

# Baseline Newsletter

## May 2018



The weather is thankfully getting better, the days are getting longer and we're getting ready for summer. You can help by participating in the member workday and BBQ on May 12 beginning at 9:00. We'll make sure there is a task assigned to you that is in your sweet spot. As a member-owned Club, it's great to put in a little elbow grease in for some Spring cleaning. You can sign up at the front desk.

Here's your friendly reminder that the open enrollment period for current members who want to change their membership to the new structure closes May 15. I've had the chance to talk to many members about their options, and am happy to discuss with any others who still have questions. Feel free to track me down at the Club, email me at [dundeanadoyle@gmail.com](mailto:dundeanadoyle@gmail.com), or give Julie Wheadon a call. If you want to stick with the current structure, no actions is needed, and please remember that if you make a change, you can't change back.

The third membership feedback meeting on the new clubhouse planning project was held in early April. Thanks to Matt Osborne for hosting the meeting and to those of you who attended. The Board very much appreciates member input and as a result of a suggestion at this most recent meeting, the Board endorsed the idea of developing a remodel "light" option, which has as its singular goal improving our locker room facilities. We will continue to share updates to our planning process as we make progress on this important initiative. And I just want to reiterate that no project will proceed without a member vote.

Speaking of feedback, thanks to those of you who responded to the online survey regarding our cardio equipment. We will be conducting a more comprehensive membership survey in May or early June and hope you will take the time to complete it. This is one important way for the Board and Committee Chairs to better understand areas of member concern and opportunities for improvement.

That's all for now – cheers!



Dundean Doyle  
Club President

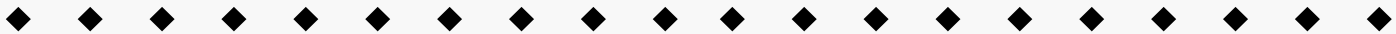
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# MAY

## Important Dates

Tuesday, May 1	USTA Team Registration Deadline (Mixed 40+ & 55+)
Wednesday, May 2	Women's Cup Application Deadline
Saturday, May 5	Mix Up Saturday Night - 4:00 pm
Saturday, May 5	Happy Cinco De Mayo
Saturday, May 12	Member Work Party & BBQ –9 am—12 pm
Sunday, May 13	Happy Mother's Day
Monday, May 14	Cup Committee Meeting - 1pm
Monday, May 14	Tennis Committee Meeting - 6pm
Tuesday, May 15	Facilities Committee Meeting - 4:30 pm
Wednesday, May 16	Finance Committee Meeting - 6:00 pm
Wednesday, May 16	Registration Deadline for Late Spring Junior Team
Saturday, May 19	May Money Slam-11:30am -5:30 pm
Sunday, May 20	Last day of Spring Junior Team
Monday, May 21	First Day of Late Spring Junior Team
Monday, May 21	Membership Committee Meeting - 5:30 pm
Wednesday, May 23	Board Meeting - 6:00 pm
Friday, May 25—Monday, May 28	No Junior Team



***And in June – BACK BY POPULAR DEMAND...***



Join us for an evening of Seattle Soccer & Fun!  
Sunday, June 9<sup>th</sup>  
Sounders vs. DC United  
(Adults only)



**\$65 per person** *(includes ticket and round trip transportation on the Big Woody Party bus.)*

Bus leaves at 5:30 pm and returns approximately at 10:30 pm. Contact [Laurie](#) if you are interested.

# MANAGER'S MISCELLANY

Have your allergy sniffles started yet? I think after that weekend of torrential down pour a lot of us were hit. After the last little bit of sunshine and some more rain, we will begin our pressure washing of outdoor courts the first of May. We will keep you posted on our schedule and share updates with you as we move forward.



With the completion of our Fitness Cardio survey, the Facilities Committee has reviewed the information to determine that the elliptical machines are popular and there may be a need to get a treadmill sooner rather than later. Some of you have inquired about the screens and TV reception – those are analog televisions that have to run through a system to bring out the digital picture. As we transition in new equipment, your committees will make recommendations on TV or no TV. The survey was quite mixed on the importance with the availability of Wi-Fi and watching on your tablet.

The survey feedback also enlightened us that many of you thought the multi-purpose room was for classes only. Members can work out in there when the room is not in use for boot camp and group personal training. The room hosts spin bikes, two rowers, treadmill, elliptical machine and a lot of additional work out equipment. Feel free to check it out when the other workout areas seem busy.

