

Baseline Newsletter

November 2018



Welcome to November! The USTA 18+ Mixed season is winding down, the 55+ season is winding down, we just started a new session of the Junior program and it's time to thinking about budgeting. We will be looking at a 2019 Budget at the November Meeting. To help our planning, the board approved funding to have an independent company do a Property Condition Assessment. This company will do an extensive review of our property and help us to plan our capital projects.

The facilities committee is moving forward with plans to enhance the viewing area outside the Reed building. This will include new cabinetry and integration of the refrigerator into the main viewing area. In addition, they are continuing to look at adding a restroom to that area.

One of the most frequent pieces of feedback we have received from the survey was regarding the cleanliness of the club – we are looking at new companies to perform our nightly cleaning. We hope to have a new service in place by the beginning of the year.

The Tennis Committee and the Board approved a request to be one of the host sites for USTA 18+ Adult sectionals in August 2019, however the USTA was unable to find additional Clubs in the area to support the event and will be moving it back to Portland.

Look for signups for a “Workout for a Cause” hosted by Clay on November 4th. Bring a food donation to participate.

You may have noticed some improvements to our kitchen area, most notably our new refrigerator. We have also brought in Molly’s sandwiches and salads to enhance our offerings. We are also looking at some additional vendors to further expand our selection. Please see the front desk for a list of offerings and give it a try and let us know what you think.

Our waitlist continues to be strong at 40 people, we have a lot of new members coming into the club this month – 9 new memberships including our very first member in the new Equity structure we approved last year. We can all be ambassadors of the club by encouraging people we meet on the court to take a tour.

Have a great month of November, I look forward to seeing you on the courts or around the club!!

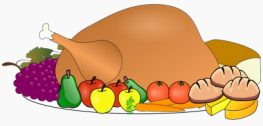
Kim

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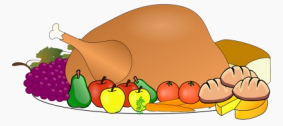


President
Kim Skorupa



NOVEMBER

Important Dates



Thursday, November 1	Silent Auction Opens 6am (Hosted by CPTC Cups)
Sunday, November 4	6th Annual Workout for a Cause - 10 am
Tuesday, November 6	Women's Night Doubles - 7 pm
Tuesday, November 6	Silent Auction Closes 10 pm (Hosted by CPTC Cups)
Wednesday, November 7	Women's Cup Social & Fundraiser - 10 am
Thursday, November 8-11	Junior Club Championships
Saturday, November 10	Saturday Women's Doubles starts up again - 10am
Saturday, November 10	Turkey Call-In Sign-ups become available
Sunday, November 11	Annual Junior Awards Celebration - 6:30 pm
Monday, November 12	CUP Committee Meeting - 1 pm
Monday, November 12	Tennis Committee Meeting - 6 pm
Tuesday, November 13	Facilities Committee Meeting - 4:30 pm
Saturday, November 17	Turkey Call-In - 11:30 am
Monday, November 19	Finance Committee Meeting - 6 pm
Thursday, November 22	Happy Thanksgiving - Club closes at 1pm
Thursday, November 22-25	No Junior Team
Friday, November 23	Day After Blaster - 9 am
Wednesday, November 28	Board Meeting - 5:30 pm

WELCOME NEW MEMBERS

New Equity Members

- JoAnn Stacey
- Amy Wang & Arjang Tahmasebie
- Charlene Steinhauer
- Ashely & Jim Chen
- Jenny Way & Wei Wen Chu
- Don Il Kim & Ju Hee Lee
- Thomas Wang
- Curtis Wong & Anne Rudden
- Indu Basavaiah



Non-Equity Members

- Connor Scott - Junior
- Sydney Vinnedge - Junior
- Calvin Rutherford - Young Professional

Moving to Leave of Absence

- James Moreno and Tom Christenson

Resigning

- Paul Leonard & Robin Schaeperkoetler
- Randal & Momi Henne
- Chris & Wayne Perry

Resigning but returning as Seasonal

- Ron & Seiko Rykowski
- Hubert DeSuduiraut
- Rebecca & Christian Bratlien
- Blake & Val Brown

MANAGER'S MISCELLANY

October was busy and we even had some outdoor tennis play! DAYLIGHT SAVINGS this weekend and the change in the weather, autumn is truly here, just throw in the holidays and the mad dash begins! Laurie has found some great clothing items and will be bringing in samples for you to place your order. Do it early so we can make sure to have them available for under the Christmas tree!

