

# Baseline Newsletter

## October 2018



Fall is in the air. 18+ mixed & 55+ have begun as well as Women's Cups and a new Junior session. As we host other players at our club for matches and lessons, this is an excellent time to showcase the best of our club - our members and staff. While our wait-list continues to be strong, we can all be ambassadors to help keep it that way.

As I write, the club tournament is underway. If you participated, I hope you had some great tennis and maybe met some new potential partners!!

### OTHER NEWS

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At the Board meeting this month we reviewed the survey results and will be sending out the information to the various committees as they set their agendas for the year. I will be asking each committee to review the survey feedback and address some of the specific issues raised there.

Based on the survey, one area that we need to dig deeper will be our fitness offerings and equipment. There were many suggestions for different equipment and additional classes. I will be pulling together a separate fitness committee to explore this area in more detail.

We continue to explore some options for upgrading the viewing area in the Reed Building and are in the early stages of understanding our options for putting restrooms out there.

Have a great month out on the courts and feel free to contact me if you have any feedback!!

Best,

Kim Skorupa  
Club President  
[Kimskorupa@msn.com](mailto:Kimskorupa@msn.com)



President  
Kim Skorupa



# OCTOBER

## Important Dates



Thursday, September 27

Monday, October 1

Sunday, October 7

Monday, October 8

Monday, October 8

Tuesday, October 9

Wednesday, October 10

Friday, October 12

Tuesday, October 16

Wednesday, October 17

Wednesday, October 17

Tuesday, October 23

Thursday, October 24

Sunday, October 28

Monday, October 29

Monday, October 29

Wednesday, October 31

Wednesday, October 31

Wednesday, October 31

Thursday, November 1

Adult Club Championships start

Membership Committee Meeting - 5:30 pm

Adult Club Championships end

Cup Committee Meeting - 1:00 pm

Tennis Committee Meeting - 6:00 pm

Women's Night Doubles - 7:00 pm

Clubhouse Planning Committee - 6:00 pm

Registration opens for Late Fall Junior Team

Facilities Committee Meeting - 4:30 pm

Finance Committee Meeting - 6:00 pm

Registration opens for Late Fall Women's Team

Junior Parent Workshop - 6-7pm

Board Meeting - 5:30 pm

Last day of Fall Junior Team

Registration Deadline for Late Fall Women's Team

Start of Late Fall Junior Team

Happy Halloween

Last day of Fall Women's Team

Registration Deadline for Junior Club Championships

Silent Auction Opens (Hosted by CPTC Cups)

## WELCOME NEW MEMBERS

### New Equity Members

Mujtaba Hamid & Fauzia Aslam - Family

Marina Dayvdov - Single

Richard Au & Jennifer Fan - Family

### Non-Equity Members

Jake Singer - Social



# MANAGER'S MISCELLANY

Fall is in the air! What a great way to end September! Blue skies, warm weather and tournament play! While we finish the Men's and Women's doubles and singles, we gear up for the always entertaining Mixed Doubles events to finish strong. Make sure to check our Facebook page for the daily match play – grab a beer and watch some tennis. Thanks to Lisa and the team for putting together a great event. Up next? Junior Championships in November. Look for the information and sign-up mid-October.



We have most of our “first” committee meetings under our belt. New Chair of the Tennis Committee Christine Garnett jumped right in to a full agenda of requests for the committee to review. Please remember if you have ideas or want to see some changes, forms can be found on our website. <https://cdn.cybergolf.com/images/1085/PROGRAM-CHANGE-FORM---fillable-form-2017.pdf>

The Facilities Committee has a long list of things for the upcoming year as we begin our budgeting process. Brian Darrow and team will have a walk thru in October to assess the needs. We also have online maintenance and amenities request forms that will reach the committee. <http://centralparktennisclub.com/-club-suggestions>

At our first Finance meeting we talked about the comparative market study of clubs in the area and how that links to our budgeting process. Ross Laursen and the Committee have a good hold on where we sit today and should move to in the future.

