

Baseline Newsletter

July 2021



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My first Baseline! As I write this, we are in the midst of a heat wave, and being hunkered down trying to stay cool has given me time for reflection on my two years on the board of directors.

Nancy Goldberg highlighted in June’s Baseline the fantastic staff and volunteers who contribute so much to Central Park. I’d like to add one person to her list, and that is Nancy herself. Her leadership as president allowed us to emerge from the pandemic as a strong and healthy club, ready to resume activities and progress forward as the premier tennis facility that we are. She navigated the board through mandatory closures and restrictions on what amenities we were allowed to offer. Also thrown in were a major snowstorm and a wind driven power outage just to make things a bit more interesting. Truly a year of unprecedented challenges that Nancy handled with grace and competence. Nancy, thanks for being a wonderful mentor and friend to all of us on the board!

With the new board year come three new board members. Elizabeth Graves, Girish Patwardhan, and Fred Wurden started their tenure facing tough and complicated decisions. They put the work into being prepared right from the start by familiarizing themselves with the issues at hand. Their insight and perspective have already made significant contributions, and their presence rounds out a strong board of directors.

As we return to normalcy, I think back to two years ago when I was writing my board candidate bio. I said I hoped to engage the membership into all that Central Park has to offer, beyond the excellence of tennis. Through the club, I have made friends for life and have developed a connection to people I would never otherwise meet. Central Park feels like a second home to me, and some of you see me around the club so often you probably believe I really do live there. We love our club, and what makes it so special are the people and the strong sense of community we share.

Since my first board meeting two years ago, we have welcomed 115 new equity memberships. If you see a new face around the club, introduce yourself and invite them for some tennis or to gather on the patio. Social and tennis events will soon be returning and I encourage all members to attend. This will be a special year to reacquaint with old friends and new as we fully reopen!

See you at the Club!

[Check out our website for past Board minutes.](#)



PRESIDENT
WAYNE LIM

July 2021

Sunday, July 4	Independence Day - Closing at 5:30pm*
Monday, July 5	Summer JR Team Begins
	Court Times Change
July 7th-11th	Hosting USTA 18+ Playoffs
Wednesday, July 28	Board of Directors Meeting



REMINDER: POLICY CHANGE



24 HOUR CANCELLATION

- Cancellation policy is now **24 hours in advance**
- Walk-On courts will begin at **8pm the night before**

We thank you for your cooperation during this transition period!

July 7th-11th: Hosting 18+ Playoffs

Wednesday, July 7th through Sunday, July 11th Central Park will be hosting the USTA 18+ Adult Playoffs. Please keep this in mind when looking for courts during this timeframe. You will see what's allocated for the USTA Playoffs in Gametime. We are happy to support the USTA Pacific Northwest and are looking forward to a fun event!

MANAGER'S MISCELLANY

END OF RESTRICTIONS!

End of June HEATWAVE! It came before the 4th of July -CRAZY!! I hope everyone survived and kudos to our all our staff that took the brunt of it. We appreciate your efforts –and for dealing with the sauna like atmosphere!

We welcome Mark Shkrebta to the CPTC team and our Pro Staff. Mark has been around CPTC since he played junior tennis and we are excited to have him on the courts with us. Open lessons are available in [classes and events](#). Make sure you introduce yourself and welcome him – we think he will be a great addition.

We welcome our new [Board and new officers](#), Elizabeth Graves, Girish Patwardhan, Fred Wurden and respectively, President Wayne Lim, Vice President Christine Garnett and Kevin Harrang, our new Secretary-Treasurer. I look forward to working with you all and having a successful year. Nancy Goldberg presided over a very nice and informative annual meeting with some great food and great company, and we were able to do it poolside. Thank you to those that attended and showed their support.

Another announcement for Distinguished Member(s) award was Steve Bard. His dedication and service to the Club was recognized this year and we so appreciate all he has given and continues to give - improving our technology and being available when it baffles us!

Nancy also thanked the outgoing Board members, Carol Buckingham and Ross Laursen. These two have been giving of their time and dedicated to our club, especially over the last 18 months and facing the pandemic. Each have made their own mark on CPTC over the last 3+ years. We will miss your input and carry on as best we can.

