

# BASELINE NEWSLETTER

January 2024

HAPPY NEW YEAR



## PRESIDENT REPORT

FRED WURDEN

Dear Central Park Tennis Club Members,

As we reflect on the past year, we are thrilled to remind all about the exciting news that brings an extra dash of cheer to our tennis community especially when next summer rolls around. The Central Park Tennis Club family has over the last year completed the major renovation of our six state-of-the-art outdoor tennis courts!

These updated courts are not just a testament to our commitment to providing the best facilities for our members but also a celebration of the thriving tennis culture that defines our club. The NW is defined by our love of outdoors, these courts offer an improved on court experience, blending the serenity of tall pines with the thrill of the game.

We believe that tennis and pickleball are more than just a sport; it's a bridge that connects individuals, fosters friendships, and promotes a healthy lifestyle. Looking ahead, we see a future filled with opportunities for everyone, regardless of age or skill level, to embrace the joy of tennis. Whether you're a seasoned player or a newcomer to the sport, these courts are a canvas for your tennis journey.

Continuing the spirit of the holidays, we extend our deepest gratitude to each and every one of you who has contributed to the growth and success of Central Park Tennis Club. Your enthusiasm, dedication, and love for the game have made our community truly special.

As we enter the new year, let's come together to celebrate not only the festive season but also the exciting prospects that lie ahead for Central Park Tennis Club. May the sound of tennis balls and the spirit of camaraderie continue to echo through our courts, fostering a sense of unity and joy that lasts throughout the seasons.

Hoping you had a wonderful holiday season and a fantastic year ahead filled with love, laughter, and countless memorable moments on the courts.

READ PAST BOARD MINUTES [HERE](#)

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## **WELCOME NEW MEMBERS**

Matthew Lim (Equity)

Austin Zhang (Junior)

## **BEST TO RESIGNING MEMBERS**

Suzy Wakefield (Transitioning to Social)

Cody Runner (Junior)

## **FOLLOW US ON SOCIAL MEDIA**



**Central Park Tennis Club**

**&**

**CPTC Members Only**



**@centralparktennisclub**


**&**

**@cptcjuniorteam**

**THANK YOU to everyone who bought gifts  
for the Friends of Youth giving tree! You  
purchased gifts for over 70 kids in need.**



# January

SUN	MON	TUE	WED	THU	FRI	SAT
	 <b>1</b> New Years Day CPTC opens at 8:30am New Years Day Tennis 11:30am	2	3	4	5	6
7	<b>8</b> Women's CUP committee 1pm Tennis Committee 6pm	<b>9</b> Facilities Committee 4:30pm	<b>10</b> Fitness Committee @ 1pm Membership Committee 5:30pm	<b>11</b> USTA Tournament	<b>12</b> USTA Tournament	<b>13</b> USTA Tournament
<b>14</b> USTA Tournament	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Finance Committee 5pm	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> Long Term Planning Committee 6pm	<b>24</b> Board of Directors 6pm	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

[Click here to view the full calendar](#)



# NORTHWEST WASHINGTON SENIOR TOURNAMENT

**January 11th-14th 2024**

**Hosted by Central Park Tennis Club**

This is a high level USTA tournament divided by age groups not abilities.

Events offered:

- Men's & Women's Singles & Doubles
- 35 years and older
- 45 years and older
- 55 years and older

Registration CLOSES on WEDNESDAY, JANUARY 3rd  
AT Midnight.

We are looking forward to a great weekend of tennis!

[REGISTER HERE!](#)



## TENNIS CAMPS

JUNIOR & ADULT

**AUGUST 5th-9th 2024**

at **Central Park Tennis Club**

**REGISTRATION NOW OPEN TO THE PUBLIC**

[JUNIOR REGISTRATION](#)

[ADULT REGISTRATION](#)



# OPEN LESSONS IN GAMETIME

Each pro is offering an 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.

Mark Shkrebtan - Mondays 8-9am  
Blakeley Bean - Tuesdays 3-4pm  
Chad Smith - Thursday 12-1pm  
Phil Ansdell - Thursdays 2:30-3:30pm  
Lisa Moldrem - Thursdays 11:30am-12:00pm /  
Fridays 10:30-11am  
Jeff Eicher - Fridays 10-11am  
Nikita Moroz - 2-3pm/3-4pm  
Nick Kamisar - Saturdays 11:30am-12:30pm

## PRIVATE LESSON INTEREST LIST

Are you interested in being contacted for a private lesson opening? As the pros get openings or cancellations they will reach out to those on these lists. We at Central Park hope this will help connecting with a tennis professional much easier. Use the links below or search for the list in the classes & events tab in Gametime.

