

Central Park - The Tennis Players Club

Baseline Newsletter December 2018



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Central Park continues to be a thriving tennis community, one of the most notable in the Pacific Northwest, and I hope you feel as fortunate as I do to be part of it. To continue to be a community of tennis excellence, we must balance our revenue and expenses. Thus, I'm writing to let you know of a \$15/month net dues increase starting on January 1, 2019.

Why? Three primary factors influenced the board's decision.

- increasing operations costs,
- debt retirement on the Roberts Building
- positioning the club to address the aging clubhouse in the future

We understand that dues increases are never popular, and I can assure you that your Board did not take this action lightly.

Rising Costs

Our most recent dues increase in 2017 was very modest and did not keep pace with increasing operating costs. One example is our janitorial service. In response to member feedback to improve the cleanliness of the club, we replaced the current janitorial vendor with a more comprehensive provider in order to achieve the standards expected by our members – and that comes with a higher price tag. Similarly, 2019 will see increases in landscaping, payroll and benefits, and other operating costs.

Debt Retirement

Many members have expressed that the debt on the Roberts Building be retired prior to starting any new building project. Accelerating the debt paydown will save a significant amount of interest and provide us with greater borrowing power.

Aging Clubhouse

Over the past several years the Clubhouse Planning Committee has been evaluating options for our aging clubhouse. We have listened to member feedback, developed remodel and new building options, and done extensive financial analysis on how best to meet our current and future facility needs in a responsible manner. Through this, it has become apparent that we do not have the capital or the borrowing power to undertake a sizeable building project at this time.

Your January statement will show offsetting entries resulting in a net \$15/month increase. Our capital fund is overfunded, and this money cannot be used for operations. Thus your monthly capital assessment will decrease by \$10. To cover the higher operational expenses, dues will increase \$25, resulting in a net monthly increase of \$15. Non-Equity memberships will also see a similar percentage increase in their dues.

Thank you for being Central Park Tennis Club members. You are what makes this a vibrant and successful tennis community.

The Board and the New Building Committee continue to work on planning for our future and will share our work on clubhouse options and solicit your feedback. Please feel free to contact me, Julie or any Board member with your questions or comments. You can also share your thoughts at memberfeedback@centralparktennisclub.com.

Kim Skorupa - Club President



**President
Kim Skorupa**



DECEMBER

Important Dates



Saturday, December 1-14

Monday, December 3

Monday, December 3

Tuesday, December 4

Wednesday, December 5

Friday, December 7

Friday, December 7

Sunday, December 9

Monday, December 10-13

Monday, December 10

Monday, December 10

Monday, December 10

Monday, December 10

Tuesday, December 11

Wednesday, December 12

Friday, December 14

Saturday, December 15

Wednesday, December 19

Sunday, December 23

Monday, December 24

Tuesday, December 25

Wednesday, January 1

Wednesday, January 1

Giving Tree for Friends of Youth

Last day of Food Drive

Membership Committee Meeting - 5:30 pm

Women's Night Doubles - 7:00 pm

Winter Women's Team Sign-ups Available

CPR / AED Class - 2-4:00 pm

Winter Junior Team Sign-ups Available

Closing at 7 pm - Staff Holiday event

Rockin' Robin Holiday Week (see pg. 6)

Adult Holiday Clinic by Phil - 11:30 am

Cup Committee Meeting - 1:00 pm

Adult Holiday Clinic by Blakeley - 5:30 pm

Tennis Committee Meeting - 6:00 pm

Facilities Committee Meeting - 4:30 pm

Finance Committee Meeting - 6:00 pm

USTA Orange Ball Jr. Tournament - 4:00 pm

USTA Green Ball Jr. Tournament - 1:00 pm

Board Meeting - 5:30 pm

Last Day of Late Fall Junior Team

Christmas Eve - Club closes at 1:00 pm

Christmas Day - Club closed all day

New Year's Day - Club opens at 8am

New Year's Day Celebration - 11:30 am

WELCOME NEW MEMBERS & FAREWELL TO THOSE RESIGNING

New Equity Members

Michael Hsing & Christina Wu - Family

Steve Udelson - Single

Troy & Virginia Nunes - Family

Non-Equity Members

Calvin Wang - Junior

Serene Zhang - Junior

Resigning but returning as Seasonal

Shauna Miller

Moving to Leave of Absence

Michael Ahn

Resigning

Jack and Kristie Flynn

Cathy Rouske

Natalie Pryde

Valerie Mukherjee

Ryan and Cember Pinkerton



MANAGER'S MISCELLANY

Busy holiday fun is just beginning with the Club transforming with holiday decorating, the completion of our annual Food Drive and the giving tree for Friends of Youth. We are also preparing for our Rocking Robin week - fun activities to give back to our members, December 10-13. This will include a daytime and evening clinic, happy hour discounts, hot chocolate bar and ice cream social – watch for the emails announcing the fun.



