

Central Park - The Tennis Players Club

Baseline Newsletter

October 2021



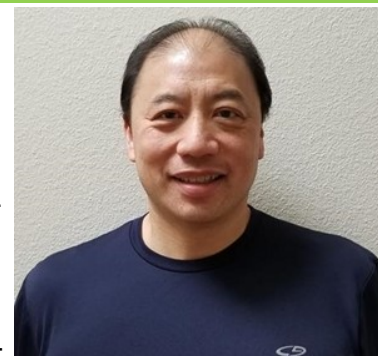
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Fall has arrived with what feels like a vengeance after a very nice summer. Those late June days of 100+ degree temperatures are a distant memory and have been replaced by cold, wet, and sometimes windy weather. We've already had our first weather-related power outage and outdoor tennis is now a treat rather than the rule. It always feels like a sudden transition and it reminds me of club activities that start up with the new season.

The Central Park tournament wasn't held last year, but this year has been going on for the past several days to a good turnout and many closely contested matches. The viewing areas have been lively and full of people, and many contestants got to experience a handmade pizza thanks to Tod Wescott and his pizza oven. I think he produced nearly 50 yummy pizzas that day to the delight of us all! The club tournament has been a wonderful way to gather all of our new and old members together for some friendly competition.



PRESIDENT
WAYNE LIM

September also means that our regular committees are coming off summer hiatus. Our four standing committees - Facilities, Finance, Membership, and Tennis - held meetings in September and are crucial in directing the operations of the club. Currently, there are three ad-hoc committees - 50th Anniversary Celebration, Fitness, and Outdoor Court Rebuild - that were formed to undertake special projects and they have been meeting as events dictate. All seven committees rely on volunteers and it is the expertise and enthusiasm of these members that keep Central Park the place we consider our second home. If you would like to join a committee, look under the "Get Involved" tab in the member section of our club's website.

The board of directors has been meeting throughout the summer. Three new directors are voted in every spring for a three-year term and the new board class had to get up to speed quickly to address pressing issues. Whenever a board decision is required, the expertise of the directors is called upon to evaluate the constraints and implications imposed by our by-laws, to determine other legal ramifications and regulations that affect our club, to receive and interpret advice and guidance provided by our committees and club management, and to draw upon our own professional and personal experiences. The recent decision that Central Park would comply with the Verification of Vaccination order resulted from many hours of discussions and communications. The board thanks everyone for their patience and understanding as we adapt to the ever changing pandemic.

I'd like to end this month with some very good news! When the pandemic started in March 2020, we had a healthy waiting list of more than 50 prospective members. When we were forced to close, those not consistently using the club resigned their membership. We also didn't sign up many new waitlist members. It is difficult choice to join the waitlist in the middle of a pandemic, and especially to initiate a membership when club operations were uncertain. Our waitlist dwindled to a very low level but fortunately never went to zero.

Due to the excellent work of our staff, the quality of our facilities, and the activities, energy, camaraderie, and friendships that prospective members see when they tour our club, our waitlist has recently topped 40! About 25% of the membership is new since March 2020, in addition to our now-healthy waitlist. As we continue to add events to the calendar, say hello to the new faces around the club. Our membership exemplifies why Central Park continues to be the premier tennis club in our area!

See you on the courts!

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

October 2021

Sunday, October 3

Monday, October 11

Tuesday, October 12

Tuesday, October 12

Wednesday, October 20

Monday, October 25

Wednesday, October 27

Wednesday, October 27

Friday, October 29

Sunday, October 31

CPTC Adult Championships Conclude

Tennis Committee Meeting - 6:00pm

Facilities Committee Meeting - 4:30pm

Fitness Committee Meeting - 6:00pm

Finance Committee Meeting - 6:00pm

Late Fall Junior Program Begins

Women's Cup Mixer Event - 10:00am

Board of Directors Meeting - 6:00pm

Halloween Social - 5:30pm

Halloween

Welcome
to our
New Members

Welcome New Equity Members

Sabina Hilmar & Family

Fiachre O'Neill & Family

Lisa Cote & Family

Deborah & Erik Anderson

Jeff & Lillian Stauber

Welcome New Seasonal Members

Mike Walter

Bruce Titcomb

Welcome New Junior Member

Josh Chou



Best to our Resigning Members

Eileen Chou

Jason Siever

Patty Doyle

Welcome Intermediate Member

Samuel Fisher



CPTC COVID INFORMATION



At a special meeting held on September 27th, the board of directors approved a motion to comply with the [Verification of Vaccination order](#), issued by Local Health Officer Jeff Duchin on September 16, 2021. The Verification of Vaccination protocols will become effective at Central Park Tennis Club as of October 25, 2021.

