so proud of the racket. Not a month in, he proposed something crazy to a child, he wanted to cut the racket shorter. I was so puzzled...not my beautiful racket...Later, I gave in and let him cut it because he said "Dea, you'll have so much more fun playing tennis with the "new" racket!"

He was right! I was able to hit with better control and I started doing spins and slices with that racket and the foam balls. My parents did one more important decision in my life by finding me a coach who not only taught me how to win on the tennis court but also how to win in life.

The fact is, great coaches (in my case, my dad) would go the extra mile to modify the equipment and court size to ensure that the kids can acquire the technical skills effectively. Today, the USTA has the new rules and game for 10 & under. Using Red, Orange, Green balls that are lower compression with smaller court size and shorter racket size. Let's embrace this and give our children a chance to master tennis in their own element by providing the right equipment and environment.

Great News! Central Park is committed to growing our next generations of tennis rock stars by offering more classes on Tuesdays and Thursdays 4-6:30pm for the 10 & under. We will be using cutting-edge coaching methods in developing our juniors' techniques and smart mind on how to play the game. We are also adding the match play components to our program on Fridays, which is key in developing their competitive match experience.

Above everything else, Tennis is a gift of life. Through tennis, one can learn grit, perseverance, discipline, respect and all the life-characters that will mold a champion in life.

So, let's give this gift to our children...Let's Play Tennis!

Dea Sumantri
Tennis Professional

FITNESS COURT

For the Health of It

Henry Ford's quote is right on the mark, especially when it comes to improving your health and fitness. If you go about business as usual, doing the same exercises with the same weight and the same effort or cardiovascular exercises in the same way, you're going to get the same result. If you are trying to get stronger, tone up or increase your endurance; you need to do something you don't always do. If your goal is to stay the same and you are happy where you are, keep doing what you have been doing and maintain what you have. But, if you want to see a change, then you will need to MAKE a change.

"If you always do what you've always done, you'll always get what you've always got."

- Henry Ford

The same rule applies to weight-loss. If things are not happening for you, then it's time to take a different approach. Your body is very good at adapting and it does just that with your "normal routine"; it has jogged that route a million times at the same pace, been fed the same snacks and hasn't been challenged so....it stays the same; in order to see some movement we need to shake things up a bit. That may mean taking a look at what we are eating, how much, when, why....



It's easy to blame our lack of improvement on getting older; we are all getting older and nothing is as easy as it once was. But, we can't let age be our excuse for not getting the results we want because it will be just that, an excuse.

Just like the quote says, the magic happens when you step outside your comfort zone. Getting uncomfortable doesn't mean you have to be in pain or hating every minute of what you are doing; it just means you need to push yourself, do something different.

"If you want something you have never had, you have to do something you have never done." -Thomas Jefferson

Join the FREE challenge and discover the simple habits that will help you get back on track OR start the healthy lifestyle you want! ANYONE ANYWHERE can join!
Click the link to find out more:

<https://vickirunnelsf2pnwwellness.leadpages.co/7-day-healthy-habits-challenge/>



CLASSES//HEALTH AND WELLNESS//COACHING//PERFORMANCE TRAINING//
NUTRITIONAL GUIDANCE//WEIGHTLOSS

CONTACTS: Clay/ strongrfastrbettr@gmail.com /425.822.2206 EXT 126

Vicki/ fit2playnw@gmail.com /425.822.2206 EXT 122

SEPTEMBER SCHEDULE

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

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

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

MEMBERSHIP

WELCOME

JEFFREY CHEN
JUNIOR NON-EQUITY

AMAR KUMAR
JUNIOR NON-EQUITY

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

CENTER COURT CAFÉ

Hello Everyone!

Hopefully you've all been enjoying the tasty menu items we have available here at Center Court Café. We are continuously on the lookout for new ways to improve our menu and we value any and all feedback from our guests. I have some new ideas in the works for fall, as well as a couple salad ideas I will be serving up for lunch specials here within the next couple weeks. As always, I appreciate your continuous support and loyalty and look forward to seeing you soon!

Your friendly kitchen gal, Kaeli

September Weekly Specials:

9/6-9/9—Grilled Gouda Sandwich & Fire Roasted Red Tomato Soup

9/13-9/16—Cranberry Walnut Salad with Feta

9/20-9/23—Harvest Soup and Roll

9/27-9/30—Chicken Chili with Cornbread

BOOK CLUB

Our first title, *The Sympathizer*, is the winner of the 2015 Pulitzer Prize. It's a challenging start to our year of books, but I think it is an important book, one that offers much to discuss, especially in this present political climate. I look forward to seeing you in October to start off the year with a lively discussion! ~ Sandy Eacker

10-6-16 *The Sympathizer* by Viet Thanh Nguyen

11-3-16 *The Rocks* by Peter Nichols

12-1-16 *We Are Not Ourselves* by Matthew Thomas

1-5-17 *Long Man* by Amy Greene

SANDY'S GROUP MEETING INFORMATION

Where: Central Park Tennis Club

When: First THURSDAY of the month 12:30 – 2:30 (in the Board room)

Cost for the meetings is \$15.00 per session "at the door."