[WEEKEND INTEREST](#)

[DAYTIME INTEREST](#)

[EVENING INTEREST](#)



## Winter Weather

As we are in the heart of the winter weather season, please keep in mind and be prepared for adjusted hours/closures at the club.

Management will make these decisions based on the safety of our members, staff and guests. When the decision is made, an email will be sent, Gametime will be updated in the Dashboard and a banner on the tennis page. It's important that you monitor your email and Gametime if we have inclement weather.

# COMMITTEE REPORTS

## MEMBERSHIP | CHAIR [Heidi Nevin](#)

We hope that everyone was able to enjoy a holiday treat during membership appreciation week! Thank you for helping to spread some holiday cheer by bringing gifts for the giving tree! We did not have a meeting this month, we will be kicking off 2024 with our first meeting to be held on January 10th at 5:30pm in the board room.

## FACILITIES | CHAIR [Lynda Carlson](#)

We have painted the lower level bathrooms. The start of some of the work we want to do in 2024. Working with the finance committee and the Board we have a working capital projects budget for 2024. One of our top safety priorities is to upgrade our security system. More on other projects as we get into the new year. Your feedback is important to us, let us know of any issues you see. Happy New Year to you and your families.

## TENNIS | CHAIR [George Hays](#)

The Tennis Committee met on December 11. It approved a request to allow for 4 courts to be used in the afternoon of January 25 for a fund-raiser for Franklin Elementary School. Thirty-two Franklin 5th graders will use the courts for lessons at a cost of \$30/student. The funds will be used for Franklin's Camp Seymour in the Spring. The clinic will be run by three Franklin staff members, student volunteers, and possibly 1 or 2 coaches from CPTC. The Committee then heard five requests to allow non-member participation on USTA teams. With one exception, the Committee followed the CPTC guidelines for such requests, granting four. Finally, the Committee approved offering another adult session of the Rafa Nadal academy from 4 to 6 pm next August to complement the already approved session from 6 to 8 pm.

## FITNESS | CHAIR [Youngmee Kim](#)

The Fitness Committee met on Wednesday 12/6 and discussed the successful first workshop with Mindy Marquardt. With positive feedback and good turn out, we plan for another workshop in the winter time. We are happy to take suggestions on our next workshop. Multipurpose room reorganized and more user friendly; please take a look and maybe spend a few minutes to workout or warmup there before hitting the courts.

## FINANCE | CHAIR [Matt Osborne](#)

In December the finance reviewed monthly financial and budget numbers and established the committee's 2024 priorities in order to support the Club's long range planning effort. The next finance committee meeting will be on January 18th at 5pm

## LONG TERM PLANNING | CHAIR [Anna Duff](#)

Look for a short -- but very important -- survey in the new year from the ad-hoc Long-Term Planning committee, which we will be using to help set priorities for the club's 10-year plan. The more member feedback we get from this survey, the better. It shouldn't take more than 5 minutes to fill out, although we will include some blank comment space for those essay writers out there. We are working to define a 10-year goal for Central Park, as well as identify improvements we can make in the short term that will help us get there. Thanks for your participation!



# MANAGER'S MISCELLANY



Darin Rauso, Club Manager

Happy New Year to our Central Park family! 2023 was a monumental year for Central Park, one that I'm personally proud of overall from the great work that our members and staff accomplished. We had many fun events, facility improvements, great additions to our staff, and capped it off with the completion of our Outdoor Court Project. It truly was a year of renewal for our club, and one that will be remembered forever in our history. It is such a wonderful time to be a part of this club, and we're happy you're here to be a part of it.

We are also very excited for 2024 and have many more great things planned for this year. We are soon rolling out a refreshed club website, as well as researching other court reservation software. Our committees are working hard in all aspects to improve this club and give the members the best experience possible. For example, the facilities committee is working on various projects for 2024, including clubhouse locker room renovations, and a new security camera system project. The membership committee is looking at offering new and fun socials, the tennis committee is working on improving our current policies, the fitness committee is researching new equipment purchases and multipurpose room use, and the finance committee is keeping our books in order 😊 Be on the lookout in emails and future newsletters to stay up to date on all important information, as well as our TV monitors throughout the club.