The *Verification of Vaccination* order will require all members and guests over the age of twelve to provide proof of a full vaccination with an FDA-authorized vaccine, or a negative FDA-approved PCR test administered within 72 hours of entering Central Park grounds.

Club Management is finalizing the implementation details, and further information will be provided shortly.

For the safety of yourself, our staff and others, STAY HOME:

- If you had symptoms of COVID-19 (within the last 24 hours)

Know the Symptoms:

- Coughing;
 - Fever;
 - Fatigue;
 - New loss of taste or smell;
 - Shortness of breath, difficulty breathing; and
 - Early symptoms such as chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- If you have had a positive COVID-19 test for active virus in the past 10 days, or within the past 14 days, a public health or medical professional told You to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection.

JUST AS IMPORTANT

- If you are vaccinated or unvaccinated and have had close contact with someone who has COVID-19 (within 6 feet of the person for 15 minutes or more), you should **seek testing 3 or more days after exposure**, even if you do not have symptoms. If symptoms develop within 14 days of exposure, isolate and consider retesting. See [Isolation & Quarantine](#) for detailed guidance.

MANAGER'S MISCELLANY

It appears October came very quickly, and the umbrellas have been pulled out. It's time to check our flash-lights, our exit signs, our emergency weather procedures and brace ourselves for the PNW fall/winter that can either be mild or drastic. I am hoping for the mild version - and trying to prepare for those days when daylight comes late and ends early!

September and the first few days of October we watched epic battles and "pizza maker in the making" during our Club Championships. Thanks to Lisa, Darin, Tod Wescott and all the tournament desk volunteers for supporting this fun event. I must admit after taking a year off it was great seeing the competition and the camaraderie of this annual event. Thanks to everyone for participating!

After our first month of committee meetings, it is exciting to see the energy from the Chairs and committee members. The Membership Committee is readying themselves for a new member buddy outreach, the Facilities Committee is assessing our needs and planning next year's budget requests, and the Finance Committee is starting the budget process and looking for ways to continue keep us financially sound as we plan for a large expenditure of rebuilding the outdoor courts and walkways. Tennis Committee is a well-represented group that is fair and open to ideas and requests, focusing on court policies and court usage. The Cup Committee is just getting started with their first month of matches under their belt, their first Committee meeting this month and the first social October 27. We also have creative juices flowing with the 50th Celebration Committee planning 2022 events to celebrate our longevity. The Outdoor Court Committee is staying diligent working with surveyors and specialty consultants to gather bid estimates to bring to the membership. All these committees have their own newsletter article so engage yourself monthly in what they are doing to make CPTC the great Club it is. We have also added a link to Wayne's article sharing the monthly Board minutes. Please remember all committee and Board meetings are open - feel free to join us to understand how the process works. Meeting dates are noted on our [monthly calendar](#).

As always, we look forward to setting and working towards our goals and continuing to bring out the best in CPTC. Don't hesitate to share your ideas or suggestions – we can get them to the right committee and see how they can be brought to fruition. Now's the time!

Lastly, as we near October 25th and the Verification for Vaccination order goes into effect, we appreciate your patience and civility as we work through the details. The decision to comply with this order did not come lightly, and now we work towards the implementation for our tennis community. Please watch for details on how we will operate and don't hesitate to ask questions. For any other Covid related questions – [please see our website](#).

Stay Safe! Stay Healthy!

Julie Wheadon ~ Club Manager

Women's Cup Mixer Event

Wednesday, October 27 from 10:00am-11:30am

8 courts of fun!

Signups begin: Wednesday, October 20th

Capacity: 32 players

All Cup Levels Welcome!

