

## Central Park - The Tennis Players Club

# Baseline Newsletter September 2018



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September has arrived, and committees will be kicking off this month. If you want to learn more about how the club operates, participating in a committee is a great way to do that. If you have been serving on a committee – thank you so much!!

Here is a comment we received from the most recent survey:

"The rationale behind club decisions need to be more transparent. It's not at all clear whether and how member feedback is incorporated."

We strive for transparency in our decision-making process. First of all, this newsletter is a great channel to inform you about what is happening around the club. In addition, all of the minutes of the board meetings and financial reports are published on the club website: <http://www.centralparktennisclub.com/-important-information>.

We provide weekly email blasts about club activities and upcoming events. We place important information on the TV screen when you enter the club. For some events, we put a board out at the entrance as well. We also use Facebook to update members. If you would like us to incorporate additional avenues for information, please let us know.

As far as choosing what projects are selected there are four areas where those projects originate – we incorporate feedback received from members either through the surveys, input on committees or direct contact with our club staff or board members. The last area is through input directly from the staff as they notice areas where the club needs additional maintenance.

One of my passions (besides playing tennis, of course) is collecting feedback and incorporating that feedback into improving whatever I happen to be working on. Right now, that is working for you and this club. I've said this before, but this is my second home and I am passionate about ensuring that this continues to be a great place to be a part of.

It's time to get your CP Logo gear. Laurie and the staff have been working on getting an online store up. Look for more information and a link in mid-September.

You may have noticed some minor remodeling in the kitchen area – we have a beautiful new fridge and Kerry Levine and the Food Service Committee will be working to fill it with some great grab-and-go options for you in the next couple of months.

We finished the repair and restripe of the parking lot – you will notice that we have the same number of parking stalls as before. This was a heated debate topic in the Facilities committee last year and after much discussion and measurements, it was determined that the perpendicular spots by the pool would remain the same – losing 2 spots would have only gained each spot about 16 inches of space. If you have a wide car, parking in the slanted spots or out in the gravel lot is recommended.

Looking forward to the fall at CPTC and all the exciting things to come.

Kim Skorupa  
Club President



**President  
Kim Skorupa**



# SEPTEMBER

## Important Dates



Sunday, September 2	Last day of Sunday summer hours
Monday, September 3	Happy Labor Day
Monday, September 3	Last day of pool lifeguards for the season
Tuesday, September 4	Start of Fall Junior Team
Tuesday, September 4	Women's Doubles Night - 7:00 pm
Wednesday, September 5	Fall Women's Team Tennis Starts
Friday, September 7	Women's Cups Start
Friday, September 7	USTA 55+ & Mxd 18+ start
Monday, September 10	Cup Committee Meeting - 1:00 pm
Monday, September 10	Tennis Committee Meeting - 6:00 pm
Friday, September 14	Mix Up Friday Night - 5:30 pm
Monday, September 17	Membership Committee Meeting - 5:30 pm
Tuesday, September 18	Facilities Committee Meeting - 4:30 pm
Wednesday, September 19	Finance Committee Meeting - 6:00 pm
Wednesday, September 19	Adult Club Championships Registration
Tuesday, September 25	Deadline Junior Parent Workshop Series - 6pm
Thursday, September 27	Board Meeting - 5:30 pm
Thursday, September 27	CPTC Adult Club Championships start
Sunday, October 7	CPTC Adult Club Championships end

## WELCOME NEW MEMBERS

### **New Equity Members**

Peter Nowadnick & Anna Kittson

### **New Intermediate & Junior Members**

Mathew Lim - Intermediate

### **Leaving but returning**

Kathy Rouske



# MANAGER'S MISCELLANY

Here it is the end of summer... and we saved all our projects for the last two weeks. Thanks to everyone for being patient while we brought in a new display refrigerator for the front desk, installed our outdoor signs, worked on a broken irrigation line and took care of the parking lot repair and reseal.

With the installation of the new refrigerator we are looking forward to offering some new grab and go items for you to try. The Food Service Committee made their recommendations on the vendors and products back in January – so we will work as quickly as we can to get the kitchen set up and the product brought in.



