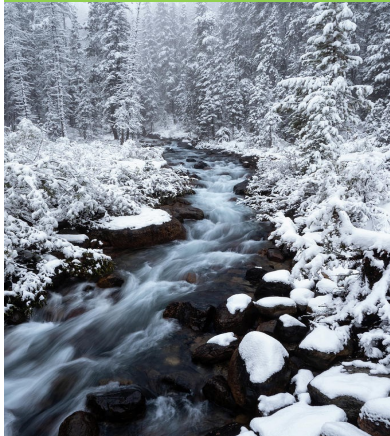


Baseline Newsletter February 2023



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It has been a busy start to 2023. We kicked off the month hosting the Northwest Senior Open Tournament. Kudos to Lisa Moldrem for leading the organization of this event. Additionally, 19 men's and women's USTA 40+ teams began their season, a new session of Junior team tennis began, and scores of members came out to enjoy the pickleball social. The month of January also saw a series of informational meetings held to answer questions about the Outdoor Court Rebuild Project. If you missed those meetings and have questions, you will have two more opportunities to meet with a representative of the Outdoor Court Rebuild Committee: Tuesday February 7 at 7PM and Saturday February 11 at 11:30AM in the clubhouse café.

The Board is pleased with the work the Outdoor Court Rebuild Committee has done to research various engineering solutions and competitive construction bids. The proposed project is to rebuild our outdoor courts with post tension concrete. This is not a temporary patch repair, but a long-term solution to the current asphalt surface that is failing. It is also our most cost-effective solution. Our cracked and uneven sidewalks as well as stadium court seating will be replaced at the same time. Courtside amenities such as drinking water and cabanas for shade are included. Power, water and sewer will be installed for future bathrooms as will conduit for potential, future lighting of the outdoor courts. By now you have received an electronic ballot. (Reminder, each equity membership gets one vote, regardless of how many people use that membership.) If you have any more questions, I highly encourage you to read the [Frequently Asked Questions](#), and to attend one of the informational meetings.

Thank you for your care and attention to our Club – both community and facility.



PRESIDENT
ELIZABETH GRAVES

Membership Dues Increase

At the January meeting, after reviewing the comprehensive analysis of the Finance Committee and Management, the Board of Directors voted to approve the budget for 2023 which includes a 4.5% increase in dues and an increase of the monthly capital assessment by \$5 for Equity members.

Our dues serve to maintain the club's first-rate tennis offerings, to keep the club financially healthy, and to prepare for future repairs and investments that will make the club even stronger moving forward. As costs increase and the club continues to age, this increase in dues will allow the club to keep pace and maintain our standard of excellence.

Multipurpose Room Update

As of February 1, our FitnessOnDemand agreement will expire. We will keep the multipurpose room unlocked for members to use freely. Members still have the option to reserve the space by selecting a slot in the Multipurpose Room tab in Gametime. To view when the Multipurpose Room is blocked off, make sure to check Gametime or the schedule on the iPad outside of the multipurpose room.

You can now connect to the TV located in the MP Room using your phone, laptop, or tablet simply by using the cable attached to the TV. Instructions are provided by the TV to help get you setup.

For any questions, please email [Darin](#).

February 2023

February 2-8

Monday, February 6

Wednesday, February 8

Monday, February 13

Monday, February 13

Monday, February 13

Tuesday, February 14

Wednesday, February 15

Wednesday, February 15

Tuesday, February 21

Wednesday, February 22

Bellevue Club/Central Park Tournament

Cups Committee Meeting - 1:00pm

Membership Committee Meeting - 6:00pm

Early Spring Jr Registration Opens

Cups Committee Meeting - 1:00pm

Tennis Committee Meeting - 6:00pm

Facilities Committee Meeting - 4:30pm

Cups Fundraiser Tennis Event - 10:00am

Finance Committee Meeting - 6:00pm

Pickleball Committee Meeting - 6:00pm

Board of Directors Meeting - 6:00pm

Welcome to our New Members

New Equity Member

Anton Safonov & Family

Caroline Truong & Family

Stephen Stukovsky & Family

New Junior Member

Thierry Chen

New Young Professional Member

Natalie Lepire



Best to our Resigning Members

Coreen Robbins

Mala Virani & Family

Best to our Resigning Junior

Ryan Wu

Best to our Resigning Young Professional

Sierra Olson

Transitioning to Seasonal

Charlie and Julie Bernstein

COMMITTEE REPORTS

MEMBERSHIP | CHAIR [CLELLIE DOBBS](#)

Hello all, I hope your new year is off to a great start. A Couple things to look forward to that the committee is working on. The first begins a hopefully successful series of Pop Up events being held here at the club.

