

# Baseline Newsletter

## September 2020



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What I thought I’d miss when tennis closed down.

When the news from Olympia came down in March temporarily closing Central Park, my first thought was “Oh no - no tennis, no USTA; we’ll miss a whole season...” What I came to realize in those 80-some days of closure was that while I certainly missed tennis, it was really Central Park that I missed. The whole package, from the crazy steps in the Clubhouse to the impromptu gatherings after play.

Our dues provide us with many tangibles, and you’ll see later on in the Baseline a breakdown of where your money goes. Payroll, mortgage, property taxes, janitorial, etc. – those are a snippet of the obvious. But I found what I really missed about having to stay away from CP, wasn’t just the tennis and the competition, but also the other stuff:

- The energy of the kids – their laughs and smiles
- The encouragement of the Pros.  
(And their empathy and patience.)
- The smiles and hellos when crossing paths going out to the courts.
- Discovering that the people I hit with were really more than hitting partners; they were friends.
- The ability to drum up a game with little effort.
- The electricity of watching a nailbiter of a match on a weekend evening in the viewing area.
- Seeing the Saturday morning donut group and how much they enjoy being together.
- The light conversation in the workout room, while warming up.
- Watching the junior players mature almost before our eyes (and wow, can they whack the ball!)
- Having a place to go that was always welcoming and comfortable.
- “Have a good match!” from the Front Desk.
- Laurie’s constant smile and positivity.
- The peace and beauty of the grounds.
- Sitting on the patio on a warm evening, listening to tennis on the stadium court.
- An impromptu BBQ at the pool.
- The family feel.

Julie and the staff continue to put forth a Herculean effort to bring back all the “stuff” we missed. All while working within our mandated parameters. But it is starting to feel more and more “normal” and I like that.

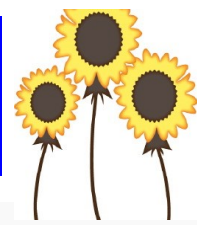
Have fun on the courts and enjoy the 90-minute court times again!

Follow this [link](#) to our monthly minutes.



**PRESIDENT**  
**NANCY GOLDBERG**

# September 2020



Tuesday, September 1	90 minute court times begin
Tuesday, September 8	Jr. Team begins
Tuesday, September 8	Facilities Committee Meeting 4:30 pm
Monday, September 14	Tennis Committee Meeting 6:00 pm
Wednesday, September 16	Finance Committee Meeting 6:00pm
Monday, September 21	Membership Committee Meeting 10:00 am
Wednesday, September 23	Board of Directors Meeting 6:00 pm

Central Park Tennis Club's Annual meeting will be virtual—  
Watch for the announcements coming soon

## CHANGES IN SEPTEMBER

**Single Members with 52 guests per year** can invite a guest for **singles play only**. Member will be responsible for registering guest in GAMETIME and ensure guest has filled out and submitted the Covid Guest Waiver prior to play. Guest will not be allowed to proceed to court until front desk confirms waiver receipt. [Click here.](#)

**USTA Adult 55+ and Mixed 18+** will begin September 5. These will be timed matches. Warm up courts and overflow courts will NOT be allocated. Team captains are responsible to ensure visiting teams follow [protocols](#) approved by the Tennis Committee.

### Welcome New Equity Members

Helen & Bruce Dawson  
David & Priscilla McAughan  
Zac Lin & Laura Lu  
Heidi & Mark Hollyhead  
Mimi Cook  
Eugenia Salvo  
David Pearce  
Heather & Mike McKay  
Jacob Che



### Best to our Resigning Members

Derek & Deborah Gates  
Mike & Kate Lipe  
Mara Ferrari  
Dave & Dana Bolton  
Sharon Lee & Anthony Arthiabah  
Wei Zhang & Jun Ye  
Mujtaba Hamid & Fauzia Aslam

### Welcome Seasonal Members

Derek & Deborah Gates

# MANAGER'S MISCELLANY

These days my motto is ... it is what it is...

Here we are with summer ending and fall right around the corner. None of us can gauge what the fall will bring, so best to take each day as it comes and continue the path of awareness and a readiness to handle what comes our way.

What does fall look like as we move forward? Programs, USTA, clinics, 90-minute court times and most likely changes or tweaks to all the above as we venture our way through these different times.

With the 90-minute court times we have updated the program schedules and ball machine use information on our website and here on page 6. We are excited to have numerous clinic offerings and working on more to come, also listed on our website as well as page 10.

