

SCC Pickleball Club

Newsletter

October 2023 Issue



President's Corner

Dennis Rosett

Well, we are halfway through October as I write this and quite a lot has been going on. Our center cover is up and looks great. We have been working with the CA on getting a central bulletin board designed. I have asked about fans and was told we will be getting the crappy carpet dryers. This was reiterated at the last club leaders' meeting even though Tennis and the dog park leaders complained about them. Some research has been done looking at alternatives; if anyone would be interested in putting something together as far as cost and fan life expectancy for outdoor fans, the board would consider presenting it to the CA. We have gone through the courts creating a list of issues for a walk through with the CA. Your input has been appreciated and documented. I was told this will occur sometime after the last of the pavilions have been installed.

I would like to congratulate and thank both the Tournament and Fundraising committees for the successful *Dink for Pink* event. This event raised \$1,552.00 for Moffitt Cancer research. I am told we raised more money than any other club for this initiative.

Look for a 2024 budget proposal and proxies to be distributed prior to the **November 20th** Members' meeting.

We are looking for more volunteers to work on the election committee at the membership meeting **November 20th, 6pm in the Caper Room**. Bob Smith has agreed to chair the committee. You will sign in attendees to make sure they are on the Roster, collect proxies and count votes. Thanks in advance for your support.

Dennis Rosett: sccbprez@gmail.com

SPECIAL ANNOUNCEMENT

There will be a membership meeting **November 20th at 6:00 in the Caper Room**. At that time nominations will be accepted and voted on for new board positions. As of now, there are six positions that need to be filled. **We need volunteers to step up**. Please consider volunteering for the board to ensure the continued success of our club.

October Pickleball Tips of the Month

Deb Tourangeau

Want to play better pickleball?

- Keep your paddle high, near your chest--your reaction time will be quicker.
- Keep ball in play and let your opponents make the mistakes. Seventy-five percent of all rallies are won or lost on unforced errors.

Rules: Simple--know the rules. You can find the USA Pickleball rules on the website:

<https://usapickleball.org/what-is-pickleball/official-rules/>

Etiquette: Respect all levels of play. Remember: a warm-up game and a cool-down game are good ways to help your fellow players grow in the game.

Happy Pickling!!!

Entertainment/Events Committee

Claire Coulston

First things first! The Christmas party is on **December 3rd, 2023, 5pm-10pm**. It will be held at the South Community Hall with dinner and dancing. Please put that in your calendar and I apologize for the mix-up on the date.

The October pickleball breakfast was held on Saturday, October 21st.

Please reach out to me if you have any interest in serving the club in this position.

Claire Coulston

2023 SCC PBC Tournament Committee

The *Dink for Pink* Tournament was held October 7th. The Dinkers dinked for more than three back-breaking, leg-cramping hours.

The results were as follows:

Novice 1st place: Ben Mayes, Mark Seasholtz
 2nd place: Adria Jackson, Charlene Peterson



Intermediate 1st place: Rich Palmetto, David Baker
 2nd place: Kristen Case, Jon Case
 3rd place: Len Lewinski, Dennis Rosett



Donations and raffles brought in \$1,552.00 for breast cancer research at Moffitt Cancer Center. The Tournament Committee would like to thank all participants who donated, Len's group for handling the raffles and the donations, the cooks for the delicious lunch, and our volunteers, Dee Dinkars Tottrup, Sandee Rahner, Darlene Nicolay, and Brooke Seasholtz.

Our *Monster Mash* event was held on Monday, October 30 at 6:00 p.m. It was our first ever tournament held after dark and featured costumes and music.

Future Tournaments: Mark Your Calendars!

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

Greg Eisman resident pro has Clinics and private lessons available at the courts.

Sign up genius: <https://www.signupgenius.com/go/10C084CA8AF29A7F4C52-pickeball#/>

He can also be reached at **985-285-6267**.

Pickleball Injuries and Prevention for Seniors

- **Know your body and limitations before stepping on the court**
- **(See your medical professional before any physical exercise program)**

What are the most common injuries in the sport of Pickleball?

- Wrist, Elbow (Pickleball Elbow), Strains and Sprains of Ankle and lower body such as Achilles tendon ruptures, Plantar fasciitis, foot and ankle fractures.
- Overuse injuries can affect the shoulder, knees, elbows.
- Common Injuries from falls include head trauma, concussions, breaking hips and wrists, shoulder tears.
- How to minimize your chance of injury is PREVENTION!

Proper Equipment: Court shoes, proper paddle weight, and any orthopedic equipment your body may need. Hydration is a MUST! Eyewear (safety glasses), sunscreen, and recommend hat for sun protection.

STRETCHING ROUTINE is Key to Injury Prevention.

DYNAMIC STRETCHING for Warming Joints and Muscles before play:

- 2-3 minutes of cardio to elevate heart rate.
- Upper Body – Arm Circles, Shoulder Rolls, Wrist Circles, Torso Twists, neck rotation.
- Lower Body - Walking lunges or Marching Steps, Leg Swings, Calf Raises, Standing hip circles, squats.

STATIC STRETCHING for after play (stretches that are held in place):

- Static Stretching helps slow down your body. Use of chair for balance and hold each stretch for 15-30 seconds.
- Shoulder Stretch, Look Up for Neck Stretch, Arm Stretched to sides, Bend over chair to stretch back, groin, hamstrings.

⇒ **IF YOU FEEL ANY PAIN--STOP ALL ACTIVITY.**

Websites for reference: <https://www.thepickleballdoctor.com/>

<https://www.professionalpt.com/>

www.SilverSneakers.com

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

May the Pickle be with you.

Signing Off

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

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>