The Adult Club tournament was a success with some fun nights watching some great tennis. (Results on Page13). And now we gear up for the Junior Club Tournament November 8-11 followed by our annual Junior Team Awards celebration Sunday, November 11 at 6:30pm.



Please join your Cup Committee in their annual fundraiser benefitting Rainier Athletes. The first week of November - the Committee's silent auction will be featuring 4 amazing baskets provided by our Cup teams. These will be available to bid on until closing November 6. Wednesday, November 7 the Committee will host tennis and lunch with Rainier Athlete representatives to learn more about this great youth mentoring program. There will be a raffle with more beautifully packaged and stocked baskets available. Watch for the emails announcing how you can support this cause.

And as we do in perfect CPTC fashion – more giving opportunities. The HopeLink Holiday food drive will begin Monday, November 12 and run for the full month. Bins will be available in the lobby. We will also have our annual Turkey Call in on Saturday, November 17. Canned food or donations will be taken to participate in this fun social event. And if you want to give more to HopeLink, join me and my pup Makee at the 5K Turkey Trot downtown Kirkland on Sunday, November 18. Check this link out for the fun. <https://runsignup.com/Race/WA/Kirkland/HopelinkTurkeyTrot5K>. Hope to see you at one of these benefits helping our community!

Just a reminder... while it is the season of giving... it is also the season for unusual weather patterns. For future reference, if you call the club and our voicemail does not pick up, that usually means we are without power. We will do our best to send out notices and keep you up to date of the Club status, but depending on how wide the outage has spread, we may not be able to do that. If you have a junior in our program, we usually follow the snow schedule of the schools, as well as try to get notice to you if there is a cancellation. If we do cancel and make up days are available, just reach out to Ethan, Dea or Chad and they can let you know what the options may be. If you are onsite when the power goes out, the exit signs will light up- please come to the front desk, help others around you make it out of the buildings and be all around safe and aware of your surroundings at all times.

Busy times, busy courts – think of your fellow members!

This time of year we are limited to our indoor courts only and the impact on popular times can be overwhelming. The staff does their best to monitor court use and the waitlist – and now we are going to do our best to be proactive in making sure the courts are being utilized by those that reserve them or receive them off the waitlist. At least once or twice a day we receive a comment from your fellow member – who has that court? No one is there? It can be very frustrating when someone is on the waitlist and sees an empty court. Please - let the front desk know as soon as possible if you will not be using your court – we do have a four hour cancellation policy. Also avoid trying to game the system by using the waitlist. Remember – the court reservation and waitlist are visible to anyone that logs in – they watch to see who has the court and who will get the court if they are on the waitlist behind you.

We will be open Thanksgiving Day until 1 pm – walk on courts for Friday, November 23 can be made after 10 am on November 22.

Enjoy and be healthy!

Julie Wheadon

COMMITTEE REPORTS

FACILITIES | CHAIR BRIAN DARROW

The Facilities Committee conducted their annual club walk thru to assess conditions at the Club and to put together our wish list of projects for the next several months. You may see some work done around the Club to battle the elements as we head into the wet season including some drainage improvements around the Wright Building (to reduce water intrusion) and some roof repairs to the Reed Building (scheduled for January – contractors are busy!). You may also notice a new elliptical machine that was installed recently based on the cardio survey results we received last spring. Lastly, the Facilities Committee is talking to three different janitorial companies in hopes of getting better service than our current company is providing. We hope to have a new company under contract starting beginning of Jan 2019.

At our next meeting, we will be prioritizing our wish list of projects, so if there is anything you would like our committee to consider, please reach out to one of our committee members: Jack Goldberg, Steve Coleman, Carol Buckingham, Merrie Vieco, Derek Mathews, or Brian Darrow. And remember, if there is anything you think requires maintenance around the Club, please don't hesitate to fill out a Maintenance Request. The form is available online or at the front desk. Thanks!