USTA match play begins this weekend as well. For CPTC, waivers and pre-payment from visiting teams will be required as well as matches without spectators or socializing after play.

One thing we will be bringing to the front desk – for the times that the draft beer and wine are not available, you may purchase canned beer and wine. As fall comes ... we will continue to develop our “tables” reservations to see how we can accommodate the state requirements safely.

Times are different but we all must continue to do our best in providing a safe community, being mindful of those around us, wearing our masks and practicing the safety protocols we are now all becoming accustomed to.

Club President Nancy Goldberg and Vice President Wayne Lim initiated meetings with each of the Committee Chairs and Board Liaisons for the upcoming year. We have an amazing group of enthusiastic and dedicated volunteers. We also have provided opportunities that you can reach out to them, offer suggestions or feedback on things you might not be sure of or just to tell them they are appreciated. Links are provided in this Baseline or click [here](#) to reach our website.

Lastly, we are all so saddened that our morning sunshine will be ending her employment with us September 18. Ellie's school schedule has changed, and with this being her last semester she will be on to big things. Happy for her... bummed for us. Please help us wish Ellie well!! Fortunately, Sam Suk will be back for a few of the morning shifts while he online schools it from home. We also welcome Jamison Dorney at the front desk, who will be working shifts throughout the week and Saturdays.

Please be safe and stay healthy! Hope to see you here!

[Julie Wheadon, Club Manager](#)



# COMMITTEE REPORTS

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

Hello Central Park tennis friends! We are so excited that 15 minutes has been added to our games during this pandemic. Thank you Julie for all your hard work during this time. We appreciate you and the CP staff.

This month 10 new members joined and we have a waitlist of 25 due to Laurie's tenacity and the quality of our club. Our committee along with the staff will continue to explore new ways to keep our membership strong and hopefully we will have the opportunity to socialize soon.

Please reach out to any players you haven't seen around the club. News reports list tennis as one of the safest sports to play. That is good news!!!!

## FACILITIES | CHAIR [STEVE COLEMAN](#)

I would like to thank Ashley Flinders, Andrea Gerth, Merrie Vieco, Brain Darrow, Jack Goldberg, Steve Carl and of course Julie and Vlad for their outstanding work on the Facilities Committee prior to our 2-month summer break starting in July. As with all the Central Park committees, we ended the year socially distancing with Zoom meetings which appears to be the format we'll be working with at least initially in the upcoming year. The ongoing Covid-19 pandemic has given the committee a unique opportunity to come up with a new yardstick for this fall and winter's possible club weather closure determination criteria. Historically Central Park has used the Lake Washington School District closure announcements for club delays and closures. However, now with schools not being in session and opening remotely, we will have to come up with a new yardstick for our use. These are truly strange times. On the agenda for discussion is the need for a widened entry to the Wright Building so that we can easily bring in our Genie 34/22 scissor lift to work on the overhead lighting and ceiling of courts 5 thru 8. It seems that lift access was something we didn't consider at the time the building was built. Also on this year's agenda will be capital budget items to present to the Board for funding evaluation. Most likely among those items will be the resurfacing of the outdoor courts. For those club members who would like to join us on the Facilities Committee, please email [me](#) if you are interested. Our next meeting will be September 8th at 4:30 PM and, of course, socially distanced!

## TENNIS | CHAIR [BETH LEHMAN-BROOKS](#)

As Central Park continues to monitor and adjust to the ever-changing COVID landscape we are (and have been) meeting as often as needed to discuss court times, guest policies, and the return of USTA tennis. One place that can help you navigate the rules, court times, and find events and lessons is GameTime. You can even utilize GameTime to send you a notification that your court reservation is coming up. We are all very used to certain court times and setting an email reminder has helped me often. Head into GameTime and check out the dashboard for news, events, and reminders. Navigate to My Account next and please take a moment to update your profile and preferences. Thanks so much and keep on enjoying Central Park.

### Important Reminder!

Please remember to check your emails!

This is the main form of communication on updates for your court!

