

Baseline Newsletter

May 2023



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For the first time in five months it is not snowing as I write this article. That must mean that Spring is finally here. While Autumn will always be my favorite season, I do love all that Spring encapsulates: renewal, regeneration, and refreshment. We are certainly experiencing this revitalization at the Club

Renewal. Looking at our current management structure and roles, it is time to renew. As Darin has effectively been in the role for some time, managing the daily operations of the Club, he now officially assumes the title of Club Manager. Julie will remain part time, and largely remote, as our Manager Consultant. We are grateful for their teamwork and leadership and look forward to their continued partnership with the Board, staff, and members, to maintain our Club's legacy of excellence.

Regeneration. The Outdoor Court Rebuild Project is in full swing and making excellent progress. We are well on our way to significantly upgrading our outdoor spaces now and for future generations. The next step in this process is to begin the stadium court rebuild which will require a change to the way we access the Wright building. Please read and follow carefully the new directions to ensure everyone's safety.

Refreshment. Every Spring we host the Member Work Party to refresh the Club. This year we are set for Saturday May 13. It's a fun event and an opportunity to meet other members and give back to the Club. So join the work party fun and stay after for the BBQ. You can sign up on the website under the Classes and Events tab [HERE](#). See you there!

I hope the promise of Spring brings each of you a sense of revitalization whether it's on the court honing or learning a new skill, or in your garden anticipating new growth. The process of rejuvenation and the ensuing sense of accomplishment is exciting. Happy Spring!



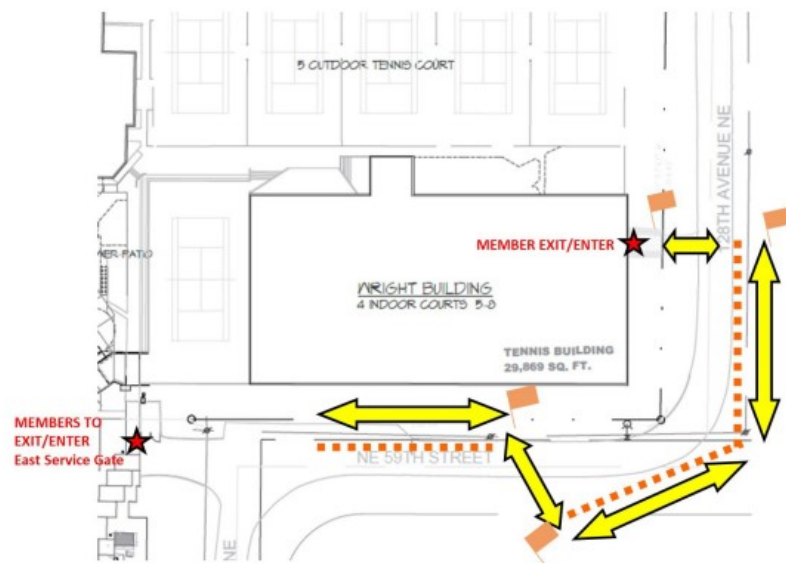
PRESIDENT
ELIZABETH GRAVES

Outdoor Court Project Logistics

Access to Wright Building (5-8) will Change Monday, May 8th

Starting Monday, May 8th access to the Wright Building (Courts 5-8) will change. The new access will be as follows:

1. Check in at front desk
 2. Go back down main steps to parking lot, turn left and go through exit gate
 3. Follow signs going through service gate by dumpster area and onto NE 59th street (south side of Wright building)
 4. Follow signs and fencing along the street, crossing twice (see picture below). Look both ways before crossing the street. Flags will be available when crossing for your safety.
 5. Use the door to enter onto court 5 (please wait for a stoppage of play before entering. Be careful as there is a step down onto court)
 6. Follow same path back to clubhouse/parking lot when exiting the Wright Building.
- **Children under 16 will need to be accompanied by an adult walking to and from the Wright Building.**
 - **Due to the safety and liability concerns of walking on the street at night, the 8:30pm court time will be blocked off in the Wright Building.**



