

Baseline Newsletter

April 2017



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I've included a new picture this month. I've been informed that my previous picture was a bit dated, seeing as we've had a new baby and all. This picture was taken earlier this month, so I'm probably good through the end of my tenure in a few months.

This month I'd like to focus on the new clubhouse project, specifically what we plan to accomplish this year and, maybe even more importantly, what we don't plan to accomplish this year. Because I've been trained by the Department of Defense and the American legal system to use sub-headings when I write, that's how I'm going to handle this, too. So, here goes:

Not a Foregone Conclusion. The goal of this planning process is and has always been to start the conversation about a new clubhouse. It may be that building a new clubhouse is cost prohibitive. It may be that when all is said and done, the majority of the membership isn't interested in having a new clubhouse. My own view is that a new clubhouse is in the best near and long term interests of the Club and, at the right price, will be a worthwhile investment. Others will certainly disagree. The whole point is to start working through all of the important considerations so that we as a Club can make an engaged and informed decision.

Rumor Control. I've heard a number of very interesting rumors about the new clubhouse planning project, and none of them are true. My favorite rumor so far is that there's some plan to spring a huge capital assessment on the membership later this year. That's absolutely false. There is no plan for a large capital assessment this year. We aren't anywhere close to a point where we'd even consider a capital assessment at all, let alone this year. I have no idea where something like this would come from, but (one more time) it's completely false.

Goal for This Year. Our goal for this year is to have a set of very high level conceptual plans, a rough budget estimate based on those plans, and a few options to pull together the necessary financing. As I mentioned earlier, all of these deliverables will help us understand if it makes sense to consider building a new clubhouse at all, and if so, when we could realistically start.

Timeline. Based on the Club's current debt, the time for permitting and approval, and allowing the necessary time for the membership to engage with and be comfortable with any new building plan, if a new clubhouse construction project does go forward, it will be years down the road.

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

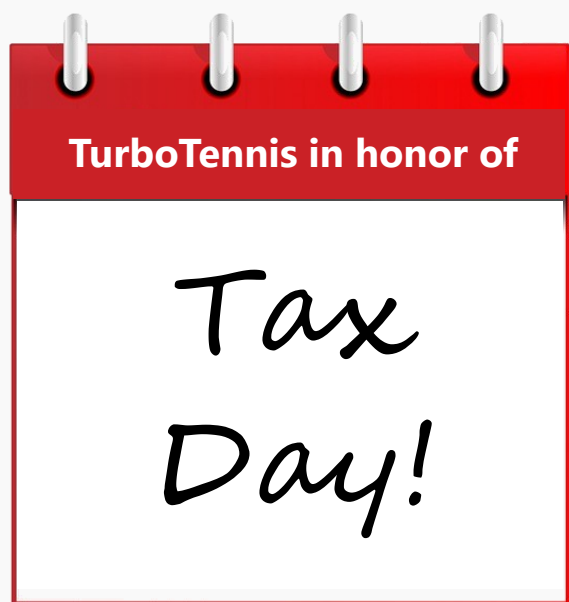


President
Matt Osborne

APRIL

Important Dates

Monday, April 3	Tennis Committee Meeting - 6:00 pm
Thursday, April 6	Facilities Committee Meeting - 6:00 pm
Monday April 10-12	Junior Tournaments - 1:00 - 4:00 pm
Friday, April 14	Mix Up Friday Night (TurboTennis) - 5:30 pm
Saturday, April 15	Easter Egg Hunt - 10:00 am
Saturday, April 15	Adult / Junior Mixer & Head Demo Day- 1:00 - 4:00 pm
Sunday, April 16	Happy Easter
Monday, April 17	1st day of Early Spring Junior Team
Monday, April 17	Membership Committee Meeting - 5:30 pm
Wednesday, April 19	Finance Committee Meeting - 5:45 pm
Wednesday, April 26	Board Meeting - 6:00 pm
Friday, May 5	Mix Up Friday Night (Cinco De Mayo Themed) - 5:30 pm



Beat the tax season blues with TurboTennis Mix Up Friday Night!