This upcoming year let's all have a resolution of playing more tennis, meeting more members, growing new relationships, and continuing to help make this the best tennis club in the country. I appreciate all of you very much, and I wish you and your families a very happy new year. Cheers to 2024, let's have a great year!

p.s. We have a NEW updated coffee machine in the clubhouse lounge. Enjoy! 😊



# PROGRAM DIRECTOR:

## Chad Smith



Welcome to 2024 – a year packed with thrilling developments at our club!

As we gear up for an action-packed year, our focus is on concluding cups and initiating the eagerly awaited USTA Teams, commencing this January. The excitement mounts as we anticipate the kick-off of both the 40+ USTA team and the 18+ teams. This year's competition features an impressive lineup of 19 40+ teams alongside a dynamic 18-39 coed team, promising an electrifying season ahead.

Stepping into the club, you'll notice our newly refreshed multipurpose room. Undergoing a transformation with a revamped layout and brand-new racks for bars and kettlebells, this space is designed to elevate your experience and support your fitness journey.

Stay tuned for an array of invigorating fitness special events lined up for 2024! Among the highlights is the introduction of the Chad & Clay Fit-Tennis Clinic, offering an exciting fitness blend tailored explicitly for tennis enthusiasts who love to hit and move. Additionally, be sure to mark your calendars for a series of complimentary Fitness Workshop events scheduled throughout the year.

For our young tennis enthusiasts, Clay introduces the all-new Stronger Faster Better Tennis Class, specifically tailored for juniors. Held on Mondays and Wednesdays from 6:00-7:00 pm in the multipurpose room, this class welcomes participants of all skill levels, aiming to enhance their tennis prowess while having a blast! Sign up with Clay to give your junior a Stronger Faster Better start to 2024!

Join us as we embark on this thrilling journey through 2024, packed with tennis excitement, invigorating fitness sessions, and opportunities for everyone to thrive and achieve their best!



## RACQUET STRINGING | DROP OFF SERVICE

Ready to get your racquets serviced?

Simply fill out the stringing information [form](#) on the kiosk at the front desk.

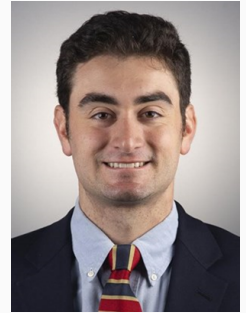
Email Phil to set up drop off and pick up.

[Phila@centralparktennisclub.com](mailto:Phila@centralparktennisclub.com)



# PRO REPORT:

## Nick Kamisar



Hi everyone, I hope all of you enjoyed the holidays! As we begin the new year, I want to talk a little bit about how you can use the match warmup to come up with a good strategy against your opponent.

Although you want to focus primarily on your own shots when you're warming up, you can also use that time to analyze your opponent's strengths and weaknesses. For example, during the warmup I highly recommend feeding a ball right in the middle of the court when your opponent is on the baseline. If your opponent moves away from the ball to hit a forehand, they're likely more comfortable on the forehand side. If they run to the other side to hit a backhand, then their backhand is likely stronger than their forehand. That's because they've likely built up an instinct to avoid hitting their weaker shot when possible.

When you begin to take serves, see if you can read your opponent's serve when they're moving their serves around the box. Try to see if they adjust their toss or move their grip over when they're hitting slice and/or kick serves. Another common "tell" players have is turning their shoulders more for a kick serve and sometimes a slice serve. If you can get a good read on your opponent's serve during the warmup, and figure out which of their groundstrokes is weaker, you can put yourself in a good position right from the get-go. Try this out and let me know what you think.

Happy New Year! & see you on the courts!

**We are hiring for a front desk position. The shifts are 5:30am-10:30am.**

**If you are interested or know someone who might be, please contact Madison**



# ON THE RISE: JUNIOR PROGRAM



## Winter 2023 Session Dates:

**January 8th - March 3rd**

**No classes February 12-18**

### **MORNING HITTING PROGRAM** **Days Monday-Thursday 6:00-8:00am**

- Playing Tournaments and UTR events year round
- Year-round commitment to tennis
- Exhibits strong effort and attitude
- Extra court time for players looking to hit more live ball and work on point play
- Must be approved by Mark Shkrebtan
- Price \$65 member \$75 non-member (Price per day)