Your Tennis Committee also has put in a request to replace a ball machine. We will be bringing in another ISMASH (currently located on court 8) to enhance your tennis game. For those of you that have not tried out the ball machines – we currently have 3 in rotation. Ball machines are to be used primarily on courts 5 or 6, 8, and 9; they cannot be reserved during Prime Times. Court 9 ball machine cannot be reserved while a Cup or USTA match is being played on Courts 10-12. Practice balls must be collected, ball lint swept from both ends of the court, and all equipment stowed by the start of the next court session. Each user is encouraged to discard 2-3 soft and worn out balls during each session. The staff will cycle in fresh practice balls. A fee is charged for use of a ball machine. Ball machines are available to be used in 45 minute or 1½ hour sessions. If you have questions on how to use the ball machine, ask one of our tennis pros if they are available or you can find Vlad, Chris or mel to walk you through it.

We hope to see you at our Member Work Party May 12. The Facilities Committee has quite a few projects that we could use help with – it's a great way to pitch in and meet a lot of members in a different atmosphere – plus a BBQ – how can you pass it up?? Sign-up sheet is out - we would love to have you here to participate.

Other exciting news!!!

- Memorial Day weekend we are back to pool time! We will have the pool open Friday, May 25 through the holiday, and then will be on a weekend only schedule until school is out. Please check this newsletter for the policies for kids using the pool.
- Women's Benefit Challenge is right around the corner – Lisa and the associated clubs have found a great benefactor for this fun event that includes Bellevue Club, Pro Club and Mercer Island Country Club. Watch for more information to come.
- We have a great slate of Board candidates for this year's election. Ballots will be available mid-May and the results will be announced at our annual meeting scheduled for June 20.

Look forward to seeing you here – we have a lot going on this month and looking forward to seeing more sunny days!

Julie Wheadon  
Club Manager

**Congratulations to Theo McDonald. This talented tennis player has accepted an offer and will play for University of Kentucky! Please wish him luck and success!**

# COMMITTEE REPORTS

## FACILITIES | CHAIR BRIAN DARROW

Thanks to all of you who participated in our mini-online survey regarding the Cardio Equipment. While we gathered a bunch of valuable info, it was obvious that our immediate need is to replace the Elliptical machine which we will be looking into. We also realized that we need to make members more aware of the additional fitness equipment (bikes, elliptical, rowing machine) that are available for use at any time (except during classes) in the multi-purpose room.

In regards to other club improvements: remodel work is almost complete on the doors from the lounge area to the patio just in time for the good weather. Also, additional remodel work in the lobby/kitchen to be started soon to enhance food service options.

Lastly, the annual Members work party is scheduled for **Saturday, May 12<sup>th</sup> from 9 am to noon**. Please block out this time on your calendar and plan to show up to help make Central Park the best club it can be.

## MEMBERSHIP | CHAIR CAROL BUCKINGHAM

It is only April, but the Membership Committee is already thinking about summer! Look for information on another Sounders Bus excursion scheduled for June 9<sup>th</sup>. Also mark your calendars for the Luau on July 28th. And the Summer Team Challenge will be in early August.

We have had a good spring, with a Brats and Beer tasting mix-up on April 13th with 10 Barrel Brewing. Our May mix-up is right around the corner, on Cinco De Mayo (May 5th). Thanks to everyone for your support of our club and its activities!!

## FINANCE | CHAIR ROSS LAURSEN

The majority of our April Finance Committee meeting was spent in discussions about the new clubhouse planning process. Matt Osborne was nice to come at our regularly scheduled meeting to share his status and next steps. Various activities are currently underway including getting stronger guidance on construction costs of different project options. Separately, I've done some financial modeling with preliminary estimates and the committee had its first round of discussions regarding how a potential project could be structured and financed. Included in that discussion, we discussed how other clubs have financed similar building projects. My wheels have started churning and I will be putting together some proposals for Matt, the Finance Committee, and eventually the Board to consider. The Finance Committee also heard monthly financials. Lesson and other tennis revenues continue to outpace budget projections, contributing to positive net income for the month once again. A redraft of financial internal controls and procedures will be reviewed over the next month and discussed at our April meeting.

## TENNIS | NANCY GOLDBERG

**Changes Coming to Women's Programs** - Starting in May you'll see some changes.

Saturday Morning Women's Doubles started in late fall on a trial basis. After an initial surge of interest, participation has waned. This may coincide with the height of the USTA season or just other playing opportunities, but this trial program will no longer be continued. The last day for Saturday Women's Doubles is May 5.

