



An E-Newsletter for Canadian Pickleball Players

April, 2010

Volume 1 Number 11

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Elections



Effective 1 May 2010 free gifts will be given to those who **Re-New** their Pickleball Canada Organization Membership for:

- 1 year – paddle cover *
- 3 years - paddle cover or shoulder holder *
- 5 years - a paddle cover or a shoulder holder *
- Family – 2 paddle covers or 1 shoulder holder*



Shoulder Holder

Paddle Cover

Non-members may purchase a paddle cover for \$15.00 and/or shoulder holder for \$35.00 plus S&H costs.

Members receive special pricing as shown on the Application for Membership.

Example of S&H costs for 1 or 2 paddles, a paddle holder and 2 pickleballs:

Collingwood \$14.38	Quebec City \$16.17	Okanagan \$9.47	Trail \$11.64
Calgary \$11.70	Montreal \$14.38	Winnipeg \$13.35	Kitchener \$13.30
Medicine Hat \$14.70	Edmonton \$11.20	Kamloops \$9.47	Victoria \$9.50
North Vancouver \$7.58	Saskatchewan \$11.70	Chilliwack \$9.45	Ottawa \$13.30
Richmond \$7.58	Coquitlam \$7.58	Toronto \$10.50	Abbotsford \$9.50

On May 1, 2010 the club/area that has enrolled the most members for the Pickleball Canada Organization will receive a prize of \$200.00...support your place of play and join or recruit some pickleballers!

To apply or renew your membership please complete the application form (page 5), enclose a cheque and mail them to the address shown. The complete schedule of fees and details regarding free gifts is also shown.

**L'EST VISITE L'OUEST EAST VISIT WEST
VOYAGE À L'EXTRÊME OUEST DU CANADA**

Bonjour aux joueurs de Pickleball

Louise et moi, de Montréal, avons visité Vancouver et ses environs pendant trois semaines.

Selon toute vraisemblance, il s'agit de la région canadienne où le sport de Pickleball est le plus pratiqué.

Nous avons rencontré des personnes intéressantes pour notre sport dont Charles (Chuck) Lefaive, Frank Wu, Sue Guest et autres...

Nous avons joué dans la ville de White Rock (Surrey), et à Brentwood (Victoria), où nous avons été confrontés à de très bons joueurs, qui sont aussi des personnes agréables et intéressantes.

Nous avons aussi eu la chance d'assister Chuck Lefaive, à donner des leçons de Pickleball dans différentes écoles de la région; nous y avons constaté que Chuck se dévoue énormément pour faire connaître et pour faire évoluer le sport.

Dans l'ensemble, ce voyage fut très intéressant et nous a fait connaître des personnes très impliquées dans ce sport qui nous relie tous.

Je vous souhaite ici au Québec autant de joueurs et d'endroits pour jouer que ce qui est présentement en place en Colombie Britannique.

Dans un avenir pas trop lointain, nous aimerions visiter tous les endroits du Canada où le Pickleball est joué et y rencontrer les joueurs.

Au plaisir de vous lire, de vous voir,
Marcel et Louise

Marcel et Louise, Mouski et Mouska (clownerie),
ALBA TROSS (envol dans l'i--MAGIE--naire) , Plaisir dans l'émerveillement
(514)497-6743

**EAST VISIT WEST
CANADA EXTREME WEST TRIP**

Good day to Pickleball players

Louise and I, from Montreal, have visited the Vancouver area for a period of three weeks. It seems to be that this Canadian area is where Pickleball is played the most.

Interesting persons for our sport were met, Charles (Chuck) Lefaive, Frank Wu, Sue Guest and others...

We played in White Rock (Surrey), Brentwood (Victoria), where one can find very good players, who are also very pleasant and interesting persons.

We also had the chance to assist Chuck Lefaive in giving Pickleball courses in various schools; we were able to witness that Chuck devotes a lot of time and effort in trying to have Pickleball evolve and become more known.

All in all, this was a very interesting trip, which allowed us to meet persons highly involved in this sport, which unites us all.

I wish for the Province of Québec, as many players and places to play than what is currently in place in British Columbia

In the near future, we would like to visit all Canadian areas where Pickleball is played, and thus meet the Canadian players.

Read you or see you soon, Marcel and Louise

Elections



Elections for Pickleball Canada Organization Board Members: *President, Vice-president, Treasurer, Secretary and seven (7) members, will be held on Friday, 28 May 2010.*

Nominations may be submitted to Chuck Lefaive at clefaive@shaw.ca or phone 604-536-9602.

Pickleball in Disneyworld



Some three years ago, Rita and Chuck Lefaive were visiting Disneyworld in Florida (with the grandkids) and during the visit wondered why pickleball wasn't being played on the Disney grounds...seeing as most other sports were represented. As Disney is linked to over 100 other countries, it made sense that if Disney could see their way clear to include pickleball in their activities list, the sport would gain exposure in all of the affiliate countries.