COMMITTEE REPORTS

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

Fall has arrived!!!! The leaves are falling and rain is in the forecast! Halloween is just around the corner.

We welcomed 7 new members to Central Park this month. The calls keep coming in to join the club and the waitlist has grown to 40 members!

We will celebrate Halloween Social on Friday, October 29thwear your favorite costume to play tennis at 5:30 followed with a Chili Bar in the lounge. More details to come!

FACILITIES | CHAIR [STEVE COLEMAN](#)

The Facilities Committee met for the first time for the 2021-2022 year on September 21. I would like to thank our new members Leslie Bouton, Lynda Carlson, Georgia Stevens and Sharon Thomsen for coming on board and also Committee returnees Steve Carl, Ashley Flinders, Jack Goldberg, Bill Skilton and our new Board Liaison Fred Wurden. The outdoor court project Board Liaison Beth Lehman-Brooks updated the committee on the progress of rebuilding the courts with a tentative completion in 2022 or if delayed the winter of 2023. Construction is expected to last at least four months. Staff reports included the new carpeting in the clubhouse, painting, the drain improvements around the exit gate and the exit gate control upgrades, additional equipment for the fitness areas and VOIP completion by the end of October. The next Facilities Committee meeting is scheduled for October 12th at 4:30 PM.

TENNIS | CHAIR [KIRSTEN BARNES](#)

The Tennis Committee reconvened after a summer hiatus this month. We spent a good portion of the meeting reviewing the Tennis Committee's mission and role, that is, to promote and regulate the use of the tennis facilities to provide an equitable system for member play. Thank you to those members, both returning and new to the Committee for volunteering their time this coming year.

FINANCE | CHAIR [PETRA CARL](#)

After taking a summer break, the finance committee met this month, with an entirely new group of people. I am excited to work with members that have not been on the committee before. So, to keep things light, we introduced ourselves, went through a general review of our financial statement package and our current cash position. I gave an update on the refinance proposals from Umpqua and Columbia bank. Umpqua has put together an attractive package that will allow us to take out additional capital and lock our interest rate for 15 years. The board has approved this package, and we are moving through the paperwork process that should be complete in 5-6 weeks. This year, my goal for our group is to create a long-term plan that will provide the framework for building cash reserves so that we can plan for future club repairs in a more strategic way.



OUTDOOR COURT PROJECT

Outdoor Court Rebuilding Project – Jack Goldberg

Hopefully you have heard about the rebuilding of the outdoor courts, sidewalks, retaining walls, fencing and seating. This is a big project and it is important that members stay up-to-date and informed. The Question & Answer document has been updated and can answer many of your questions. ([LINK](#)) This document will be updated as members have questions and as the project moves forward. Any additional questions can be directed to our committee members – Jack Goldberg, Brian Darrow, John Barnes, Matt Osborne and our Board liaison Beth Lehman-Brooks.

EMAIL:

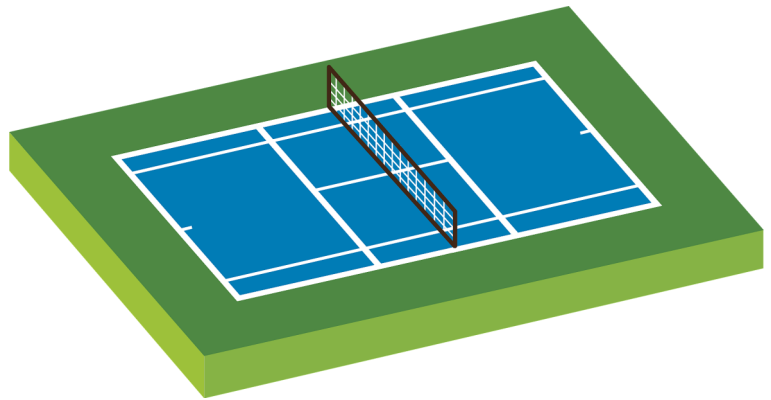
[Jack Goldberg](#)

[Brian Darrow](#)

[John Barnes](#)

[Matt Osborne](#)

[Beth Lehman-Brooks](#)



Halloween Social - Friday, 10/29

The Membership Committee will be hosting a Halloween Social on Friday, 10/29. Wear your best costume, be ready to play tennis, and bring your appetite! Sign up as well as event details to come soon!