TurboTennis Drills: 5:30 pm - 7:00 pm

Dinner: 7:00 pm

Menu: "Poor Boy" sandwich bar, chips, salad and dessert

Cost: \$25 for TurboTennis & dinner

\$10 dinner only, \$15 TurboTennis only

Space is limited! Sign up today!

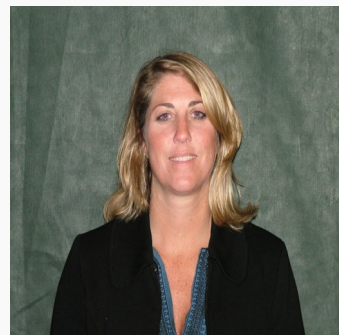
(Space: 32 TurboTennis, 40 social & dinner)

Must cancel by Sunday, April 9th to avoid charge.

MANAGER'S MISCELLANY

April showers bring May flowers?? What did all of March's rain bring us?

For those of you that traveled in the month of March, you did not miss anything weather wise; however, we did accomplish quite a few items on our to-do list. At the time of this publication, we should be done with courts 1-8 of the LED project and working our way through the New Building. We should also be in the midst of a drainage project between the Reed Building and court 14. We postponed this to a later start date because of the lighting delay and the obvious March downpour. Thank you for your patience while we continue with these projects and look forward to having them totally completed.



Vlad and Chris also took advantage of the down time to complete the painting of the front entry doors and add some much needed outlets for the ball machines that are in use constantly.

Arica has been busy interviewing and hiring for our front desk staff. With most of our college students leaving us the first of May, we are fortunate to have hired Allison for opening, Joshua for weekend closing and opening, and Victoria for weekend closing and mid shifts. We have a few more great candidates to bring on board, ensuring vast coverage for all our front desk needs and to fill in while Arica is on maternity leave. The end of April is her target due date and we couldn't be more excited for her – and a bit nervous – she has mentioned a few times – “if I go into labor” – whoa!

Samantha, Chad and Dea have been working diligently on the Summer Program offerings. Exciting things coming to CPTC this summer – the forms are out now or here is the online link.

(<http://cdn.cybergolf.com/images/1085/summer-camps-2017.pdf>) Now if we can just do the “sun dance” and have great weather, all will run smooth.

For those staying in town over Spring Break, the Tennis Staff is putting three days of a fun “team format” tennis event together for Bronze level and above (April 10, 11 and 12). It is limited to 12 juniors per day so make sure to sign up soon. Dea and Blakeley are planning some clinics for the Stars level, contact one of them if you are interested. And Chad and Phil have an Adult/Junior Mixer with Head Demos planned to follow the Easter Egg Hunt on Saturday, April 15. Interested in the Mixer? Contact Phil at phila@centralparktennisclub.com. The Easter Egg Hunt is always fun for the little ones. And good weather makes it that much better – fingers crossed.

A few housekeeping items:

PENS:

The pens on the tennis courts are made available for your convenience, not to damage the posts. Our maintenance staff spent a lot of time removing graffiti from the posts, please avoid the urge to doodle.

USTA TEAMS:

Please be aware of the tennis being played on court 1. Voices should be kept lowered or the socializing should be moved to another location.

GAMETIME:

The process of the weekly program sign ups on Gametime (<https://cptc.gametime.net/auth>) has slightly changed.

- Click “Classes & Events” tab on the top left of screen next to “Dashboard” and “Tennis”.
- Click on “Select” on event that you want - Spot is held for 5 minutes.
- Click “Register” and then follow prompts – you will get a confirmation page & email when you finish.

Bring on the sun!

Julie Wheadon - Club Manager

COMMITTEE REPORTS

FACILITIES | CHAIR KRISTEN GROBSTOCK

The Committee will meet Thursday, April 6, to review current projects. LED lighting upgrade, roof repairs and drainage off of court 1 are in process. Members brought to our attention graffiti located on the center posts of our tennis courts. Please remember the pens are made available to write down match scores. If the vandalism continues, the pens will be removed to avoid further damage.

Please mark your calendars for May 20, our annual Member Work Party.

MEMBERSHIP | CHAIR KIM SKORUPA

Did you know that there is a signup sheet at the front desk for people looking for games? If you are new to the club, this is a way to get your name out there and start meeting your fellow members.