FINANCE | CHAIR ROSS LAURSEN

The Finance Committee met at its normal monthly time in October. We reviewed the Capital Fund expenditures related to August projects, as part of the manager's report. Most major capital projects for 2018 have been completed. The September financials remain solid, continuing the themes reported in past reports. Of note, the newly launched Grab and Go program has kicked off favorably. Our snack bar sales have been well below budget and negative year-over-year trend, so this new program appears to be filling an emerging need. We had a brief discussion about 2019 budget and will review a preliminary budget at our November meeting. Two additional topics were discussed. We reviewed the Capital Fund balance history and returns, which will likely lead to recommendations in the future. We also discussed a financial analysis of Central Park's fee levels versus other area tennis clubs and facilities. I'd be happy to share this analysis with anyone interested. The Finance Committee is remaining on the move, working on your behalf, to ensure Central Park's financial success now and in the future.

CUPS | CHAIR ELIZABETH GRAVES

The CUP Committee is excited for our annual fundraiser. This year the recipient is Rainier Athletes, a non-profit organization that supports struggling and at-risk children and youth in the Bellevue School District with athletic and mentorship programs. The All-Club Silent Auction in ON! Check out the gift baskets in the main lobby area then bid, and out-bid others, to win your favorite basket. 100% of proceeds go directly to Rainier Athletes. The CUP Committee is hosting a Social on Wednesday November 7 for CUP players where they can play tennis and enjoy a luncheon and live raffle for more gift baskets, all to benefit Rainier Athletes.

MEMBERSHIP | CHAIRS BRAD BENNETT & ANNE GLENNY

The Membership Committee had our first meeting of the year October 1st. The calendar for the year was set, and will be fine tuned throughout the year. We hosted a Halloween event for the Stars and Bronze Jr tennis groups 10/30 and 10/31. November 17th will be our annual Turkey Call In and Food Drive benefiting Hopelink. A lot of discussion took place addressing what events have been both successful and unsuccessful in the past. Our focus will be to have a healthy mix of both adult and family events.

Our waitlist remains very strong at 40. Currently with that waitlist number the average time to membership is 8-10 months. To help new members feel welcome several committee members volunteered to call, and connect new members to players of similar ability.

Our next meeting is scheduled for Monday, November 5th at 5:30pm. Please feel free to contact us if you have any suggestions regarding events, retention of current members or recruitment of new members.

COMMITTEE REPORTS

TENNIS | CHAIR CHRISTINE GARNETT

The tennis committee is currently reviewing the results of the club survey from this summer. In particular, we want to be responsive to our membership with respect to our program offerings. Starting November 10, we are bringing back Saturday women's doubles at 8:30am. Sign up at the front desk or online. Stay tuned for more updates. As always, we want to remind our members to observe tennis court rules and etiquette. If you are not sure, please view our website at: <http://www.centralparktennisclub.com/-important-information>.

PRO'S COURT

Overcoming the fear of losing

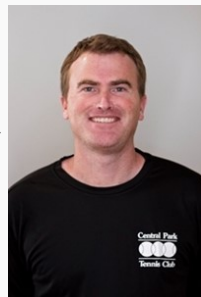
A seasoned player approached me recently and asked "How can I stop getting tight in big matches and big points and play to my potential"? The first thing I said was that you have to get over the fear of losing. Now that sounds easier said than done but like everything else it requires practice. Many times the fear of losing comes from being too consumed with an outcome. We start thinking about what could happen that we don't stay in the moment. This allows our mind to wander into the "what ifs". What if I lose? What if my rating goes down? What if my team doesn't win? Your ability to not stay in the moment and play one point at a time disallows you to compete at the level at which you are capable of playing.

Best way to practice is to put yourself in situations while you practice and train yourself to stay focused, relax, and play your game. Start some sets where you are down 4-5 and 15-40. Enjoy this challenge and maintain an aggressive style of play and don't be tentative. What you have to remember is the people across the net are feeling the pressure too but it comes down to who can make less errors at crunch time. You want to be relaxed but stick with shots you are comfortable with and have been working throughout the match. Once you feel yourself start thinking about the end of the set or any "what if", take a second to refocus your mind and come back to the moment.