If you read Wayne Lim's President article this month – he gave well deserved kudos to outgoing President Nancy Goldberg. Nancy has been a pleasure to work with and stayed on top of keeping things moving this last year. Glad we will have her as part of the Board this year as well!

With the end of the Board term is also the Committee Hiatus season! If you are interested in participating on a committee, [click here](#). We will begin our next session in September. It does take 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.

UPDATES & REMINDERS:

NO OCCUPANCY LIMITS

MASKS REQUIRED for those NOT FULLY VACCINATED

- Monday, June 14 the 24-hour court cancellation policy started along with 8 pm the night before walk on reservations. The Tennis Committee will continue to monitor this.
- Fitness On Demand will continue to be available in GameTime to reserve. Remember you may do a day-of reservation for the multi-purpose room if you will not be using the Fitness on Demand program
- The Fitness Court is now available for anytime use. We do ask if you are bringing a guest, that your register them at the front desk and have them fill out the [fitness guest agreement](#) ahead of time.
- Pool reservations are continuing with lifeguard hours daily from 11-9. We have now increased the number of users per reservation. You may put yourself in and add up to 7 more users on your reservation. We will continue to monitor the use and ask you to have register your guests prior to arriving. It is also helpful to send them the [swim guest agreement](#) ahead of time. If you want to come earlier or stay later, no worries, just register your name closest to the time frame you will be here. Occupancy restrictions have been lifted.
- Summer Jr. team classes will begin Monday, July 5. If space allows non-members to register, they will have access to the Clubhouse and tennis courts **only**.
- Starting Monday, July 5 we will be removing the 15-minute buffer between court times.
- We will continue with the online [tennis guest agreements](#) as well as [stringing forms](#), and [classes and events](#).

MANAGER'S MISCELLANY CONTINUED


- Cups will be put back on the indoor and outdoor tennis courts!
- Entry/exit will return to pre-Covid, however, during daytime hours we will allow members to directly exit to the parking lot. The handicap gate will be locked after the last court time of the day has gone on court (9 pm Monday-Saturday and 7:30 pm Sundays).
- Please remember: In an effort to save staff and energy costs, if on Friday, Saturday or Sunday there are no reservations after 7:30 PM, the staff may close the club at 7:45 PM. If you think you might want to play at later hours, please make sure to call and reserve a court.

It feels good to be getting back to normal.

Enjoy your summer! Stay safe and enjoy your 4th!

[Julie Wheadon](#)

Important Reminder!



Please remember to check your emails!

AED Locations



Exit Door to Courts



Wright Building Lobby



Roberts Building Lobby

IMPORTANT: Please be familiar with our Automatic External Defibrillator locations at Central Park. This information is very crucial to know in case of an emergency on site. Our staff is CPR and AED certified and are trained to handle these kind of emergencies. If possible, call 911 from a landline phone. This will immediately share the emergency address with the 911 dispatch.

CPTC Election of Directors & Officers

Election of Directors took place Wednesday, June 16, 2021.

The following candidates were elected to serve as Directors for 2021-2024.

Elizabeth Graves
Girish Patwardhan
Fred Wurden

Thank you to all the candidates that were nominated and thank you to the following Board members for their years of service: Carol Buckingham and Ross Laursen.

The following members will remain as Directors: Christine Garnett, Kevin Harrang, Beth Lehman-Brooks, Wayne Lim, Mei McRae, Helen Suk and Nancy Goldberg, as Past President.

ELECTION OF OFFICERS

On Wednesday, June 23, 2021 a Special Meeting of Outgoing and Incoming Directors was conducted.

The Election of Officers determined:

President - Wayne Lim
Vice President - Christine Garnett
Secretary-Treasurer - Kevin Harrang

We are looking forward to wonderful year!



Towels, Towels, Towels!



Towels are back at Central Park! Court towels can be picked up at the exit to the tennis courts. Shower & Pool towels may be checked out at the front desk. Fitness towels are located in the Fitness Court. Please remember to drop off the dirty towels in the designated baskets (both locker rooms, outside of pool door, front entrance, each tennis building lobby, exit gate).

