

Baseline Newsletter

September 2022



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It's hard to believe it's already September, the time when summer cools off and winds down; when the sun sets a little sooner and our outdoor court time begins to shorten. September rings in a new season and as the excitement, adventure and hot summer temps begin to fade, we enjoy a return to familiar rhythms and routines. As schools and other organizations return to regular programming, the new season also brings opportunities to add a little spice to our usual routines. Central Park Tennis Club is no different. Our Junior Program returns to its regular schedule, the women's CUP tennis program starts up, we anticipate the return of our annual Club Championship Tournament, and committees that have been on hiatus begin to meet again.

The Fall season is a time to engage and reengage, and this month there will be opportunities to do just that. While we all know the familiar adage "Many hands make light work", it is less about work and more about community engagement and giving back. Perhaps this is the year you volunteer to help at the Club Tournament desk. If your CUP team needs a representative to sit on the CUP Committee, maybe this is the time to give it a try. Serving on a committee is a great way to give back to the Club that has given you so much. Perhaps this is the season to take on a leadership role - whether it's offering to coordinate practice sessions for your USTA team, agreeing to be the chairperson of a committee, or taking the lead on planning the next awesome Club social - you are certain to gain greater insight into how and why the Club is such an amazing place as well as personal satisfaction for having contributed to that process. And if this season isn't the right time in your life to take on a larger role, consider smaller 'one-off' contributions such as set up or clean up for an event, or simply show up and enjoy the festivities and the facility. Those who work in the background planning events or decorating the Club, etc. are thrilled to see people enjoying the fruits of their work. We have some exciting events coming this month including a pickleball social, the much anticipated 50th Anniversary Party, and the Club Championship Tournament, so you have ample opportunities to engage with fellow members. I look forward to seeing many of you this month whether it's watching a USTA mixed match on a Sunday night, boogieing down at the 50th Anniversary Party, or collaborating together in committee. After all, many hands make for great community engagement.



PRESIDENT
ELIZABETH GRAVES

September 2022

Monday, September 5	Labor Day & Last Day of Pool
Tuesday, September 6-11	Lost & Found Cleanout
Friday, September 9	USTA 55+ & Mixed 18+ Begins
Sunday, September 11	Pickleball Tournament & Social
Monday, September 12	Women's Cup Tennis Begins
Monday, September 12	Tennis Committee Meeting - 6:00pm
Tuesday, September 13	Facilities Committee Meeting - 4:30pm
Saturday, September 17	50th Anniversary Celebration
Monday, September 19	Cups Committee Meeting - 1:00pm
Tuesday, September 20	Pickleball Committee Meeting - 6:00pm
Wednesday, September 21	Finance Committee Meeting - 6:00pm
Wednesday, September 28	Board of Directors Meeting - 6:00pm
Thursday, September 29	CPTC Adult Club Championships begin

Welcome
to our
New Members

New Equity Member

Huijing Tao & Family

Non-equity member

Naxin Chen

Yiwei Ni

Ruth Sun



Best to our Resigning Members

Dong Il Kim & family

Eric Gan

Andrew Zhao

Bruce & Katy Titcomb

COMMITTEE REPORTS

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

The membership committee has no new announcements this month! Stay tuned for fun upcoming social events!

FACILITIES | CHAIR [STEVE COLEMAN](#)

The Facilities Committee is currently on our annual summer break however project work at the club continues. Our first meeting of the new season will be on Tuesday, September 13 at 4:30 PM.

TENNIS | CHAIR [KIRSTEN BARNES](#)

The Tennis Committee will hold a meeting on Monday, September 12th to discuss a few agenda items. We hope you are enjoying your summer!

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 [CAROLYN WERNER](#)

Pickleball at the club continues to be popular, especially on Fridays at 11:30am and Sunday Open Play evenings. Registration is open for the Pickleball Social scheduled for Sunday September 11 at 4:30pm. Sign up now! This will be a fun evening of pickleball on 8 courts in tournament-style play, with dinner and prizes to follow.