The Clubhouse Planning Committee continues to work towards realistic goals for our future. The input of the Finance Committee has proved invaluable thanks to Ross's fondness of number crunching.

The Membership Committee will meet the first Monday of every month. We are excited to have Anne Glenny and Brad Bennett leading the helm. Ready yourselves for an eventful year!

All of these committees have their own newsletter article so engage yourself monthly in what they are doing to make CPTC the great Club it is. We look forward to setting and working towards our goals and continuing to bring out the best in CPTC. Don't hesitate to share your ideas or suggestions – we can get them to the right committee and see how they can be brought to fruition. Now's the time!

## **Friendly reminders**

**Court Etiquette** - Please leave the court as you would like it left for you... On time! All the tennis balls picked up, towels removed, paper cups put in the trash, ball fuzz vacuumed – nice, neat and tidy! Distractions... remember your voice, cell phone ring or that grunt at the end of your shot.. carries. Please be respectful of those on the adjacent courts and know that you may be taking away from their game.

**Court Reservations** – Please remember that ONLINE booking does not start until 9:00 am. If you are trying to reserve a court before then, this is in violation of the policy. If possible, try not calling the front desk at court change over times. With people checking in or trying to reserve a court – especially at the 10:00 am, 11:30 am and the evening courts, it is very difficult for the staff to get to the phone.

**USTA Reminder** - Anyone that **reserves or plays on** a warm up court and then plays in a match, other than the 8:30 pm time will be in violation of club policies (playing on two reserved courts). Please contact us for any clarification.

Captains – please submit your rosters for practices and matches to the front desk ahead of your court time. It helps speed up check-in.

Julie Wheadon ~ Club Manager

# COMMITTEE REPORTS

## FACILITIES | CHAIR BRIAN DARROW

Hello from the Facilities Committee!

I am happy to announce that **ALL** of our committee members from last term have agreed to stay on for another year. In addition to Jack Goldberg, Steve Colman and Merrie Vieco, we have new club member Derek Matthews who will also be joining us. Carol Buckingham will serve as our Board liaison.

You may have noticed some of the projects that were completed over the summer including:

- resealing/restriping the parking lot,
- fixing the brick pavers at the Club entrance,
- a new pool cover,
- new outdoor building signage,
- and the front desk/kitchen remodel for enhanced food service.

While these are all great improvements, we have some unfinished business from last year and are excited to get some new projects going. I think this was a big reason all of the Committee members signed on for another term.

We look forward to another year of making Central Park the best club it can be!

## FINANCE | CHAIR ROSS LAURSEN

The Finance Committee met in September. We received the manager report and did a monthly review of the club financials. Of note, summer camps started undersubscribed, with weaker revenue than budgeted, but ended the summer strong. We discussed some of the financial specifics of the new food service grab and go program. Management will be monitor consumption weekly to negotiate and optimize contract terms with the vendors. Lastly, we heard the final numbers on the major projects completed in August and September. Financials are strong with no major changes to report from prior reports. Next, we discussed the health plan renewal options for staff and the associated rate increases. A recommendation will go to the Board. The committee reviewed our 2018 fees against other clubs in the Puget Sound area. This helps us ensure we are positioned appropriately and plan for the future. Lastly, we had a brief discussion of financial aspects related to the clubhouse planning.

## CUPS | CHAIR ELIZABETH GRAVES

The Cups Committee is excited to again host a Social + Fundraiser this year. On November 7th, Cups players will have the opportunity to play tennis, enjoy lunch and participate in a live raffle. We are also happy to bring back the All-Club Silent Auction during the week preceding the event where ALL club members will be able to bid and out-bid each other for some amazing gift baskets.

The recipient of this year's fundraiser will again be Rainier Athletes, a non-profit organization that supports struggling and at-risk children and youth in the Bellevue School District. Rainier Athletes aims to engage, support and encourage students with its wrap-around approach to mentoring: involving the student, mentor, coaches, teachers, and parents. By building this network of support for each student, Rainier Athletes seeks to foster a deeper sense of belonging in these kids whether they are in the classroom, on the field, at home, or moving within their community. Only five years old, Rainier Athletes is making a significant difference in the lives of the kids involved in its programs, and schools are seeing a measurable, positive impact beyond the R.A. students alone, as they become and model what it means to be a student athlete and leader. Be on the lookout for more information in the coming weeks about this exciting event!

