



# CENTRAL PARK TENNIS CLUB BASELINE NEWSLETTER

## April 2024

### PRESIDENT REPORT

Happy Easter! I love spring when mother nature puts on a show of growth and beauty, the flowers and tree blossoms are just incredible, yet so are my allergies! Our club in many ways is doing the same with work being done across all committees and staff. Some efforts are more visible, such as Facilities with the locker room update, new security system with parking lot coverage, and cameras for distant court viewing. Yet all the committees have put in tremendous work to ensure the club flourishes. I thank them for all their efforts and if you see a committee member please thank them as well.

I'd like to touch on the recent survey from the Long-Term Planning Committee. The participation was fantastic, thank you! We are compiling the results, and we will share what we learned in upcoming meetings and newsletters. As you know we are always listening to our membership and want to ensure we act in the short yet strategically enable options long term all based on your feedback. If you have more feedback, I'm always open, just email or call.

I announced Jim Muenz as the Nominating Committee Chair and along with the committee they are looking for new board member nominations to fill the 3 outgoing board members this next term. If you would like to serve or know of someone who would be great please get in touch with Jim.

Lastly, like my allergies that I don't like, when our club policies are ignored or intentionally manipulated it hurts all members. The policies were created by our committees to ensure fair access to our incredible resources. Let's make sure you know the policies ([Tennis Policies Here](#)) then follow them. So far 46 late cancels, 12 failures to use courts, 5 guest polices, and 21 court manipulations have occurred recently. We understand the occasional issue can arise, which result in a simple warning, what needs to stop is repeated occurrences. The far majority of you have never had any issues ever, you are my Claritin!

President [Fred Wurden](#)

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READ PAST BOARD MINUTES [HERE](#)

View 2024 Calendar [HERE](#)

**View 2024 Member  
Survey Results [HERE](#)**

## **WELCOME NEW MEMBERS**

Naxin Chen & Yiwei Ni  
Jaqueline & Tony Valentine  
Davis Axtman (Intermediate)

## **BEST TO RESIGNING MEMBERS**

Jennifer Wood  
Naxin Chen & Yiwei Ni (Young Professional)  
Tony Parsons (Young Professional)  
Sally Vilardi (Social)

## **MARCH COMMITTEE MEETINGS**

Wednesday 4/3: Fitness 1pm

Monday 4/8: Tennis 6pm

Tuesday 4/9: Facilities 4:30pm

Wednesday 4/10: Membership 5:30pm

Tuesday 4/16: Long Term Planning 6pm

Thursday 4/18: Finance 5pm

Wednesday 4/24: Board of Directors 6pm

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



# DINKO *de Mayo*

MAY 4, 2024

**PICKLEBALL 5:00-7:00PM WITH  
FOOD PROVIDED BY TACO DEL  
MAR IN THE LOUNGE AFTER**

**REGISTRATION OPENS  
APRIL 20TH  
\$25 PER PERSON**



# CENTRAL PARK TENNIS CLUB INTRACLUB TENNIS

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Competitive matches by skill level plus team camaraderie. Friday nights this summer, playing outside at CPTC, 4:00-8:30pm. Four teams, captains will draft players and one team will be crowned champions!

**JULY 12, 19, 26, AUGUST 2 & FINALS AUGUST 3**

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**MORE DETAILS COMING SOON!**

Would you like to volunteer and help with logistics?  
Email [carolyn@werners.me](mailto:carolyn@werners.me)



# MARK YOUR<sup>6</sup> CALENDAR!

## Annual Member Work Party

### Saturday May 11th



## TENNIS CAMPS

JUNIOR & ADULT

**AUGUST 5th-9th 2024**

at **Central Park Tennis Club**

JUNIOR SESSION SOLD OUT

ADULT REGISTRATION



## SUMMER HIRING

### SWIM INSTRUCTOR:

Reach out to Madison if you are a certified swim instructor and interested in teaching lessons this summer.