And now we start the Fall Season of events. Kicking off September we have our monthly Women's Night Doubles, Tuesday, September 4. We also have Women's Team Tennis starting Wednesday, September 5 and Cup and USTA seasons begin Friday, September 7. We have 9 teams playing in the Mixed 18+ league and 12 teams playing in the Adult 55 league. We also have Janet Isaacson organizing a U12 team for USTA Junior Team tennis starting in October.

The junior program will begin Tuesday, September 4. Dea will be holding a Stars Parent meeting on Tuesday, September 25 at 6 pm in the Board room. This meeting will help set the goals and expectations for the upcoming year, as well as introduce tournament play for the 10 and under players. Come with questions - and if you cannot attend, reach out to Dea with those questions anytime. [deas@centralparktennisclub.com](mailto:deas@centralparktennisclub.com).

This month we will have our Friday Night Mixer celebrating the Hawks season, Friday, September 14. Look for the sign up at the front desk.

We also have our Adult Club Championships September 27- October 7. Check out the online sign up form here. <http://centralparktennisclub.com/-2018-club-championship-entry-form>

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

Parking lot protocol – Follow the directional arrows, don't park in the no parking areas, park within the lines and check your speed. I know sometimes you run late, but it's not worth accidentally hitting someone's car or hitting someone.

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

For USTA tennis and Cup tennis remind your team that warm-up courts for your home matches are to be walk-on only – and if you will be arriving late, you must notify the front desk, they are able to hold the court for you for 30 minutes. If your team will be late, remember to not disrupt the adjacent courts already in play. If you reserve a court and play in a match, this is still considered playing on two reserved courts...unless the match is at 8:30 pm. The same rules apply for overflow courts when it comes to USTA play!

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

Julie Wheadon  
Club Manager

## COMMITTEE REPORTS

We have posted the Committee sign-ups at the front desk and will begin our next session in September. It takes support and involvement from our members to keep this Club and community top notch. I hope you consider joining us. I'd be happy to answer any questions you might have about serving on a committee, contact me anytime. [juliew@centralparktennisclub.com](mailto:juliew@centralparktennisclub.com).

### WE NEED YOU LIKE WE NEED OUR MORNING COFFEE

**Come join a committee this fall!**



**Sign up at the front desk today!**

## CUPS TENNIS UPDATE

The 2018-2019 Cup Season is set to kick off, with match play beginning September 10. We are looking forward to a season of fun, competitive tennis. The CPTC Cups Committee meets the second Monday of each month and after taking a summer break will resume meetings on September 10. Our 3rd annual Social + Fundraiser is set for November 7 this year. Be on the lookout for more details.

## Making Progress Off the Court

Tennis is a sport of focused repetition. There is no perfect substitute for getting out and playing with someone, but that doesn't mean improvement has to stop when you walk off the court. Here are some ideas for working on your game even when all the courts are booked.

### 1 Watch Tennis

This is a huge one. Even though my competitive career is on a downward trajectory, I feel like I have become a smarter tennis player by watching and continuing to be around competitive tennis. When I watch tennis on TV I always come away with a strategic or technical piece that I can add to my game. I watch how pros build points and take advantage of opponent's weaknesses. I also highly recommend getting out to watch college tennis matches. There are great options for viewing Division 1 tennis in Seattle. It is an opportunity to support the teams and see the sport in person. Up close you can see the speed and the intensity of high level tennis. Each time you watch, try to come away with at least one observation that you can apply to your game.



### 2 Use a Racquet at Home

If you want to work on the technical side of your game, try some shadow-swings at home. It helps if you have a tall mirror where you can watch what you are doing. I love to use a mirror when I am working on something like my take back. I can see exactly what my hands are doing when they start going back. A lot of club level players have no clue what they look like as they hit certain shots. You can also add the footwork to make it a realistic shot.

### 3 Strength and Conditioning

Cardio, strength, and flexibility have become such a huge part of the modern game. Take advantage of our wonderful fitness facilities and trainers. Don't underestimate the importance of conditioning off the court. As you hit the weight room, think about tennis-specific muscle groups (legs, core, shoulders, etc.). I think every tennis player should own a jump rope and exercise band. These are cheap and can fit in any tennis bag. Jumping rope is a perfect cardio or warm-up exercise. Exercise bands are a versatile way of doing arm strengthening and prehab.

