

Central Park - The Tennis Players Club

Baseline Newsletter

July 2022



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From Merriam-Webster: "Legacy: something transmitted by or received from an ancestor or predecessor or from the past."

I had the privilege of attending the Past Presidents Luncheon on June 26th in honor of the Club's 50th Anniversary. What a delight to listen to each past President in attendance share a funny story, impactful decision or significant project from their tenure. Talk about legacy! These men and women have helped to shape the Central Park Tennis Club into the amazing place that it is - both in facility and in community. I am humbled to join their ranks and am grateful for and excited to build upon their 50 year legacy.



PRESIDENT
ELIZABETH GRAVES

The change in calendar from June to July is also typically a time of transition for the Club. The Junior Program shifts into 'summer mode'; the pool opens on a (ostensibly) daily basis; seasonal members are reunited with old friends; the weather (hopefully) begins to favor increased outdoor court time. New Directors are elected to the Board and the Board, in turn, elects new Officers. This year we welcome Anna Duff, Jake McRoberts, and Tom Werner to the Board. In addition to myself as President, the Board elected Fred Wurden and Tom Werner as Vice President and Secretary-Treasurer respectively. Much gratitude and respect to Wayne Lim, Christine Garnett, and Kevin Harang for their leadership this past year as President, Vice President and Secretary-Treasurer. They have each, and collectively, built a legacy of respectful discourse and compassionate leadership. I am thankful, too, for Nancy Goldberg who concludes her role as Immediate Past President, and to outgoing Directors Beth Lehman-Brooks and Helen Suk for their many contributions of wisdom, time and hard work.

While this is a usual time of year for change at the Club, this month will mark some more significant transitions. I am pleased to support Julie Wheadon as she moves to a more part time and largely remote role; and am delighted to work with Darin Rauso as our Interim Club Manager. Vlad Radojevic will be officially retired and I am thankful for Chris Kenan as he takes the reins of Club maintenance. Shifts in roles can sometimes feel unsettling, but past leadership has created a strong legacy upon which current leadership will be able to build. I am pleased with and confident in our current Staff and Board of Directors. They are men and women of integrity, thoughtful leadership, diligence and thoroughness in their work, and carry a deep sense of care for and commitment to our Club. With their hard work and guidance, and your support as members and participants in the past, present and future legacy of the Club, the Central Park Tennis Club is poised to launch into the next 50 years as strong as ever.

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

July 2022

Monday, July 4

Saturday, July 9

Tuesday, July 19th

Saturday, July 23

Wednesday, July 27

Independence Day - Closing at 5:30pm

Wooden Racket Tournament &

Battle of the Sexes Royale

Pickleball Committee Meeting

Summer Beach Bash

Board Meeting - 6:00pm

Welcome to our New Members

Welcome New Equity Members

Eliot Low

Jasmina Griffin & family

Kexin Xu & family

Non-equity member

Andrew Luo

Anthony Parsons



Best to our Resigning Members

Kristine Frasset

Anna Laricheva & family

Joan Kotker

COMMITTEE REPORTS

MEMBERSHIP | CHAIR [ANNIE OTTESEN](#) & [BARRY THOMPSON](#)

The membership committee has no new announcements this month; we are all anticipating an exciting summer ahead! Look for the Beach Bash/Karaoke event, Summer Team Challenge, and of course the 50th Anniversary Party!

FACILITIES | CHAIR [STEVE COLEMAN](#)

The Facilities Committee is currently on our annual summer break however project work at the club continues. By the time you read this, the scheduled striping of the parking lot hopefully has been completed and the new exit gate and control system has been scheduled for installation prior to September. Our first meeting of the new season will be on Tuesday, September 13 at 4:30 PM.

TENNIS | CHAIR [KIRSTEN BARNES](#)

The Tennis Committee had a brief meeting in June. Look for upcoming details for an Adult Singles Clinic to be held on July 31st. The Central Park hosted USTA Wild Card event last month was a success and included two Central Park teams that advanced. On June 27th the Summer Junior Program began with healthy engagement. Good luck to the Mixed Doubles 40 plus and 55 plus teams that started their season last month!

FINANCE | CHAIR [PETRA CARL](#)

The Finance Committee is on summer break, and are reviewing financials through email. We will pick back up the middle of September. Happy Summer!