Court Times Changing - July 5th

We will be eliminating the 15 minute buffer on all indoor and outdoor courts starting on July 5th (See times below). IMPORTANT - If you want to reserve courts for July 5th or later, you will find those in the "Tennis July 5 Onward" tab in Gametime. On July 5th, this tab will transition to the normal "Tennis" tab.

TENNIS | POOL | TENNIS JULY 5 ONWARD

TENNIS JULY 5 ONWARD

Weekday

Reed/Roberts

6-7:30 am
7:30-9 am
9-10:30 am
10:30 am-12 pm
12-1:30 pm
1:30-3 pm
3-4:30 pm
4:30-6 pm
6-7:30 pm
7:30-9 pm
9-10:30 pm

Wright/Outdoor

6-7 am
7-8:30 am
8:30-10 am
10-11:30 am
11:30 am-1 pm
1-2:30 pm
2:30-4 pm
4-5:30 pm
5:30-7 pm
7-8:30 pm
8:30-10 pm

Weekend

Reed/Roberts

7:30-9 am
9-10:30 am
10:30 am-12 pm
12-1:30 pm
1:30-3 pm
3-4:30 pm
4:30-6 pm
6-7:30 pm
7:30-9 pm
9-10:30 pm (Sat only)

Wright/Outdoor

7-8:30 am
8:30-10 am
10-11:30 am
11:30 am-1 pm
1-2:30 pm
2:30-4 pm
4-5:30 pm
5:30-7 pm
7-8:30 pm
8:30-10 pm (Sat Only)

Tennis Ball Price - \$4.50/can

Price for a can of tennis balls will now be \$4.50 a can. Due to a nationwide shortage of tennis balls, we will not be selling cases at this time. Thank you for your cooperation and understanding.



COMMITTEE REPORTS

MEMBERSHIP | CHAIR [ANNIE OTTESEN](#) & [JOYCE ISMON](#)

Happy July!! We are so fortunate on the Membership Committee. Everyone agreed to continue to serve for 2021-2022. Now that we are able to socialize again, we would LOVE a few more members. Speaking of Socials, Mark your calendars for AUGUST 21st 11-3!! Our first social — FAMILY FUN DAY — poolside! Bring the family and come play!! More details to follow. See you then!

FACILITIES | CHAIR [STEVE COLEMAN](#)

The Facilities Committee is taking their annual break over the summer and will return with our September meeting. If you would like to join the Facilities Committee for the upcoming year, please [email me](#) or [click here](#). Please have a healthy and safe summer!

TENNIS | CHAIR [KIRSTEN BARNES](#)

The Tennis Committee is continuing to monitor feedback from members about the new change in policy to 24 hour cancellation and 8pm walk on courts. We value your feedback to any new change and we appreciate your understanding during this transition period. The Tennis Committee will meet formally again in September and are discussing topics through email until then. Hope you have a great, enjoyable summer!

FINANCE | CHAIR [PETRA CARL](#)

The Finance Committee is on summer hiatus, however virtually reviewing the monthly financials to make sure we are staying on target with our 2021 budget. We will reconvene in September with a heavy to do list planning the 2022 budget and reviewing upcoming capital expenditures. If you are interested in joining [please reach out](#).



HEALTHY CORNER COOKING



Pineapple Guacamole

Inspired by Gimmesomeoven.com

Serves: 6-8

What says summer better with friends than chips and guacamole! You'll love this healthy version with a twist of sunshiny pineapple! You know avocados are a great source of healthy fats and pineapple is an antioxidant powerhouse as well as rich in Vit C - so load it up! Great in sandwiches too!! To your Health- Cathy

INGREDIENTS:

3 ripe avocados, peeled and pitted
1 jalapeno, stem and seeds removed, minced (add more or less to taste)
1 1/2 cups diced fresh pineapple, plus extra for topping
1/2 cup finely chopped red onion
1 Tbsp. fresh lime juice
1/4 cup fresh cilantro leaves, finely chopped
1/2 tsp. coarse sea salt
dash of cumin
Serve with tortilla chips or my favs are the Organic Corn Scooping Chips from Trader Joe's (regular or spicy - so good!)