Ken Potrock (Disney Sports Enterprises Senior VP) says while no plans have been announced, there are more than 250 acres set aside for new development at the ESPN Wide World of Sports. And this spring, while dozens of softball, baseball, golf and soccer teams travel down from the Northeast and Midwest to thaw out and train, Ken Potrock's staff is working on bringing down an event for a fast-growing, new sport: Pickleball. "Just don't ask me what it is," Ken Potrock says. So, they looked it up. Pickleball is a game played on a badminton court with the net lowered to 34 inches. Players use a paddle (like a ping-pong paddle), to bat a plastic baseball with holes (like a waffle ball) over the net. There's even a USA Pickleball Association. We're guessing Disney could fit six, maybe even 12, Pickleball courts inside one of its field houses for a round-robin tournament. And I, for one, can't wait for that Sports Center highlight reel.

Teaching your Children and Grandchildren – Class 101

For the past two months, we have been quite busy in South Surrey teaching in a number of local elementary schools, grades 2 – 7. It has been an honour to be allowed access to so many students within such a short time.

The format in all instances has been four 30-minute sessions, then a tournament on the 5th day. We supply the medals (gold, silver, & bronze) with a prize for the best —cheer. These are awarded by the principle of each school. Over 30 of our local volunteer seniors have helped in this project. More than 70 of these esteemed members have contributed their time and effort to this program during the past four years – to monitor the courts and to make sure the kids follow the lesson plan. Corrections are then made immediately when required, the kids learn faster, and the end result is a functional player in four lessons. How many other sports could even come close to promising to adequately train a new player in that many sessions? What we think isn't really important ... it's what the kids think that matters ... so let's have a look at what they offer as written criticism after the course:

#1 – *Thank you for teaching us how to play pickleball. Before you taught us, I didn't know how to play pickleball. I didn't even know what it was. Besides, I love to play badminton, so I'm pretty good at pickleball... and I wish you could come to our school again to teach me more about how to be a good player so I can go to the world championship.* **Raffaello Low – grade 6, Jesse Lee Primary School**

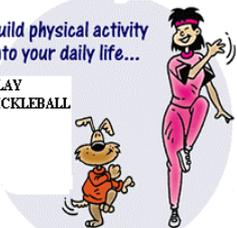
#2 – *Thank you for coming teaching us how to play pickleball. Before you came I didn't know how to hit it,. But now I can beat my Dad. Thanks for coming. Someday I am going to teach pickleball, just like you.*
Logan grade 6, Star of the Sea School

Frugal Fitness, Time Efficient Workouts and Fifty-plus Fitness

Get active

build physical activity
into your daily life...

PLAY
PICKLEBALL



Frugal Fitness: The *recession* hasn't just changed the way we plan vacations or shop for groceries. It's also one of the biggest factors affecting fitness trends, according to Jessica Matthews, an *American Council on Exercise* spokeswoman. "Many of us are dealing with financial constraints, so we're looking for cost-conscious workouts", Matthews says. More people will ditch one-on-one personal training sessions and sign up for group training to save cash, ACE predicts. In-home workouts using low-cost fitness equipment will also be popular. Check out the ever-expanding fitness departments at big-box stores, which offer everything from yoga DVDs to kettle bells to mini-gyms at reasonable prices. But don't pinch too many pennies. Cheaply made equipment not only won't last, it might also be dangerous.

Time-efficient workouts: We'll continue to find creative ways to fit exercise into time-crunched schedules, Matthews says. Examples: circuit training, which combines strength and cardio intervals, and boot-camp classes that burn calories and build strength at the same time. Mini-workouts also will become more appealing, says Carole Carson, author of *From Fat to Fit: Turn*

Yourself into a Weapon of Mass Reduction. We'll see people grabbing 10, 12 minutes (of exercise) at a time because it's more difficult to get that solid 60 minutes, Carson says.

We'll also start adding more movement into our day — taking the stairs instead of the elevator, parking farther from the door at H-E-B — to burn more calories outside formal exercise, she predicts.

Fifty-plus fitness: Health clubs will want to capitalize on boomers who have the time and money to spend on exercise to increase longevity and quality of life, according to an American College of Sports Medicine survey of certified fitness pros. So we're likely to see more programs aimed at older adults including functional fitness, strength training and **pickleball**, a game that combines elements of badminton, tennis and ping pong.

Note: The American Council on Exercise is comprised of some 600 educators in physical fitness. They are consulted by the federal and state governments in the U.S. for advice and future trends in physical fitness for all age groups.

New Evaluation Program

In order to have a balanced method of evaluating new products as they become available on the market, Pickleball Canada, through its marketing arm called www.pickleball.ca is offering a discount to all ambassadors in Canada on all *new* products, for the purpose of evaluating these products within their individual centers.

