

# SCC Pickleball Club

## Newsletter

May 2023 Issue



### President's Corner

Dennis Rosett

By the time you read this the courts will have been open for play. You would have received notifications by email about important updates and court usage suggestions etc. I once again wish to thank all of you for being patient and supportive along this arduous journey. My article this month is a little different.

I retired to Sun City Center the day they shut the whole campus down because of Covid (March 2020). I signed up for a few clubs including Pickleball, which I had never heard of even though they were closed. When the free lessons opened up five months later, I did not know what to expect; I did not know anyone. I just knew I better have court shoes! I was welcomed with open arms, felt a sense of belonging, and have made friends I will know for the rest of my life.

Some of you may know my wife's story which started when she was very young. Some of you know my personal story. The point is we all have these stories of trials and tribulations throughout our lives--good, bad, and sometimes ugly. These are the things that shape us to be who we are. Hopefully all of our family and individual stories have made us stronger, more compassionate, and understanding. I for one consider my Pickleball family an awesome asset in dealing with life's ups and downs. Most pickleballers I have met are wonderful people with interesting stories told while hanging at the courts. I am happy to call you friend. Heck, I even met Ohio State fans I get along with, GO BLUE. Some of you have become family; you know who you are; thanks--I appreciate you every day.

What a great thing we have going on here. Let's get rocking on our new courts, make new friends, and see old ones. Encourage each other to grow and be the best versions of ourselves, (even when we can't get a serve in). Kudos to all the volunteers that make Pickleball the best club in Sun City Center! Too sappy? I was going for a deep lob but may have hit a dink!

### Pickle On!

Dennis Rosett: [sccpbprez@gmail.com](mailto:sccpbprez@gmail.com)

## Meet Greg Eisman ....

Dee-Dee Tottrup

Along with new courts, the Pickleball Club of Sun City Center has a new member who is not only a darn good pickleball player, but is also a certified pickleball instructor.... meet Greg Eisman.

Greg comes to SCC by way of Baton Rouge, La. He and his wife (they are newlyweds of a year and a half) were looking for a place to live after Baton Rouge. Greg's brother lives in Tampa and they visited him and began looking around the area for a permanent home. They decided on SCC because it is quiet and well established. Also, as we all know, it's convenient to so much, in any direction, in an hour or two.

Greg played squash and lots of tennis throughout his life. About 14 years ago, he discovered pickleball and never looked back. He has traveled all over the country competing in 100+ tournaments. With the recent plethora of pickleball tournaments, he has found (as have many others) that the higher cost of travel, entry fees, food, lodging, etc. has taken some of the joy out of the tournament experience. He's sticking closer to home now and is looking forward to sharing his experience and knowledge with us. Since the courts have been shut down, he's anxious to watch and learn the culture of SCC pickleball. His goal is to make the pickleball experience an enjoyable one for those just graduating from Intro to PB classes and venturing out into open play; those who have been playing for a while and want to become tournament ready; and everybody in between.

Now that a new day will soon be dawning on eight (count 'em, 8) courts, Greg will be energizing our pickleball experience by offering clinics, private/group lessons, coaching, etc. for all levels of play. He has been working with Dennis getting the documentation to the SCC- CA so that he can provide classes on the courts without limits (ala the tennis club's arrangement with their tennis instructor). A few days ago that was all signed, sealed and delivered; Greg is ready to get moving on the court. More details will be coming from the club with the specifics about what will be open to the general club population and/or personalized instructions for you and your pickleball friends. **A first for pickleball here in SCC. Very exciting, for sure!**

## May Tips to Bloom in Pickleball

Deb Tourangeau

**TIPS** - Preparing yourself for a game of Pickleball. (Helps with injury prevention and preparedness for court action.)

**Warm up with Dynamic Stretching** - These are fluid movements that helps blood and oxygen flow throughout the body. These motions are similar to the motions used in the game, such as leg swings, forward lunges, arm circles, trunk twists. 5-10 minutes will loosen you up and be dynamic on the court. No time to Stretch? Use a Roller Bar for muscle warm up.

**Cool Down - Static Stretching** - Where you stretch your muscles and hold for 10-20 seconds after a good work out or a great game of pickleball for a cool down. (Static stretching was thought to be the go-to warm up for preparing for any activity, but it has been proven Dynamic Stretching is best for preparing the body for active movement).