INSTRUCTIONS:

Mix together mashed avocados, jalapeno, pineapple, onion, lime juice, cilantro, salt, cumin with a fork until well-mixed.

Serve immediately, garnished with extra fresh pineapple and chopped cilantro, served with corn tortilla chips. Or cover the bowl with plastic wrap (so that the plastic is literally touching the entire top layer of the guacamole) and refrigerate.

SAVE THE DATE: Saturday, August 21st

Summer Family Fun Day!

Make sure to mark your calendars on Saturday, August 21st from 11am-3pm for our Family Fun Day! All Members' families and kids of all ages are invited to attend. It will be a fabulous day of swimming, eating, fun games for all ages, and socializing! Stay tuned for email blasts, signage around the Club, and the August Newsletter for more details. The Membership Committee is working hard and are excited to put on their first event since the Pandemic! We look forward to seeing you there!



Front Desk Feature

Get to Know: Adam Long

Hello everyone!! My name is Adam Long and I've been a regular desk attendant for the last few weeks, although I did have a brief tenure here in the summers during 2018 and 2019. I've been a member of the club for the better part of the last ten years, coming in to use the gym or play with family when I'm home from school. I'm currently a senior at Washington State University and will be finishing up this December with a degree in Business Marketing.

Although I've been a member for a while I have admittedly never been the most active tennis player, but I do enjoy grabbing a racquet from time to time and going to hit with my mom for a while. I was much more involved in other sports during my time as a kid and through high school, with football and lacrosse being my two favorites to play. When not throwing the ball around with my buddies, I can often be found hunkered down in front of whatever game happens to be on, be it the NFL, NHL, NBA, etc. My two favorite teams are Washington (NFL) and Toronto (NHL).



I was born in the Bay Area but actually came to Seattle by way of central Virginia, which is where I spent the majority of my childhood in a small town outside Charlottesville. I loved the natural beauty of the Appalachian foothills, and the woods we lived near offered countless adventures for me growing up. We packed up and moved cross-country to Kirkland in 2012, and have loved it ever since. Another important part of where I'm from is Canada, as basically everyone in my family + extended family is from the Great White North, so going back to visit is really important to me.

When I'm not watching the Maple Leafs blow a playoff lead, I am very passionate about music and spend a lot of time either playing the guitar or just listening to my favorite records. I also spend time working at the Queen Anne Beer Hall in Seattle, which is a German style beer hall great for watching any big game. I also picked up a serious interest in cooking during quarantine, so getting in the kitchen or just watching shows on the Food Network has also been something I've been super into lately as well.

Thank you all so much for making the club such a friendly and welcoming atmosphere to work in, seeing your smiling faces walking up the stairs every day is the best. Looking forward to getting to meet and get to know even more of you, see you around this summer!

Current State of CPTC

Pool: Website Information [LINK](#)

- Open for reservation in Gametime
- Reservations are 2 hour slots but stay longer if you'd like
- Please include all family and guests names
- Open Monday-Sunday 11am-9pm with Lifeguard present
- 6-11am adult swim (no lifeguard present)

Fitness:

- Reservations eliminated for Fitness Court (No occupancy limit)
- Still Check-in at the front desk
- Members can bring guests the day of - \$8 [Fitness guest agreement](#)
- Waitlist Members can reserve day of - \$8
- FitnessOnDemand available for reservation in Gametime

Indoor/Outdoor Socializing:

- Reservations eliminated (No occupancy limit)
- All tables are first come, first served

USTA Spectator Policy:

- No limit. Please have all spectators check-in with the front desk

To Do: Update Your Profile



Having your up-to-date information is very important! Please go to our [website](#) in the Members portion and go to the "Account" tab and then select "Update Profile". Please fill in any information that is blank or needs to be updated. Thank you!