## MEMBERSHIP | CHAIRS BRAD BENNETT & ANNE GLENNY

Our committee will be meeting for the first time Monday October 1st. We have a wonderful committee with a nice mix of both veteran and new members. Our mission is to retain established members and recruit potential new members. In conjunction with Laurie and Julie we provide monthly activities for the club. All ideas are welcome to help our club be inclusive and welcoming to all members. Looking forward to a great year.

# COMMITTEE REPORTS

## TENNIS | CHAIR CHRISTINE GARNETT

The Tennis Committee held our season opening meeting on Monday, September 17th. Christine Garnett is Chair of the Tennis Committee this year. (Thank you Nancy Goldberg for your many years of leading the committee and now serving at the board level!) Serving with Christine are: Kerry Levine (Board Liaison), Beth Lehman-Brooks, Brad Van-Vechtan, Connie Ballou, Deborah Gates, Frank Alesandro, Gail Domingos, Julie Dreyfoos, Lynda Carlson, Sandy Cummings and Sarika Calla.

Our goal is to promote and regulate the use of the tennis facilities to provide an equitable system for member play, a professional teaching program, and an organized program of tennis activities for every member. Please keep an eye out for tips and reminders of rules and policies.

## PRO'S COURT

When it comes to tennis, one of the most consistent obstacles for kids and adults of all ages is being able to trust their shots. If a player is hitting in a lesson or scenario where there is “nothing to lose” it is much easier to relax and allow themselves to fully “swing through” all their strokes. Often, you can take this same player, introduce pressure or point play into the picture and notice that their strokes start to become more hesitant and weaker. This is because relaxation and “swinging through” is key for having our shots reach their full potential. When we watch the pros, it is rare that you will see a player holding back or being hesitant. The best tennis players can completely trust their shots which is part of their success. Inevitably, we are all going to face situations that heighten our nerves and cause us to tighten up during matches; that is why we must put in the work outside of these scenarios. What are some things you can do so that you are able to face these scenarios with more confidence than doubt?

- Grab a buddy and go hit without competing. Take the time to practice grooving out your strokes without having the pressure of winning or losing the point. Repetition is a huge part of improvement in tennis.
- Use the ball machine. This is another obvious method of practice that isn't full of pressure. Allow yourself to fully relax through your shots while also taking notice of what's working best. Slowly start to add in pressure by setting goals. For example, aim to hit ten forehands in a row. Once you get to number eight and nine force yourself to fight through the urge to tighten and slow down your shot.
- Shift your mindset when playing in practice matches. Allow yourself to be okay with missing shots and start rewarding yourself for not holding back on your strokes. Pushing ourselves outside of our comfort zone is how we improve. This is what practice is for.

Adding these methods to your practice schedule will slowly allow you to build the trust in your strokes that is needed to become more confident on the court and improve your game. Give it a shot. Happy hitting!

Blakeley Bean - Tennis Professional

2018 Summer Junior Awards		
Level	Most Improved	Player of the Session
Gold	Mina Jamshidpour	Ailee Yoshida
Silver	Jack Zhang	Serene Zhang
Bronze	Matthew Chu	Lucy Zhang
Green Stars	Henry Huang	Leo Yoshida
Orange Stars	Ariana Moinzadeh	Vihaan Sarda
Red Stars	Avik Joshi	Lucas Zhang



Blakeley Bean - Tennis Pro



# BOOK CLUB

Dear Fellow Readers,

This summer certainly is rolling right along at a speedy pace. I hope you all have had lots of time to sit back and relax with a good book! Below you will find our reading selections for fall. I'm looking forward to some great discussions with you beginning in October.