As we near the end of the Summer Pickleball Trial, the Pickleball Committee is working on gathering data about court usage and the impact of offering pickleball at Central Park. Look for another member survey in mid-September. If you have feedback for the Pickleball Committee, we want to hear from you! Email: CPTC.Pickleball@gmail.com



MANAGER'S MISCELLANY

September already, where has the summer gone? Kids are going back to school and fall sports are beginning. August was filled with fantastic weather, although some days were hot, you can't beat a PNW summer. Our pool saw a lot of use, and we were lucky to have it to cool off on some of those really hot days. We hosted many pool parties, and our Lifeguards did a fantastic job of keeping the swimmers safe. Our pool will officially close on September 6th for the season. A BIG thank you to Chris who maintained the pool for the entire summer, which isn't an easy task, and had it up and running for our members to have some summer fun. Make sure to go out and enjoy the pool area for the final few days!

August started off with a bang with one of our biggest social events of the year, the Summer Team Challenge. Our Pros paired up and drafted their teams, and then the competition began. With many great matches and points, it came down to a close score over the two days with Mark Shkrebtan and Kathryn Osborne's team taking the trophy. Congrats to the South African Springboks! We then rolled into our annual USTA Intermediate Junior Tournament, with over 100 kids who played. The weather stayed nice, and the kids had a lot of fun. Thanks to Mark Shkrebtan, the tournament director, who ran a great event!

Although summer is coming to an end, we have a lot of exciting things planned starting in September! The first being the Pickleball Tournament & Social, on Sunday, Sept 11th. This will include a fun format of rules, with lots of pickleball play, and food after! Make sure to register [HERE](#) before it's too late! We then have our much anticipated 50th Anniversary Disco Party on Saturday, September 17th! This will include a 70's theme from back in 1972, with lots of dancing, eating, drinking, and laughs! We will have a DJ, with catered food, so make sure you're ready to eat and dance. Register in Gametime [HERE](#).

Committees will also start back up in September. If you have ideas on how to make the club better in any aspect, I advise you to make your voice heard by joining a committee. These are great ways to share ideas, discuss and come up with solutions to make this the best club it can possibly be. If you're interested in joining one of the committees (Tennis, Facilities, Membership, Finance) please visit the link [HERE](#).

Another exciting announcement is starting in September each pro will have a one hour open lesson for members to reserve in Gametime Classes & Events! We have a lot of requests for private lessons, and I think this will be a great way for everyone to have a chance to improve their game with our great pros. Please read later in the newsletter on Days/Times available.

Our Junior program ON THE RISE, lead by Blakeley Bean and Mark Shkrebtan, has registration open for the fall! Early fall program will run from September 12th to October 30th. Spots fill up quick so make sure to register [HERE](#) ASAP!

The past two months being interim manager has been a very rewarding and fun experience. The membership as a whole has been very kind, supportive, and patient and I truly appreciate that. I hope the club is running up to the great standard that Julie set. Looking forward to a great September and fall season ahead!

- Darin Rauso, Interim Manager

COME CELEBRATE

Central Park's



50

TH

ANNIVERSARY

with a 70's theme

DISCO
PARTY

SEPT. 17, 2022

6pm-10pm

\$50/TICKET

Drinks, Food, DJ, Dancing,

AND

Prizes for best 70's Costume!

(Please, tennis shoes only)



[REGISTER HERE](#)

OPEN LESSONS IN GAMETIME!

We are excited to announce that starting now, each pro is offering a open one hour private lesson each week, for members to reserve in Gametime! Find the lessons in the Classes & Events tab. Lessons will open up 7 days in advance each week. Waitlist may register 4 days in advance. Sign up and improve your game!

Fall Open Lessons:

Lisa Moldrem - Mondays 9:30-10am & Fridays 10:30-11am

Mark Shkrebtan - Mondays 8-9am

Blakeley Bean - Mondays 3-4pm

Chad Smith - Tuesdays 11am-12pm

Jeff Eicher - Wednesdays 3-4pm

Nick Kamisar - Saturdays 11:30am-12pm

Phil Ansdell - Sundays 8-9am

SIGN UP FOR A COMMITTEE!