Beverages Available for Purchase at CPTC

Draft Beer - Bodhizafa, Mac & Jack's, Longboard Island Lager, Manny's Pale Ale, Stella Artois

Wine on Tap - Chardonnay, Sauv Blanc, Cabernet

Cans - African Amber Beer, Daytime Lagunitas, Stella Artois, Truly, Babe Grigio, 19 Crimes Chardonnay

Bottles - Chardonnay*, Rose, Prosecco* (*sold by bottle only)

REMINDER: All alcohol must stay in the Clubhouse at this time. No glass allowed on the deck or at the pool. Personal alcohol is subject to a \$10 corkage fee which will be charged directly to your account. Enjoy and please always drink responsibly!

Women's Team Tennis Transitioning to Women's Day

Starting July 7th, Women's Day will take place of Women's Team for the Summer. This program will be every Wednesday 10:30am-12pm, on courts 1-4. Signups and format will be similar to Women's Night. Members will be signing up as individuals, and will be weekly signups instead of a session. Signups will open one week in advance (Opening Wednesdays at 12pm) and close the Tuesday before at 10:30am. First registration opening in Classes & Events on June 30th for July 7th program. There will be a maximum of 16 slots with a waitlist of 4. Email [Lisa](#) with any questions.

Please remember Women's Day counts as your one play per day

Format:

- Doubles
- Players rotate partners after 8 games
- No ad



Lost & Found Cleanout - July 12th-14th

We will be having a lost and found cleanout from Monday, July 12th through Wednesday, July 14th in our Boardroom. If you feel that you may have lost something at Central Park over the last year, please come in and look for it! If you can't make those dates, feel free to give the front desk a call and they will look for you. After July 14th, the remaining items not claimed will be donated. Thank you!



Summer Junior Program 2021

How Does it Work?

Throughout the summer our junior program offers six different levels of class. Players register & pay for classes by the week (Monday - Thursday). Class dates & times are listed below. If your child is new to our program, please use the descriptions below to help determine their correct level. If still unsure, please contact Coach Blakeley: blakeleyb@centralparktennisclub.com or 678-595-3560.

[CLICK HERE FOR MORE INFO & REGISTRATION!!!](#)

Week 1: July 5 - 8

Week 2: July 12 - 15

Week 3: July 19 - 22

Week 4: July 26 - 29

Week 5: August 2 - 5

Week 6: August 9 - 12

Week 7: August 16 - 19

Week 8: August 23 - 26

Red Stars

Monday - Thursday 9:00am - 10:30am

Orange Stars

Monday - Thursday 10:30am - 12:30pm

Green Stars

Monday - Thursday 12:30pm - 2:30pm

Bronze

Monday - Thursday 12:30pm - 2:30pm

Silver

Monday - Thursday 2:30pm - 4:30pm

Gold

Monday - Thursday 2:30pm - 4:30pm



Blakeley's Beginner Skills & Drills

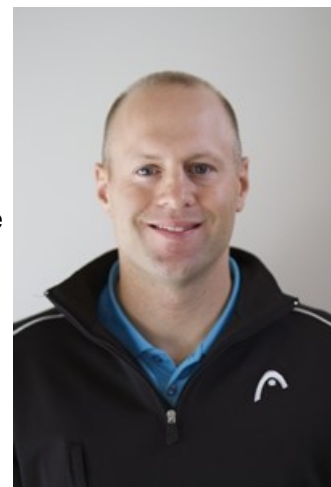
Blakeley will be running a beginner Skills & Drills class every Tuesday from 5:30-7pm this Summer! Make sure to sign up in Classes & Events in Gametime. The class will have a maximum of 6 players each week. Hope to see you there!

**NEW
CLASS
ALERT!**

PRO REPORT

Hello CP!

The summer months are here! It is a perfect time to improve your tennis. We are all excited to get back to tennis and with a refreshed appreciation of the game why not give yourself the chance to elevate to the next level. If you are tired of getting labeled as a certain type of player or you've been the same level for too long then summer is the best time to put in the work. Tennis is usually more casual and fun in the summer months and it is much easier to grab courts. The low pressure and chance to get the repetition you need are the perfect opportunity. Here are a few ideas to inspire some goal setting:



Chad Smith
[Tennis Professional](#)

Can you hit slice and topspin on both forehand and backhand? Can you hit flat, slice and topspin serves? Can you hit a swinging and slice volley? How about a tweener? I threw that last one in there for fun but if you answered no to any others there may be some holes in your game. Having all those strokes can be difficult because they require grip changes and different stances.