We have reached out to Clover Athletica, a maker of Ladies tennis apparel, and they would like to present some merchandise via a trunk show tentatively scheduled the day of our BC/CPTC tournament mixed doubles final on February 8th from 6pm to 9pm.

The second is a St. Patrick's Day Tennis Social Mixer on March 17. Stay tuned for sign ups; more information coming soon! Another "Just for Fun" event all about bringing fun people together.

Parents and juniors, we haven't forgotten you, be on the lookout for a mixer we are planning just for you, March 31st 4:00 – 7:00pm. Kids can play tennis with pros on courts 1 – 4 while parents network in the Reed lobby. Refreshments for all attending will be served. This is a partnership we are developing with the junior program in hopes of bringing the parents, juniors, Pro's and the entire club membership closer together. Members only!

Also, Jack Goldberg and Matt Osborne went over the Outdoor Court Rebuild Project, and spent time answering any questions we had. The membership committee feels that this project looks and sounds like it's the right thing to do to bring our club into the future. It will address all the things that need to be repaired, and make Central Park Tennis the club everyone wants to belong to!

FACILITIES | CHAIR [LYNDA CARLSON](#)

We are working on a few improvement projects around the club. We will be developing a plan to refresh the interior with a focus this year on updating the locker rooms. Improvements to the lighting around the juniors entrance in the gravel lot and needed maintenance around the club.

We appreciate your input on any maintenance issues you observe that need attention. Please send to me or any of the facilities committee members or front desk.

TENNIS | CHAIR [GEORGE HAYS](#)

The Tennis Committee met January 9. The Committee approved a motion to add two waitlist members to a men's 4.0 40+ team. The Committee then heard a presentation regarding a proposal to renovate the outdoor courts. The Committee provided feedback regarding the height of the north wall of the stadium court, landscaping, resurfacing frequency, drying time, and hitting walls. The Committee also received an update on the status of the proposed survey from Darin, which will probably go out after the member vote on the outdoor court renovation project. The next meeting will be Monday, February 13, at 6 pm.

FINANCE | CHAIR [PETRA CARL](#)

This month the Finance Committee reviewed the December financials and it was nice to see the entire year and how close we were to budget. Creating a good budget is not easy, but Julie does a fantastic job and our committee also takes the review task seriously. As I have said before, it is going to be important now to increase cash reserves so that we have money for future projects. We are fortunate that we are able to borrow funds when we need them, but it is comforting to me that we also have cash available to get projects going.

PICKLEBALL | CHAIR [CAROLYN WERNER](#)

Earlier last month, the Board approved a request made by the Pickleball Committee to grant permanent status to the pickleball offering at Central Park. Court 18 will be permanently designated as a dual-use court for both tennis and pickleball. Hours of play for pickleball will be determined by the Board, based on recommendations from the Pickleball Committee, and depending on the season.

Over 50 members came out last Saturday afternoon for a Pickleball Mixer in the Roberts Building. Committee members and volunteers created 10 indoor pickleball courts for hours of fun and competitive play before dinner and more socializing in the clubhouse. It was great to see players of all levels mixing and playing on the same court!