### **DROP OFF, ENTRY & EXIT**

**PLEASE DROP OFF & PICK UP ALL PLAYERS IN THE GRAVEL LOT. OUR PARKING LOT BECOMES EXTREMELY BACKED UP WHEN PLAYERS ARE DROPPED/PICKED UP AT THE FRONT ENTRANCE. YOU WILL BE ASKED TO MOVE IF STALLING IN DRIVING PATH OR FIRE LANE NEAR THE FRONT ENTRANCE.**

### **LOOKING TO PLAY UTR MATCHES?**

If you are looking for match play that you can set up on your own, please reach out to Coach Mark as he is creating a list of players that are looking to set up matches on their own time that will count towards their UTR's. Since there aren't a lot of USTA events happening during this time of the year, this gives players an opportunity to set up their own matches. Even if you have never played a match before, all that is required is for you to set-up a UTR account at [app.universaltennis.com/join](http://app.universaltennis.com/join). If you have any questions, please feel free to contact Coach Mark.

# ON THE RISE: JUNIOR PROGRAM



## RAINIER ATHLETES

You may remember Rainier Athletes (RA) as the beneficiary of our ribbon cutting event in September. Central Park Tennis Club is excited to announce we're continuing a year-round partnership with RA!

### RA's Mentoring Movement

RA's mission is to affirm our youth's sense of purpose and belonging by connecting their core community of teachers, coaches, families, and mentors. RA begins the journey with students and their families in 4th or 5th grade and continues through high school graduation and beyond. Each student is fully sponsored year-round to participate in extracurriculars, paired with a dedicated mentor that meets with them every week all year round, and motivated to achieve both on and off the field through RA's classroom engagement and self-advocacy model.

Mentoring affirms students' sense of belonging and brings connection and opportunity to youth in all the spaces they are meant to thrive - classrooms, tennis courts, art studios, robotics labs, college campuses, and throughout their community.

### Get Involved

Interested in following Central Park's lead and getting involved more deeply? Become a volunteer mentor with RA! In just 4 hours per month, you can make a significant impact on a young person's life. Check out the links below for more info.

Learn More: [Mentor Info and Application](#)

Video: [Josue's Journey](#)

Video: [Celebrating 10 Years of Impact](#)



### Contact for Stars & Futures

**Blakeley Bean, Tennis Professional**

Director of Junior Programming

Email: [blakeleyb@centralparktennisclub.com](mailto:blakeleyb@centralparktennisclub.com)

Call or Text: (678) 595-3560

### Staff Contact for Challengers, Tour & Morning Group

**Mark Shkrebtan, Tennis Professional**

Director of Junior Development

Email: [marks@centralparktennisclub.com](mailto:marks@centralparktennisclub.com)

Call: (425) 503-9487

# CLINICS & PROGRAMS AT CPTC

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Drills & Strategy 3.0+ Intermediate	Monday	8:30 - 9:30am	4	Sign up dependent
Phil's Skills & Drills 3.0+	Monday	8:30-10:00pm	6	Sign up dependent
Chad Cardio Tennis	Tuesday	10:00 – 11:30 am	6	\$35
Chad Cardio Tennis	Wednesday	10:00 – 11:30 am	6	\$35
Phil's Skills & Drills 3.5+	Wednesday	8:30-10:00pm	6	Sign up dependent
Blakeley Cardio Tennis	Thursday	10:00-11:30am	7	\$35
Chad Cardio Tennis	Friday	8:30 – 9:30 am	6	\$25
Chad Cardio Tennis	Friday	9:30 – 10:30 am	6	\$25
Lisa's Advanced Beginner Skills & Drills	Friday	9:30 - 10:30 am	6	Sign up dependent

Click [here](#) to refresh yourself about our programs. Here are 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	2	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



# Bridle Trails & Spring District Family Dentistry's 'New Patients Welcome'

6507 132nd Ave NE  
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12301 NE 10th Pl #304  
Bellevue  
425-454-4298



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Wesley K. Nomi, DMD  
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and Oral Health

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**TTH 5:45-6:50pm  
Saturday 9-10am**

**Muliti-Purpose Room  
and/or Outside**

- Blend Strength and Endurance
- Core
- Flexibility
- Mobility
- Aerobic Fitness
- Balance

**CLASSES DESIGNED TO HELP YOU  
MEET YOUR GOALS!!**

**CONTACT US TO HAVE  
YOUR AD HERE!**