Tuesday Night Women's Night will have a new format. Designed to increase interest and participation, this program will move to once-a-month on the first Tuesday with a multi-level, four-court event with a Pro mix-in. The goal is to re-invigorate this into a fun and more social event. (And don't worry...there will still be courts available for member reservation.) The last day of the current program is May 1, and the new program commences June 5.

Wednesday morning Women's Team Tennis remains a vibrant program and will continue as is.

Remember, member feedback is crucial to providing good tennis programs for the Club. Keep it coming!

## CUPS | LYNDA CARLSON

Focus for the committee has been getting set up for next year. We had 24 total appeals requested; 18 were approved. May 2nd is the deadline to sign up for next season. If you need help finding a partner you can contact Lisa Moldrem or Lynda Carlson. We will do our best to help you find a partner or a trio.

## BRATS & BREW MIX UP



## WELCOME NEW MEMBERS

### DEREK MATTHEWS

Derek is a 3.5 player who has been back playing for less than a year after a 25 year break. He has his own law practice and specializes in commercial real estate transactions and insurance regulation. Moved to Kirkland last September after 15 years on Bainbridge. He has a daughter at Willamette University and a son heading to Gonzaga in the fall.

### TOM ROWLAND

Tom, a recently retired attorney, is a mediocre but enthusiastic tennis player. He enjoys drills and just rallying as well as playing matches. When on the court Tom is obsessed with having fun to the exclusion of all else except getting in a good workout. He imagines himself a 4.0, but can frequently be found playing at a 3.5 level and on rare occasion – for a point or maybe two – can be mistaken for a 4.5. He prefers to play mornings and afternoons. Tom is an avid skier and cyclist and former Masters Track competitor. Other than that Tom and his wife like to travel and do family stuff



**ERIC and TWLYA BAIRD**  
**STEVE and DORI WEST**  
**SHU FEN HUANG** *(Seasonal)*  
**SWAIN PORTER** *(Return from LOA)*  
**DAVE RUMPF** *(Return from LOA)*

**Leaving but returning –**  
Dan Singer *(Social)*  
Steve and Maggie Maita *(Seasonal)*

*Really leaving and to be missed!*  
*Kim and Stephen Boyle,*  
*Jan and Barb Koslosky,*  
*Paul and Karen Stoddart,*  
*Jerry and Peggy Riedinger*

# PRO'S COURT

As USTA season is in full swing, I am going to share you a few of my top key doubles tactics that would help you and your partner play high percentage tennis and do well in your matches. Here we go:

## 1) Take away the net from your opponents

Although the doubles game has changed recently and more players are playing from the backcourt, it is still a volley game. The best teams are those that control the net. Practice your volley and make sure you are comfortable serving and volleying and returning and coming in if you want to succeed in doubles.

## 2) Hit Low Volleys Back to the Opponent at the Baseline, High Volleys Hard at the Feet of the Opponent at the Net

When at the net hit the low volleys back to the opponent at the baseline. Only hit to the opponent at the net when you can hurt him/her. That is, when you have a high volley that you can attack.

## 3) The Player Diagonal to the Shot Covers the Middle

A common misconception in doubles is that the player with the forehand volley takes the shots through the middle. Based on the geometry of the court, the player diagonal to the ball will always have a much better chance of covering the center of the court.

## 4) When at the Net with your Partner Back Find a Comfortable Balance Between Never Looking Back and Always Looking Back

When at the net with your partner back there are two schools of thought: Some coaches think players should never look back, other coaches think players should look back. The answer is probably somewhere in between. Try both ways, experiment and then pick what works best for you. The key is to know whether your partner is in offense or defense positions then you can adjust your position.

## 5) Ongoing Communication is the Key to a Good Doubles Team

Great doubles teams are always communicating – during points, between points and on the change-overs. Make sure you are constantly communicating with your partners. Make sure you touch base on how each one is feeling, encourage your partner and make sure each one know how you want to start the point.

This is just the tip of the iceberg for doubles tactics. Try these and let me know your success stories. To work on these tactics on court, please feel free to contact me for doubles lessons for your USTA teams or doubles partners. Good luck with the season!