MANAGER'S MISCELLANY

As we begin the month of February, that means one of the great yearly tradition's is here, Groundhog Day! This tradition happens every February 2nd in where the Groundhog Punxsutawney Phil emerges from his burrow. If he sees his shadow, there will be six more weeks of winter. If he does not see his shadow, spring is predicted to arrive early. The ceremony is held in Punxsutawney, Pennsylvania, a small town in western Pennsylvania, about a 40-minute drive from where I grew up. Every few years my family and I would get there early for the ceremony, where we and 40,000 other people would be there hoping ole' Phil doesn't see his shadow. Even when we didn't make it in person, being in western Pennsylvania this was always a big day as everyone would wake up at 6:30am and watch it on the local news and then talk about it in school that morning. Pretty comical as I'm thinking about it now, and a yearly reminder to not take life too seriously. Here's to hoping for an early Spring!

In Central Park news, January included the USTA National Level Senior NW Tournament, run flawlessly by our very own Lisa Moldrem. We had a lot of entries this year from states around our area, and some really high level tennis. Another thank you to Lisa for running the event, and thank you to all the members that participated. Results can be found on page 8. We also just wrapped up our Pickleball Social, put on by the Pickleball Committee! We had 50 participants in the Roberts Building, and everyone seemed to have a great time playing the official sport of Washington State. We concluded with some tasty food catered by 3 Pigs BBQ, with many laughs all around.

February is starting off with the member vote for the Outdoor Court Project. Emails were sent to all equity members on February 1st, and the vote will close on February 21st. The Outdoor Court Project committee has worked very hard on this project the past two years, on something that will improve our club dramatically. We ask that you please vote on this project, the ballot completion takes less than 20 seconds. Thank you!

We will also be hosting our yearly Bellevue Club/Central Park tournament February 2nd-8th (Draws [HERE](#)). Please monitor Gametime for court availability in this time frame. Come out and watch some great tennis and cheer on your fellow members! Clover Athletica will also be putting up a pop up shop on February 3rd and 8th from 5:30-10pm in the Reed Lounge. Come check out their clothing!

I also wanted to say a quick thank you to member Steve Edwards, who helped make our Exit Gate logo pop with the tennis ball colored plexiglass. As you're leaving out that way, look closely as it looks like real tennis ball fuzz! Very cool.

Please reach out or stop by my office any time. Lets have a great February!

Interim Manager - Darin Rauso

OUTDOOR COURT PROJECT

- JACK GOLDBERG, COMMITTEE CHAIR

It has been almost two years since the board created the Ad-Hoc committee to address the issues with the outdoor courts, surrounding sidewalks and retaining walls. This was no small task. Our outdoor court area is almost 50 years old. We have water seeping up through the asphalt even on warm summer days. We have cracks on the courts and broken sidewalks. We even have retaining walls that are slowly failing. The board knew that these issues needed to be addressed if Central Park Tennis Club was going to continue to be a premier tennis club. The committee was formed and included myself, Brian Darrow, John Barnes and Matt Osborne. Most of us worked together on the Roberts Building project not too long ago. We all knew that getting this project done was not going to be easy. With 500 "owners" getting big things done can be difficult.

Fast forward to current day. All the design and engineering is completed and we have engaged a contractor and applied for permits. We did our best to keep the membership apprised of the plan. Several Baseline articles described our month-to-month progress. Member informational meetings were held, renderings were posted, flyers distributed, and the Club President even sent a personal letter.

This project will turn our rather old and dingy outdoor court area to probably the best part of the club. We are putting down a very high-quality post tension concrete surface, replacing all the nets, fences, wind screens, sidewalks and retaining walls. New water fountains, shade cabanas, landscaping and landscape lighting are also being added. There will even be a new patio viewing area on the north end of the stadium court.

By the time you read this article you would have received your member ballot (one per equity member). Lots of people including the committee, board and staff have spent enormous amounts of time on this project. We hope you will take a few moments to vote. If you have any questions about the project please take a look at the renderings (posted at the club), the Q & A document [HERE](#) or ask one of the committee members directly. We want everyone to feel like they have had all their questions adequately addressed.