### LIFEGUARDS:

Reach out to [maintenance@centralparktennisclub.com](mailto:maintenance@centralparktennisclub.com) if you are interested in being a lifeguard this summer.



## **TRX Rotational Power and Core Strength for Tennis Players**

Taught by Mindy Marquart

**Sunday, April 14th**

**11:30AM-12PM- Intro and Education**

**12PM-1PM- Workout**

Whether you're looking to elevate your game to the next level or simply improve your fitness and enjoyment of tennis, the TRX Rotational Power and Core Strength class offers a comprehensive and effective training approach tailored specifically to the needs of tennis players.

Sign up in Gametime. 14 people. \$20 per person.

Join us and unleash your full potential on the court!

### **FOLLOW US ON SOCIAL MEDIA**



**@centralparktennisclub**

**&**

**@cptcjuniorteam**



**Central Park Tennis Club**

**&**

**CPTC Members Only**

# 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

Jeff Eicher -Wednesday 12-1pm

Chad Smith - Thursdays 12-1pm

Phil Ansdell - Thursdays 2:30-3:30pm

Lisa Moldrem - Tuesdays 11:30am-12:00pm / Fridays 10:30-11am

Nikita Moroz - Fridays 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](#)



**The USTA season has begun! Captains & other resources can be found in the members only tab on the website under Tennis Activities tab.**

[View Here](#)

# COMMITTEE REPORTS

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

We had our first BNP watch party on 3/17 - we would like to make this an annual event - have ideas or suggestions for next year? Please be sure to share with the membership committee. In May we will be hosting a Cinco de Mayo Pickleball Social - Saturday 5/4 save the date, more details to follow. Next membership meeting is Wednesday, April 10th at 5:30pm.

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

We completed the refresh of the Ladies Locker Room with the addition of some new furnishings coming in soon. The Men's Locker Room will also be refreshed this month. Watch for a email to announce the start of this and impact to users of the men's locker room. The railing on the stadium court has been enhanced. Additional wire cables have been added to the north side to catch balls from going through. And new railings for added safety have been added to the west side of the court. Our security system will be updated with work starting on 4/15. Go check out the revamped Junior lounge on the lower level for our junior members to enjoy. And as a heads up the Reed Building will have those courts resurfaced in June. Let us know of any issues or concerns you have regarding our facilities. Thank you.

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

The tennis committee did not meet in March. The next meeting is April 8th at 6pm. Policy reminder: Holding a court on gametime before 8pm to get a walk on for the next day is a violation. Please view the tennis policies [here](#).

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

In March the finance committee reviewed the club's financial performance to date, and reviewed the club's 2024 projected cash flow and expenses in light of the recently increased property tax assessment. The committee determined that our current cash reserves and forecasted income are more than sufficient to cover the increased property tax liability and we will not need to make any budget revisions. The next finance committee meeting will be on April 18th at 5pm.



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

The fitness committee discussed the current equipment and potentially purchasing some new equipment. Mindy Marquart has scheduled an excellent workshop for our club members on April 14th. The class is called TRX Rotational Power and Core Strength for Tennis Players. In this dynamic and targeted session, participants will engage in a comprehensive workout designed to enhance rotational power, core stability, and overall athletic performance on the tennis court, read more on page 6. [Sign up in game time!](#) The next committee meeting is April 3rd at 1pm.

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

Thanks to the more than 300 members who responded to our committee's survey. We appreciate each and every opinion that was shared – and boy, you all didn't hold back. You can see the results for yourself, comments redacted, at this link. As a committee, we are working to digest this information to learn the best opportunities we have to create greater value for our members both in the short run and over the next ten years. Among the many things we are learning is that there is a lot of frustration out there about court availability and a lot of opportunities to grow together as a community. Most important, we feel great satisfaction at the extent to which our members love being at Central Park Tennis Club and want it to keep getting better. You can find the survey results at this link, behind the member login on the website, click [here](#).