- 10-4-18**     ***Manhattan Beach* by Jennifer Egan**  
**11-1-18**     ***Exit West* by Moshin Hamid**  
**12-6-18**     ***Beautiful Animals* by Lawrence Osborne**  
**1-3-19**      ***Elmet* by Fiona Mozley**

## **SANDY'S GROUP MEETING INFORMATION**

- Who: Anyone is welcome to join!
- Where: Central Park Tennis Club - Boardroom
- When: 1st THURSDAY of the month from 12:30 - 2:30 pm

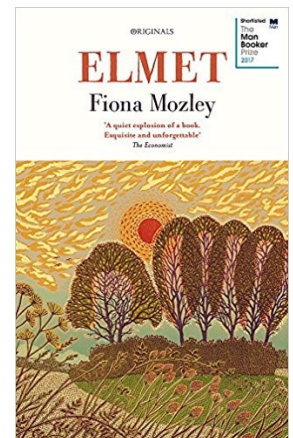
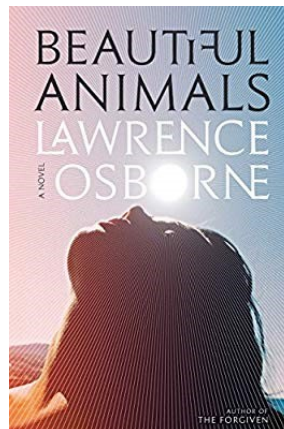
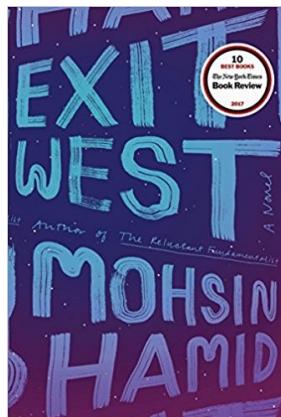
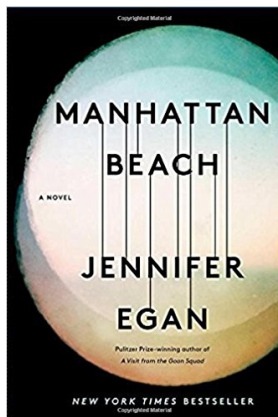
Cost for the meetings is \$15.00 per session "at the door."

Thank you for your participation and continued commitment to the group. I look forward to seeing you in October.

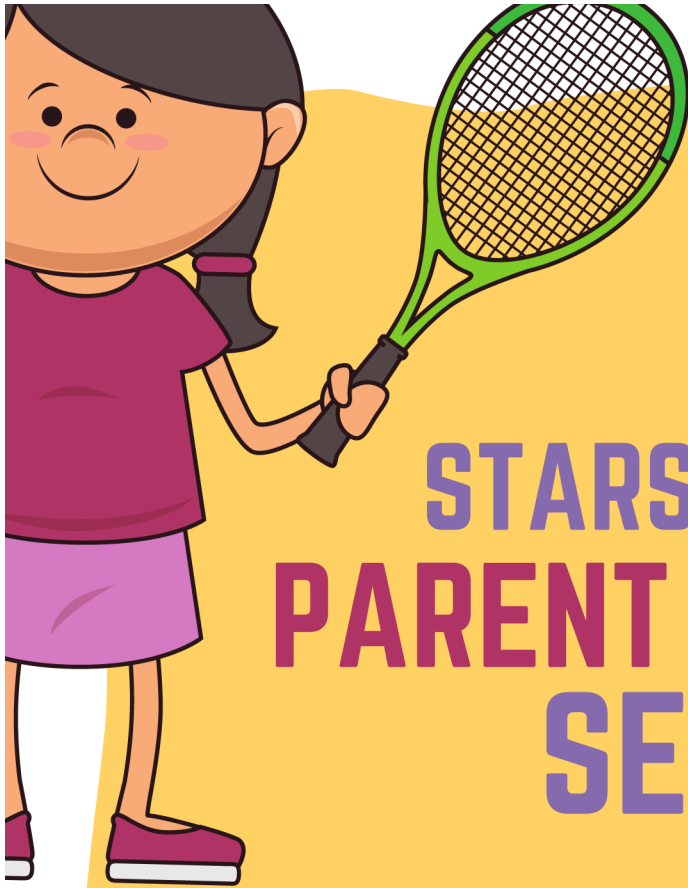
Yours in the reading life,

Sandy

(425) 889-0383



## STARS & BRONZE PARENT WORKSHOP SERIES



# STARS & BRONZE PARENT WORKSHOP SERIES

**Presented by: Central Park Tennis Club**

Please join us for the next complimentary workshop for parents.