Try a new racket or try a new string. The right combination can positively affect your game. A smaller or edged string can add more spin and feel. With the amazing synthetics they are making nowadays you don't need to sacrifice durability for feel. Any of the pros here can help you if you are looking for advice.

Take some time to improve your speed on and off the court. Play some singles, do some footwork drills or hit the track or gym. You will be shocked at how fast you improve and you will surprise your partner and opponent. It is so much fun to get that one last shot they weren't expecting.

Playing in tournaments is another way to challenge your game. You can test your new skills and quickly find what is working under pressure and what needs to be strengthened. The nice weather allows many more tournaments to be played on outdoor courts around the area so do a search for what's out there.

For you juniors specifically, Central Park will be hosting a Level 6 (Intermediate) junior tournament August 13-15. This is a great chance for many of you to compete right here at home. Signups closes August 4th.

Tournament [LINK](#)

Thanks for reading and I'll see you out on the court!

Chad Smith



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

New Central Park Pro - Mark Shkrebtan

Mark grew up in the Seattle area playing tennis from a young age. He was a top ranked junior in the Pacific Northwest region up until he went to college on a tennis scholarship.

He attended Seattle University 2008-2012 where he played for the Men's D1 Tennis Team and was named MVP 2010-2011 and Team Captain 2011-2012. He recorded over 50 wins during his time there and was a starter in singles and doubles all four years. Mark's teaching career started when he was fifteen and would help his coach Scott Shogreen teach the younger kids after his practice was over. Ever since then he developed a passion for teaching and has coached at multiple clubs in the area including Bellevue Tennis Academy, Redmond Tennis Club and most recently Woodinville Sports Club. He's taught a wide range of junior and adult levels and has a passion to coach everyone who wants to learn the game of tennis! He married a former CPTC junior member Marie Demerath and they have a 3 month old girl named Anastacia who looks forward to meeting all the members this summer at the pool.



Welcome New Equity Members

*Kevin Lavery Family
Kathleen & Joe van Zyl
Rebecca Brown & Gary Wakatsuki
Mike Axtman Family
Kelly Chiang & Stephen Meyles
Patricia Boudier
JJ Singh Family
Roger Perrin (Seasonal)*

Welcome New Junior Members

*Vendant Kulkarni
Rishi Khandelwal*

Welcome New Social Members

Sally Vilardi Family

Best to our Resigning Members

*Richard Au
Charlene Steinhauer
Melissa Castro
Alan Heywood
Roger Perrin
Todd Bergeson
Melody Wang
Miles Lee*





Wave to our.... HIGHLIGHTED NEW MEMBERS!

MD Azam & Aida Malanovic (kids: Safir & Mila)



"We are very excited to be part of the club. We are joining as we play tennis as a whole family. A lot of our friends are already members there and we enjoy the facilities very much. Our son (Safir) has been practicing tennis for over 5 years and started going to National tournaments this year. We schedule a lot of play time for him with other kids actively playing tournaments. I have started taking adult group and some private lessons

since last year in hopes to keep up with our son and for the great workout tennis gives me. I am looking forward to trying some of CPTC group lessons and private coaches.



My husband keeps on wearing multiple hats, managing son's practice, playdates, tournaments and other logistics chauffeuring him from place to place. And even more, he's been coaching him and working on his technique since he was 5.

When we all play together it's a fun game where my husband keeps on coaching and giving feedback to everyone on each shot, where I run around in frustration annoyed when my ball goes out and my son laughing as he places balls around the court or gives me an impossible drop shot.

Our youngest member of the family, 3 year old Mila, picks balls while riding her scooter or bike around the court. Also, many times she cuts the family game short with her toddler impatience.