USTA TEAMS LOOKING FOR PLAYERS

65+ Weekday 7.0 Level - Contact [Cindy Zens](#)

18+ Weekend 5.0 Level - Contact [Joanna Stewart](#)

OUTDOOR COURT PROJECT BALLOT

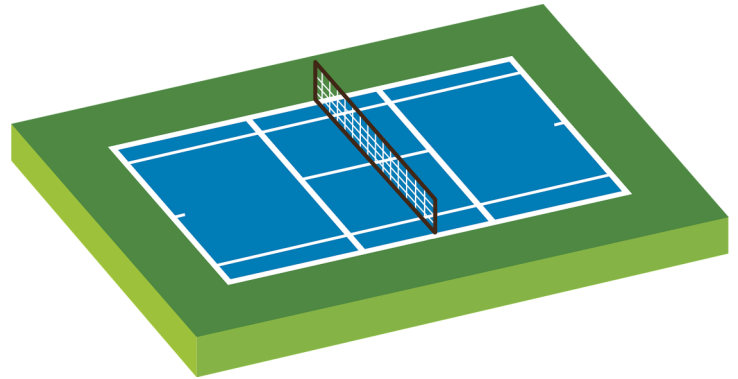
Attention Equity Members

Voting for the Outdoor Court Project started on **Wednesday, February 1st at 12pm**. An email was sent to the primary member with a link that directs them to the ballot. There is one vote per Equity Membership. Voting will close on Tuesday, February 21st at 12:00pm. For technical questions in regard to the ballot, or to receive a paper ballot, contact [Darin](#).

References:

Outdoor Court Project Flyer click [HERE](#)

Q&A document click [HERE](#)



Clover Athletica Pop-Up Shop

Friday, February 3rd - 5:30-10:00pm

Wednesday, February 8th - 5:30-10:00pm

Located in Reed Building Lounge

Cups Committee

Seattle Angels Fundraiser

CP's Cups teams are heading into the last few weeks of the season, and to cap it off, the Cups Committee would like to invite all Cups players to a fun tennis mixer on **Wednesday, Feb. 15 at 10am**. All levels of play are welcome; it's a great chance to meet and play with lots of others. The event will benefit Seattle Angels, a nonprofit that works to support youth in foster care. Our event will start with a tennis mixer at 10:00am, after which we will auction off fun baskets at a lunch provided by the committee. We hope you can join!

Register in Gametime [HERE](#)

Hope you've been having a great season, and thanks for your support of this great cause.

Cups Committee

USTA Northwest Washington

Senior Tournament Results

Thank you to all who played in the National Level USTA NW Senior Tournament last month! It was another successful event, with high quality matches. Another big THANK YOU to Lisa Moldrem who planned, coordinated, and ran the tournament. She puts together flawless tournaments year after year! We had 187 entries, our highest number since 2014! Our Members also did a fantastic job competing, see below!

Women's 45 Singles Champion - Joanna Stewart

Women's 45 Finalist - Leah Gray

Women's 55 Singles Champion - Ana Tessadro

Women's 55 Singles Finalist - Eugenia Salvo

Men's 45 Doubles Champion - Ross Laursen & Greg Skaggs

Men's 55 Doubles Champion - Eddie Schultz

Women's 35 Doubles Finalist - Christina Bowden

Women's 45 Doubles Champion - Susie Heimdahl & Joanna Stewart

Women's 55 Doubles Champion - Ana Tessadro

Central Park Junior Tennis Program

We are committed to the **DEVELOPMENT** of **GOOD ATHLETES & GOOD PEOPLE**

Upcoming Early Spring Session 2023

March 6th - April 23rd

***Registration open Monday, February 13th.*

Class schedule & registration dates (registration opens in red)

Early Spring 2023	March 6th - April 23rd	Monday, February 13th
Late Spring 2023	May 1st - June 18th	Monday, April 3rd

- **Read the Jr Newsletter [HERE](#)**
- **Jr Team Parents** - We've created WhatsApp groups for you to connect with each other for outside hitting times & more. Use the QR for your child's level below



Futures Parents



Green Ball Parents



Orange Ball Parents

USTA 2023 ADULT 18+ Weekday/Weekend & 65+ Weekday

Applications Due by February 20th.

Please email [Darin](#) for the Captain's Form.