## **CUP | CHAIR [Lana Hansen](#)**

CUP appeal forms and applications coming soon. Forms will be online. Appeal forms are due May 15th and applications are due June 1st.

## **NOMINATING COMMITTEE**

Chair: Jim Muenz, Wayne Lim (past board member), Barry Katz (board representative), Laura Laun (immediate past committee member), Ross Laursen, Tim Malone, Rose Smith and Emily Christensen.

The Committee has begun the process of identifying potential board candidates. The goal is to have 6 candidates identified for the upcoming spring election to replace the 3 outgoing board members in serving a 3 year-term. If you are interested or know of another equity member who would be a great board representative, please let one of us on the Nominating Committee know.

# MANAGER'S MISCELLANY

Happy Spring! We have made it through the gloom of winter and are hopefully moving into more sunshine and longer days! As we've had a few great days of weather this past week, it's great to see our members utilizing our brand-new outdoor courts and socializing on the deck. When the sun is out, our club really comes to life. Speaking of our outdoor courts, this past month we have installed new railings on the west end of the stadium court. This will give a visual barrier between the walkway and step seating providing more safety, as well as a place for people to lean on and put a drink down when watching a match! We have also added additional cables to the north end stadium court railing, which will stop balls from passing through and out of the court. Both additions have been planned and executed by our Outdoor Court Project Committee, as we've received feedback since the courts became open. We hope you enjoy!

Last month we were able to complete the renovation of the Women's Locker Room which included new tile, heated flooring, new vanities, lighting, paint, furniture & more! It looks fantastic and we appreciate all the women who cooperated and were patient during the project. Thank you to the facilities committee for coordinating, and our own member Ashley Flinders for completing the work! We will be starting a similar renovation to the Men's Locker Room in April - stay tuned for more details.

This month we will be installing our new security camera project which will include all new security cameras around our facilities and parking lot areas. The project is much needed for overall security and supervision for our staff and members. This project will also include cameras on Courts 3 and 4 in the Reed Building which will cast to TVs the Reed Lounge for easier viewing on those courts. Exciting!

We have completed our Website Refresh that includes a great drone video of our new outdoor courts, and updated colors and format. If you haven't already, please give it a look [HERE](#). A big thank you to our Administrative Director Madison Corey for taking on the project and giving us a much-needed refresh!

The next couple of months are sure to be full of lots of tennis and fun events! USTA 18+ and 65+ has started and we wish all our teams the best of luck! Our club will be hosting the 18+ playoffs from June 14-16, and it will be a great weekend to showcase our new courts to the PNW community.

Cheers to spring and a great April ahead!

Club Manager  
Darin Rauso

# PROGRAM DIRECTOR: Chad Smith

It's time to play outside at Central Park!



As a tennis instructor, I see the intricate dance between strategy and execution on both indoor and outdoor courts. Each setting presents its unique challenges and opportunities, demanding a nuanced approach from players seeking mastery of the game. Let's explore the subtle yet significant differences in strategy that distinguish indoor tennis from its outdoor counterpart.

There's something inherently rejuvenating about playing tennis outdoors. As I lead my students onto the newly laid courts, I can sense their anticipation building with each step. The expansive sky above us beckons with promises of endless possibilities, while the lush green surroundings infuse us with a sense of vitality and adventure. With every serve, every volley, we immerse ourselves in the symphony of nature, letting the rhythm of the game synchronize with the pulse of the great outdoors.

Regardless of the setting, tennis is as much a mental battle as it is a physical one. Outdoor tennis demands a heightened level of mental fortitude, as players must maintain focus amidst the distractions posed by the elements. Indoor tennis, while offering a more controlled environment, presents its own set of mental challenges. Players must remain disciplined in their shot selection and maintain composure even as the pressure mounts. Strategy in both settings revolves around maintaining a strong mental game, staying one step ahead of the opponent through strategic anticipation and unwavering concentration.