May 2023

Tuesday, May 2	Facilities Committee Meeting - 4:30pm
Thursday, May 4	Fitness Committee Meeting - 6:00pm
Saturday, May 6	Pickleball Social - 5:00-7:00pm
Wednesday, May 10	Membership Committee Meeting - 6:00pm
Thursday, May 11	Tennis Committee Meeting - 6:00pm
Saturday, May 13	Member Work Party - 10:00am-11:30am
Sunday, May 14	Mother's Day
Monday, May 15	Open Enrollment Ends
Tuesday, May 16	Pickleball Committee Meeting - 6:00pm
Wednesday, May 17	Finance Committee Meeting - 6:00pm
Wednesday, May 24	Board of Directors Meeting - 6:00pm

Best to our Resigning Members

Cambridge Liu & Family

Bruce Koppe

Sierra Olson

COMMITTEE REPORTS

MEMBERSHIP | CHAIR [CLELLIE DOBBS](#)

With the beginning of spring behind us, our summer spruce up begins with the ever popular Member Work Party. Every year members sign up to help with a pre-summer spruce-up of the grounds, pool areas, upper deck, fencing, etc. Think of it as some light yardwork and property upkeep; Including some planting of annuals, and that kind of thing. With the Outdoor project going on, it may be a little different this year, Then a BBQ lunch for the participants out near the pool, think hot dogs, hamburgers, and the like. This year the big day is scheduled on May 13, signups can be found [HERE](#)! Hope to see lots of members, it's always fun!

We have been working on ideas for new Socials, ones that aren't necessarily connected to tennis. The idea is that we don't want to take away courts for tennis events since we won't have the outdoor courts for a while, but we think our members still want to socialize, and hang out a little with friends, right!? A Game night, a trivia night, a Demo racquet day, these are a few ideas we have been thinking about, let us know your ideas. Happy May!

FACILITIES | CHAIR [LYNDA CARLSON](#)

I'm excited to see the outdoor areas of our club come to life as we head into the summer. To prepare we have the Member Work Party on Saturday 5/13. I hope you'll join the fun. The more members who help the sooner we can start the BBQ!

The outdoor court rebuild project is making good progress and scheduled to be complete Mid August.

We are working through the details of the improved lighting for the gravel lot Junior entrance and the refresh to the women's and men's locker rooms. Stay tuned and hope to have more to share with you soon.

TENNIS | CHAIR [GEORGE HAYS](#)

The Tennis Committee met on April 10 and considered appeals from two member families regarding violations of club policies regarding late cancellations, failure to use courts, and playing on two reserved courts on one day. Violations of these policies can result in fines and suspension of privileges. The Committee also considered changing the language of the Club's policy regarding "Failure to Use the Court" to make clear that the member making the court reservation must not only "remain on the court," but actually be "playing tennis." This language change will be presented at the next Tennis Committee Meeting on the 11th.

FINANCE | CHAIR [PETRA CARL](#)

This month we signed the documents for our new loan for the outdoor court project. Thank you Matt Osborne for all of your work on this! We have also opened a new interest earning account at Fidelity so that we can earn some money on our savings.

Our committee is drafting a document that outlines the club's financial philosophy. It will include historical data for easy reference and hopefully provides a framework for future decision making.

PICKLEBALL | CHAIR [CAROLYN WERNER](#)

The Pickleball Committee is hosting 4 indoor socials in the coming months, since the construction project is making outdoor pickleball impossible this season. The first of these will be on Saturday May 6, from 5:00-7:00 PM, with a potluck dinner to follow. Registration filled up for this popular event in a matter of hours! Upcoming socials will be held on:

Saturday June 10, Saturday July 29, Friday August 25

Once the construction is complete, we look forward to resuming outdoor pickleball on Court 18!

MANAGER'S MISCELLANY

May is one of the best times of year. With the weather making a turn for the better and the flowers starting to bloom, you can't beat it. This past weekend really showed how great this area is when it's warm and the sun is out. We'll be looking forward to the sunny weather being the norm soon enough!

April was sure a fun one. We kicked it off with our annual Easter Egg Hunt. We had about 50 kids and around 400 eggs in the pool area that were all collected...we think :). The kids had a great time and got lots of candy! A big thank you to Laurie for leading the charge, Liam Beard as our Easter Bunny, and Fiona and staff for helping to stuff and hide the eggs. We look forward to next year's event already!

Spring means it is time for our Member Work Party which will be held Saturday, May 13th, from 10:00-11:30am, as we will have our usual tasks to get the club ready for the pool and summer season. If you are free that day, feel free to sign up in Gametime [HERE](#) and join the fun! We will be BBQing by the pool after the tasks are completed so bring your appetite!