Pickleball Corner



Pickleball Mixer

January 28th



Central Park/Bellevue Club Tournament

February 2nd-8th

Courts are limited on certain days. Come out and cheer on our CP Members!

Draws can be found [HERE](#).

Central Park



Tennis Club

BELLEVUE CLUB

FITNESS CLASS ALERT!

FIT FOR TENNIS

Taught by Clay Runnels

When: Tuesdays & Thursdays from 9:00-9:45am

Duration: 8 classes (February 28 - March 23)

Price: \$149 for 8 classes or \$25 drop-in

First class free for new participants

Where: Central Park's Multipurpose Room

Improve your tennis with this fun new fitness class!

These classes will focus on:

Agility - Quickness - Power

Click [HERE](#) to register and find more info



PRO REPORT

Hi all!

It's always great getting right back into the swing of things after the holiday season & heading straight into USTA season.

One thing I've been getting a lot of questions about this month is SERVING. I think it's normal for us all to want to improve our serve when we know we're going to be playing matches. Below are a few tips that have helped myself & others over the years when it comes to this....

- When you're practicing serves use a realistic format (first serve, second serve, switch sides, repeat). It will never be presented any other way in a real match so try getting used to this format instead of hitting thirty first serves & then thirty second serves.
- Try playing for a week or two while using your second serve only. Using your second serve as your first serve for an extended period of time is one of the fastest ways to gain confidence in it. We often get students saying "my second serve is so weak, I don't trust it, I just push it in." Take the pressure off of it & see what happens. When we're always hitting a shot with a "do or die" mindset it's hard to improve. I've also found that gaining true confidence in your second serve is one of the best ways to naturally improve your first serve – it's mental.
- DON'T HIT BAD TOSSES!!! Having a bad toss is not a crime – choosing to hit it is where we go wrong. If you're not striking the ball in a consistent location, then it's extremely hard to make progress. Be patient with yourself, tossing can be hard (tips below).
- Be intentional with every serve you practice. In class we often grab a singles stick & lay it down in the middle of the service box to divide it in half as a visual. Even if you don't think you're capable of aiming your serve it's good to have intention. Tell yourself where you'd like to hit it before every serve – even if it's right down the middle. This process will slow you down & force intention even if it's not being executed well.

A few things for the toss specifically...

- Your arm is like a spoon. Your hand holds the ball but your shoulder is what's lifting it. There shouldn't be much movement or manipulation in the arm or hand.
- Try looking up at your target before tossing. If you can see where you want to throw the ball it may help your aim. Most of the time we are simultaneously looking up & tossing at the same time – separate the two – look then toss.
- Take a moment to pay attention to what your feet are doing as you're tossing. A lot of times we have movement going on down below (tempo) that can be interfering with our toss. Finishing your foot movement & being on more solid ground before the toss may be helpful.

Hope some of these things help – happy serving!

Blakeley



Blakeley Bean
[Tennis Professional](#)



RACQUET STRINGING AVAILABLE - DROP OFF SERVICE!

Ready to get your racquets serviced?

Simply fill out the stringing information [form online here](#) or under the *About Tab* at www.centralparktennisclub.com

Email Phil to set up drop off and pick up
Phila@centralparktennisclub.com

The Foundation of Good Footwork: The Split Step

ussportscamps.com

The split step is the foundation of footwork in tennis and is an integral part to improving your overall game. However, because of the preciseness of the move, the step is quite challenging to master.

Essentially, the split step is a little “hop” that players take right before they go to hit the ball. Even something this simple can elevate your game, but it involves incredibly precise technique and timing.

Technique

The idea of the “hop” can sometimes be misinterpreted – the movement should be a small bounce used to position your feet in a way that prepares you to be ready for your opponent’s shot before they hit the ball. To achieve a perfect split step, feet should be shoulder-width apart, facing the net and knees should be slightly bent to prepare for a quick takeoff. This technique keeps tennis players light on their feet and off of their heels. Keeping the feet facing the net enables you to push off on either your left or right foot quickly to return your opponent’s shot. Think of the split step as a “reset” to prepare for the next hit.

