

Central Park



Tennis Club

October news & updates

Upcoming Events

5th: Club Tournament Singles Finals

7th: Late Fall Jr Team Registration

21st: Late Fall Jr Team Session Starts

24th: Women's CUP Social

31st: Halloween

[2024 Annual Calendar](#)

READ MORE HERE

[MANAGER REPORT](#)

[PRESIDENT REPORT](#)

[COMMITTEE REPORTS](#)

[PRO ARTICLE](#)

YOUR September STATEMENT IS NOW AVAILABLE!

September charges/October dues

You can now view your statement online. Follow these easy steps to access:

- Log in to www.centralparktennisclub.com
- Go to [Members Only](#) to Log in
- Select Member Statement tab
- You may now pay online with a credit card - transaction fees do apply and will be billed on your following month's statement. Checks and ACH are still accepted.
- *Waitlist members do not have online access*

[View your statement today!](#)



Central Park Tournament

Women's and Men's Singles
Oct 1-5

Join us Oct 5th for the finals! \$1 off beer/wine and a chance to win prizes in the spectator raffle!

ATTN Equity Members:

LAST CHANCE TO VOTE!

Voting for the bylaw amendment ends Friday October 4th 3pm.

Contact [Madison](#) if you have not received your ballot.

October Committee Meetings:

2nd: Fitness 1pm
8th: Facilities 4:30pm
9th: Membership 5:30pm
14th: CUP 1pm & Tennis 6:00pm
15th: Long Term Planning
17th: Finance 5:00pm
23rd: Board 6:00pm



Welcome New Members!

Peter Griff
Todd & Candis Brink
Shiv Shankar & family
Helen Wang & family
Ania Smeraldo (Young Professional)
Allison Guman (Young Professional)

Best to our Resigning Members!

Cole Foreman
Matthew Lim
Lillian & Jeff Stauber

Racquet Stringing

Ready to get your racquets serviced?

Simply bring your racquets to the front desk and fill out the form on the iPad.



Violations

When an appeal is submitted for a violation, please allow some time for the tennis committee to review the information and collect any data needed to make a decision. This includes reviewing camera footage if necessary.

Central Park depends on adherence to all policies to help maintain an atmosphere of fairness and respect for all members.

Thank you for your patience.



Open Play Pickleball

Open pickleball hours Friday 11:30am - 1:00pm and Sunday 2:30-5:30pm. Scan the QR to join the group chat and find people to play with!

Sign up in Classes & Events
in Gametime



Fall 2024
Sept 2nd - Oct 20th

Late Fall Registration:
October 7th, 1pm

[View all Sessions Here](#)

Why Training Single Leg Exercises Is Essential for Tennis

When our bodies are in motion, we rarely have both feet on the ground. It's estimated that 30-40% of tennis movements are performed on one leg (I believe it is much higher). Here are my top 3 reasons why you need to include single leg exercises like step ups, split squats, single leg deadlifts, side lunges, and other lunge variations in your weekly training.

1. **Swing Power:** During your swing, power depends on your ability to drive maximum force from one leg to the other while maintaining balance.
2. **Speed:** Your single leg strength will determine how fast you can sprint, jump, decelerate, and change directions. During most sprinting and jumping, only one leg is in contact with the ground.
3. **Injury Resilience:** From an injury prevention perspective, training single leg stability can protect joints like the ankle, knee, hip, and spine. This is because if you train with two legs on the ground you are stable enough that your muscles don't need to work hard to stabilize you. With single leg exercises, your muscles, especially your core muscles, are trained to stabilize your joints.

In other words, by training single leg exercises you'll hit with more power, sprint faster, and be more resilient to lower body and back injuries.

To work on your single leg strength, book a fitness assessment with me at CPTC (free for a limited time):

Dustin Hassard | Tennis Performance Coach
Text or Call: 425-659-2858
Email: dustin@modernathletics.com



FORM YOUR TEAM & COME JOIN THE FUN!

WINTER LEAGUE REGISTRATION IS NOW OPEN!

ADULT 40 & Over

Team Registration Closes: 12/4/24
Minimum of 7 players due: 12/11/24

COED 18-39 League

Team Registration Closes: 12/4/24
Minimum of 4 players (2 men/2 women) due: 12/11/24



USTA
PACIFIC NORTHWEST

CAPTAINS:
REGISTER YOUR TEAM NOW!

CONTACT:

Jill Borgids
Regional League Coordinator | Northwest Washington
E: jborgida@pnw.usta.com
P: 425.331.5592

USTA
PACIFIC NORTHWEST

WINTER LEAGUE REGISTRATION OPENS 10/4

Captain Application



Central Park Tennis Club | Central Park Tennis Club 5820 125th Lane NE | Kirkland, WA 98033 US

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