Central Park Tennis Club

Adult Club Championship

(Ongoing: Singles & Mixed Winners will be posted on Facebook & November Newsletter)

Men's 9.0 Doubles: *Champion - Hunter Liggett/Tony Martin*
Runner Up - Andrew Haring/Ed LaCava

Men's 8.0 Doubles: *Champion - Tim McRoberts/Andrew Shen*
Runner Up - Lael Banner/Glenn Chinn

Men's 7.0 Doubles: *Champion - John Flanagan/John Pope*
Runner Up - Arjang Tahmasebie/Atsushi Yoshida

Men's 6.0 Doubles: *Champion - Sandeep Arora/Michael Wallent*
Runner Up - Stan Ching/Michael Robon

Women's 8.0 Doubles: *Champion - Merrie Vieco/Genevieve Warren*
Runner Up - Susan Fascitelli/Kim Skorupa

Women's 7.0 Doubles: *Champion - Heidi Hollyhead/Deb Nielsen*
Runner Up - Joanna Bengford/Karin Fusetti

Women's 6.0 Doubles: *Champion - Cherry Ching/Tara Darrow*
Runner Up - Colleen Grobstok/Mary Pope



Big thanks to Chef Tod Wescott for his hard work in serving the members pizza, it was delicious! We appreciate you Tod!

A HUGE congrats and GOOD LUCK to our USTA teams going to Nationals! We'll all be rooting for you!

Laura Laun's 40+ 4.0 Team

When: October 8-10

Location: Oklahoma City, OK

USTA UPDATE

Laurie Ono's Mixed 40+ 9.0 Team

When: November 12-14

Location: Orlando, FL

Central Park Junior Tennis Program

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

Late Fall Junior Program October 25 – December 19

Registration Open NOW. Click [HERE](#)

Red Stars I & II

Tuesday/Thursday 4:00 pm - 5:00 pm & Sunday 9:00 am - 10:00 am

Orange Stars I & II

Tuesday/Thursday 4:00 pm - 5:30 pm & Sunday 9:00 am - 10:30 am

Green Stars I & II

Tuesday/Thursday 5:30 pm - 7:00 pm & Sunday 10:30 am - 12:00 pm

Bronze I & II

Monday/Wednesday 4:00 pm - 5:30 pm & Sunday 12:00 pm - 1:30 pm

Silver

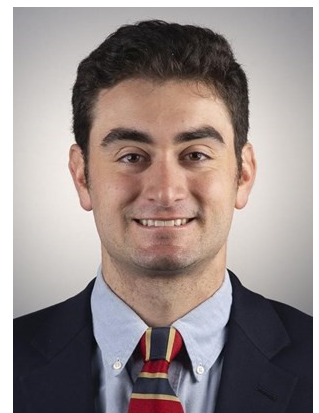
Monday/Wednesday 4:00 pm - 6:00 pm & Sunday 1:30 pm - 3:30 pm

Gold

Tuesday/Thursday 4:00 pm - 6:00 pm & Sunday 1:30 pm - 3:30 pm

New CP Pro: Nick Kamisar

We are excited to have [Nick Kamisar](#) join our teaching staff. Nick has been with Central Park for 20 years, on the member side, as a junior for 13 years and now a young professional for the last 7 years. Nick comes to CPTC after coaching at ETC for the last 14 months and prior to that he held a coaching position with the Gonzaga University Varsity Men's Tennis team. During Nick's time at Gonzaga, the program reached an all-time high of #62 in the NCAA Division I rankings. This summer Nick coached multiple elite competitors including Boise State's #1 singles player.



As a player, Kamisar had a highly successful two-year career at Gonzaga from 2013-2015 after transferring from the University of Washington, where he competed his first two years (as a starter in singles). At Gonzaga, Kamisar competed mostly at the No. 1 and No. 2 singles positions and earned All-WCC honorable mention for both singles and doubles play. In professional competition, Kamisar defeated an ATP-ranked player who was a then-current member of the Singapore National Davis Cup Team at the July 2015 Vancouver BC Futures tournament, one of three wins for Kamisar in route to qualifying for the main draw. Nick was the doubles champion of the 2016 Washington State Open, and in April 2019, he won the RBC Wealth Management Houston Open.