Other things happening:

- Open Enrollment for membership changes is still [open](#) until May 15.
- Cup applications for the 2023-2024 season are available [here](#).
- We have a great slate of Board candidates for this year's election! Please refer to page 8.
- Memorial Day weekend we are back to pool time! We will have the pool open Friday, May 26 through the holiday, and then we will be on a weekend only schedule until school is out.
- Seasonal Members return June 1.

As Elizabeth mentioned in her article, as of May 1 I will be assuming the role as Club Manager, and I am very honored and thankful for the opportunity the club has given me. This position has been done to the highest degree by Julie over the past 23 years, I've learned so much from her in the 2+ years I've been here and I look to continue that same standard that she has set. Julie will be on staff as her title changes to Management Consultant, and we'll still be able to benefit from her knowledge and expertise! The club has been great to me since I started day one, and I'll do my absolute best to keep the reputation this club has as one of the best tennis clubs in the country. I'd like to thank the Transition Team (Elizabeth Graves, Nancy Goldberg, Wayne Lim, Julie Wheadon), the Board, the Membership as a whole, and our great staff. It's a very exciting time at the Club, I'm lucky to be here and can't wait to see what the future holds.

See you soon!

Club Manager - Darin Rauso

Violation Update



Please be knowledgeable of our club violations found in our tennis policies [HERE](#). These policies are put in place by the Tennis Committee and Board and enforced by the staff. The tennis policies and reservation system are intended to encourage full use of the courts on the most equitable basis possible. Management and admin staff have put recent emphasis on tracking and charging violations if these rules are broken, as well as manipulation of our Gametime system. We want everyone to have a fair chance of playing tennis at our great club and being knowledgeable of our rules helps everyone! :)

2023 Open Enrollment Details

Open Enrollment in NOW AVAILABLE [HERE!](#)

The annual open enrollment period is from April 1 to May 15, dues to be effective June 1.

[Click here](#) if you are under the past Equity Family, Single or Corporate Membership and want to switch to the current New Equity Single Dues Structure (below)

[Click here](#) if you are under the current New Equity Dues Structure and need to make changes to your membership plan.

Equity Member	\$230.95
+ Spouse/Partner	\$257.10
+ one child	\$241.40
+ Spouse/one child	\$267.55
+ two children	\$246.65
+ Spouse/two children	\$272.75
+ three children	\$251.85
+ Spouse/three children	\$278.00

Plus Capital Fund & Tax

- Lowest club number members will have priority to switch to the new equity dues structure.
- Only 50 memberships per year will be allowed to convert to the equity dues structure.
- Changes or adjustments to fee structure can only be done during each year's enrollment period.
- Members who opt for the New Equity Membership shall not be able to revert to any previous membership structure.

If you would like additional dues information for four or more children please email [Membership Director Laurie Uhrich](#).

- Any special circumstances that fall outside of the enrollment period may come before the Board and decided on a case by case scenario

Important Cup Dates & Forms!

Monday, May 15th - Last date for appeal forms ([appeal form HERE](#))

Friday, May 19th - Appeal forms finalized

Friday, June 9th - Last date for applications

[Application Form HERE](#)

[Guidelines HERE](#)

Price Increases

Effective Monday, May 1st, guest fee prices, waitlist day of courts, and food & beverage prices will see minor increases.



Adult Guest - \$16

Junior Guest - \$10

Waitlist Day of Court - \$32

Draft Beer - \$7

Wine - \$8

Pitcher - \$15.50

USTA 2023 ADULT 40+ & 55+ Mixed

Captain's Applications Due May 15th!

Please email to [Darin](#) for the Captain's application form.

For members interested in joining a team:
Visit the link [HERE](#) for confirmed captain's emails



PACIFIC NORTHWEST

Nominating Committee Report

The Nominating Committee has completed their work in selecting members who are willing to serve on the Board. Thank you to the Committee for their work: **Carol Buckingham**, Chair (and past Board member), **Wayne Lim** (Board liaison), **Laura Laun** (immediate past committee member and past Board member), **Barry Katz**, **Joanne Edinberg**, **Rose Smith** and **Jim Muenz**.

The candidates for election to the Board are **Steve Carl**, **Lynda Carlson**, **Barry Katz**, **Beth Lehman-Brooks**, **Tim Malone**, and **Arjang Tahmasebie**.