Do you have an idea to help improve our club? Do you have skills that apply to certain committees? Do you wish the club would implement something or make change to current policy? Are you a team player that works well with others to reach a common goal? If so, then join a committee! Our current committees are Tennis, Membership, Facilities, and Finance. If any of these interest you, please use the link below to submit your interest! The more minds we have collaborating on all aspects the better for the club and our membership. [LINK TO COMMITTEE PAGE](#)

**GET
INVOLVED!**

2022 Fall Junior Program

Session Dates:

September 12th – October 30th

Registration Deadline:

Wednesday, September 7th

- Each class/level is offered three times a week.
- Players can choose to attend class either 1 x, 2 x, or 3 x a week.
- Registration for classes is offered by the session(seven weeks of class).
- Scheduled Friday Match Play is included for every level except Red Stars.

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

- Space is limited in an effort to stay safe!
- Priority is given to Equity & Waitlist members.
- Payment will not be taken at registration in case of any unforeseen changes.



[Click Here for General Program Info!](#)

Lost & Found Cleanout - Sept 6th-11th

We will be having a lost and found cleanout from Tuesday, Sept 6th through Sunday, Sept 11th in our Boardroom. If you feel that you may have lost something at Central Park over the last year, please come in and look for it! If you can't make those dates, feel free to give the front desk a call and they will look for you. After September 11th, the remaining items not claimed will be donated. Thank you!



Pool Closing - Tuesday, September 6th

The last day for the pool will be Monday, September 5. Make sure to get the family out to the pool for one week left of fun family pool time! We loved seeing all the activity in the pool this season and we can't wait to see you back next year!

POOL
HOURS

Women's Cup Tennis 2022-2023

KINGCO
CHALLENGE
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CLASSIC
EMERALD
EVERGREEN



Central Park Tennis Club's First Annual Pointless Pickleball Tournament and Social

September 11, 2022. Play starts at 4:30 PM. Social begins at 6:30 PM.

Pickleball games conclude with a bumping of paddles at the net, showing that – whatever the outcome – camaraderie and sportsmanship matter more than points. In that spirit, the CPTC Pickleball Committee has designed a tournament where the points don't matter -- a Pointless Pickleball Tournament.

Tournament winner is determined by Paddle Bumps earned. These "Big PBs" are earned in many ways – each, coincidentally, a "Little PB":

<u>Partners Bonding</u> :	1 Paddle Bump for each new partner played with during the tournament.
<u>Points Bracketed</u> :	Receive Paddle Bumps for points scored during the game – win or lose. (4 PBs for 8-11 points; 3 PBs for 4-7 points; 2 PBs for 1-3 points and 1 PB for just stepping on the court and not scoring)
<u>Proficiency in Bluster</u> :	Answer pickleball or club trivia when turning in your score. As a group, earn 1 Paddle Bump by being <u>either</u> correct <u>or</u> very entertaining.
<u>Peanut Butter</u> :	1 Paddle Bump for each food item, such as peanut butter, donated at tournament sign-in to Hopelink, Redmond.

Sign up on or after September 29th on Gametime/Classes & Events/"Pointless Pickleball Tournament". On September 11th, check in at the scorer's table near Court 17 to receive your player number and donate food items. Place your paddle in the rack between Court 17 and Court 18 at your desired level of play (A for higher levels of play, D for lower, B & C for in-between). Take the court when your paddle is next. As a group, report your score and answer trivia. Take a break – or not! Put your paddle back in the rack when you're ready to play again. Repeat as much as you like to keep earning Paddle Bumps.

Dinner will be served, and prizes awarded during the social beginning at 6:30 PM at the clubhouse.

Registration is limited to 64 members, costs \$25 per person, and includes balls, nets, and food. Drinks may be charged to your account at the social. If you need a paddle, email CPTC.Pickleball@gmail.com before the day of the tournament.