Nick earned a degree in Finance, with distinction, from Gonzaga University in 2015.

Front Desk Feature

Get to Know: Heidi Hollyhead

Hi everyone ! Most of you have seen me either on the tennis court or at the front desk. I became a member at Central Park last September. In April of this year I began working at the front desk and cover the day shifts on a Tuesday & Thursday. I enjoy seeing everyone at work and the job is giving me the opportunity to get to know our members.

A busy Mum of a student athlete at LW, I spend a lot of my time driving to sporting practice or events that are either in a basketball gym, or at a cross country meet. My family moved to Seattle eleven years ago, and over to Kirkland two years ago. We love living in Kirkland as it gives us a nice balance of peace, access to everything we need, and I now live ten minutes from where I work and play tennis !



From London, I spent the first thirty years of my life there and then on to the bright lights of New York City where I worked for some years. My now husband (Mark) and I decided to move back to London to start a family and that is where our daughter, Roxy was born. Of course, being here longer than in the UK, she now has a good American accent !

Outside of being a Mum I worked for British Airways for many years, and headed up global Marketing programs, one of which was our frequent flyer program. I love people and the customer facing skills I gained along the way have helped me in other areas of life. Traveling the world a lot for work, I had a moment of clarity whilst living in NY and decided to switch gears and retrain as a holistic therapist. We returned to London, and I helped set up a natural health center, became Practice Manager for the center, and ran my own business out of two clinics.

As well as family life, I enjoy competitive tennis, interior design, film, attending live sporting events and watching them on tv, good food, and spending quality time with friends (and my fur baby, a Havanese called Dougal).

I hope to see more of you over the coming months. I love Central Park for its warmth and the sense of family it provides. I feel lucky to be part of that !

Ethan Vaughn Baby Update!

Hi Central Park Family,

It has been an adventure getting settled into a new job, new city, and new baby! Joel Joseph Vaughn was born on September 28th and I'm already working on the forehand technique! He weighed 8 lbs 10 oz and was 21 inches long (fingers crossed for a future tennis-playing height of 6'3"). We are so excited and ready for the new challenges of parenthood.

I want to take a minute and thank you all for being such a wonderful tennis club. My time in Seattle couldn't have been any better. I'm realizing that Central Park is a very unique tennis club. I am thankful for the opportunity to have met and worked with so many of you and your kids! Thank you for making my last summer so memorable and for putting on a beautiful baby shower. Central Park will always hold a special place in my heart and I promise to come back and visit when I'm in town. Let me know if you are ever driving through Missoula with your tennis racquets.

With love,
Ethan & Michael Vaughn





HEALTHY CORNER COOKING

The Best 7 Layer Dip - Vegan

Inspired the simple Veganista

Ok Football Fans...who doesn't love a great 7 layer dip to eat while watching the game?! Usually they can be loaded with heavy ingredients and calories. This recipe takes that away without missing out on the flavor. Lots of healthy fiber, veggies and my secret swap is the Miyoko's cream cheese instead of sour cream! Eating the rainbow of colorful fruits/veggies each day can be so key in keeping you healthy! "To your Health" - Cathy

INGREDIENTS: *(Always use organic when possible)*

- 1 can (14 oz.) vegetarian pinto refried beans
- ½ – 1 teaspoon cumin
- ¼ – ½ teaspoon chipotle powder, optional
- 1-2 cloves chopped garlic
- 2 – 4 tablespoons water
- 2 avocados (or 1 cup store bought guacamole)
- 1 large lime
- ½ teaspoon salt, or to taste
- 1 cup Miyoko's vegan cream cheese (found at PCC) and mix w 1/8 cup of water to make smooth
- 1 cup chunky salsa
- ½ cup sweet corn
- ¼ cup black olives, sliced
- 1 – 2 green onions, sliced (optional)
- fresh chopped cilantro, optional
- Corn chips, carrots, celery, red pepper for serving

Directions:

Beans: In a small mixing bowl, add refried beans and mash well, add cumin, chipotle powder, garlic and ¼ cup of water, mix well to combine. The water will help make the beans creamy so they aren't too thick for dipping, add a little extra water as needed. If you prefer, heat the bean mixture over low until warmed through before assembly.