Summer is coming -- we have to believe!! We are planning some fun events for the summer months. To kick off, we will be going to a Sounders Game in June -- look for more information. We will have a party bus to transport us to and from the event. In July we will be having a Mix Up and Luau party. In August, we will have our annual Summer Nights team competition and a wine tasting event. All Mix Up events will be Saturday night for the Summer in response to survey feedback.

Don't forget to take a moment to check out our new art display courtesy of Central Park's very own Phil Andsell.

We are actively looking to hire lifeguards for our 2017 summer season. If you or someone you know is qualified and interested, please reach out to Vlad at Vladr@centralparktennisclub.com.

The next Membership committee meeting will be April 17.



CUPS | CHAIR CHRISTINE GARNETT

On behalf of the CUPs committee, we want to thank the players and the captains who participated this season. Overall, Central Park teams had a great season and finished well. Just a reminder that if you want to appeal, forms are due April 7th and can be dropped off at the front desk. The Appeals Committee (Julie, Lisa and Chad) will review and make a determination by April 11th. Appeal forms were sent via email from Julie. They can also be picked up from the front desk or printed off of our website (please see the links below).

Reminder - sign ups for next CUPS season (2017-2018) are due May 1st.

Both the Appeal and application forms can be found on the member only portion of our website. Please see the links below.

http://cdn.cybergolf.com/images/1085/CUP-APPEAL-FORM-2017_2018-Season.pdf

http://cdn.cybergolf.com/images/1085/Cup-Application-2017_2018.pdf

COMMITTEE REPORTS

FINANCE | CHAIR MARTY MCCURRY

The financial condition of our club continues to be sound. As of February 28, 2017, our balance sheet shows cash totaling \$433,416. Also, our current ratio (current assets/current liabilities) is 3.4 to 1.0. Long-term debt is down to \$2,324,041 (from the original \$3,200,000 borrowed).

Net Ordinary Income (before depreciation and interest) was \$27,296 for the month, and \$76,777 for the year-to-date. The month's result was slightly under budget by \$2,119, but year-to-date was still \$7,829 better than budget.

Tennis lesson income and guest fees continue to be strong, exceeding budget. We expect to begin seeing a significant drop in utility expenses resulting from the conversion to the energy efficient lighting installation.

TENNIS | CHAIR NANCY GOLDBERG

The Tennis Committee was on hiatus in March and will resume on April 3.

Tennis Committee
was on
**HIATUS
IN MARCH**

WILL RESUME APRIL 3

NOMINATING | CHAIR STEVE FIELDS

The Nominating Committee has completed their work in selecting members who are willing to serve on the Board. Steve Fields chaired the Committee comprised of Roger Perrin (current board member), Tony Balkan, Carol Buckingham, Andrea Gerth and Bhanu Purohit. The candidates for election to the Board are Ronni Fields, Christine Garnett, Kristen Grobstok, Kerry Levine, Jim Muenz, and Kim Skorupa. Thank you to the Committee for their work and to the candidates willing to serve.

Election Process

Nominations will remain open to petition candidates for 25 days following date of publication. This can be accomplished by filing a petition signed by no less than 25 equity members with the Secretary of the Club, Susan Fascitelli-Finke. Ballots, with supporting biographical material and candidates' pictures, are mailed to membership no less than 20 days before our Annual Meeting in June, and no less than 40 days after date of publication of nominees' names.

The new Directors will be announced at the Annual Meeting of Central Park Tennis Club.

EXCITING JUNIOR PROGRAM UPDATES

Hello Members,

I wanted to use this opportunity to write about the exciting changes we have made to our junior programs and highlight some new opportunities coming to our Stars summer camps.

New additions to the junior program:

- Juniors are receiving evaluations filled out by the pros each session to track their progress.
- We have added Friday match play every week to get juniors ready for competitive play and to strengthen their skills.
- We have added Tuesday and Thursday classes to the Stars 10-and-under program to invest in our younger players.
- We have extended our highest level classes (Silver and Gold) to 2 hours adding an extra half hour of pro / junior training time.
- Our pros are traveling to tournaments to support and provide feedback for our tour level juniors.
- Each session our pros are sending parent/junior email communication about signups and upcoming events and tournaments.