My husband and I both work in IT field. When we are not playing tennis, we spend time cooking, gardening or video chatting with family members overseas. " *Aida*

Will Wang & Kirsten Kao (kids: Emily & Ethan)

"Will and I grew up in Guam and have moved around a few times before settling down in the Seattle area. We enjoy the Pacific Northwest scenery and all the outdoor adventures it offers. We chose Central Park because of the friendly atmosphere. We look forward to meeting new people and playing more tennis!" - *Kirsten*



Wave to our.... HIGHLIGHTED NEW MEMBERS!

Hock Lee & Sok Seah

"We are thrilled to join CPTC and be a part of this community. We have been residents of Bridle Trail since 2001, when our son attended Benjamin Franklin Elementary just opposite the club. Tennis is a new sport for us. We are excited to learn the game to keep us active and at the same time meet new neighbors. I started in the software industry over three decades ago and first learned to program on a TRS-80 microcomputer in BASIC. My wife and I are avid hikers, and we welcome anyone to join us on our regular hikes. Our typical hike is about 10 miles and under 3,000ft elevation gain. Sok loves gardening and has many species of plants and flowers in our yard. We enjoy traveling and hope to resume travel soon. We look forward to meeting you at the club and in the area." *Hock*

We'd love to hear your story!! Please send a small paragraph about yourself and/or your family and a picture, if you'd like, so we can share with our members in the next Newsletter.

Contact Laurie: membership@CentralParkTennisClub.com

SUMMER TEAM CHALLENGE

Let the battle begin!

7 Pros. 4 Teams. 2 Epic Nights.



Join us for back to back nights of competition.

Wednesday, August 4th and Thursday, August 5th. Our Pros will draft 4 teams which will compete head to head for prizes & a full year of bragging rights.

The event will include 3 matches, 1 pro clinic and food and beverage.

ADDITIONAL DETAILS

Time: 5:30 pm sharp

Levels: 2.5 & above

Max: 56 people

Prizes for the winning team!

Please note: Players must be available to play both days. If you can only play 1 day you need to sign up with a sub of the same level and same sex who is free to play the day you cannot.

10 Quick Tennis Tips to Help Improve Your Game

Tennislifemag.com

1. As soon as you hit the ball, move back into position. Don't stand there and admire your shot while you wait to see what your opponent will do with it.
2. Get your racket back early. This allows you more time to prepare your shot and will help you to feel less rushed, especially against big hitters. This also helps you to adjust for bad bounces or weird spins.
3. When running to a ball from one corner to the other, take a couple of large strides large at first, and then switch to smaller steps as you get into position to hit the ball. Those quicker, smaller steps will help you stay balanced and allow you to make necessary adjustments for bad bounces, wind, etc.
4. Always watch the ball go into your strings. Many recreational players look up to see where they're going to hit the ball instead of watching the ball as they hit it, and when their eyes move up, their racket moves up too, which can cause those annoying miss-hits. Trust yourself to hit inside the lines and keep your eyes on the ball.
5. Don't be afraid to lob. Defensively, lobbing can get you back into a point, and offensively, it makes for a great weapon.
6. Always aim for the baseline when hitting your groundstrokes. Hitting your shots too short in the court can set your opponent up to attack.
7. Swing as hard at your second serve as you do at your first serve, but use more spin. The spin will keep the ball in the service box, while making it more difficult to return.
8. If your opponent has a big serve, DON'T take a big backswing. Instead, keep your backswing compact and short, which will allow you more time to adjust and hit the ball.
9. Use different spins on your shots to help keep your opponent off balance. Hitting the same shot and/or with the same spin every time will allow your opponent to get into a groove on their return shots.
10. Step into your shots. The forward momentum will help generate more pace on your ball, allowing you to hit the ball deeper and keep your opponent on the defense.

USTA ADULT 55 & Mixed 18 forms are now available.

Deadline to submit for a team is **August 6, 2021**.

Adult 55: 9/10 - 11/21/21 (11 weeks)

Mixed 18: 9/10 - 12/5/21 (13 weeks)

Email [Darin](#) your roster of 12 confirmed members.

Frequently Asked Questions

Q: Do I need to wear a mask if I am fully vaccinated?