REGISTER HERE



Central Park Tennis Club

Adult Club Championships

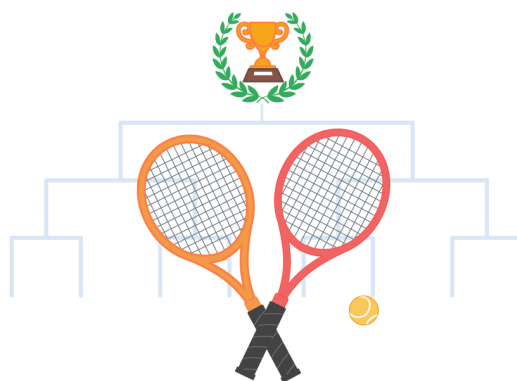
Thursday, September 29 - Sunday, October 9

Entry Form – Singles 35.00 Doubles \$28.00 per person

REGISTRATION DEADLINE: MONDAY, SEPTEMBER 19

- **Men's and Women's Singles** will be held Thursday, September 29– Sunday, October 2
- **Mixed Doubles** will be held Sunday, October 2 – Thursday, October 6
- **Men's and Women's Doubles** will be held Thursday, October 6 – Sunday, October 9
- You **MUST** be free during the time period of your event.
- Please list your USTA number on the entry form.
- Players are responsible for checking match schedule times.
- Draws will be posted 3 days before your event.
- Matches will be USTA scoring (no ad, 10-point tiebreaker for the third).
- Consolation rounds for first match losers in all events, other than round robins.
- Match play is weekday evenings after 5:30 pm and all day on weekends, 10 am to 5:30 pm.
- **Entry Deadline is Monday, September 19.**

REGISTER HERE



Summer Team Challenge

Thank you to all who participated in the 2022 Summer Team Challenge! It was an action-packed two days with competitive matches, good food, and memories made! We would like to congratulate Mark & Kathryn's Team the South African Springboks as the Champions! Mark & Kathryn's Team will have their own T-Shirt made as well as bragging rights for the rest of the year. We look forward to next years event!

Coaches: Mark Shkrebtan & Kathryn Osborne

Players: Pattie Boudier, Kylie Choi, Rich Choi, Heather Gertmenian, Matt Gertmenian, Colleen Grobstok, Madhur Joshi, Cathy Long, Ron Schmid, Rajesh Singh, Katie Van Zyl, Joe Van Zyl, Dan Warren, Genevieve Warren



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PRO REPORT

Hi all –

It's been another great summer here at CP! Getting off the court late at night & hearing laughter from up on the deck is one of my favorite things. You all continue to build such an amazing community – thank you!

We're heading back into a world full of doubles – cups, mixed etc. If you've been on my court, you've most likely heard me teach *doubles positioning*. As a tennis pro, this topic comes up A LOT. I find that it can be hard to have complete success with this since not everyone is taking lessons or on the same page. Your knowledge may be very different than that of your Sunday morning doubles partner's knowledge. Below I am going to lay out the two most common positioning strategies for doubles partners once both players are both at the net. I believe that both ways can be very successful – I grew up learning the first way – but the difference is just a personal preference. If you & your partner can align on one of these it can help with a lot of coverage issues...



Blakeley Bean
Tennis Professional

Strategy A

- If you are in front of or “down the line” from the ball you are the AGGRESSOR & closer to the net than your partner. You must cover your line but if a ball comes down the middle you may have good opportunity to attack because of your proximity to the net. You should be looking to close & attack.
- If you are diagonal or “cross court” from the ball you are the WORK HORSE & at least one step or more behind your partner. The middle is ALWAYS your responsibility to cut out. If your partner can attack a middle ball they will cut in front of you to take it but should not collide with you since you're vertically staggered. Even if you think your aggressive partner may take a middle ball it is still your responsibility to be there for back up in case they miss. The back court(lobs) are also your responsibility since you are farther back in the court.

Strategy B

- If you are in front of or “down the line” from the ball you are the WORK HORSE & farther from the net than your partner. You are responsible for covering your line & the back court (lobs).
- If you are diagonal or “cross court” from the ball you are the AGGRESSOR & closer to the net than your partner. The middle is ALWAYS your responsibility to cut out. You should be looking to close & be aggressive. Under these circumstances it is rare that a middle ball will ever get past you. Don't be afraid to completely cross over the middle of the court – your partner will be behind you & unimpacted.