Dea is now a member of the [PNW Coaches Commission](#) with the USTA whose goal is to create a strong network of coaches to grow the future of American tennis.

We have exciting changes coming to our Stars summer camps. We are offering an all-day week-long camp for Green and Orange Stars and a half-day week-long camp for Red Stars. Signups are now available on our website as well as at the front desk so make sure you don't miss out on the action.

Here are some of our new summer camp activities:

- Every day will have match play for our 10 and under camp participants
- We will lead daily fitness and agility training for camp participants.
- We are offering art classes for our Orange and Red level Stars hosted by AL Studio.

To keep up with the changes and growth of our programs over the last few years we have increased our pro staff. Jeff Eicher, Dea Sumatri, Ethan Vaughn, and Blakeley Bean each brings something unique to our program and makes our team at Central Park the best around. If you see them make sure to say hi.

I'm proud to be a part of this thriving tennis community.

Chad Smith
Tennis Pro



FITNESS COURT

SPRING has SPRUNG!

It's time to get outside and play! One thing that will make all those activities easier and maybe more enjoyable is a STRONG CORE! A what? And how will that make a difference?

Having a strong core, from the shoulders down to your hips, will help you generate more power, be more stable, help with back pain and even help you stand taller!

It doesn't matter what sport or activity you enjoy, having a strong core is important if you want to get the most out of what you do. But, regardless of any activity, having a strong core may make day to day activities more enjoyable and maybe less painful, which is a good thing, right?

So, if you are a runner you may want to checkout this article from Runners World. Having a strong core will help you run more efficiently and faster by strengthening the muscles used as you push off and may even help eliminate or lessen post running aches. <https://www.runtastic.com/blog/en/sports-fitness/top-6-core-exercises-you-should-be-doing-if-youre-a-runner/>



Maybe cycling is your thing; having a strong core will help with stability and generating a more powerful pedal stroke. Check out these core exercises and see what you think, you may find an old favorite or new go to! <http://www.bicycling.com/training/strength-training/how-to-train-the-most-important-core-muscles-for-cycling/slide/5>



AND, last but not least....you didn't think we would forget this one, did ya? ;)



If you have been trying to improve your tennis and it's just not happening, maybe it's time for some core activation. Having a strong core will help with your balance, stability, and help avoid overuse injuries, all good! Check out these exercises and see how you can fit them into your day, the nice thing is they can be done anywhere. :) <http://www.active.com/tennis/articles/7-core-exercises-every-tennis-player-should-do>

-Vicki Runnels

Looking to strengthen your core? Contact us!

Vicki: fitthealthyou@fit2playnw.com, 425.822.2206 Ext 122

Clay: clay@fit2playnw.com, 425.822.2203 Ext 126

SERVICES: performance training for kids and adults//Health Coaching//Small Group Training//Personal Training//Boot Camp am//Boot Camp pm//Fit'n'45.

"it comes down to one simple thing: HOW BAD DO YOU WANT IT?"

WELCOME NEW MEMBERS

MELODY JONES
FAMILY EQUITY

Sorry we missed you!

Please submit a photo soon!



Good luck and well wishes to our resigning members. We will miss you!
Tyler Martin & Casey Lesoing

GREGORY ROBERTS
SINGLE EQUITY

I grew up in the area playing a lot of tennis with my family. I played at Mercer Island High School and also grew up playing at the Mercer Island Country Club. I have taken a long break from tennis and look forward to getting back into it. I currently live on Mercer Island.

CENTER COURT CAFE

We have some exciting news to share with you! Our menu is in the process of being revamped and will be revealed on Monday April 3rd. The menu will feature new sandwiches, wraps, and salads as well as new ingredients and pricing. Printed menus will be available at the ordering counter and front desk. We will no longer have lunch specials planned in advance and posted on the website, they will be different almost every day and posted on the white board in the café.

Starting April 1 - the café will reopen at 7pm instead of 6pm on Tuesdays & Wednesdays.

The café will be closed during the evening of Tuesday, April 11.

I'm really looking forward to the new items we have available, if you have any questions or comments regarding the menu, please don't hesitate to visit me in the café between the hours of 10am and 2pm. I'd be more than happy to answer any questions for you.