As Kim's article talks about various expenditure increases and how the Board has determined to counter balance those increases with the dues, they have also determined a few other increases. The guest fee of \$14 for adults and \$7 for juniors will be increased by \$1; \$15 and \$8 respectively and the tennis lesson fees will increase by 4%. We have not seen an increase in tennis lesson fees since 2017. Again, all of these fees have been reviewed by the Finance Committee, doing comparative market studies and approved by the Board for the 2019 budget.

While we enter into the New Year – it is a great time to remind ourselves of our Tennis Policies. I have attached the link for you to view on our website <https://cdn.cybergolf.com/images/1085/UPDATED-Tennis-Policies-2018.pdf> but thought it might be helpful to highlight the policies where we continue to see violations.

Playing on two reserved courts in the same day.

MEMBER PLAY LIMITATIONS: Each member may play on only one reserved court per day.

1. The following will count as play on a reserved court for the day: 1) a substitute playing on a reserved court; 2) a no-show on a reserved court; 3) play on an allocated court. (Such participation, however, does not preclude the member from holding a reservation for another day.)
2. The following will **not** count as play on a reserved court for the day: 1) play at the 8:30 PM session for a sanctioned group activity, such as a USTA match; 2) play in a Club-sponsored social function; 3) use of the professional staff teaching court for a lesson or clinic; or 4) a walk-on or wait-list court.

WAIT-LIST: If you reserve a court for that day and receive a wait-list court, it does not automatically cancel the reserved court.

1. If there are no available courts during a desired court time, a member may be put on the wait-list for that court session. If there is a court cancellation, members on the wait-list will automatically be given the court and contacted by email.
2. A court assigned to a member from the wait-list does not count as a reservation, and is considered a walk-on.
3. Once assigned a court from a wait-list, that member's name will be removed from other wait-lists for that day.
4. Wait-list courts are still subject to No-Show, Failure to use the Court and Late Cancellation violations and penalties

CHECK-IN:

1. It is mandatory that all players with a court reservation in their name check in at the Desk prior to play.
2. It is mandatory that all players also check in at the Desk prior to play.
3. Members must register all guests at the Desk prior to playing and specify the guest fee payment or if the fee will be charged to the member playing on that court.
4. Players must notify the Desk if they wish to use a court other than the one assigned to them. This holds for outdoor as well as indoor courts.

CANCELLATIONS/LATE CANCELLATIONS:

1. Members are encouraged to cancel a reserved or assigned court as early as possible. It is mandatory to cancel a reserved or assigned court at least 4 hours prior to court time or 24 hours in advance for events and clinics.

MANAGER'S MISCELLANY CONT'D

2. Late cancellations: If less than four hours notice is provided for a reserved/assigned court cancellation, a penalty fee will be imposed and charged to the reserving member's account (see Violations & Penalties).
3. Courts assigned to members from the wait-list or as a walk-on are still subject to No-Show, Failure to use the Court and Late Cancellation violations and penalties.

FAILURE TO USE THE COURT: It is considered Failure to use the Court if the member with the court reservation fails to remain on the court for more than 45 minutes or during the entire time of play. Once the member with the court reservation vacates his/her court, that court is available as a walk on court. Member must give prior notification to the Front Desk that they will be vacating prior to the end of court time. A penalty fee will be imposed and charged to the reserving member's account (see Violations & Penalties.)

Etiquette & Other Violations

Disorderly conduct, Entering the Court early or leaving the court late, Court not cleaned after play, Dress Code infractions, Loud noises.

Again, these are just a few of the reoccurring issues we see. And based on feedback many of these could be avoided if you could review the policies, make sure you are checking in with the front desk and staying on the court for the full duration. And please do not hesitate to contact the front desk if you feel a fellow member is violating a court policy. They will make a note of it, contact me and I will follow up with that individual. If you are unsure about a rule or have an emergency situation come up. I would be happy to review the policies with you or answer any questions you might have.