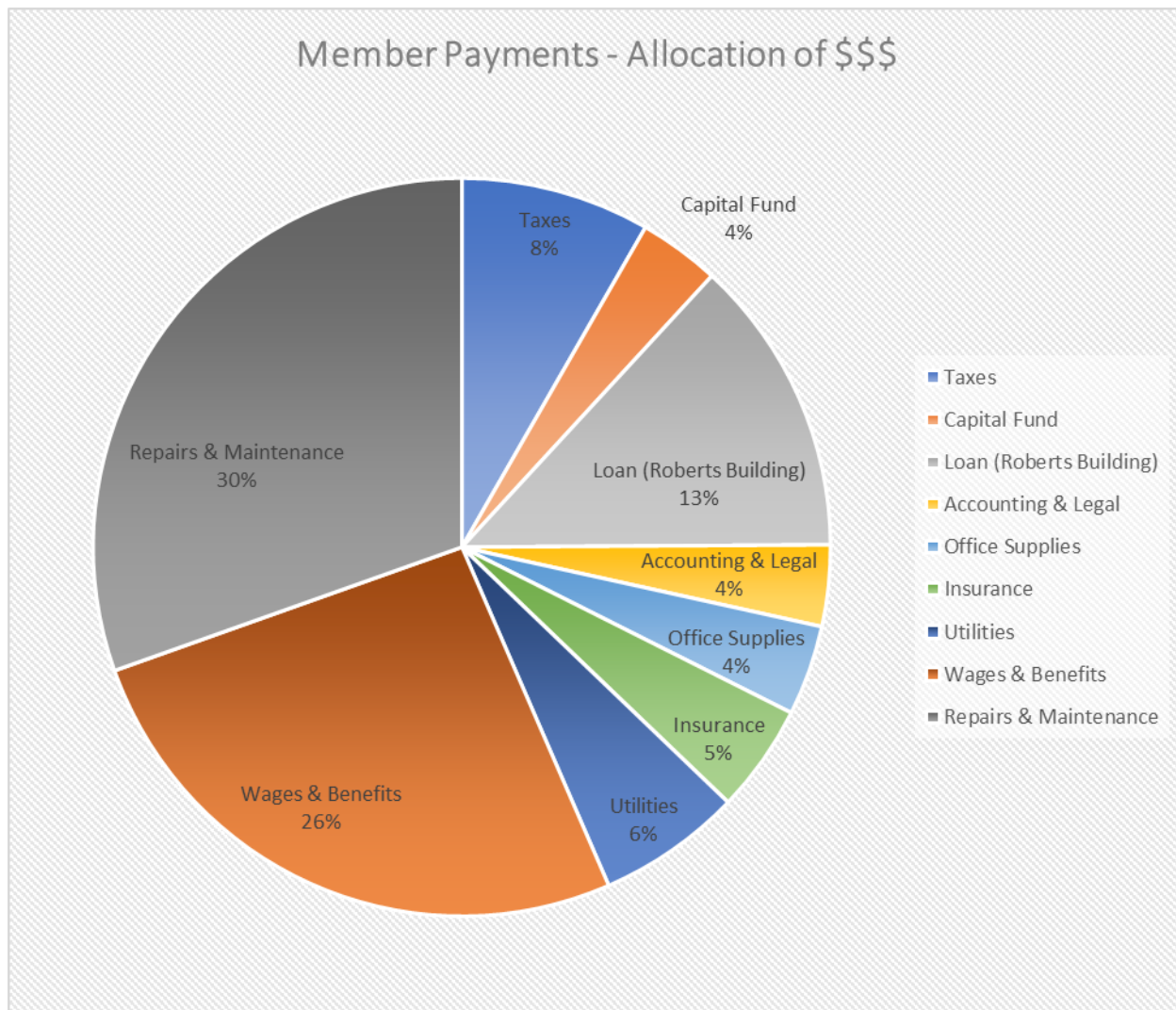
If you have not been receiving emails, please contact, [Laurie](#) and she will be able to help



# COMMITTEE REPORTS

FINANCE | CHAIR [PETRA CARL](#)

In an effort to make the financial health of the Club more transparent, the Finance Committee is working on ways to display information in an easy to understand manner. This month we are going to focus on the allocation of Membership payments. There are different types of memberships, i.e. Family, Junior, Single and therefore different dues structures. The pie chart shown below is based on a typical statement for a family equity member without auxiliary expenses for tennis lessons or snack bar purchases. The allocation of amounts is based on usage year to date for 2020. As they say, a picture is worth a thousand words. I hope this helps shed light on how money is spent and over the next few months we will provide more graphs and charts to show other financial metrics that we use to guide our decisions. Stay tuned.



**The Point of Sale system is up and running!!!!**

Please be patient as we work through to learn and understand the new system.

You will receive an email announcement when your monthly statement is available to view online.