Even though getting on the court is ideal, don't let that stop you from improving your tennis game! It is often the training done off the court that separates a winner from a loser.

Ethan Vaughn

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**

BookTree and Island Books will have this list soon

## **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

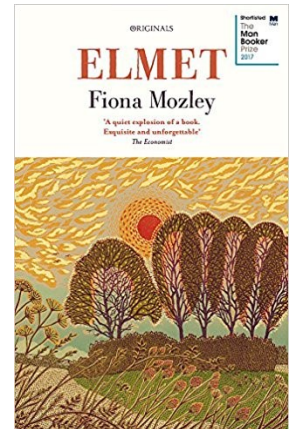
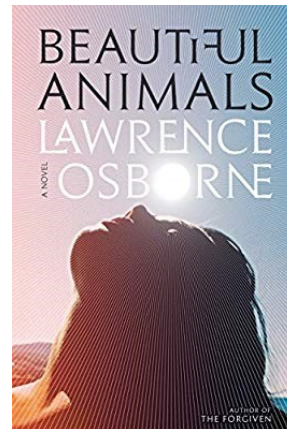
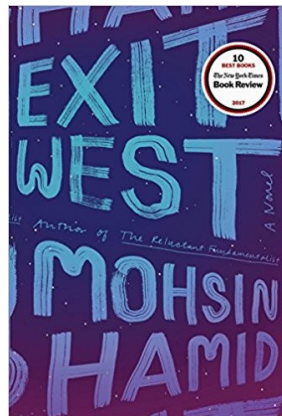
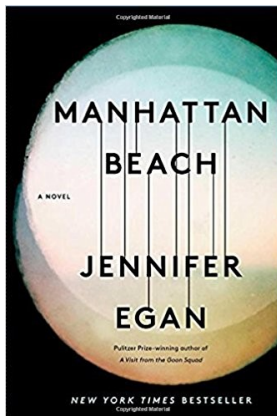
Cost for the meetings is \$15.00 per session "at the door."

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

**Presented by: Central Park Tennis Club**

The club is providing a complimentary workshop series for parents. Here are some of the things that you would learn from attending the workshops:

- What's an ideal practice looks like
- How to find the right program for the kids
- Kids participating in other sports vs specializing in one sport
- Competition for kids, where to start
- How can I support my child to be successful in his/her sport
- Many more....

## **Parents Workshop Series - Program Orientation – Ideal Practice & Evaluation**

- **Tuesday September 25<sup>th</sup> at 6-7pm / Boardroom**

**Parents Workshop Series – My Kids Love Tennis, now what? Competition and How to support your kids.**

- **Tuesday October 23<sup>rd</sup> at 6-7pm / Boardroom**

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

- More dates for next series of Parents Workshop... stay tuned!

YOU'RE INVITED!

*Women's Night*  
DOUBLES

September 4th  
@  
7pm

This is one you don't want to miss!

## SUMMER TEAM CHALLENGE

And the winners of the 2018 Summer Team Challenge .....  
Team Blakeley & Lisa!

**Members:**

Barry Thompson  
Derek Matthews  
Dianne Discolo  
John Iwanski  
Laura Laun  
Mara Ferrari  
Merle Lakoumentas  
Mimi Iwanski  
Pam Keenan Fritz  
Paul Raff  
Shelly Enstrom  
Tara James  
Terrie Luquette  
Tim McRoberts





## UPCOMING EVENTS & DEADLINES

CENTRAL PARK TENNIS CLUB

# ADULT CLUB CHAMPIONSHIPS

SEPTEMBER 27 - OCTOBER 7, 2018



Registration Deadline: September 19

Register Online at [centralparktennisclub.com](http://centralparktennisclub.com).