Dea Sumantri  
Tennis Pro

*Congrats to these hard working tennis players!*

Early Spring Jr. Team Winners	Player of the Session	Most Improved	Competitor of the Session
Gold	Alex Levine	Josh Davydova	Ashley Chinn
Silver	Jacob Ye	Collin Neal	Kaitlyn Giroto
Bronze	Daniel Domingos	Lora Kwon	
Green Stars	Kevin Chan	Emily Chu	
Orange Stars	Andrew Chu	Nuha Hussain	
Red Stars	Magnus Porter	Kate Chen	

**JUNIOR TEAM – LATE SPRING SESSION**

*Central Park Tennis Club*

**LATE SPRING  
JUNIOR TEAM**

**May 21—July 1**

**Registration Deadline: May 16, 2018**

**Current Session Ends: May 20, 2018**



*Central Park Tennis Club*  
**TENNIS  
SUMMER CAMPS**

WEEKLY CAMPS  
JULY 9 - AUGUST 23

.....  
**Sign up today!**

## Central Park Cookbook?



Central Park receives many praises from other club players for our good food after USTA and Cups tennis matches. There are also many team party potlucks at the Club as well as members' houses celebrating birthdays, team season endings, etc. Based on that, several people have brought up the idea of CP putting together a cookbook of favorite recipes used in potlucks and other events, the proceeds of which could be used to donate to a charity to-be-determined. To make this happen, we're looking for volunteers to form a committee and/or make donations of your most popular recipes. Please contact me if you'd like to help so we can get started!

Cindy Zens [czens@comcast.net](mailto:czens@comcast.net)



## FITNESS COURT

# Adventure Awaits You!

**Summer** is approaching and the great outdoors is calling! We have a host of opportunities to get, explore and take in nature. Not only are these activities great exercise but getting back to nature can improve our sleep, our mood and help us de-stress and a host of other health related benefits. AND you get to hang with some fun people!

### Summer Events:

North Bend to Cle Elum-June 8-9<sup>th</sup>

Rising Point Fundraiser-July 21<sup>st</sup>//An organization that empowers kids through soccer

Chelan Epic Ride-July 29-31<sup>st</sup>

Enchantments Crossing-August 16-17<sup>th</sup>

*"In every walk in nature one receives far more than he seeks" John Muir*



Contact Clay for Information: [Clay@fit2playnw.com](mailto:Clay@fit2playnw.com)//206.595.3021

**SERVICES:** Performance training //Health & Wellness Coaching//Small Group Training//Personal Training//Boot Camp am//Boot Camp pm//Fit'n'45.



**COME JOIN US!!** Have **FUN, LAUGH** with friends AND get **FIT2PLAY!**

## FITNESS COURT

Did you know that average Americans consume ~76 grams of sugar per day? That's equal to 19 tsp/day or 96 pounds of sugar a year, wow! We know sugar has been linked with cancer, heart disease, depression, diabetes and weight gain, but they are also finding a connection to mental decline, dementia and Alzheimer's.

Sugar goes by many names, sorbitol, dextrin, rice syrup, ethyl maltol and carob syrup to name some and there are about 50+ more names for the sugar in foods!



A few tips to get the sugar under control:

1. Stay hydrated. We can confuse being even slightly dehydrated with hunger.
2. Eat balanced meals. Think healthy fats, and protein along with a quality complex carbohydrate; you'll feel satisfied longer and keep your blood sugar stable.
3. Have good snack options available. Nuts, fruit, quality yogurts...

Contact Vicki// [vicki@thewellfitlife.com](mailto:vicki@thewellfitlife.com) 425.822.2206 ext. 122

Contact Clay// [clay@fit2playnw.com](mailto:clay@fit2playnw.com) 425.822.2206 ext. 126



# Pool Opening!!!

## LIFEGUARD HOURS

The pool will open Friday, May 25th from 3:00 pm - 8:00 pm.  
Weekends ONLY from May 26th - June 22nd, lifeguard hours are 11:00 am - 8:00 pm.  
Starting June 23rd, lifeguard hours will be Monday-Sunday from 11:00 am - 8:00 pm.

## ADULT SWIM

The pool is open to adults (over the age of 18) during normal club hours Monday - Sunday.  
Anyone 17 years or younger may only use the pool when a lifeguard is on duty.



## POOL GUEST FEES

All members and their guests must sign in with the front desk.  
There is a \$5 swim guest fee that either the guest or accompanying member must pay.