# NEW PROGRAM TIMES START TODAY!

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	5:45-7:15 pm	4	Day of Play 7 am	Day of Play 1 pm
Women's Night	Tuesday	6:00-7:30 pm	4	One week prior	Monday prior at 7 pm
Women's Team	Wednesday Sept 16—Oct 28	10:45 – 12:15 am	4	Sign up with partner or as a sub	<i>Sign up ends Sept. 9</i>
Singles Night	Wednesday	5:45-7:15 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	9:00 – 10:30 am	4	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:

- 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

## BALL MACHINES WILL NOW BE OFFERED ON COURTS 8, 9 AND 12

*Monday – Friday: first court of day and midday*

*Friday – Sunday: last court of the day*

	7:00-8:30am	7:30-9:00am	2:00-3:30pm	2:30-4:00pm	7:15-8:45pm*	7:45-9:15pm*
Monday	Court 8	Courts 9 & 12	Stadium	Courts 9 & 12	N/A*	N/A*
Tuesday	Court 8	Courts 9 & 12	Stadium	Courts 9 & 12	N/A*	N/A*
Wednesday	Court 8	Courts 9 & 12	Stadium	Courts 9 & 12	N/A*	N/A*
Thursday	Court 8	Courts 9 & 12	Stadium	Courts 9 & 12	N/A*	N/A*
Friday	Court 8	Courts 9 & 12	Stadium	Courts 9 & 12	Court 8	Courts 9 & 12
Saturday	N/A	N/A	N/A	N/A	Court 8	Courts 9 & 12
Sunday	N/A	N/A	N/A	N/A	Court 8	Courts 9 & 12

**\* Ball machines may be booked as a walk on or waitlist court for the last court of the day during the week only\*\***

# PROS COURT

## Returning to Competition

It has been so nice to be back at the club and see that people are still coming out to play the game they love. Even with the lack of organized events and competitions, people are taking the initiative to continue learning and playing. Now, as we head toward the Fall and the return of USTA teams and tournaments, it is important to physically and mentally prepare in order to hit the ground running.

Since the bulk of tennis being played right now is intra-club, it is a perfect opportunity to work on different parts of your game. When I was growing up, I always tried to have a good mix of lessons, match-play, and tournaments. Match-play against friends was a great mix of learning and competition. I still wanted to beat my friends, but it was a relaxed setting where I could also focus on specific areas that needed work. The next time you play a few sets at the club, see if you can focus on one thing per match or set. Maybe it is working on serve and volley, a slice backhand, or a chip return. The more you practice shots and strategies in this setting, the easier it will be to apply in competitive situations.

Watching tennis and reading about tennis are two ways to learn from the comfort of your couch. I'm so excited to be able to watch and learn from pro tennis again. I always feel like I get a little better while watching. I look for very specific details like- technique/footwork, shot selection, and strategy/point creation. I love to look for a pro that plays the same style as me. Then I can watch their strokes and strategy with the purpose of implementing it in my own game. To strengthen your mental game, I suggest a couple of famous tennis books. *Winning Ugly* by Brad Gilbert is a classic that deals with getting the most out of your tennis game. It talks about pre-match and mid-match strategies. It talks about dealing with all types of players. I carried that book in my tennis bag for 10 years and would often crack it open on the way to a tournament. Another classic tennis/sport psychology book is *The Inner Game of Tennis* by Timothy Gallwey. It talks extensively about the biggest mental anxieties and barriers that tennis players face in learning and competition. Many notable non-tennis athletes have credited that book with their improved mental strength. I highly recommend both books!

One final idea for competing before the USTA season arrives is to plan a full match against another team from Central Park. Set it up and play like it is an official USTA match. Have a lineup and go through the whole thing. Pretend like you're not playing someone you know. Talk to your doubles partner about developing a strategy against your opponents. Afterward, reserve the patio and enjoy some drinks with your team and opponents!

I am so excited to have events and competitions starting again at the club! I can't wait to see and hear about all the success of our teams. Keep playing, competing, learning, taking lessons, and enjoying the ability to play tennis again!



[Ethan Vaughn | Tennis Pro](#)



# Central Park Junior Tennis Program

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

## Fall Junior Program

**September 8—October 25**

Click [here](#) to sign up!