The trade-off is that they must send us a short report within a month or so as to how the new product was received along with any significant comments that might be appropriate.

The first product to be offered by **okpickleball** will be the VILLAGER PADDLE, which is licensed by the Villages in Florida. Product characteristics: 6-½ oz in weight, graphite surface over composite core, un-painted natural fibre face. A fast paddle with surprising power. Distinguished by a sharp sound on the hit.

Tournament Advisory

Local Tournaments:

- June 26 – Abbotsford Rec Center, Abbotsford, BC – Contact Grant Brittain phone 604-557-4408
- June 26 – Mount Boucherie School, Kelowna, BC – Contact Brian Stovel bands65@shaw.ca
- Oct 2nd – South Surrey Rec Center, surrey, BC - Contact Terri Focker phone 604-592-6970 terrifocker@surrey.ca
- Sept 15-18 - BC Senior Games– Campbell River, BC
- Aug 10-12 - Ontario Senior Games – Oshawa, Ontario

For other listings please visit www.pickleballcanada.ca - click on the tournament section.

Editorial Comment

Thanks to those who have contributed to this newsletter. If you have not done so to date, please send in your offerings and, like the kids, we will accept almost anything for inclusion in the next newsletter. Let us know how you're doing, and how your own specific organization or program is moving ahead. We need your support if we are to keep pickleball going!

We are blessed with many members who have exceptional talents. I hope some of them will allow themselves to be nominated for a position on the board or executive during the upcoming elections. Let's hear from you at your earliest convenience if you have a member in mind (or even yourself, if you would care to volunteer your time and a little effort).

It's been a delight in my position as one of the founding members, and being in a transitional role. We now have approximately 300 paid members, a positive balance sheet and no debts. We own 4 web sites, all of which have achieved their reason for being. The last (#4) www.pickleballinternational.info will be launched shortly. It will be a worldwide index of pickleballers who travel and would like to find players of like mind where ever they may go.

It has been my pleasure to spend time in collaboration with my fellow members – between us all we've managed to make our organization the success it is. Special thanks goes to the —founding members, most of whom I've never met.... other than through the Internet. I look forward to putting a face to the email at some time in the future.

Sincerely, Chuck Lefaire, Founding Member, Pickleball Canada.

Don't forget to renew or join the Pickleball Canada Organization...simply make a copy of the Membership Form (page 5), enclose your cheque and mail it. And oh yes for those renewing a membership don't forget to choose your gift.



MEMBERSHIP APPLICATION FORM

Please print clearly. If this is a renewal membership report only **NEW** personal information.

DATE: _____ THIS IS A **NEW** **RE-NEW** MEMBERSHIP

SURNAME: _____ FIRST NAME: _____ M / F _____

BIRTHDATE (d/m/y) ____ / ____ / ____ PHONE (incl. area code): _____

E-MAIL: _____

STREET ADDRESS: _____

CITY: _____ PROV./STATE: _____ POSTAL CODE/ZIP: _____

CLUB/REC CENTRE: _____

REFERRED BY: _____ How long have you played pickleball? _____

New members will receive a nametag and DVD, with the option to purchase a paddle cover for \$10.00 or shoulder holder for \$20.00 each plus S&H costs.

A Family membership receives a nametag and one (1) only DVD that may be copied, with the option to purchase a paddle cover for \$10.00 or shoulder holder for \$20.00 each, plus S&H costs.

Non-members may purchase a paddle cover for \$15.00 and/or shoulder holder for \$35.00 plus S&H costs.

All 5-year memberships, new or re-newel, do not pay S&H costs.

All members receive a monthly newsletter.

Membership fees, effective 1 May 2010, are as follows:

(Circle choices as appropriate)

Under 20 years old:

1 year \$20.00

3 years \$35.00

5 years \$50.00 receive free paddle cover or shoulder holder, no S&H costs

20-50 years old:

1 year \$25.00

3 years \$50.00

5 years \$75.00 receive free paddle cover or shoulder holder, no S&H costs

Over 50 years old

1 year \$20.00

3 years \$35.00

5 years \$50.00 receive free paddle cover or shoulder holder, no S&H costs

Family 2+

1 year \$35.00

3 years \$45.00 receive free paddle cover and option to buy a shoulder holder for \$10.00.

5 years \$70.00 receive free paddle cover or shoulder holder, no S&H costs



Please **Circle** if willing to volunteer with:

COMMITTEE / RULES / MEMBERSHIP / MARKETING / SPONSORS / TOURNAMENTS / NEWS / TRAINING

OTHER (please specify): _____

WOULD YOU BE A CANADIAN PICKLEBALL AMBASSADOR to promote Pickleball and help answer questions from persons in your area? Yes / No

Please forward completed form with cheque to:

PICKLEBALL CANADA P.O. BOX 75007 WHITE ROCK, BC. V4B 5L3

01/04/10