## SWIM LESSONS

To schedule a swim lesson, please contact our Swim Instructor:  
Nick Gerth 425-241-2007.  
30 minute lesson = \$20  
Group Lessons \$30, each additional \$10 per person up to 4 people

## POOL RULES

\*Swimmers must bring their own towels\*  
Cleansing shower required before entering the pool  
Take children to the bathroom before allowing them to swim  
No swimming with diapers (must wear swim diaper)  
No glass in the pool area  
No food or drink allowed in the pool water  
No running or horseplay allowed in pool area  
No person with a communicable disease may use the pool  
No person under the influence of alcohol or drugs may use the pool  
Please go easy on the sunscreen  
Any person refusing to obey the rules is subject to removal  
Proper hygiene by everyone is strongly encouraged!

## REQUIRED BY LAW

No one 17 years of age and under may use the pool when a lifeguard is not present,  
even if a parent is present.

Children 12 years old or younger must be accompanied  
by a responsible adult that remains at the pool or pool deck at all times,  
(with a lifeguard present).

# WHAT'S HAPPENING THIS MONTH?



**SATURDAY, MAY 5**  
**CINCO DE MAYO**  
**MIX UP!**

**TENNIS: 4:00 - 5:30 PM**

CATERED DINNER & SOCIAL TO FOLLOW  
**INCLUDES: TACO BAR & 1 HOMEMADE MARGARITA**  
COST: \$23 (SOCIAL ONLY \$20)  
REGISTRATION DEADLINE: MAY 1  
MAX: 32



## Member Work Party & BBQ

Saturday, May 12<sup>th</sup>  
9am - 12pm

Help us get the club ready for summer!

We would love to see you there!  
Sign up at the front desk today.

*Sunday, May 13<sup>th</sup>*  
*Special treat for Mothers*  
*at the front desk*



## **MAY MONEY SLAM** --Round Robin Doubles

Date: Saturday, May 19

Time: 11:30-5:30 pm

Format: 16 for each event – Men and Women

3.5 and below draw (11:30-2:30 pm)

Winner/Runner up cash prizes

Cost: \$15 per person

**No need to sign up with a partner**

4.0 and above draw (2:30-5:30 pm)

Snack food



*Sign-up sheet goes out Friday, May 4th*

## USTA TEAMS TO DATE

The USTA Team Registration Deadline for Mixed 40+ & 55+ is today (May 1). Below are the current to-date. If you are interested in playing on a team—please sign up on the sheet located at the front desk.

### Teams to date: 40+

Mixed 9.0	Dundeana Doyle – dundeanadoyle@gmail.com
Mixed 8.0	Dundeana Doyle - dundeanadoyle@gmail.com
Mixed 8.0	Kim Skorupa – KimSkorupa@msn.com
Mixed 8.0	Bhanu Purohit – bhanu274@gmail.com
Mixed 7.0	Leslie Bouton- bouton@md2.com
Mixed 7.0	Mary Czerwinski – marycz@microsoft.com

### Teams to date: 55+

Mixed 8.0	Mara Ferrari – ferraritennis@comcast.net
Mixed 7.0	Mary Czerwinski – marycz@microsoft.com
Mixed 7.0	Karen Schmitz – kschm10165@aol.com
Mixed 7.0	Maria Borgen – scborgen@me.com
Mixed 6.0	Mark Greenlaw – MGreenlaw@msn.com

## USTA TEAM to SECTIONALS

Congratulations to our Men's 3.5 40+ CPTC Team advancing to Sectionals August 24-26 in Lake Oswego, Oregon at Mountain Park!

Team Paulson: Shu Chen, Scott Mullet, Jack Goldberg, Dan Stumpf, Craig Neal, John Thekkethala, Walter Paulson, David Koh, Robb Glenny, Wiryanto Antono, John Iwanski, Michael Hull, Oliver Graves, Bill Skilton, Howard Behr, Marvin Mall, Asif Hussain, Christopher Kim.

## ANNUAL WOMEN'S BENEFIT CHALLENGE – JUNE 4

Save the date! The 30th Annual Women's Doubles Benefit Challenge & Charitable Event benefiting Ronald McDonald House is scheduled for Monday, June 4.

Levels: 6.0, 7.0, 7.5, open.

Participating clubs: Central Park Tennis Club, Bellevue Club, Mercer Island Country Club and Pro Club. Registration forms and more details will be released in May. Stay tuned for more details!



# MASSAGE

Hello Members,  
Wow! I am glad to have brought you my Sports Massage skills throughout the month of April. Want more? I am expanding my business hours on Wednesday evening 6pm-8:45pm. Come tell me what you want.

Come find me Wednesday, May 16 in the Reed Building from 6-8:45pm.

Play well,  
Be well,

Freeman



# ADVERTISING

Thinking of a Move?

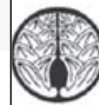


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