Regardless of which strategy you're using – the idea is for one player(work horse) to cover majority of the court while providing freedom for their partner (aggressor) to close at the net & hunt for the attack ball. The hardest part of maintaining either of these strategies is consistently remembering to stagger yourselves vertically. Remember, if the ball changes direction you not only have to shift side to side but also front to back. All of this happens fast but with practice you can train your brain to automatically move in these ways. If you ever find yourself next to me on a doubles court I'll know whether or not you've read this article ;) Good luck...



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Become a Master of the Tennis Volley

Play.decathlon.co.uk

Improving your tennis volley skills are essential to making your gameplay exciting and dynamic. These tennis volley tips are important for the development of your forehand and backhand volley. A tennis volley is hit before the ball bounces on the ground, unlike other other shots where you wait until the ball bounces.

Tennis volley shots are normally hit when the players are at the net or near the net. Although it is also possible to hit this shot near the baseline. However, volleying away from the net is seldom used or is only used in certain circumstances. The main objective of a tennis volley is to surprise your opponent since this shot limits your opponent's reaction time because it's returned so quickly. It's considered an offensive shot as opposed to a defensive one. The shot also minimizes the bad bounce effect especially on grass and clay courts. In addition, playing a volley (especially if you stand near the net) gives you a wide array of angled shot choices which can be very difficult for your opponent to return. If your opponent does return the ball, normally it is a weak one. To be a successful volleyer you need to have quick reflexes and you need to have good hand-eye coordination. Below are some tips for players seeking to improve the forehand and backhand volley.

1. Using The Right Tennis Volley Grip

The continental grip is the most commonly used grip by professional tennis players. It can be used in a forehand volley and in a backhand volley. Meaning you don't have to change your grip if you use a forehand and a backhand volley alternately. This makes this grip more popular than the other grips. Some players use the Eastern forehand grip to hit a forehand volley, but the disadvantage of this tennis volley grip is the fact that if you want to hit a backhand volley stroke in your next shot, you need to change your grip to a continental grip. This can be very confusing and time consuming especially for beginners. So we recommend keeping it simple but whatever makes you feel comfortable it's your game after all.

2. Tennis Volley Preparation Tips

Volleys are normally played on the net, so shot preparation is basically shorter compared to other shots such as groundstrokes. This makes an appropriate tennis volley preparation crucial. Late preparation can lead to a rushed shot resulting in a poor execution. One of the most important tennis volley tips is to be well prepared by anticipating your opponent's shots. Another tennis volley tip is to limit your opponent's shot choices or options so that you can react to the ball quickly. Instead of giving your opponent 5-6 shot options, limits it to 2-3 options.

3. Predicting Their Shots

There are some key ways to anticipate your opponent's shots. The first thing your can do is look into and analyze your opponent's tendencies and patterns. You can also study hints from your opponents through his or her shots or strokes from earlier in the match. When you develop or improve your perception of the ball's path and spin this can greatly increase your chances of returning a volley successfully. And lastly is to anticipate your opponent's shot based on his or her court position.

4. Prediction In Tennis Volleying

Aside from anticipating your opponent's shots, a quick response is vital for success. Developing this skill gives you a big advantage at the net considering how quick volley exchanges can be. An intense volley involves your reaction time and your execution time. Most skilled players' average reaction time (from the point the ball is released to the start of racket movement) is between 226 milliseconds for forehand volley and 205 ms for backhand volley.

Tennis Volley Technique Summed Up

These tennis volley tips show the importance of proper technique on your tennis volley. Most tennis volleys are hit with the use of a short racket swing. This abbreviated racket swing can be done by just bringing the racket back without taking a backswing. This technique is best to use when you are on the service line while executing your tennis volleys. If you follow these tips and tricks your volley play will be much improved. Check out Youtube for more videos on tennis volleying and remember to practice, practice, practice!

Frequently Asked Questions

Q: When does the pool close for the season?

A: The last day for the pool will be Monday, September 5th.

Q: How do I sign up for the 50th Anniversary party?

A: Sign up [HERE](#).

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: How do I sign up for the pickleball social event on Sept 11th?

A: Sign up [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 - 9:30 am	4	Sign up dependent
Phil's Skills & Drills 2.5+	Monday	8:30 - 9:30 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 3.0+	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
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?



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