- Singles \$25.00. Doubles \$20.00 per person.
- **Men's** and **Women's** Singles & Doubles will be held Thursday, September 27 – Tuesday, October 2.
- **Mixed Doubles** will be held Wednesday, October 3 – Sunday, October 7.
- You **MUST** be free during the time period of your event.
- Players are responsible for checking match schedule times.
- Draws will be posted 3 days before your event.
- Matches will be USTA scoring (no add, 10-point tiebreaker for the third).
- Consolation rounds for first match losers in all events, other than round robins.
- Match play will be weekday evenings after 5:30 PM and all day on weekends 10:00 AM -5:30 PM

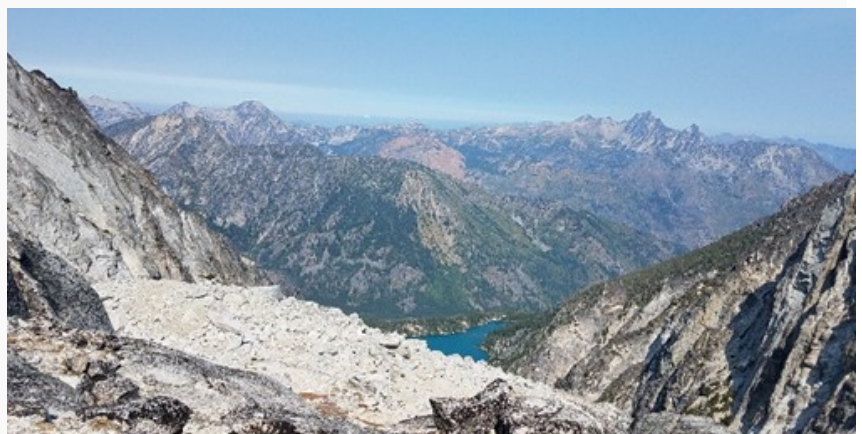
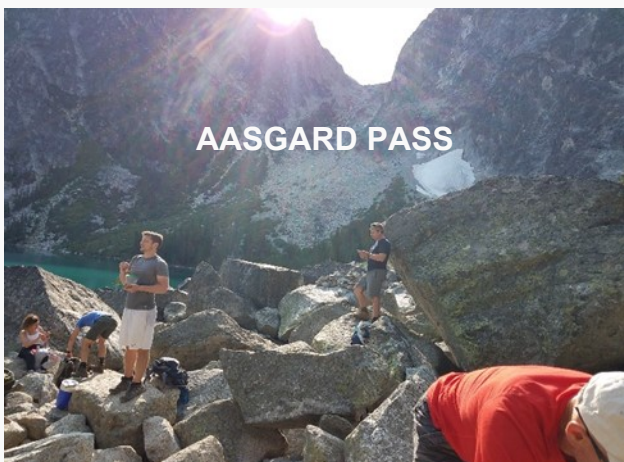


## FITNESS COURT

The summer smoke was in the air as the date approached for our 20+ Epic hike across the Enchantments. We had training hikes of 13-15 miles to ready our legs for the journey and now the day was finally here! The morning of the hike the sky had cleared, the mountains were in view and we were ready for the day ahead! A taste of some of the beauty we took in August 17<sup>th</sup>, 2018! (5 photos pictured to the right & below)

Our adventure took us past glaciers, mountain goats, lakes and peaks with blue sky above us and the sun shining on us. We started our trek at ~6:30am and finished up ~7:30pm, it wasn't all easy but well worth the effort! We completed training hikes as long as 15 miles, added some vertical, all in the efforts to get us ready for our Epic Adventure! I want to THANK ALL of YOU for making this a great trip and a memorable day!!

**STAY TUNED FOR UPCOMING TRIPS AND ADVENTURES!**





## FITNESS COURT

### FALL INTO FITNESS WITH US!

**JOIN US** for great workouts, have **FUN** and reach your health and fitness goals!

- **Boot Camp**//TTH@5:45-7 pm & **MWTH**@9-10 am
- **Fitn'45**//TH@12-12:45 pm

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

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

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

Contact Clay - [clay@fit2playnw.com](mailto:clay@fit2playnw.com) - 425.822.2203 ext 126