Thank you to the candidates willing to serve. Election Process Nominations will remain open to petition candidates for 25 days following date of this publication. This can be accomplished by filing a petition signed by no less than 25 equity members with the Secretary of the Club, Tom Werner. Ballots, with supporting biographical material and candidates' pictures, are emailed to the membership no sooner than 40 days after the date of publication of nominees' names, and no less than 20 days before our Annual Meeting. The new Directors will be announced at the Annual Meeting of Central Park Tennis Club, June 21st.

Member Work Party

Join us this year for our Member Work Party on **Saturday, May 13th from 10am-11:30am!** The Member Work Party is a fun event that involves various tasks to get the club ready for the pool and summer season. These tasks will include:

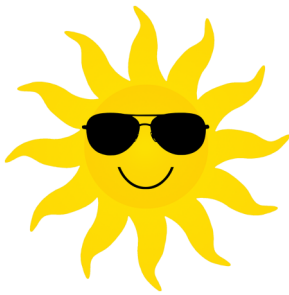
- Setting up and washing pool furniture
- Planting of pots for the pool and patio
- Putting in umbrellas on patio
- Cleaning the BBQ's for the pool and patio
- Washing the vinyl fence
- Weeding
- Paint Scraping



[SIGN UP HERE!](#)

Pool Opening May 26th!

It's that time of year again! The pool will be open for business on Memorial Day weekend. For tracking purposes, we ask you to reserve spots in Gametime (same as last year) and please list all guests. Pool guests will need to sign our guest waiver, and pay the \$10 guest fee. We're excited to have you back and can't wait to enjoy that summer sun!



WE ARE LOOKING FOR LIFEGUARDS!

If you have a child or know of someone looking for a lifeguard position this summer please contact [Darin](#). The American Red Cross is currently offering certification classes around the Seattle/Eastside area. Central Park will reimburse full cost of certification after 30 hours of employment!



Jr Program



Committed to the development of GOOD ATHLETES & GOOD PEOPLE

UPCOMING CLASS SCHEDULE **LATE SPRING SESSION 2023** MAY 1 - JUNE 18



RED STARS

Tuesday/Thursday: 4pm - 5pm
Sunday: 9am - 10am



ORANGE STARS

Tuesday/Thursday: 4pm - 5:30pm
Sunday: 9am - 10:30am



GREEN STARS

Tuesday/Thursday: 5:30pm - 7pm
Sunday: 10:30am - 12pm



FUTURES

Monday/Wednesday: 4pm - 5:30pm
Sunday: 12pm - 1:30pm



CHALLENGERS

Monday/Wednesday: 4pm - 6pm
Sunday: 1:30pm - 3:30pm

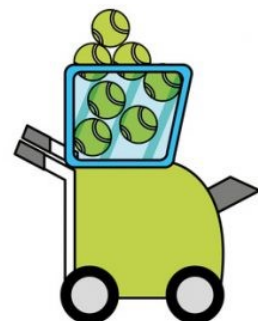


TOUR

Tuesday/Thursday: 4pm - 6pm
Sunday: 1:30pm - 3:30pm

Ball Machine Courts

Starting May, 8th
ball machines will be on
Courts 7, 8, & 9



PRO REPORT

The key to success in tennis is footwork and movement

Tennis is a sport that requires speed, agility, and coordination. One of the most important skills that a tennis player needs to master is footwork. Good footwork is essential to success on the court, as it allows players to move quickly, change direction, and set themselves up for shots.

Being balanced and set up for your shots is the key to success when starting to compete in tennis. When a player is balanced, they are able to move quickly and efficiently around the court, enabling them to reach balls that they might not have been able to otherwise. Good footwork also allows players to get into position to hit their shots with maximum power and accuracy.

The importance of footwork in tennis can be seen in the success of the greatest players in the game. Roger Federer, Rafael Nadal, and Novak Djokovic are all known for their exceptional footwork, which allows them to dominate on the court. These players are able to move quickly around the court, making it difficult for their opponents to hit winners.

In addition to being able to move quickly, good footwork also allows players to recover quickly after hitting a shot. This is important because it allows players to get back into position for the next shot, rather than being caught out of position and vulnerable to their opponent's return.



Mark Shkrebtan
[Tennis Professional](#)



One of the keys to good footwork is maintaining a low center of gravity. This means keeping your knees bent and your weight forward. This position allows players to move quickly and change direction easily, as they are already in a position to push off and move in any direction.