PICKLEBALL | CHAIR [ELIZABETH GRAVES](#)

The Summer Pickleball Trial continues this month. Reminder that you can sign up for Sunday Open Play under the “Classes and Events” tab in GameTime. You can reserve a pickleball court on Mondays 8:30-10:00AM, Tuesdays 7:00-close, and Fridays 11:30-1:00 by clicking the Pickleball tab in GameTime. We welcome all feedback to our email address [HERE](#).

MANAGER'S MISCELLANY

Hello everyone, (Darin here) writing to you for the time being! Julie's articles over the years have been very eloquent and informational, and I'll try to keep that streak going!

A little background about me - I was born and raised in Pittsburgh, Pennsylvania (Steelers fan yes - but try not to hold it against me). After college in 2016, I moved here to manage Nordstrom Tennis Center at the University of Washington. I was in that position for about 4.5 years, then the pandemic happened and I started to look elsewhere. Luckily, for me at least, the club was searching for an Assistant Manager at that time. I was fortunate enough for Julie and hiring committee to bring me on, and my journey here started February of 2021.

It seems to me and to some that I've been here a long time, but I've been here less than a year and a half, but in that time I've been a part of some incredible things and met some incredible people that have impacted my life for the better. As soon as I started here, I quickly found out what a special place this club truly is and why the staff never leaves. That reputation is something that is well known throughout the area, and is why there are 80+ people on the WL willing to take your spot at any moment. I think that's a testament to the staff, the great work Julie has done throughout the years, Laurie's wonderful job at promoting our club to prospective members, our pros who are so passionate about what they do in making the membership better tennis players and running a very successful junior program, the board making the hard decisions, the membership as a whole, and the beautiful facilities that Vlad and Chris update and maintain so well.

With me taking over the day-to-day, after someone who's done it so well for the past 30 years, it's a big responsibility, but Herself, Wayne, Nancy, and a lot of others have put me in a place to succeed and I'm very lucky and excited for the opportunity. The only thing I ask from membership is patience, and I know you all will give that to me. With the new title, and fancy new office, people can expect me to have all the answers, I'm going to be quite frank, I do not, but I'm learning every day and taking all information like a sponge.

I'm very excited for this upcoming year. We're celebrating our 50th anniversary which is incredible. It's a great time in the club's history to be a member and part of staff as well. Under Elizabeth's leadership and wonderful baked goods, I'm fully prepared to get a lot of things accomplished and gain weight in the process!

Again, so fortunate and blessed to be here. Happy to talk any time, my office door is always open. Thank you for welcoming me, I've had such a rewarding experience the past year and a half and looking forward to the future ahead at this wonderful club!

Darin Rauso - Interim Manager

CPTC Election of Directors & Officers

Election of Directors took place Monday, June 13, 2022.

The following candidates were elected to serve as Board of Directors for 2022-2025.

Anna Duff

Jake McRoberts

Tom Werner

Thank you to all the candidates that were nominated and thank you to the following Board members for their years of service: Nancy Goldberg, Beth Lehman-Brooks, & Helen Suk.

The following members will remain as Directors: Christine Garnett, Kevin Harrang, Mei McRae, Girish Patwardhan, Fred Wurden, and Wayne Lim, as Past President.

ELECTION OF OFFICERS

On Wednesday, June 22, 2022 a Special Meeting of Outgoing and Incoming Directors was conducted.

The Election of Officers determined:

President - Elizabeth Graves

Vice President - Fred Wurden

Secretary-Treasurer - Tom Werner

We are looking forward to wonderful year!

Pool Now Open Every Day!

The pool is now open every day ***weather permitting***. Current hours of the pool are 12-8pm. Make sure to reserve a slot in Gametime under the Pool tab and enter all member and guests names. Please keep in mind all pool guests are subject to an \$8 fee, and must sign our guest waiver. Always check Gametime for pool closures. We look forward to a summer full of swimming and tennis!

July 4th - Closing at 5:30pm

Reminder: We are closing early on Monday, July 4th.

Happy Independence Day!



CPTC Etiquette

- When playing on an outdoor court, please be mindful of reservations after yours, and to be ready to stop play/exit the court at the end of the court time.
- Children shouldn't be running through clubhouse or around the grounds. Noise level should be kept low in lounge and on court. Jr lounge upstairs should be used when wanting to watch cartoons.
- Personal ball machines on courts 5-8 ONLY.
- No entering through the exit gate. Must check-in.