### Red Stars I & II

Tuesday/Thursday 2:00 pm - 3:00pm & Sunday 8:30 am - 9:30 am

### Orange Stars I & II

Tuesday/Thursday 2:00 pm - 3:30 pm & Sunday 8:30 am - 10:00 am

### Green Stars I & II

Tuesday/Thursday 3:30 pm - 5:00 pm & Sunday 10:00 am - 11:30 am

### Bronze I & II

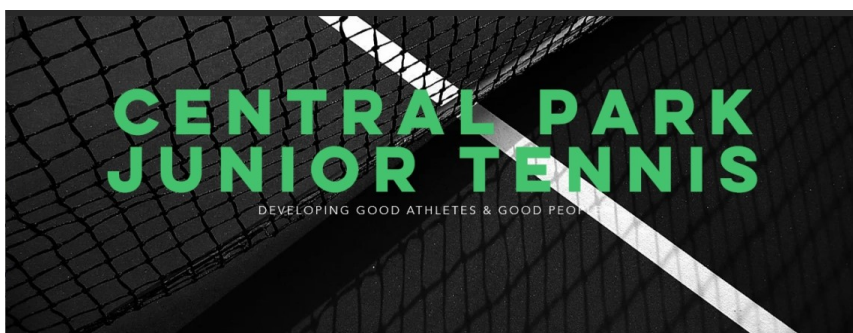
Monday/Wednesday 2:00 pm - 3:30 pm & Sunday 10:00 am - 11:30 am

### Silver

Monday/Wednesday 3:30 pm - 5:30 pm & Sunday 11:30 am - 1:30 pm

### Gold

Tuesday/Thursday 5:00 pm - 7:00 pm & Sunday 11:30 am - 1:30 pm



**Junior Team Parents & Students...**

<https://www.cptcjuniorteam.com>





**Central Park Tennis Club has new guidelines for USTA match play.**

Please [click here](#) for more information

**Adult 55+ will play September 4 through November 8**

*(Washington Safe Plan phase dependent)*

Want to play but do not have a team? Contact the captains below.

6.0W	Twyla Baird	<a href="mailto:bairdet@comcast.net">bairdet@comcast.net</a>
6.0W	Linda LaCava	<a href="mailto:linda.lacava601@gmail.com">linda.lacava601@gmail.com</a>
7.0W	Mary Czerwinski	<a href="mailto:marycz@microsoft.com">marycz@microsoft.com</a>
8.0W	Laura Lund	<a href="mailto:progster@msn.com">progster@msn.com</a>
9.0W	Dundeanad Doyle	<a href="mailto:dundeanadoyle@gmail.com">dundeanadoyle@gmail.com</a>
6.0M	Mark Greenlaw	<a href="mailto:MGreenlaw@msn.com">MGreenlaw@msn.com</a>
7.0M	Walt Paulson	<a href="mailto:walt.paulson@comcast.net">walt.paulson@comcast.net</a>

**Adult 18+ will play September 4 through November 8**

*(Washington Safe Plan phase dependent)*

Want to play but do not have a team? Contact the captains below.

7.0	Dan Doyle	<a href="mailto:dadoyle1326@gmail.com">dadoyle1326@gmail.com</a>
7.0	Leslie Bouton	<a href="mailto:bouton@md2.com">bouton@md2.com</a>
8.0	Lana Hansen	<a href="mailto:lcubed19@aol.com">lcubed19@aol.com</a>
8.0	Joanna Bengford	<a href="mailto:jbengford@outlook.com">jbengford@outlook.com</a>
10.0	Kathryn Osborne	<a href="mailto:katgirl070@hotmail.com">katgirl070@hotmail.com</a>

## ADVERTISING

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**Russell K. Nomi, DDS**  
1981 UW Dental School

**Wesley K. Nomi, DMD**  
2017 Arizona School of Dentistry  
and Oral Health

Fall Clinics are back at Central Park starting the week of September 7!

Click [here](#) to refresh yourself about our clinics. Here all 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	8:45 - 9:45 am	4	Sign up dependent
Lisa's Skills & Strategy 3.0+	Monday	9:45 - 10:45 am	4	Sign up dependent
Chad Cardio Tennis	Tuesday	8:45 - 9:45 am	6	\$20 per person
Phil's Skills & Drills 2.5+	Wednesday	5:30 —7:00 pm	6	Sign up dependent
Phil's Skills & Drills 3.5+	Wednesday	7:15 —8:45 pm	6	Sign up dependent
Lisa's Skills & Strategy 3.5+	Thursday	9:45 - 10:45 am	4	Sign up dependent
Chad Cardio Tennis	Friday	8:45 - 9:45 am	6	\$20 per person
Lisa's Skills & Strategy 3.0+	Friday	8:45 - 9:45 am	4	Sign up dependent
Chad Cardio Tennis	Friday	9:45 - 10:45 am	6	\$20 per person

Sign up in **GAMETIME** for our weekly 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.
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