Kaeli -Kitchen

DEMO RACKETS

Looking to try out a new racket? Stop by the pro office to demo the latest Head & Wilson rackets! For more information or to request a specific demo, please email one of the pros below.

Wilson rackets - Lisa Moldrem - Lisam@centralparktennisclub.com

Please see page 12 for a list of available Wilson demos as well as the Wilson Player ID which will help you determine which racket will best suit your playing style.

Head rackets - Phil Ansdell - Phila@centralparktennisclub.com

Head rackets - Chad Smith - Chads@centralparktennisclub.com

For questions regarding **Babolat rackets**, please contact Ethan Vaughn
EthanV@centralparktennisclub.com.

JUNIOR TEAM CAMPS

SPRING BREAK CAMPS

Hey Juniors, want to keep playing during the Spring Break?

Coach Dea and Coach Blakeley are offering a Two-Day Spring Break Camp for kids who want to work on their game. We will be working on your groundstrokes, volleys and serves and how to use them to win the points. Hurry up and sign up as the space is limited to only 12 kids per level. First come, first served. We are looking forward to working with you!

Wednesday April 12th and Thursday April 13th

Orange Stars I, II, III --- 1:00-2:30pm

Green Stars I, II --- 2:30-4:00pm

Bronze & Bronze Tour --- 4:00-6:00pm

Pricing:

Orange Stars & Green Stars: \$80/person for 2 days, \$45 if just 1 day

Bronze & Bronze Tour: \$110/person for 2 days, \$60 if just 1 day

--- priority goes to the juniors who signed up for 2 day camp ---

Sign up or Questions: deas@centralparktennisclub.com

Thank you! - Dea

SUMMER TENNIS CAMPS

The 2017 Summer Tennis Camp Registration forms are now available at the front desk and on our website! (<http://cdn.cybergolf.com/images/1085/summer-camps-2017.pdf>). Members have priority sign up until May 24.

JUNIOR TOURNAMENTS

Format:

- Davis/Fed Cup - 2 teams
- Sign up for 1, 2 or 3 days
- Limited to 12 juniors
- Dates: April 10 - 12
- Time: 1-4pm
- Cost: \$20 Includes: 3 hours of tennis matches & a party!

Sign up starting today!



ADULT / JUNIOR MIXER & HEAD DEMO DAY

When: Saturday, April 15 from 1-4 pm

Cost: \$10 (includes snacks)

Sign up: Contact Phil (phila@centralparktennisclub.com)

EASTER EGG HUNT

Easter Egg Hunt! Saturday, April 15 at 10:00 am sharp! (meet in the CPTC Clubhouse)
This event is free to all members! Bring your baskets! RSVP at the front desk!



USTA MXD 40+ & 55+ TEAMS

USTA Mixed 40 (deadline is April 15) and Mixed 55 (deadline is May 1) teams need to email their team roster to Julie (juliew@centralparktennisclub.com) to receive the link to sign up for a team.

Interested in playing on a team? Please contact the captains below!

Captains to date:

Mixed 55+ 7.0 - Larry Ho

Mixed 55+ 9.0 - Dundeeana Doyle

Mixed 40+ 9.0 - Dundeeana Doyle

Mixed 40+ 8.0 - Daniel Avery

Mixed 40+ 8.0 - Kim Skorupa

Mixed 40+ 8.0 - Bhanu Purohit

Mixed 40+ 7.0 - Kristen Grobstok

Mixed 40+ 7.0 - Carla Stanford

Mixed 40+ 7.0 - Mary Czerwinski

Mixed 40+ 6.0 - Colleen Grobstok

40+ PLAYOFF TEAMS

We are so proud of our Central Park Women's 40+ 3.0, 3.5, and 4.0 USTA teams that are advancing to playoffs April 21-23! Congratulations ladies on all of your hard work!

3.0 - Tara Darrow's Team: Mary Towey Pope, Shelly Enstrom, Lynda Carlson, Pamela Keenan Fritz, Marcia Chapman, Shannon Christiansen, Renee Bibeault, Chairuna Antono, Chrissy Avery, Susan Furst, Kaylee Nilan, Deb Nielsen, Janice Malos, Susan Rooney, Rhonda Mishalanie, Tara Darrow, Sandy Gurtler, Coreen Robbins, Colleen Grobstok.

