

SCC Pickleball Club

0-0-2 Newsletter

April 2023 Issue



President's Corner

Dennis Rosett

From the Prez April 13th

Ron Clark told me on April 12th that the courts will be playable by April 30th. Let's hope and be ready to play! And a big thanks to all who have shown patience during this time; I know it has been tough.

The Court Usage Committee has some recommendations and those will be rolled out as soon as they are finalized. The Website Committee has put the final touches on phase one and is looking at phase two. The Fundraising Committee has been working on some things and has rolled out Element 3. If you have a United Healthcare Advantage plan, check it out; it's an easy way to pay your dues and fundraise. Also, we have shirts back in stock and will be selling those; location to be announced. The Tournament Committee has a bunch of things planned for the coming months.

Greg Eisman, our resident Pro, will be conducting clinics and offering lessons once we get going.

I am going to throw another one out there...Long Range Planning. I think a Long-Range Planning Committee would be an asset to the Club. What would you like to see next for our facility? Perhaps a bathroom, covered courts, better storage? How about paved parking? WiFi? TV? We have some funds, but a detailed plan is required to get anything done. If you are interested in starting or being a part of this, let me know.

Dennis

I have a Club email that I look at daily; it is sccpbprez@gmail.com. Please feel free to email me any questions, information, or ideas you may have. Thanks to everyone for your support with both family and Club issues. Wishing everyone a safe and healthy month ahead. Pickle on!

Sun City Pickleballers, great news...our new website is up and running! Many thanks are due to the Website Committee with special thanks to Trudy Donnelly. Check it out at: <http://sccfpickleball.club>

Post-Menopausal Pickleball ... OR how I learned to hit a drop shot

Dee-Dee Tottrup

I was reading a post the other day about an older woman who was chatting with some of her younger pickleball player friends about playing sports when they were in school. Since these players were much younger and born well after Title IX was passed, they were astounded that this older woman never played any sport before pickleball. I started thinking about because that is my situation. Since I've survived the 60's twice (LOL), I'm of an age when it was considered not lady-like to play sports. And even if one wanted to buck the system, there was almost no opportunity to play a team sport with the boys and there were no girl teams of any kind in my neighborhood. I picked up running during the "jogging" craze in the 70s and continued with that into my 40s. But that was about it and this story was similar to many other women who you play with.

And then I found pickleball.....and it has been quite an eye-opener. In 2015 I took the free lessons that the club offered. Having never played a paddle/team sport, I was completely clueless (and still am some days), but I kept at it. Along the way I volunteered to help with lessons which gave me more understanding of the game. Then when the club offered an opportunity to get rated, a group of ladies joined forces and together we drilled and drilled and eventually got our certificates. This feeling of success snuck up on me, but I've come to realize that I enjoy this game so much because it allows anyone to play with anyone of age, athletic ability, or gender. And that women can play with and against men, and vice versa and that most of us (not all) don't seem to care. And like baseball, it's a thinking woman's game. An unexpected plus was it has helped me stay active and healthy....as my family said to me a couple of years ago when I was complaining about feeling old, they laughed and said "Dee, you're the youngest 70-year-old we know". Here are some other journeys for my fellow pickleballers....

Pat Huisinga had a similar road to pickleball later in life. Pat played a little basketball in grade school, but no other sports in school in the upper grades. Once she and Jeff married, they lived in a small town and then the babies came along so there wasn't much time for sports. When her kids got a little older, she started playing golf with other moms in the neighborhood. She did try tennis but didn't like it. When she moved to SCC she gave pickleball a shot. Because of the nature of the game, she realized that THIS she could do. She enjoyed meeting so many people and always having someone to play with. Pat and I started pickleball around the same time and got to know each other better when playing in Ladders. We practically lived on court 5 before we worked our way up through court 4 and then 3 and on and on. Eventually Pat volunteered to manage Ladders for the club and made a difficult job look easy. She is looking forward to starting Ladders again once we get our courts back (say a little prayer).

Kerry Austin's journey to pickleball has been a bit different. Kerry was one of five and growing up there wasn't any involvement with sports. All that changed when she had kids. Her 2 daughters were not very sports oriented, but her son was a different story. He was very involved in Lacrosse and football. When he wanted to practice football, she was the one he practiced with in their backyard in Rochester, NY. To this day her son thanks her for all she did for him growing up, he says she made him who he is. He's convinced that his involvement in sports has helped him in the business world. Kerry never understood what that meant until she started playing pickleball and had to work as a team to an end. She then realized that the team spirit was what helped him. She found pickleball up north in Rochester. She and a few moms got together and took a lesson. They then taught what they learned to other moms and the group grew. They

started playing together on a regular basis and would go out for drinks. After all these years the ladies have kept their support system intact regardless of life's experiences of divorces, deaths, grandkids and new marriages. She loves the competitiveness of the game but also the strategy of the game. Kerry says that she's competitive, but in a nice way (she's right).