Also start to store in your mind the times you have performed well and won close matches. This will help your confidence in tight situations and ease the fear of making a mistake or getting tight. Your game will start to build confidence and start decreasing fear.

Putting this weapon in your mental toughness arsenal will help you gain a competitive edge on your opponents. Practice eliminating the "what ifs" and outcome based thinking and you will be a step above the competition in all kinds of situations that are thrown your way on the court. No fear!

See you on the courts
Jeff Eicher



NEW TO TENNIS? (HERE ARE A FEW DO'S TO REMEMBER)

- Do:
- Check yourself in (and check your guest in) at the front desk for your court.
 - Wear appropriate tennis attire and tennis shoes – no street shoes allowed on the courts.
 - Use the exterior walkways to access courts 2, 3, 4 and 5.
 - Wait for your court time to walk on the court and to be courteous, wait for play to finish before entering the court.
 - Do turn your cell phone to mute.
 - Clean up all your tennis balls, water cups and towels; ball machine users, clean up that ball fuzz and put the ball machine away with balls in the machine, not in the mower.
 - Return the Member ball basket to the closets and ball hoppers near the benches.
 - Enjoy your time while here and remember to be respectful of those around you.

PROGRAM REMINDERS



SATURDAY CALL-IN
11:30-1PM

Saturday Call-In

This is a fun, weekly doubles program not to be missed!

A perfect social program for those wanting to meet other members and play like level tennis. Our pro Kathryn will create 2 sets of matches that allow you to play with and against a variety of players within the same program. Cost: \$1. Sign up online or at the front desk - starting at 7am the Wednesday before.



WOMEN'S NIGHT **DOUBLES**

TUESDAY, NOVEMBER 6 @ 7PM

Online & paper sign ups available
1 week prior!

SATURDAY WOMEN'S DOUBLES **8:30 AM**

Starts back up November 10th!
Sign up online or at the front desk.

NOVEMBER EVENTS

Annual HopeLink Food Drive

November 12 - December 3



In an effort to help those in our community who are struggling we are hosting our Annual Food Drive for HopeLink. HopeLink is an organization dedicated to feeding homeless & low income families, children, seniors and people with disabilities.

Donation bins will be located in the clubhouse lobby. If you prefer to make a check donation, there will be a donation envelope at the front desk.

Jr. Club Championships

November 8-11



JR. CLUB
CHAMPIONSHIPS

Nov. 8-11, 2018

Registration Deadline: Oct. 31

Turkey Call-In & Social

Saturday, November 17th

Tennis: 11:30 am - 2:30 pm

Social to follow with light refreshments & snacks
Cost: \$10 or 4 cans of food
2 lucky participants will win Thanksgiving turkeys!

All proceeds go to HopeLink!

Sign up at the front desk starting November 10th.



CPTC HAS NOW ADDED

WHITE
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www.whiteknucklefoods.com

STARTING NOV 6

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JUNIOR AWARDS CEREMONY

Sunday, November 11 @ 6:30 pm

RSVP at the Front Desk



\$10 per family

Pizza, drinks & dessert included

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JOIN us Sunday, November 4th at 10:00am! Bring your friends and family and let's fill our boxes for Northwest Harvest!! Admission is a bag of non-perishable food items

DAY AFTER BLASTER - November 23rd from 9-10AM

Come work off some turkey and pie with us before you hit the malls!

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GET READY FOR AN EPIC ADVENTURE IN APRIL 2019!



DESTINATION: THE WHITE RIM TRAIL

More info coming soon.

Join us as we ride the red dirt roads and slick rock of CanyonLands Utah, as we explore the White Rim Trail. Sleep under a dark sky lit by the dancing stars, view the Colorado River as it winds its way through the valley. Get set for an Adventure to Remember.

FITNESS COURT

SNACK WISELY, whether you have played tennis, worked out, hiked...make sure you have a healthy snack ready to go! Although, snacks can get a bad rap... and for a good reason considering what is advertised as "healthy". However- if we stop and think about it, snacks can be great for keeping our energy levels high, maintaining our blood sugar, helping to nourish our body, and of course if you have kids- keeps them happy. Choose snacks that COUNT... that contain some protein, quality carbohydrates and healthy fat and fiber to help us stay full longer and won't spike blood sugar. AND.... just because they are healthy, doesn't mean they can't be tasty and yummy!