A: No. You don't need to wear your mask if you are two weeks removed from your second dose of Pfizer/Moderna or one shot Johnson & Johnson.

Q: When do I need to wear my mask if I'm not fully vaccinated?

A: If not fully vaccinated, you must wear a mask at all times. The only exception is when you're playing tennis indoors or outdoors. You may remove your mask when you step on court.

Q: With the new restrictions lifted, do we still need to follow arrows in Clubhouse?

A: The directional arrows have been removed in the Clubhouse. You may move about the grounds as you did pre-COVID and may exit out the front door again. The exception is that the exit gate will be locked after the last court time of the day has all checked in.

Q: Do we still need reservations for the Fitness Court?

A: No. You no longer need to make reservations for the fitness court. It will be a walk-in basis and please check-in with the front desk. You may bring a guest at an \$8 charge. [Fitness guest agreement](#)

Q: Do we still need reservations for the FitnessOnDemand?

A: Yes. You will still need to reserve your spot for FitnessOnDemand in Gametime.

Q: Do we still need reservations for Tables?

A: No. Tables will be available first come, first served. Happy socializing!

Q: Do we still need reservations for the Pool?

A: Yes. We are still asking for you to reserve your spot for the pool. This allows us get a gauge of occupancy and helps us make decisions in regards to our Lifeguards and maintenance. You may stay longer than your two hour slot if you wish. There are no longer occupancy limits in the pool area.

Q: How many spectators may I have for my USTA Match?

A: There are no longer limits on the amount of spectators you may have for your match. Please have all spectators check in with the front desk.

Q: When is the ball machine available?

A: Ball Machines are now available for reservations at all times except for the first court of the day and Prime Time. (Prime Time is Monday-Thursday 10:30am, 10:45am, 5:30, 5:45, 7:15 & 7:30 pm).

Q: May I park in the gravel parking lot?

A: Yes. The gravel lot is available for you to park.

Clinics & Programs At CPTC

Click [here](#) to refresh yourself about our clinics. Here are the details –all sign up begins 1 week prior:

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Skills & Strategy 2.5 Intermediate	Monday	8:30 – 9:30am	4	Sign up dependent
Lisa's Skills & Strategy 3.0+	Monday	9:30 - 10:30 am	4	Sign up dependent
Chad Cardio Tennis	Tuesday	9:00 - 10:00 am	6	\$20 per person
Blakeley's Beginner Skills & Drills	Tuesday	5:30 - 7:00 pm	6	Sign up dependent
Chad Cardio Tennis	Wednesday	9:00 - 10:00 am	6	\$20 per person
Phil's Skills & Drills 3.5+	Wednesday	7:00 - 8:30 pm	6	Sign up dependent
Chad Cardio Tennis	Friday	8:30 - 9:30 am	6	\$20 per person
Lisa's Skills & Strategy 3.0+	Friday	9:00 - 10:00 am	4	Sign up dependent
Chad Cardio Tennis	Friday	9:30 - 10:30 am	6	\$20 per person
Ethan Skills & Drills 3.5+	Sunday	5:30 - 7:00 pm	6	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

Program	Day of Play	Time	# of courts	Sign up Starts	Sign up Ends
Men's Night	Monday	6:00-7:30 pm	4	Saturday prior 7 am	Day of 8:30am
Women's Night	Tuesday	6:00-7:30 pm	4	One week prior	Monday prior at 7 pm
Women's Day	Wednesday	10:30am-12:00pm	4	One week prior	Tuesday prior 10:30 am
Singles Night	Wednesday	6:00-7:30 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	9:00 – 10:30 am	3	One week prior	Friday prior 9 am
Saturday Women's Doubles	Saturday	9:00 – 10:30 am	1	One week prior	Friday prior 9 am

Sign up in GAMETIME for our weekly programs or clinics:

- Click “Classes & Events” tab on the top left of screen next to “Dashboard” and “Tennis”.
- Click on “Select” on event that you want - Spot is held for 5 minutes.
- Click “Register” and then follow prompts – you will get a confirmation page & email when you finish

Thinking of a Move?



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