Another important aspect of footwork in tennis is the ability to split step. The split step is a small hop that players take just before their opponent hits the ball. This hop allows players to land on the balls of their feet, ready to move quickly in any direction. It also allows players to stay balanced and in control, even when their opponent hits a powerful shot.

In conclusion, good footwork is essential to success in tennis. It allows players to move quickly, change direction, and set themselves up for shots. Maintaining a low center of gravity and using the split step are important techniques that players can use to improve their footwork. By mastering these skills, players can take their game to the next level and compete at the highest levels of the sport.



RACQUET STRINGING AVAILABLE - DROP OFF SERVICE!

Ready to get your racquets serviced?

Simply fill out the stringing information [form online here](#).

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

How to Improve Your Tennis Mental Game

Head.com

Forzoni advises players who struggle to close out matches to adopt certain routines. So what are his main mental tennis tips and tricks?

‘You need to train your mind to be able to accept that something can go wrong,’ Forzoni said. ‘This can be done off the court by talking about a lot of “What if?” scenarios. That’s a great tool and skill for a player to learn. What if you lose the first set 6-2? – what’s your response going to be? What if you win the first set 6-0? – what’s your response going to be?’

By talking through the various match scenarios, players will learn to ‘control the controllables’ through tennis mental training, according to Forzoni. In other words, they won’t get anxious when something happens that’s outside their control, for example when their opponent hits a winning shot.

HOW CAN I IMPROVE MY MENTAL GAME?

- **Work on your self-confidence**

‘Tennis players need to introspect, and call on inner reserves to maintain self-confidence during a game,’ says Andy Lane. ‘Studies have shown that winning tennis players report high levels of self-confidence and low anxiety, are able to control emotions before competition and can use adaptive coping skills.’

- **Develop performance routines**

‘The brain and memory are very complex,’ says Lane. ‘Sometimes we find it difficult to remove negative thoughts in situations that require us to be positive. When I work with athletes, I try to encourage them to record as many positive features from their training and competition as possible. For example, where tennis players have had a very good session practicing serves, it is important that they recall as much information from that practice session as soon as possible.’

- **Accept you won’t always play at your best**

‘Not even the game’s most successful players play at their best level in all of their matches,’ says Roberto Forzoni. ‘Let’s say a player competes in 20 matches. The player may view two of those as great while two might be seen as not very good. It is how they perform in the other 16 matches that’s likely to determine their level of success – so have that in mind for 80% of the matches you play.’

- **There’s no such thing as ‘having a bad day’**

Never speak in terms of ‘having a bad day’ as this gives you an excuse to continue having a bad day, according to Forzoni. Making excuses beforehand is a form of ‘self-handicapping behaviour’, which stops you changing the situation.

- **Be comfortable being uncomfortable**

This attitude ‘epitomises the journey in sport,’ says Forzoni. Being uncomfortable is part of playing sports ‘so learn to be comfortable with it.’

Frequently Asked Questions

Q: What is the new path to the Wright Building?

A: Please refer to page 2 of the newsletter.

Q: What is the new path to the Roberts Building?

A: Check in at the front desk, then exit back out the main entrance and through the exit gate to the Roberts Building.

Q: What is the new path to the Reed Building?

A: Reed Building access will not change. Please be cautious of surrounding construction areas when entering and exiting the Reed Building.

Q: What courts are the ball machines on?

A: Courts 7, 8, & 9.

Q: Why did you move the lessons and programs around to different buildings?

A: The logistics plan put in place by management was made for the safety and consideration of our members, staff, and junior program, mainly due to the change in access to the Wright Building.

Q: Why is the 8:30pm court time blocked off in the Wright Building?

A: With the new access to the Wright Building being on the street, it is a safety and liability concern of walking on the street at night. Therefore, we are closing that time.

Q: Where is the Junior Program Entering/Exiting?

A: Orange, Green, & Futures will use the Roberts Building, and will access by going through the exit gate and into the Roberts Building. Challengers/Tour will use the Reed Building using the current Jr path from the gravel lot.

Q: If I'm on Court 8 and need to use the restroom, do I need to go across three courts to exit?

A: Yes. During the project, members will need to be understanding of this. Please be courteous, aware, and wait for a stoppage of play before crossing over. Thank you!

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?



Jim Muenz

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- Flexibility
- Mobility
- Aerobic Fitness
- Balance

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MEET YOUR GOALS!!**

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