**Rules: Pickleball rules seem simple, right? Did you know there are 86 pages of Rules.**

Let's talk about Rule Section 6 – Line Call Rules 6.A. A served ball that clears the non-volley zone and lands in the correct service court or any correct service line is in (center line is considered a correct service line, NVZ line is not a correct service line). 6.B. Except the serve, any ball that lands in the court or touches any court line is in. 6.C. A ball contacting the playing surface completely outside the court is "OUT."

**Etiquette** - Friendly reminder: do not dispose of gum on courts or surrounding court areas.

Have a Great Summer of Pickleball...Stay hydrated!!!

## **Entertainment/Events Committee**

Claire Coulston

No news for May.



## **2023 SCC PBC Tournament Committee**

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

### **"May the Courts be with You" Tournament**

After two postponements, the first tournament on our new courts will be held June 10 (rain date June 17). Hopefully, 'the courts will be with us'. Watch for an email from the prez with the link to the new sign-up genius and tournament instructions if you have not received before this newsletter. If received and you haven't already signed up, please do so by June 7th.

**NOTE:** If you have signed up for the postponed tournament of May 20th, you will need to sign up again, as that roster has been deleted.

Remember, each participant should individually sign-up as we need each person's name for the blind draw. Don't miss this fun social shuffle. Our Give Back to the Community recipient for this event is our local school teachers. See our tournament flyer for more information.

### **"Fun in the Sun" Tournament**

The 2nd SCC PBC tournament will be held August 12th and 13th and will be competitive by levels/ratings. Grab a partner...maybe you met one at the first tournament...and start practicing together. We hope to run brackets for men doubles, ladies' doubles, mixed doubles for beginners, intermediates, and advanced, and singles. All brackets will be determined after the sign-ups are complete.

## Give Back to the Community

The Tournament Committee, on behalf of the SCC PBC club, will be hosting a “Give Back to the Community” event at every tournament. The designated recipient organization will be identified for each tournament. Donations are voluntary, and the entire SCC PB Club is invited to participate and support those in need in our community.

## Future Tournaments: Mark Your Calendars!

**Oct. 7th and 8th:** “Dink for Pink” (Competitive dink-only tournament)

**Oct. 28th:** “Monster Mash” (Social tournament with costumes and music)

**Dec. 9th and 10th:** “Naughty or Nice” (Competitive tournament by levels)

## Competition Notes



Congratulations, to our very own Karen Sellers who teamed up with Mark Reingold in the US Open Tournament in Naples, Florida. There were 2,800 participants. Karen and Mark won the Bronze in the 80+ age bracket, all skill levels on Tuesday, April 18 playing 3 sets. They also played on Saturday, April 22 and won Gold in the 80+ age bracket, 3.5 level. They won in just 2 sets, 11-0, 11-6.

Despite their home courts being closed for remodeling the last five months, many Sun City Center Pickleball Club members have adapted and found their niche of playing time at Freedom Plaza or Apollo Beach. Others supplanted this limited offering by traveling to nearby cities such as Bradenton, Sarasota, St. Pete, Tampa and more to get their training and competitive fix. This determination and sacrifice paid off while competing in the following tournaments over the weekend of May 5th to 7th:

At the team oriented "Smackdown by JC" event in Sarasota, SCC member Linda Cook and her team took second place in the tough 4.0 to 4.5 category, while "Ironman" John Orton played 16 games for a very long day to claim first place and a gold medal.

In nearby Bradenton at the Peace, Love, and Pickleball event, Friday saw the women's doubles competition where Luanne Stark and her daughter Kourtney won first place in the 3.5 19-49 age group while Pegi McCauley and partner Mary Legrand brought home silver with a second-place finish in the 3.5 60+. On Saturday Jeff Williams teamed up with Quyen Vu of Bradenton to claim third in the mixed doubles 4.0 50+ age group. Then back again on Sunday, Jeff paired with Jay Gable of New York to claim another bronze medal in the Men's 3.5 50+ group having just met Jay that morning!

Congratulations to these athletes for their success, and way to represent Sun City Center!

Jeff Williams  
Cub Reporter







## 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](mailto: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.

Here is the website address: <https://sccfpickleball.club>

## 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

**Club members may send news, pictures, or questions to us at:**

[Pickleballnewsletter23@gmail.com](mailto: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.



7 AM to 9 AM PB group, end of year good-byes and Sherman's birthday party! See you soon all

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



<https://sccfpickleball.club>