Guacamole: To make this simple guacamole, slice avocado lengthwise, twist the two halves to open, and remove the seed. Squeeze out the flesh (or scoop it out with a spoon) and place in a medium bowl with the juice of 1 lime and salt. Mash well, and season to taste with salt.

Cheese: Mix Vegan Cream cheese with about 1/8 cup of water until smooth and easy to spread

Assemble: Layer using a shallow dish of choice (pie dish, baking dish) and start with a layer of beans, spreading to the edges. Then add a layer of guacamole, cream cheese, and then salsa. Finally add the corn, green onion, and olives and top with cilantro.

Serve: With organic corn chips (dippers), carrots, celery, chunky red pepper strips



Wave to our.... HIGHLIGHTED NEW MEMBERS!

Stone Si

Stone heard that Central Park is the best private tennis club in the Northwest! He is a startup and small business owner in the Karaoke business. He owns a karaoke lounge in downtown Bellevue and also a kiosk karaoke booth business in about 100 shopping malls.

He's originally from China and came to the U.S. in 2009 for college.

He enjoys golf, tennis, equestrian riding, fencing, singing, reading and traveling.

Feel free to hit him up if you want to know anything related to Karaoke!!

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

JOIN OUR MEMBER FACEBOOK PAGE!

Our private member Facebook page is rapidly growing! Make sure to join the page [HERE](#). The Member Facebook Page is used to post about various topics such as finding new hitting partners, fill-ins for Clinics & Programs, USTA/Cups updates, pictures of social events/tournaments, general questions, pool family play dates, and much more!





FitnessOnDemand is getting you ready for fall! Print out the calendar below and follow the 28-day workout program to get Fit 4 Fall!

From September 1 to October 31, for every TWO FitnessOnDemand classes completed your name will be entered in a raffle to win the below prizes!

- Free ball machine for a month
- Free 1 hour Lesson by one of our Pros
- One free logo apparel item and/or merchandise

Please email Darin after every two classes taken for him to confirm and then enter your name in the raffle

The type/length/difficulty of class does not matter. Lets reach those fitness goals and win prizes while doing it!

FIT 4 FALL

4 WEEKS
4 CLASSES PER WEEK
4 BONUS WORKOUTS

Say goodbye to Summer and say Hello to Fall!

4 weeks. 4 workouts per week. 4 short bonus workouts to add on for a little more. Just because it's getting a bit cooler outside does not mean you should stop going after your fitness goals. Get **Fit 4 Fall** with this simple, 28-Day workout program. Repeat it for as many weeks as you would like to end 2021 on a high note!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30-Minute Beginner Bodyweight Blast <small>*All That Jazz - Ride Together (instructor led)</small> Easy	20-Minute Yoga Cardio Sculpt Standard	15 min Abs & Core Routine Standard	REST/WALK	Beginner Shred - Workout 3 Standard	REST/WALK	REST/WALK
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
30-Minute Beginner Full Body Sculpt <small>*Beach Party - Ride the World</small> Easy	20-Minute Pilates 101 Workout Standard	Dancer Refined Abs Standard	REST/WALK	30-Minute Hip-Hop Fit Workout Standard	REST/WALK	REST/WALK
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Cardio Aerobics 30mins with Rebecca #1 <small>*Gotta Let Go - Ride the World (voice-guided)</small> Standard	Yoga Inferno - Workout 1 Standard	Total Body Trainer Standard	REST/WALK	30-Minute At-Home Cardio Boxing & Kickboxing Workout Standard	REST/WALK	REST/WALK
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
4x4 Fat Loss <small>*Beautiful Glow - Ride the World</small> Standard	PLYOGA® Flow Standard	30-Minute Power Sculpt & Tone Standard	REST/WALK	30-Minute Yoga With Adriene to Reduce Stress Standard	REST/WALK	REST/WALK

ELECTIVE CHANNEL FEATURE: Intelligent Cycling

Go on a virtual indoor cycling adventure through ever-changing animated worlds and forget all about your exertion.

*ELECTIVE CHANNEL OPTION: If your facility carries the Intelligent Cycling Series, you can use this option for that workout.