MIX UP FRIDAY NIGHT



Seahawks Themed

In honor of the Seattle Seahawks season opener
Sunday, September 11
let's kick the season off right with a
Seahawks Themed Mix Up Friday Night.
Wear your gear!

Details:

Date: Friday, September 9

Tennis: 5:30-7:00 pm

Dinner: Tailgate Style - Think Beer & Brats

Raffle Items for those who stay for Dinner

Cost: \$14.50 per person

Sign up today!

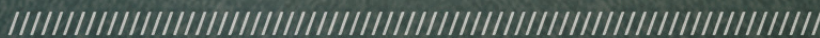
S E A T T L E T E N N I S A S S O C I A T I O N
P R E S E N T S

SEATTLE PRO TENNIS LEAGUE

SEPTEMBER 11, 2016



WITNESS THE BEST TENNIS IN SEATTLE



MATCHES START AT 4PM
CENTRAL PARK TENNIS CLUB





LAKE WASHINGTON DANCE BOOSTERS ARE HOSTING A CLOTHING AND TEXTILE DRIVE

START SAVING NOW AND HELP US STUFF THE TRUCK

ON SEPTEMBER 10th from 11 am to noon at CENTRAL PARK TENNIS CLUB

5820 125th LANE NE KIRKLAND

We all have unwanted textiles that are out of fashion, not needed, or no longer fit. Instead of discarding surplus clothing and household linens, give them a second life through Clothes for the Cause. Hosting an easy and profitable clothing drive allows these items to be re-worn, recycled or repurposed for the good of your cause and our planet.

This special collection can make a big difference in the many costs incurred by the team, including, but not limited to: uniform and accessory costs, travel expenses, and competition fees for our State Dance/Drill competition held in Eastern Washington each year.

Participation on this team enables us to continue to develop and improve our leadership skills, increase our respect for self and others, learn discipline, and strengthen our commitment to ourselves and community. Already this season, we have been hard at work and growing stronger as a team each time we come together.

Accepted Items:

Clothing new and gently used. SHOES paired only. TOWELS, STUFFED ANIMALS, HATS, SHEETS, BLANKETS, QUILTS, BEDSPREADS, DRAPES, PURSES, BELTS...All items must be dry, clean and in a tied plastic bag.

*We cannot take glass, breakables, electronics, pet beds, bed pillows, carpeting, uniforms, fabric scraps, hotel linens or items previously for sale at a thrift store

MASSAGE

I know many modalities and techniques - from the classic Swedish to the specific Myofascial work. I have been a massage therapist for 19 years and I am happy to share my skills.

My hours are expanding: Monday Tuesday Wednesday Thursday
10-3,6-8 10-3 10-3 10-3

My prices are \$70/1 hour massage and \$100/1.5 hour massage

I hope you find these changes convenient.

Book your next appointment:
<http://freeman.youcanbook.me>

I look forward to your massage.

With care,

Freeman



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Fax: 425.828.3141

www.eastsideautomotive.com

"Your Complete Automotive Service Center"



Hello Central Park Members,

September, 2016

Wilson Pro Staff BLOWOUT SALE!

All our 2015 Pro Staff racquets are now on SALE!! You won't be able to find these racquets at a better price ANYWHERE. Stop by Aces Tennis today and check them out before they are all gone!



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).

Aces Tennis will Match or Beat Our Competitor's Price

For the best deal on ANYTHING tennis, Aces will match or beat our competitor's prices! As a small business, customer loyalty is VERY important to us! We want you to shop with confidence and know you're getting the best deals possible. We strive to make your shopping experience at Aces Tennis a great one.

Thank you!

September tennis tip: Come demo racquets for free at Aces!

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



Alzheimer's Tennis Tournament & Fundraiser

We had over 32 players signed up for the tournament, 8 courts from 1-4pm. It was a lot of tennis and a lot of fun! Plus, you can't ask for better weather! Everyone enjoyed not only playing, but also bidding on silent auctions. At the end of the day, I believed it was a BIG success in raising money to support the Alzheimer's Association. **In Total, we raised over \$4,000 which exceeded our expectations!**

We received great feedback on how much fun it was and that was our ultimate goal. Not only that the money we raised is going to a great cause but also that everyone got to enjoy great tennis and gained new friends.

Many were touched that we created this event and hoped that we could do it annually. I certainly hope so!

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

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

Char