I'll leave you with this thought.....WE PLAY LIKE GIRLS, PLEASE TRY AND KEEP UP. See you on the courts.
DDT

April Tips to Improve Your Pickleball Game

Deb Tourangeau

Now that you are **NOT** rushing the net, **"How do I get to the Kitchen (NVZ) Line safely?"**

Three reasons to get to the Kitchen Line (not on the line but 1" to 2" from line):

- 1) Your chances of hitting ball at opponents' feet increase.
- 2) Less court to cover and less court for opponent to strike.
- 3) You are more likely to be on offense than on the defense.

So now how, for Intermediate to Advanced players:

- 1) 3rd, 5th, 7th shot drop with coming in with split step.
- 2) 3rd shot Rush (3rd shot typically low).
- 3) Drive Ball – causing a short return.

Getting to NVZ (kitchen) is a **MUST** to win more pickleball games.

Link: <https://www.youtube.com/watch?v=AjkkeMuHTEs>

Rules for Kitchen (NVZ) A Complicated Rule Ref. Rule Book Section 9. A-H

Player cannot Volley (ball hit in the air) while in the 7' area of the Non-Volley Zone, on either side of the net. Momentum cannot take you into the NVZ area if player has hit a Volley. 2023 Rules at www.USAPickleball.org Playing ball after stepping into the NVZ, player **MUST** re-establish footing outside the NVZ area before striking a Volley (ball hit in air).

EX. You cannot jump out of NVZ area and hit a volley while in the air; both feet must touch ground before your next volley.

Etiquette: Respect skill level of all players; play a game or two with other levels.

Do not be afraid to lose; implement and practice one to two skills per week in rec play.

Debi T. - Loving the game of Pickleball!

Gronk and Pickleball

There's no chance anymore," Gronk said to TMZ when asked if he could return to the NFL. "I'm happily retired. I actually picked up pickleball. I beat my brother, Chris, who plays with pros, and my other brother, Gordon, who plays with pros too! And I beat 'em with an average Joe -- my other brother, Glenn G., was my partner!

Anybody can be a winner, even Gronk.

Entertainment/Events Committee

Claire Coulston

No news for April.

2023 Tournament Committee

Val Bartosh, Carol Fleming, Mary LeGrand, Peggy McCauley, Mary Taylor, Jeff Williams, and Deb Zieg

Hello Pickleball Members,

Great news is here! The SCC PBC Tournament Committee has been planning member tournaments throughout the rest of 2023 while the courts have been down.

The first proposed pickleball tournament is called "**May the courts be with you**" with a tentative date of Sat May 20, 2023, beginning at 9:00am and check in at 8:30 am. We will be utilizing all 8 courts.

The SCC PBC will send out a **Sign-Up Genius** link for you to register to play.

We look forward to getting back together again on the new courts.

This will be a fun tournament; if you're not playing, bring a chair and cheer everyone on.

The SCC PBC Tournament Committee

Sunshine Coordinator

Charlene Peterson

Hello everyone, let me introduce myself, my name is Charlene Peterson.

I will be taking care of the Sunshine Committee which is here to show support for all our club members and for their loved ones who might be ill or have unfortunately passed. It can also be for someone who might just need a little cheering up. I will make sure they know we are all thinking of them in their time of need for whatever reason. My contact information is iodine1982@gmail.com or **443-690-7907**.

How to Make a Change or Addition to the Pickleball Website

Trudy Donnelly

If you have any suggestions for items you would like to see added to the website, send the details of what you want (and why) to the Board of Directors for approval.

Process for Requesting New Content on the Website

1. A club or committee member (the “stakeholder”) documents their “change request” (what they want) including the rationale for doing it.
2. The change request is sent to the Board of Directors for their approval.
3. The Board determines whether the change request is approved and the priority of the change request.
4. The Website Committee (which includes the webmaster) works with the stakeholder to ensure that they have all the details necessary to design the solution.
5. The webmaster does the work required to design, build, and test the solution.
6. The webmaster informs the Website Committee, the Board, and the stakeholder when the “change request” has been added to the website.

From the Communications Committee

There will be **NO** newsletter in the months of June, July, and August 2023. We will resume in September of 2023.

May the Pickle be with you.

Signing Off

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Club members may send news, pictures, or questions to:

Pickleballnewsletter23@gmail.com

Information can be submitted but may not be used because of space and deadline, which is the 15th for the end of month publication. All information is reviewed prior to publication by the Communications Committee.



Don't forget to visit the club's website to keep up to date with all club activities:



<https://sccfpickleball.club>