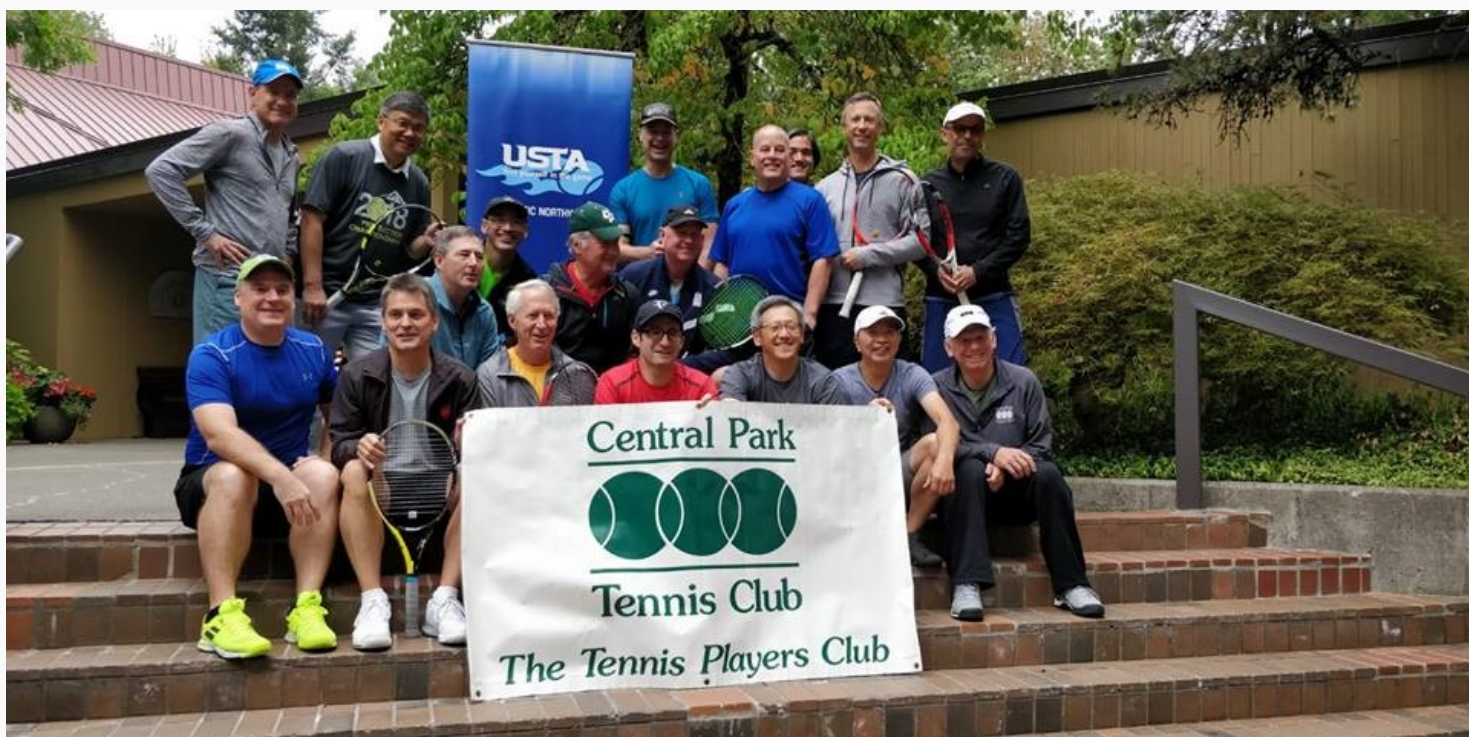
**SERVICES:** Performance Training for Kids and Adults//Health Coaching//Small Group Training//Personal Training//Boot Camp am//Boot Camp pm//Fit'n'45.

*"There is no one GIANT step that does it, it's a lot of LITTLE steps that does it"*



## USTA SECTIONALS

Congratulations to our CPTC's Adult 40+ 3.5 team who competed in Sectionals (Portland) this past month. What an amazing season! We are so proud of you!



## MASSAGE

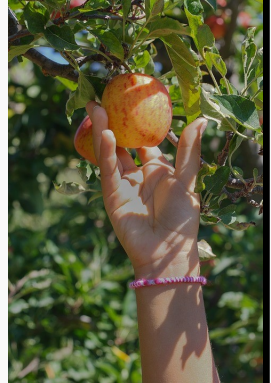
It's September. I hope you had many adventures. It's time for a massage. Bring your tired bones and achy muscles to me. I can fix you up with Facilitated Stretches

(\$25/30 minutes) or a 60 minute massage (\$70) or a 90 minute massage (\$100).

It's your pick.

<http://freeman.youcanbook.me>

Be well,  
Freeman



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