Have a wonderful holiday season, I look forward to seeing you here working off the stress and enjoying your tennis and fellow members.

Julie Wheadon - Club Manager

COMMITTEE REPORTS

TENNIS | CHAIR CHRISTINE GARNETT

The Tennis Committee is working to find a way to create greater awareness of our policies and rules. Recently we have seen violations related to late cancellations (club rules require notification 4 hours in advance of court time) and playing twice in one day on a reserved court (club rules allow a member to play on 1 reserved court, walk-ons are an alternative). We have tightened our policies over the last year or so, so it's a good reminder to review the policies. Here at this link: <https://cdn.cybergolf.com/images/1085/UPDATED-Tennis-Policies-2018.pdf> . The tennis committee is looking forward to potential opportunities to expand activities related to our juniors so stay tuned.

CUPS | CHAIR ELIZABETH GRAVES

The Cup Social + Fundraiser benefitting Rainier Athletes was a success. Cup players had fun and we met our goal to raise \$5000 for Rainier Athletes. Many thanks to the Cup Committee representatives who worked hard to organize and execute the event; to the Cup team players who helped create the silent auction and live raffle gift baskets; to the CPTC Pros who donated lesson time; and to Julie, Laurie, Samantha and Lisa for ALL their extra, above and beyond contributions to the success of the fundraiser. We are now half way through the season and teams seem to be hitting their stride and enjoying fun, social tennis. Cup life is good.



COMMITTEE REPORTS

FACILITIES | CHAIR BRIAN DARROW

With the dark and stormy winter months approaching, the Facilities Committee was focused on a few different maintenance projects this month. Some retro fit work was done outside of the Wright Building to resolve some leakage issues the building had been experiencing. You will also see some work being done on the parking lot lights soon. The Club will be upgrading all of the lamps to LED bulbs and adding a few additional lighting heads to improve the lighting. Work to repair some room leaks on the Reed Building is still scheduled to begin in January.

The Facilities Committee did receive a few suggestions from members on projects to consider. Thank you to all who provided their input. We will be collecting costs, prioritizing the projects, and get started tackling them in 2019.

Thanks to everyone who helped the Facilities and Membership Committees decorate for the holiday. The Club looks great. Happy Holidays!

FINANCE | CHAIR ROSS LAURSEN

The Finance Committee met in November. In addition to receiving the manager's report and reviewing the October financials, we reviewed a draft 2019 budget. Financials remain strong, continuing past trends. Membership interest is still in high demand with several new requests to join the wait-list. Staff is reviewing a potential billing error by the City of Kirkland. As is our annual routine, the Finance Committee reviewed preliminary budget entries presented by Julie for next year. A few changes were discussed and recommended, in advance of the budget going to the Board later in the month. A few categories of operating expense are projected to increase significantly in 2019. Finally, the Finance Committee reviewed our credit card parameters and policies. Further discussions may lead to a recommendation in the future. If you have any questions, don't hesitate to contact me.

MEMBERSHIP | CHAIRS BRAD BENNETT & ANNE GLENNY

The holiday season has started and Central Park is celebrating. In October the club hosted a successful "Haunted Halloween" for our junior program. The kids had a great time as well as the adults who helped turn our courts into a scary good time. November is a time to be thankful and to give. Help support the Club's Annual Food Drive (now through Dec. 3) goal of donating 500 lbs. of non-perishable food to HopeLink by filling the bins in the lobby or writing a check in lieu if that is more convenient. Celebrate in December by sharing your holiday spirit through the Giving Tree (Dec 1-14) to benefit Friends of Youth and enjoy the fun planned daily as part of the popular Rockin' Robin week 12/10-12/13. With all of this fun our waitlist continues to be strong at 51. Don't forget - we have gift cards and sample clothing styles in Laurie's office for holiday gifts. Place orders by 12/12 to receive them in time for Christmas!

Holiday Giving Tree **Benefitting Friends of Youth** **December 1-14**

Help us brighten the holidays of kids in need. A giving tree with gift tags will be on display in the club house. Please take a tag and return the unwrapped gift by December 14.