**My Kids Love Tennis, now what?  
(Competition & How to support your kids.)**

**•Tuesday, October 23<sup>rd</sup> from 6-7pm / Boardroom**

**Hope to see you at the workshops!**

**•Stay tuned for the dates of our next Parent Workshop Series!**



STARTING, OCTOBER 9

# NEW CARDIO TENNIS!

TUESDAYS FROM 10-11AM  
COACHED BY CHAD

Sign ups available online - 1 week in advance.

## NEW TENNIS CLINIC!

*Coached by: Lisa Moldrem*



**FOR 2.5+ & "RUSTY" PLAYERS**

Every other Thursday from 11:30-12:30 pm. Starting September 13.



## WOMEN'S NIGHT DOUBLES

**TUESDAY, OCTOBER 9 @ 7PM**

Online & paper sign ups open - October 2.

## SATURDAY WOMEN'S DOUBLES

Starts back up November 10th!



## FOOD SERVICE



**Sample Menu - Items may change week to week.**

### **Snacks**

**Blueberry Chia Yogurt - \$5.00** - creamy sweet Greek yogurt, house-made blueberry chia seed jam and French vanilla granola.

### **Salads**

**Grecian - \$5.50** - orzo in Molly's red wine vinaigrette, organic red onion, organic spinach, organic red pepper, kalamata olives, and feta

**Olympic - \$6.50** - organic spring and green leaf salad mix with Molly's balsamic vinaigrette, organic apple, organic cucumbers, cranberries, blue cheese, and walnuts

**Tortellini - \$5.50** - tri-color cheese tortellini, Molly's basil pesto, sun-dried tomatoes, and Italian parsley

### **Sandwiches**

**Molly's Hero - \$8.00** - Macrina's rustic potato bread, all natural Hempler's Black Forest ham, organic roasted Roma tomato, Molly's Dijonnaise, all natural spicy salami, & organic romaine lettuce

**Egg Salad - \$5.75** - organic 9 grain bread with Molly's organic cagefree egg salad

**Peppenwolf - \$8.00** - Ciabatta Bread with organic caramelized onion, pepperoni, salsa verde and arugula

**Roast Beef and Cheese - \$7.50** - Potato Roll with Roast Beef, sharp white cheddar cheese, arugula and Dijon mustard

## UPCOMING EVENTS

# 2018 Junior Club Championships

November 8-11, 2018

**Entry Form – Singles \$25.00 Doubles \$20.00 per person**

- Play begins Thursday, November 8 at 5:30 pm.
- Players are responsible for checking match schedule times.
- Draws will be posted Monday, November 5, after 7:30 pm
- Match play begins weekdays after 5:30 pm and all day on weekends from 10:00 am - 5:30 pm.
- Matches will be USTA scoring (no ad, 10-point tiebreaker for the third set).
- Consolation rounds for first match losers in all events, other than round robins
- In entry level play, matches will be 2 out of 3 sets. The set will be to 4.

**Entry Deadline is Wednesday, October 31.**



## FITNESS COURT

Fall is here. Already leaves are falling and the air is crisp, and we have the solution for your fitness equation! Saddle up & get your heart thumping and your legs pumping with 45 minute Calorie Burner Spin Class!!  
**READY, SET & SWEAT** with this **FUN, ENERGETIC CLASS!** Saturdays - 7:45-8:30am starting October 6.

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### GET READY TO GET FIT!