[f](#)
[@](#)
[t](#)
Share your workout on social media using #VirtuallyAnywhere!

NEED MORE?

Add any of these four BONUS workouts to your routine to maximize your results.

10-Minute Leg-Toning Barre Workout

15 Minute Abs Workout Workout

Yoga 10min with Trish #8

10 Minute Body: Cardio

PRO REPORT

Even though I am only in my third month at Central Park I have really enjoyed working at this club. The staff and members have really shown why this isn't just a tennis club but much more. In the short time I've seen how much of a community it really is and tennis is what brings it all together. I met so many great members during the summer team challenge and everyone was very welcoming! Hope to keep meeting more members as my time here has just begun.

Tennis Career:

I've been involved with the development of juniors for as long as I could remember. When I was about fifteen years old, I used to help my coach with his younger tennis group. That is when my love for coaching began. Once I graduated from college, I began my journey in junior development. I've learned a lot from many high-level coaches at different clubs in the area.



Mark Shkrebtan
Tennis Professional

Important Skill:

Throughout my teaching career I have taught a lot of juniors that have played at a high level and a few that ended up playing division 1 tennis. What I feel is the most important skill to teach kids is how to become better problem solvers on the tennis court. A lot of the times most coaches can teach how to hit a forehand, how to hit a backhand, but the one skill that always seems to be left out is the mental aspect of the game. Don't get me wrong, fundamentals are a very important part of the game as well for younger kids, but after kids develop their strokes there is only so much better they can get technically. I believe that focusing on the mental part of the game will not only help them on the court but also off court as well. A tennis match has a lot of ups and downs, to become a great player you must work through the peaks and valleys. A mentally strong player will always be willing to adjust and see what is working during a match and what isn't. A competitive match will have lots of strategy changes by both players, when a smart player loses a couple games in a row, they might have to adjust their initial strategy as they notice that what they thought would work against their opponent isn't working. As one player adjusts to start coming back in a match, their opponent will notice they have started to lose games because of the adjustments made, so now they have to make adjustments. Throughout a match this type of change can be made by both players, and we could see many different strategies being implemented. As a coach I see far too often a player sticking to the same strategy whether it is working or not and not making the proper adjustments even though they are capable of doing so. To wrap it all together, I believe fundamentals are important but working on the mental game is an undervalued skill in today's game. If I can make the kids I coach be able to work through a match they should also be able to work through real life problems they may encounter as well.

Looking forward to meeting new members and improving many tennis games!



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 Ways to Gain the Mental Advantage

active.com

1. Focus on just the one point

Playing one point at a time means focusing only on the current point, not the previous point. You don't want to carry thoughts about missed shots or unforced errors into the next point. If you do, you're dwelling on the past. You have to play each point as if it's the first point in the game. You can see tour pros, such as Sharapova, apply this strategy when she turns her back to the net between points. She is mentally "turning" away from the last point to put it behind her symbolically before she "faces" the next point.

2. Park negative emotions

Frustration is your biggest enemy between points. When you're frustrated, you're still focused on the last point or mistake. You can't play your best when your mental energy is split between the last point and the next point. I teach my students to manage their expectations going into the match. High expectations are the root of your frustration, especially when you're not playing up to your personal "standards." For example, if you expect to have zero unforced errors or hit perfect shots, you trap yourself into feeling frustrated when you make errors.

3. Relax your mind between points

A three-set match can last for hours. You simply can't focus for two to three hours straight without some downtime. You want to use that downtime on changeovers and between points to relax your focus for a brief moment so you can focus at peak levels on the next point. I'm not telling you to grab your phone and order a pizza on the changeover. You want to pace your concentration level. The goal should be to save your concentration for points when you need it the most during the match.

4. Strategize, don't analyze

I never want my students to over analyze what they are doing wrong on the last point. However, one method to help you put the last point behind you is to process the prior point (or evaluate your strategy) before you start the next point. How can you improve your tactics? What are your opponent's weaknesses you can exploit? For example, when does your opponent come to the net? You should have a strategy starting the match to play your best, but often you have to adjust your match strategy based on how your opponent is reacting to you.