CENTRAL PARK TENNIS CLUB

ROCKIN' ROBIN WEEK

December 10 - 13

FREE 30 MIN. ADULT CLINICS & 1/2 PRICE BEER PITCHERS

Monday, December 10

11:30 - 1:00 pm with Phil

5:30 - 7:00 pm with Blakeley

5:00 - 8:00 pm ½ price pitchers

FREE HOT COCOA BAR

Tuesday, December 11

11:00 - 6:00 pm

Enjoy some tasty treats at check-in!

FREE FREEMAN FIRESIDE LOUNGE CHAIR MASSAGES

Tuesday, December 11

12:00 - 6:00 pm

BEVVIES ALL AROUND

Wednesday, December 12

11:30 - 1:00 pm Free mimosa

5:00 - 9:00 pm - \$1 off wine

FREE ICE CREAM SUNDAE & UGLY SWEATER SOCIAL

Thursday, December 13

4:30 - 7:00 pm

Enjoy some cool treats in the lounge!

Happy Holidays from
Central Park Tennis Club.



PROS COURT

Can tennis make you smarter?

In the early days of IQ testing, research stated that you were born with the intelligence you have. In other words, you were unable to improve your IQ no matter how hard you studied or what your life experiences were. In recent decades, however, there has been significant data showing that those claims are false, stating that you can improve your intelligence with outside stimuli. The degree of which intelligence levels can improve is still in the infant stages of research. Now that scientists know that IQ can be altered, through future research and development they will refine ways to boost intelligence.

One segment of IQ testing is processing speed. Tennis is perfect for improving how fast we process information... When we're playing a match there are thousands of decisions to be made, most in a fraction of a second- what grip to use, where to stand, whether to be offensive, defensive? Etc.. Think about it, we make those decisions in a blink of an eye. With practice, every decision we make only increases our ability to make faster decisions. We learn and improve with every strike of the ball. And since IQ is partially comprised of processing speed, it can only be concluded that tennis can actually improve our IQ.

It's interesting to think that if we know processing speed determines how fast or slow, we make decisions, can it also be a test to determine if we are able to be good tennis players? Fortunately, there's more to tennis than that - the physical and emotional sides are very important too. But it brings to question that there are even more testable traits in the human brain that could make us better players: dealing with stress, survival instincts, anger management, confidence, or lack of... We can always improve on something.

I hope you and your families are having a wonderful holiday season. And that you're playing some smart tennis... and if not, take solace that at least it's making you smarter. If processing information rapidly enables you to hit a smoother backhand down the line, might it not also lead you to a smoother path in life? Hmmm..

See you on the court,
Phil Ansdell



WINTER - JUNIOR TOURNAMENTS

USTA Orange Ball
Junior Tournament
Friday, December 14
4:00 pm



USTA Green Ball
Junior Tournament
Saturday, December 15
1:00 pm



PROGRAM & EVENT REMINDERS



Junior Tennis Conditioning

Wednesdays 4-5pm

Juniors - take your game to the next level with power, agility, core, quickness and conditioning training.

Contact Clay at clay@fit2playnw.com for info & to sign up.



WOMEN'S NIGHT DOUBLES

TUESDAY, DECEMBER 4 @ 7PM

Online & paper sign ups available
1 week prior!