A few things to keep in mind:

- ALWAYS listen to our body
- Keep daily caloric intake in mind
- Only eat when hungry
- Plan snacks in advance
- Always have healthy snack options available

I know it's hard to make smart decisions when your stomach is growling...that's exactly why it's SO IMPORTANT to make sure you have healthy snacks on hand.

One of my fav go-to snacks is natural turkey breast, avocado, cheddar, tomato with some spicy brown mustard, wrapped in a romaine leaf or two. And, it's helpful to have an insulated container to keep your food cool and fresh!

JOIN US!

- **PM Boot Camp** - Tuesday & Thursday 5:45-7 pm
- **AM Boot Camp** - Mondays, Wednesdays, Thursdays 9-10 am
- **Fitn'45** - Thursdays 12-12:45 pm

TENNIS PERFORMANCE TRAINING

Clay is a CSCS (Certified Strength and Conditioning Specialist) and has been helping tennis players of all ages improve their game for over 20 years! Contact Clay for info: clay@fit2playnw.com



Contact Vicki - vicki@thewellfitlife.com - 425.822.2206 ext. 122

Contact Clay - clay@fit2playnw.com - 425.822.2206 ext. 126



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MWTH/9-10AM

TTH/5:45-7PM

@Central Park Tennis Club

PASS VALID OCT. 29th-Nov 16th

*Redeemable for 1 Free Class,
First Time Participants Only

non-member fee \$29/month
.....

info:clay@fit2playnw.com



MASSAGE

Hello Members,

As your club massage therapist, I am constantly learning new techniques to keep your massage current, focused and tailored. I now offer **Facilitated Stretching** to deepen your stretches, prevent injuries, aid recovery, and improve range of motion.

Book your 30 minute, \$25 session today.

Click here. <http://freeman.youcanbook.me>

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2018 Adult Club Championships

Men's Singles – Flight 1

Winner: Josh Chou
Finalist: Steve McRae
Consolation Winner: Erik Gunvaldson

Men's Singles – Flight 2

Winner: Aaron Song
Finalist: Rob Leidle
Consolation Winner: Brian Ramstead

Men's Singles - Flight 3

Winner: Scott Reynolds
Finalist: Girish Patwardhan
Consolation Winner: Yogesh Sharma

Men's Doubles – Flight 1

Winner: Mike Krummel & Pat McGowan
Finalist: Edward LaCava & Andrew Harrang
Consolation Winner: Justin Madison & Tony Martin

Men's Doubles – Flight 2

Winner: John Thekkathala & Fred Wurden
Finalist: Scott Reynolds & Girish Patwardhan
Consolation Winner: Alex Contenti & Kamyar Moinzadeh

Women's Singles – Flight 1

Winner: Carol Lelivelt
Finalist: Petra Carl

Women's Singles – Flight 2

Winner: Helen Suk
Finalist: Cathy Long

Women's Singles – Flight 3

Winner: Adria Stubna
Finalist: Lin Han

Women's Doubles – Flight 1

Winner: Kerry Levine & Jenny Schell
Finalist: Anna Laricheva & Anette Vegarra

Women's Doubles – Flight 2

Winner: Maria Borgen & Tara James
Finalist: Ethel Brende & Zhanbing Wu
Consolation Winner: Joanne Edinberg & Maribelle Wiersholm

Women's Doubles – Flight 3

Winner: Renee Bibeault & Hong Xu
Finalist: Chrissy Avery & Tara Darrow

Mixed Doubles – Flight 1

Winner: Daniel Avery & Elizabeth Gorey
Finalist: Mike Costello & Lydia Sun

Mixed Doubles – Flight 2

Winner: Bhanu Purohit & Merrie Vieco
Finalist: Juan Vegarra & Heidi Kreskan
Consolation Winner: Kamal Elkhadriri & Joanna Bengford

Mixed Doubles – Flight 3

Winner: Steve Carl & Lily Laursen
Finalist: Steve & Ronni Fields
Consolation Winner: Colin & Michelle Neal

Mixed Doubles – Flight 4

Winner: Paul Raff & Audria Stubna
Finalist: Alex Contenti & Lin Han