Timing

Timing can be the most difficult aspect of the split step but is vital when it comes to the quality and accuracy of your return shots. The initial action of a hop should happen just before the opponent makes contact with the ball, and the peak of your jump should be right when your opponent makes contact. Rather than trying to guess which direction your opponent will shoot, establish a proper split step so that moving to either side becomes more fluid. The split step motion will happen on majority of the plays during the match, so it is imperative to learn the appropriate timing. Rinse and repeat this practice until the timing becomes fluid to the rest of your game and watch the number of errors greatly decrease.

The split step is key aspect to any tennis player’s game, and should become second nature, as it is used almost every single play. While it can be hard to master, work on the timing and technique and see how much easier tennis matches become.

Frequently Asked Questions

Q: May I still reserve the Multipurpose room if I want to have the space to myself?

A: **Yes! Just go into Gametime in the Multipurpose Room tab and reserve the hour slot.**

Q: How do I operate the Exit Gate?

A: **Simply wave your hand in front of the sensor, at the beginning of the path. The door will then open for you to exit.**

Q: How do I schedule a private lesson?

A: **We now have open lesson times, available to reserve in Classes & Events! Look for “Pro Open Lesson” and register. It’s that easy!**

Q: If I see a maintenance item that needs fixed, what do I do?

A: **Please email Chris at maintenance@centralparktennisclub.com. If urgent, please notify the front desk.**

Q: May I hook my phone up to multipurpose room TV?

A: **Yes! Follow the instructions listed by the TV.**

Q: Is the Phone Mount holder only available on Court 4?

A: **Yes. We have a designated bracket on Court 4 to hang the mount. We will gauge interest and discuss adding additional brackets on other courts if the demand is there.**

Q: Where is the Junior Program Entering/Exiting?

A: **The junior program will be entering and exiting in the gravel parking lot through the pathway to the left of the pool. Signage is posted in the gravel parking lot.**

Q: Is FitnessOnDemand still offered?

A: **No, as of February 1st, FOD will end. We are looking at more in person fitness options in the multipurpose room.**

Clinics & Programs At CPTC

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Skills & Strategy 3.0+ Intermediate	Monday	8:30 - 9:30am	4	Sign up dependent
Blakeley Cardio Tennis	Monday	10:00 – 11:30am	7	\$35
Phil's Skills & Drills 3.0+	Monday	8:30 – 10:00 pm	6	Sign up dependent
Chad Cardio Tennis	Tuesday	9:00 – 10:00 am	6	\$25
Chad Cardio Tennis	Wednesday	9:00 – 10:00 am	6	\$25
Chad Cardio Tennis	Wednesday	10:00 – 11:30 am	6	\$35
Phil's Skills & Drills 3.5+	Wednesday	8:30 - 10:00 pm	6	Sign up dependent
Chad Cardio Tennis	Friday	8:30 – 9:30 am	6	\$25
Chad Cardio Tennis	Friday	9:30 – 10:30 am	6	\$25
Lisa's Beginner Skills & Drills	Friday	9:30 - 10:30 am	4	Sign up dependent

Click [here](#) to refresh yourself about our programs. Here all the details:

All program sign ups are online in GameTime. Program times will be **one hour and 30 minutes**.

Program sign ups open at different times. GameTime will open the sign up for the following programs. See schedule and times below:

Program	Day of Play	Time	# of courts	Sign up Starts	Sign up Ends
Men's Night	Monday	5:30-7:00 pm	4	Saturday prior 7 am	Day of 11:30 am
Women's Night	Tuesday	5:30-7:00 pm	4	One week prior 7 pm	Monday prior 7 pm
Women's Day	Wednesday	10:00-11:30 am	4	One week prior 9:30 am	Tuesday prior 10:00 am
Singles Night	Wednesday	5:30-7:00 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	8:30-10:00 am	3	One week prior 7 am	Friday prior 8:30 am
Saturday Women's Doubles	Saturday	10:00-11:30 am	2	One week prior 7 am	Friday prior 8:30 am

Thinking of a Move?



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and/or Outside*

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- Mobility
- Aerobic Fitness
- Balance

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