Thank You!

Wood Racket Tournament followed by “King vs Riggs” Expo July 9th!

“Hit me with your best shot,” with a nod to the past with WOOD RACKETS. Sign up and test your skills old school. We are mixing it up by pairing adults with junior players so sign up as a pair or as a single. Tournament starts at 4pm followed by the most anticipated...”King vs Riggs” expo!

We are celebrating CPTC's 50th anniversary with an event so electrifying that it can only be compared to: the Rumble in the Jungle (1974); Nadal vs. Federer (2008 Wimbledon); Borg vs. McEnroe (1980 Wimbledon)!

On this night, we will have the Battle of the Sexes Royale to find out who's really boss on the tennis court! Bobby Riggs and Billie Jean King may have settled the score 50 years ago but we will be rewriting history once again on July 9th!

Our featured Battle of the Sexes Royale tennis players are: Phil Ansdell and Daniel Malacek vs. Beth Lehman Brooks and Addie Eklund.

Phil Ansdell - CPTC's beloved coach was an All American at Whitman College in 1988 and was nationally ranked in both singles (#6) and doubles.

Daniel Malacek – 12 year old tennis star – son of Peter Malacek (Daniel is ranked 46th in the Boys 12 & under category in the United States. vs.

Beth Lehman Brooks - CPTC's board member and winner of numerous open tournaments

Addie Eklund - top CPTC junior and now a Freshman on the Colgate University tennis team.

CPTC MEMBERS - let's get as many males and females out there cheering on your team! We need as many vocal supporters as possible.

50th Anniversary Disco Party September 17th!
Don't forget to SAVE THE DATE!



Mark Vines Coaching Clinic

Focus: Adult 45+ Singles Players

What: Tennis clinic taught by Mark Vines focused on Adult 45+ competitive singles players.

Where: Central Park Tennis Club.
Located on Outdoor courts 14 & 15.

Date: Sunday, July 31st

Timeline: 2-hour on court slots offered

11am-1pm

1pm-3pm

3pm-3:30pm (Q & A with Mark)

3:30pm-5:30pm

5:30pm-7:30pm



Price: \$150 per player

Registration: Open in Gametime on Monday, July 4th.

For Mark's background, click [HERE](#).



2nd Annual SUMMER BEACH BASH & Karaoke

Grab your favorite Beach shirt and join us
poolside for food, fun, karaoke, & games

SAVE THE DATE!

Saturday, July 23

11am – 3pm

Fun for all ages!

**More info to come on
Registration Details!**

Pickleball is Here!

Format	Day	Hours	Sign-Up
Open: Round-robin play with all other attendees	Sunday	5:30 pm - dusk	Add your name to “Sunday Open Pickleball” activity under Gametime “Classes & Events” tab.
Reserved: Organize your own group of 2-6 players.	Monday Tuesday Friday	8:30 am- 10:00 am 7:00 pm - dusk 11:30 am - 1:00 pm	Use Gametime to reserve a slot, just as you would for tennis.

CENTRAL PARK PICKLEBALL PLAY

- Pickleball play limited to Court 18 only, and only during hours permitted in Gametime.
- Only members may play during Summer Pickleball Trial. No waitlist members or guests at this time.
- Gametime reservations and front desk check-in required. (Walk-ons permitted at check-in.)
- Paddles and balls provided on first-come, first-serve basis.
- Pickleball players responsible for court set-up and equipment stowage.
- Allow time to stow nets, paddles, and balls before end of session.

Visit [HERE](#) for more detailed Central Park Pickleball Guidelines, basic How-to-Play-Pickleball instructions, and links to other pickleball resources.



Pickleball-related comments or questions are welcomed from all tennis and pickleball players. Email CPTC.Pickleball@gmail.com.



Blakeley's Beginner Cardio Tennis 3.0+

**NEW
CLASS
ALERT!**

Blakeley will be running a cardio 3.0+ 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 7 players each week. Hope to see you there!

2022 Summer Jr. Program

Summer Dates:

June 27th - August 19th

- .Classes held weekly Monday - Thursday
- .Register by the week

[Click Here for More Info, Pricing, & Registration!](#)

USTA 2022 ADULT 55+ & Mixed 18+

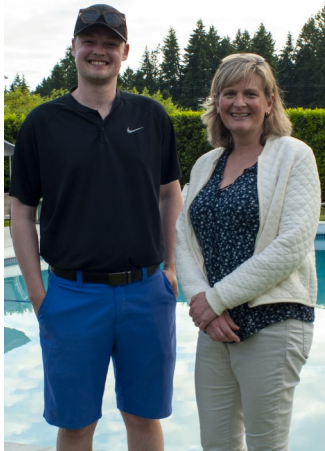
Applications Due August 5th!