Using Minimal Equipment you will Increase your endurance, blast calories, tone muscles, strengthen your core & give your metabolism a boost with our **TOTAL BODY WORKOUT!** Challenge yourself and have **FUN** doing it!



**BOOT CAMP AM - MWTH/9-10am**

**BOOT CAMP PM - TTH/5:45-7pm**

**FitN'45/TH/12-12:45pm**

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Join us for our **6<sup>th</sup> Annual Workout for a Cause**, Date TBD.

Admission is a bag of non-perishable food items.

All proceeds go to supporting North-west Harvest to help families in need have a wonderful holiday season



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### COMING ADVENTURES IN 2019 - DATES TBD

**Grand Canyon**  
**White Rim Trail, Utah**  
**Mt. St. Helens**  
**SunRiver, Oregon**

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## HEALTH AND WELLNESS

### Prebiotics?

Yes! They're the food that we feed our probiotics, the friendly gut microbes that are oh so important for good health.

Our gut microbes are alive, and they need to eat too. Their favorite foods are called "prebiotics" and include dietary fiber and resistant starch. The same fiber that keeps us feeling full slows down digestion and provides roughage that keeps us regular. Resistant starch helps promote healthy blood lipids. Both of types of prebiotics (fiber and resistant starch) are linked with many health benefits.

**Technically-speaking, a prebiotic has three qualities:**

- It needs to be undigested and reach the colon intact;

# FITNESS COURT

- It needs to be digested by our gut microbes; and,
- It needs to stimulate our health-promoting good gut microbes.

## Conclusion

Prebiotics are fiber and resistant starches that feed our gut microbes. And when we feed our gut microbes, they help keep our gut healthy and have other health benefits too.

### Resistant starch is found in:

- Whole grains (e.g. oats)
- Potatoes
- Cornmeal
- Seeds
- Legumes
- Green bananas

### Here are some great sources of dietary fiber:

- Onions
  - Asparagus
  - Bananas
  - Berries
  - Pears
- 

## JOIN US!

- **PM Boot Camp** - Tuesday & Thursday 5:45-7 pm
- **AM Boot Camp** - Mondays, Wednesdays, Thursdays 9-10 am
- **Fit'n'45** - Thursdays 12-12:45 pm
- **Spin** - Saturdays 7:45-8:30 am

**Have friends with similar goals? Small group training has built in accountability, support, inspiration and affordability!**

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



**SERVICES:** Performance Training for Kids and Adults | Health Coaching | Small Group Training | Personal Training | Boot Camp am | Boot Camp pm | Fit'n'45 | Spin.





GET READY FOR THE RIDE OF YOUR LIFE

# SADDLE UP!

SATURDAYS 7:45-8:30AM | OCT. 6 - NOV 17

SIGN UP FOR 6 CLASSES & THE 7TH IS FREE!  
\$90 FOR THE SESSION. \$20 DROP IN.

FOR INFO OR TO SIGN UP:  
EMAIL: [CLAY@FIT2PLAYNW.COM](mailto:CLAY@FIT2PLAYNW.COM)





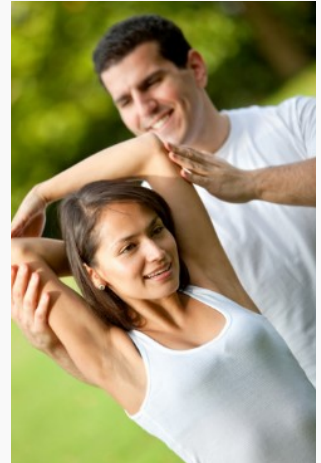
# MASSAGE

## FACILITATED STRETCHING

I am offering a new feature to my massage repertoire. Facilitated Stretching is where I stretch you out. This 30-minute session (\$25) is ideal to prevent injuries and muscle soreness. You choose either before or after your play. Receiving Facilitated Stretching is easy, booking is even easier.

<https://freeman.youcanbook.me/>

Happy to help you stay on track,  
Freeman



## ADVERTISEMENTS

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Overlake Service, Inc dba



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