5. Stay confident, avoid self-doubt

Do you engage in self-doubt or lose confidence when behind or when a match is not going as expected? Confidence is your number one friend in tennis. Without a healthy dose of confidence between points, you simply will not perform your best. However, for many tennis players, confidence is fleeting or fragile. If your confidence changes from point to point – that's not real confidence. Real confidence is stable and based on months or years of practice and play. Remind yourself, no matter what the score is, you've earned the right to believe in your strokes and tennis abilities.

6. Mentally prepare for the next serve or return of serve

Top tennis players use a pre-serve routine to help them strategize and hone their concentration for each serve or return of serve. First, you want to make sure you're focused on the next point, not the last point, as discussed. Turn your back to the net until you are ready to face the next point. Second, have a clear plan for the upcoming serve or return of serve. Third, see or feel what you want to do to "program" yourself with positive images. Lastly, you must trust in your skills to execute with freedom and confidence.

Your mental toughness between points is critical to performing your best on the court. Top players in the world use routines to help them process the last point and mentally prepare for the next. You can also develop a routine to help you let go of the last point, adjust your energy level, instill a confident mindset, and prepare for the next point.

If you can accomplish these mental game tips between every point, you'll reduce mental errors and improve your consistency during points!

Frequently Asked Questions

Q: What are the clubs vaccine requirements?

A: The *Verification of Vaccination* order will take effect October 25th, and will require all members and guests over the age of twelve to provide proof of a full vaccination with an FDA-authorized vaccine, or a negative FDA-approved PCR test administered within 72 hours of entering Central Park grounds.

Club Management is finalizing the implementation details, and further information will be provided shortly.

Q: Where do I show my vaccination card?

A: Management will be providing details soon on where/how to show your vaccination card. Stay tuned for future communication.

Q: What is the iPad at the front desk for?

A: The iPad at the front desk is currently for Guest check-in, as well as Racquet Services.

Q: May we bring a guest to the Fitness Court

A: Yes, you may bring a guest at an \$8 charge. Please have them sign the [Fitness guest agreement](#) before coming to the Club for a faster check-in.

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!

Q: Do we still need reservations for Tables?

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

Q: Is the pool closed?

A: Yes, the pool is closed for the season. We look forward to re-opening next summer!

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

A: There are no current limits for the amount of spectators. This is subject to change if Government occupancy limits are reinstated.

Q: Is the ball machine available for the first court time of the day?

A: Yes! The ball machine is now available to reserve for the first court time of the day.

Q: May I park in the gravel parking lot?

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

Clinics & Programs At CPTC

PLEASE NOTE CHANGES FOR FALL!

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 Skills & Strategy 2.5	Monday	9:30 - 10:30 am	4	Sign up dependent
Phil's Skills & Drills 2.5+	Monday	8:30 - 9:30pm	6	Sign up dependent
Chad Cardio Tennis	Tuesday	9:00 - 10:00 am	6	\$20 per person
Chad Cardio Tennis	Wednesday	8:30 - 9:30 am	6	\$20 per person
Chad Cardio Tennis	Wednesday	9:30 - 10:30 am	6	\$20 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 - 10:00pm	6	Sign up dependent
Chad Cardio Tennis	Friday	8:30 - 9:30 am	6	\$20 per person
Lisa's Skills & Strategy 3.0+	Friday	8:30 - 9:30 am	4	Sign up dependent
Chad Cardio Tennis	Friday	9:30 - 10:30 am	6	\$20 per person

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

"To the good Samaritan who left a handwritten note on my car...

You noticed I had some scuff marks on the left side of bumper and took the time to leave a note with detailed instructions on how I could easily take care of it myself with some mineral spirits and a rag. This weekend I took the plunge and followed your recommendation, and it worked like a charm! My car looks as good as new.

I don't know who you are as you didn't leave your name on the note, but I just wanted to say ... *thank you*. Thank you for taking the time to care about someone else who you don't even know. You are an awesome CP Member, and a great person! My hero!"

Signed,

Gail Domingos

The owner of the black Range Rover

thank you!

Thinking of a Move?



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Wesley K. Nomi, DMD
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and Oral Health

Cathy Long Nutritional Health Coach

1 on 1 mentoring to help you achieve your health goals through diet & lifestyle.

Specializing in:

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