Please email [Darin](#) for the application form.

For members interested in joining a team:

Visit the link [HERE](#) for confirmed captains emails

2022 Annual Meeting



2022 Past Presidents' Luncheon



Order your 50th Logo Merchandise: Located by the front desk



PRICES

50th Tempercrafft Water Bottle	\$20
50th Coffee Mugs	\$20
50th Box of Notecards	\$15
50th Notepads	\$8
CPTC Steel Wine Tumbler	\$20

Order more 50th merchandise as seen below!
Just scan the QR code



HEALTHY CORNER COOKING



Life Changing Summer Salad

Inspired by Jennifer Aniston, as I'm told. The cast of Friends ate this frequently.

Serves: 4

This is one of my favorite salads - so bright and colorful and packed with nutrient dense veggies! The quinoa is a complete protein so substitutes for your meat so this dish can easily stand alone as a full meal! I love the mint in this salad too which adds to the freshness. You can also use it as a dip if you chop things up finely enough!!

To your Health - Cathy

INGREDIENTS:

- 1 cup cucumber, chopped (about 1 English cucumber)
- 1.5 cups cooked/cooled quinoa, faro or bulgar
- 1/4 cup red onion, diced (about 1 small onion)
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- 1 cup feta, crumbled
- 1 (15-ounce) can chickpeas/garbanzo beans, rinsed and drained
- 1/2 cup pistachios, chopped
- 1/2 cup cooked turkey bacon, chopped (optional)

DRESSING:

- 1/4 cup lemon juice, freshly squeezed
- 2 tablespoons extra virgin olive oil
- 1 teaspoon Kosher salt
- 1/2 teaspoon black pepper
- or just drizzle with your favorite balsamic vinegar or dressing.



DIRECTIONS:

Toss it all together!! It's that easy!



Member Achievements!

Congrats to member Brett Pearson for winning the 3A WIAA Boys State Tennis Singles Championship! He defeated CPTC member Vincent Yang 6-2, 6-2. Great job to the both of you!



Congrats to Tessa Chen's 2.5 Team and Joanna Stewart's 5.0 18+ USTA team moving on to Sectionals. They will be playing in Portland 8/12-8/14. Wish them luck!



Long Standing Donut Group

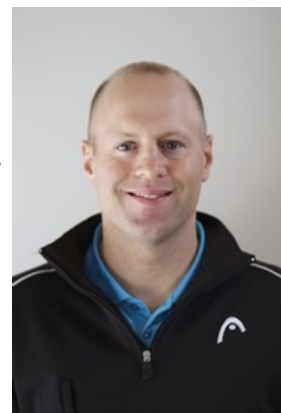
A picture of our Saturday donut group who have been meeting for over 40 years!



PRO REPORT

Tennis is one of those sports that rewards creativity. Anyone who has done clinics with me knows that I stress working on shot diversity. Having multiple shot styles is the sign of a truly skilled player and can help you adapt to beat all sorts of opponents. There are so many styles out there. Who is to say one style is better than another. With some practice and experimentation anyone can find some shots that give their opponents trouble.

The difficulty for many players is that adding a new shot requires a grip change. For instance, if you want a heavy topspin forehand you will probably need to turn your grip in a more closed face position towards semi western to create more low to high spin. On a spin serve, players who want more extreme spin might turn a little past continental to cut the ball even more. Finding those grips in the middle of a point can be a challenge if you have not played around with changing in the middle of a point. It will take time but becomes natural after time.



Chad Smith
Tennis Professional

Some days my forehand timing feels off or my flat serve timing seems to have vanished. We all have off days, but because I have many tools at my disposal I feel like I'll find something that works eventually. Same goes for a style that isn't working against an opponent. If you lose that first set in a decisive manner then it is time to try something different. Don't leave yourself with only one option. The more shots and styles you are comfortable with the more frustrated your opponent will be that they can't figure you out. Again the sign of a truly skilled player is one that has many options.