CPR/AED CLASS

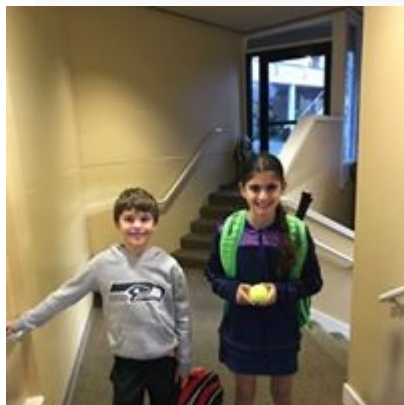
December 7 from 2-4pm

Interested in taking a CPR class?
Please join us next week at CPTC!
Cost: \$30

To sign up - Please email

membership@centralparktennisclub.com

JUNIOR CLUB CHAMPIONSHIPS



JUNIOR CLUB CHAMPIONSHIP - RESULTS

Flight 1 Singles

Winner: Noah Leong

Runner Up: Ellie Gershaw

Consolation Winner: Amar Kumar

Flight 2 Singles

Winner: Leo Yang

Runner Up: Luca Mevawalla

Consolation Winner: Isaiah Leong

Flight 3 Singles

Winner: Matthew Chu

Runner Up: Leo Yoshida

Consolation Winner: Kara Chen

Flight 4 Singles - Orange Stars

Winner: Andrew Chu

Runner Up: Ariana Moinzadeh

Consolation Winner: Mika Mevawalla

Flight 2 Doubles

Winner: Leo Yang/Daniel Malacek

Runner Up: Kriti Sha

rma/Taraneh Khalighi

Consolation Winner: Luca Mevawalla/Grant Mundel

Flight 3 Doubles

Winner: Leo Yoshida/Emily Chu

Runner Up: Antonia Vrankic/Berenice Stoltz



ANNUAL JUNIOR AWARDS

Most Improved

Serene Zheng

Lucy Zhang

Emma Flynn

Hustle Award

Emily Chu

Melody Wang

Coach's Award

Ailee Yoshida

Charlie Valdman

Player of the Year

Joshua Davydov

Leo Yoshida



FITNESS COURT

“Twas the Night Before Christmas”:

Twas the night before Christmas and all through the gym, everyone was working with vigor and vim! The stockings were hung by the Treadmill with care in hopes that a new squat rack would soon be there. The pros were all nestled all snug in their beds with visions of burpees dancing in their heads. Clay, in his camo and white board in hand, and I



with my stopwatch, we were ready to devise a plan. Lunges and

squats, push-ups and

more, we'll have them giddy screaming "GIVE US MORE!". When out on the lawn there arose such a clatter, we sprang from our mats to see what was the matter. When what to our wondering eyes should appear but a miniature sleigh and eight tiny reindeer, with a little old driver so lively and quick,

we knew in a moment it was our UPS driver Nick. He had a bundle of gear slung over his back and looked like Jack LaLanne opening his sack. He had a broad face and a flat belly, he looked healthy and strong, not like a bowl full of jelly. A wink of his eye and a twist of his head soon gave us to know we had nothing to dread. He said not a word but went straight to his work, put up the squat rack, and performed a clean and jerk. Putting his finger aside of his nose, and giving a nod, to his sleigh he rose. To his team gave a whistle, and he called them by name: "Now, Camille! Now, Kelly! Now, Kerry and Julie! On, Matthew! On, Jamen! On, Jacob and Jack! We heard him exclaim as he drove out of sight, "Move Everyday and a Green Smoothie at Night. WAHOOOO!!"

Happy Holidays



The End

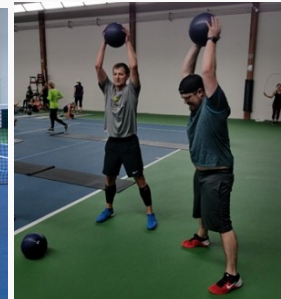
Our first adventure of 2019 will be to The White Rim Trail, in April!

If you love adventure, beautiful scenery, hearing the sound of the ground under your tires, camaraderie of fellow enthusiasts and great food this trip is for you!

The exact date is not yet confirmed due to the reservation policy. As soon as a firm date is in place I will let you know!



A giant **"THANK YOU"** to those that participated in our Workout for a Cause, to support Northwest Harvest!!



FITNESS COURT

We had a blast Blasting Calories at our “Day After Blaster”. Everyone put their holiday feast to good use!
Thank you for joining us!



This is a great time to start practicing for those New Year Resolutions. Starting the New Year without extra weight is not a given but will take some thought and planning. As we head into the Holiday Season, remember to plan for celebrations, stay hydrated, keep up with activities and make your food choices count. It is possible to do all these things and still have fun!

Ready to start making healthier choices, lose weight, have more energy? Ready to make a lifestyle change instead of the latest fad diet? Contact me and let's get the party started!



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Contact Vicki Vicki@thewellfitlife.com 425.822.2206 ext 122

Contact Clay clay@fit2playnw.com 425.822.2206 ext 126

MASSAGE

Freeman brings you chair massage and facilitated stretching in the holiday season by the fireplace in the lounge:

Chair Massage:	Wednesday	November 28	4-8pm
Stretch:	Monday	December 3	10-4pm
Chair Massage:	Wednesday	December 5	4-8pm
Stretch:	Monday	December 10	10-3pm
Chair Massage:	Tuesday	December 11	12-6pm
Stretch:	Tuesday	December 18	10-3pm

\$20 for a 20 minute session.

Be well,
Freeman



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