The joys of getting outside to play tennis are manifold and undeniable. From the invigorating embrace of the sun to the deep sense of connection with nature, outdoor tennis offers a unique blend of physical activity, mental stimulation, and communal spirit. As a tennis instructor, I feel privileged to witness firsthand the transformative power of the great outdoors on the court. So, grab your racquet, lace up your shoes, and join me in celebrating the sheer bliss of playing tennis under the open sky.

Coach Chad



## **RACQUET STRINGING | DROP OFF SERVICE**

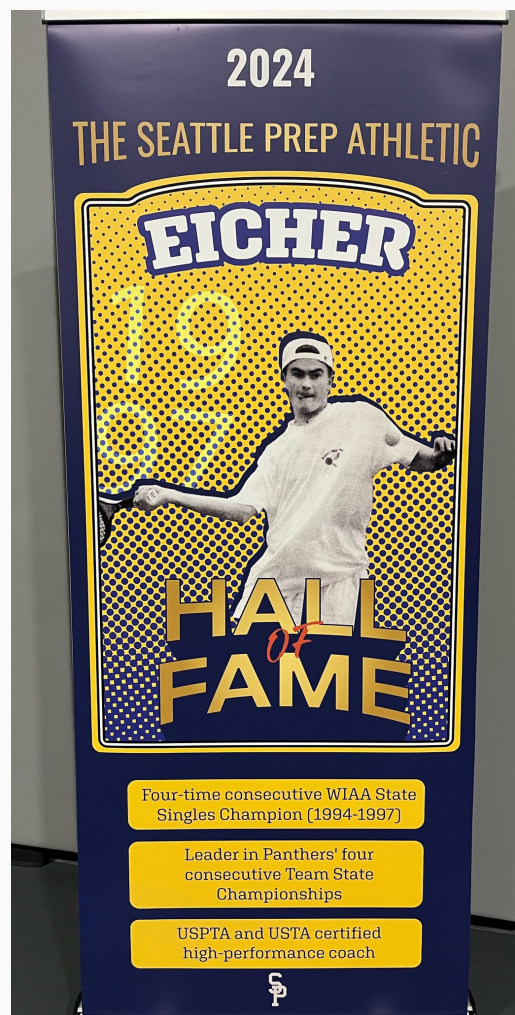
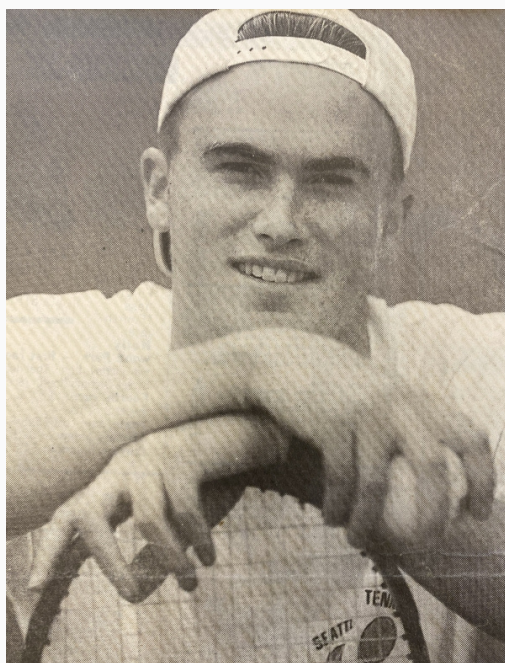
**Ready to get your racquet serviced?  
Simply fill out the stringing information form  
on the kiosk at the front desk.**

**Email Phila to set up drop off and pick up.**

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

# PRO REPORT:

On March 15th, our very own Jeff Eicher was inducted into the Seattle Prep Hall of Fame. He is the first male tennis player in State history to win 4 consecutive singles titles, leading the Panthers to 4 consecutive team championships. Jeff advanced to play collegiately at the University of Washington and was a member of the Division 1 tennis team.