If we look at the pro tour we can see a new star emerging in Carlos Alcaraz. Carlos has been making a name for himself using the dropshot and using it quite effectively against top players. He has turned this unique shot into a weapon that many pros aren't able to counter. As the game continues to evolve I think we will see more unique shots and styles to emerge. We are already seeing players use serve and volley once again. A style thought to be dead in the modern power game. One more reason to love this fun and challenging sport of tennis.

The summer is the perfect time to add some new shots to the arsenal. Take advantage of the extra courts and long nights. Get out there and practice!

See you on the court,

Chad



RACQUET STRINGING AVAILABLE - DROP OFF SERVICE!

Ready to get your racquets serviced?

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

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

6 Tips for Success with Tennis Under the Summer Sun

Inyourhometherapy.com

With summer on the horizon, you might be dusting off your tennis racket for a match on the courts. Not so fast though! Jumping right back into tennis after months of leaving your racket stowed away can lead to injury and a summer of misery.

These tips will help you find sweet success on the courts no matter how hot the sun is!

1. Train before summer session begins

If you've been putting off exercise for months, get back to it now before you play a match. Training now to get in excellent physical shape will keep you from fatigue while playing. Plus, the more fit you are, the better able you'll be to crush it on the courts during hot and humid conditions. Physically-fit people can consume and use more oxygen with each breath, giving them a huge advantage.

2. Electrify with electrolytes

If you're drinking plenty of water, that's great! But taking in electrolyte-enhanced beverages will help you keep from losing fluids while in the game. Never approach a court dehydrated. Make sure you're ready for the game by drinking enough to see you through.

3. Be salty

Along with that, sodium is the biggest electrolyte you lose in your sweat. Too much of it lost and you'll start cramping. You can see it on your clothing when you sweat. If you have white residue, you're getting enough sodium to keep you going while you sweat it out.

4. Go green

Tennis pros and beginners alike need to think about nutrition. Specifically, green foods will help with that. You'll get plenty of vitamins, minerals, and antioxidants. Don't forget the rest of the food groups though. It's so important to have balance in your diet before getting full swing into tennis.

5. Cool your core

Before, during, and after you play tennis, keep yourself cool. Ice is a wonderful way to do so though you can use chilled towels and other items to bring your body temperature down to the level. The cooler the core, the better you'll play.

6. Know the right moves

And finally, tennis can be a source of great fun and excitement as well as untold injury. It's very easy to pull something and put yourself on the bench for the rest of the summer. Seeing a physiotherapist can help you learn the right exercises to improve mobility and prevent injury so you can enjoy playing tennis.

Frequently Asked Questions

Q: What are the pool hours?

A: The pool hours are from 12-8pm Monday-Sunday.

Q: Do I need a reservation for the pool?

A: **Yes. Please make a reservation in Gametime. This helps the staff and Lifeguards. When the pool is closed due to weather, we will reflect that in Gametime.**

Q: When is pickleball available to members?

A: **Pickleball is available on Court 18 the following days/times: Sunday (Open Play) 5:30 to close; Monday 8:30-10:00AM; Tuesday 7PM to close; and Friday 11:30-1:00, and can be reserved via the Pickleball tab in GameTime**

Q: Can I play pickleball during non-designated times?

A: **No. Pickleball may only be played on Court 18 during designated pickleball times.**

Q: Where can I find more information on the pickleball trial?

A: **Please visit our website [HERE](#).**

Q: Can I move my indoor court to an outdoor court?

A: **Yes! Just please check in with the front desk so they can switch you to an available outdoor court.**

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: How do we reserve the multi-purpose room for FitnessOnDemand?

A: **Go to Gametime, select the tab “Fitness On Demand” and reserve your one hour slot!**

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
Lisa's Beginner Skills & Drills	Monday	9:30 - 10:30 am	4	Sign up dependent
Phil's Skills & Drills 2.5+	Monday	8:30 - 9:30 pm	6	Sign up dependent
Blakeley's Cardio Tennis 3.0+	Tuesday	5:30 – 7:00 pm	7	\$35 per person
Phil's Skills & Drills 3.0+	Wednesday	7:00 - 8:30 pm	6	Sign up dependent
Phil's Skills & Drills 3.5+	Wednesday	8:30 - 10:00 pm	6	Sign up dependent
Lisa's Skills & Strategy 3.0+	Friday	8:30 – 9:30 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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best!