3.5 - Joanna Bengford's Team - Tracy Noffsinger, Cathy Long, Denise Stumpf, Joanna Bengford, Carla Stanford, Karin Fusetti, Amy Cooley, Colleen Wurden, Leigh Ann More, Moira Scully, Nancy Yen, Anne Boyer, Janet Scott, Zhanbing Wu, Mistie Iseman, Nancy Goldberg

4.0 - Gillen Keogh's Team - Mistie Anderson, Carol Lelivelt, Carolyn Tanksley, Shauna Miller, Beth Hom, Dianne Discolo, Jodi Paulson, Lori Aagard, Donna Massoth, Linda Baker, Deb Stratton, Cynthia Turner, Andrea Gerth, Jennifer Ross, Beth Hom, Julie Dorr, Marilou Rolfe, Margaret Zimmerman, Mei McRae, Cheryl Leidle, Susan Hunt, Cindy Turner, Andrea Gerth, Jennifer Ross, Joy Roush.

Partial Team Photos



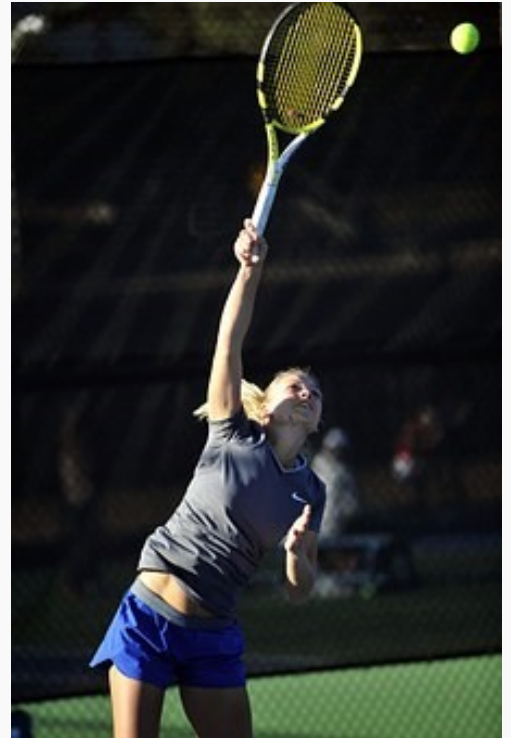
MESSAGE

Ball Toss: It is a pleasure to serve...massage to you. Use my skills to your advantage. It is an easy lob...to make an appointment.

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<http://Freeman.youcanbook.me>

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Freeman



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- Burn FST 99
- Burn Countervail 100 S
- Burn 100 LS

Attacker

- Blade 104
- Steam 105 S

All Courter

- Blx Five 103
- Ultra 103 S
- Ultra 108
- Ultra xp 110 S
- Ultra xp 100 LS

Juniors transitioning to an adult racket should consider:

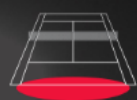
- Burn 100 ULS
- Juice 100 UL

What do the numbers and letters mean?

- The numbers are the head sizes.
 - Smaller numbers mean smaller head sizes (99,100).
 - Medium numbers mean medium head sizes (103, 104, 105).
 - Larger numbers mean larger head sizes (108, 110).
- Letters stand for spin and weight of the racket.
 - S = Spin
 - L = Light
 - UL = Ultra Light

What style of player are you?

- Check out the visual below from Wilson.com to determine which racket will best suit your game.

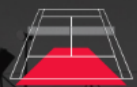


baseliner

Battle From the Baseline with Consistency and Speed

- Prefers to play from the baseline
- Bases their game around powerful and consistent groundstrokes
- Tends to move well laterally to run down balls

SHOP BASELINER



attacker

Attack the Ball Early to Dictate Play Inside the Baseline

- Designed for aggressive play and a variety of shots
- Takes the ball on the rise and takes advantage of the short ball
- Confident moving forward and laterally
- Wants a racket with feel and precision to control their own power

SHOP ATTACKER



all courter

Versatility From All Corners of the Court

- Plays a mix of doubles and singles
- Hits shots from all corners of the court
- Wants a racket that is comfortable, maneuverable and powerful