# ON THE RISE: JUNIOR PROGRAM



## Early Spring 2024

March 4th- April 28th

No classes April 8th-14th

## Late Spring 2024

April 29th - June 16th

Registration opens April 15th 1pm

### MORNING HITTING PROGRAM 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 balls and work on point play
- Must be approved by Mark Shkrebtan
- Sign up price: \$70 member, \$80 non-member (Price per day)
- Drop in price: \$85 member, \$95 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



## Save the Date for Shape the Future

April 27, 2024

Hidden Valley Fieldhouse, Bellevue, WA

Shape the Future, the Eastside's most unique non-profit party, is back again this year to power Rainier Athletes' second decade of impact! This event is Rainier Athletes' biggest fundraiser of the year.

Shape the Future isn't a typical ballroom gala. The recipe for this event?

- An elegantly transformed gym (into a full-on party!)
- A chill dress code (we call it courtside casual)
- Game day entertainment (like Seahawks drumline Blue Thunder, lawn games, and more!)
- An audience from across the community (teachers, coaches, mentors, students, professional athletes, corporate partners, local government officials, and YOU!)

Your support at Shape the Future means more local youth will have access to long-term one-on-one mentoring, opportunities to pursue their passions, and authentic human connection - all key ingredients to uplifting youth furthest from educational and social justice.

Early bird tickets with special pricing go on sale February 1, 2024! Visit <http://www.rainierathletes.org/shape-the-future> or email [shapethefuture@rainierathletes.org](mailto:shapethefuture@rainierathletes.org) for more information.



Click [HERE](#) to view Winter 2024 Newsletter

### 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

# CENTRAL PARK TENNIS CLUB

# SUMMER TENNIS CAMP



- FULL DAY & HALF DAY CAMPS
- TENNIS, SWIM, FITNESS & MORE!
- CERTIFIED TENNIS INSTRUCTORS
- WEEKLY, JUNE 24TH - AUGUST 23RD



SCAN HERE TO REGISTER!



## Join the Mentoring Movement with Rainier Athletes

### Help clear our wait list!

RA supports students furthest from educational and social justice. Our goal is to bring connection and opportunity to youth in all the spaces they are meant to thrive.

**Classrooms | Sports Fields | Art Studios | Robotics Labs | College Campuses  
Throughout Their Community**



**RA mentors and students are also artists and engineers - their passions are what inspires a deeper conversation.**

**No athletic skills or experience working with youth required!**



### Your Commitment

Mentors typically spend 1 hour per week volunteering between check-ins at the student's school, reports, and invitations to cheer at their mentee's activities or celebrate milestones. We ask mentors to commit for at least one school year.



### Our Commitment

RA's unique ONE Team model supports students from 4th grade through high school graduation and beyond. Each student is paired with a dedicated mentor who meets with them weekly and fully sponsored to participate in the activities of their choice. Mentors receive annual training and ongoing support.



**Get Started!**

"In addition to helping my mentee grow positive beliefs about himself, being a mentor has only grown my desire to bring my best out into the world."

My mentee has expanded my knowledge, she keeps me 'cool' and also humble. Some days I wonder who is the mentee and who is the mentor."

*Our mission is to affirm our youth's sense of purpose and belonging by intentionally connecting their core community of teachers, coaches, families, and mentors.*

[www.rainierathletes.org](http://www.rainierathletes.org) | [hello@rainierathletes.org](mailto:hello@rainierathletes.org)



# 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  
Kirkland  
425-881-9333

12301 NE 10th Pl #304  
Bellevue  
425-454-4298



Russell K. Nomi, DDS  
1981 UW Dental School

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



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TTH 5:45-6:50pm  
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Multi-Purpose Room  
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- Flexibility
- Mobility
- Aerobic Fitness
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