



# PICKLEBALL CANADA

*The fastest growing sport in North America.  
Le sport qui affiche la croissance la plus rapide  
en Amérique du Nord*



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## Points of Interest

- ▶ From Russia to South Surrey, Luba and her son Denis are top players but also love to teach.
- ▶ The Importance of Sanctioning.
- ▶ Stonewall, Manitoba school kids are enjoying Pickleball
- ▶ Age is no excuse to send your body decay signals. Very interesting.
- ▶ Message from President Dave Shepherd about changes.
- ▶ Pickleball safety rules we should all practice by Josellne
- ▶ TOP CANADIAN NATIONAL CHAMPIONS by points.
- ▶ Bev Butt's Rules Corner is back with more good suggestions and rules we should all follow.
- ▶ Renew your membership or become a new member for ONLY \$12.00 per year, \$32.00 3 years.

## Inside this issue:

From Russia with Love Denis & Luba's story	1
SANCTIONING AND THE NEED FOR IT	1
Stonewall, Manitoba Pickleball for kids	2
Learn about ageing an what you can do.	2
President Message from Dave Shepherd	3
Safety FIRST and our big Canadian winners	3
Bev's Rules Corner is back again.	4

## FROM RUSSIA WITH LOVE OF THE GAME OF PICKLEBALL

Originally from Russia, Luba Zhekhovskaya is a multiple time Russian National Badminton Champion and former member of the USSR National Badminton Team. Having finished her career as a player, she became a badminton pro and coached many of the Russian National Team members.

Luba came to Vancouver in 2004 and soon became a certified coach in Canada. She was invited to coach at the Hollyburn Country Club where she worked for 5 years. At the end of 2005 she moved to South Surrey and not long afterwards began working in the newly opened South Surrey Recreation Centre (SSRC) as a badminton instructor.

One day after finishing a badminton lesson at SSRC Luba looked inside the adjacent gym and saw several seniors playing a very unusual game. "I picked up the paddle and after playing my first game ever, I fell in love with pickleball and understood that this game has a huge potential for growth and that people will really learn to love the game". The next day Luba brought her husband and son along to play and since that time pickleball has become the favourite family sport.

In 2006 Luba created a training program for both pickleball and badminton at SSRC. I suspect that the program was one of the first training classes in BC and even in Canada. The program is still ongoing today and a majority of both the beginner and advanced players at SSRC and at the Cloverdale Recreation Centre have taken advantage of the training classes.

As the popularity of pickleball grew at South Surrey the number of players who were looking to sign up for classes increased so Luba invited her son, Denis, to help out as a volunteer. Later on Denis became an official sport instructor in Surrey.

Denis was showing a great interest and ability in the game so Luba began coaching him.

Denis started playing pickleball at the age of 13. He is currently a third year student at Sauner School of Business, University of BC specializing in finance. I've played against many great players in the past three years and I can truthfully state that Denis is one of the hardest hitting and aggressive players I've had the privilege to play against. His overhead smashes are wicked. I'm sure that as his game improves he will be a force to reckon with not only here in Canada but in the USA as well.

Since 2010 Luba and Denis have played together at tournaments. They won gold medals in mixed doubles at the 2010 & 2011 Abbotsford Pickleball Tournaments. They have also won gold at 2012 the SeaTac tournament in the 4.5 division. After the SeaTac tournament they were both elevated to 5.0 by the USAPA ranking body

**At the recent Pickleball Canada National Tournament in Abbotsford Luba and Denis won gold in the Open Mixed Doubles event.** Luba states, "we are sure that the Canadian National Tournament will give great momentum in the development of pickleball here in Canada. We want to thank the tournament directors, Pickleball Canada and the entire pickleball community for this great celebration of pickleball".

Both Luba and Denis are, in my opinion, two of the best players here in Canada. Their winning record at the National Tournament along with their ability to compete successfully in the USA confirms my assessment. I'm fortunate to be able to play with and against Luba on a regular basis here in the Lower Mainland BC.

Article supplied by Colin Caldwell



We are pleased to announce Pickleball Canada Organization 2nd sanctioned tournament:  Ontario Pickleball Open 2012 Tournament to be held on September 6th & 7th, at A.E. King Fitness Centre, 1200 Leland Road, Oshawa, Ontario. Played under International Federation of Pickleball Rules. This is a 50+ Tournament. [www.pickleballassociationofontario.org](http://www.pickleballassociationofontario.org)

# The fastest growing sport in North America.

## STONEWALL SCHOOL - 5TH GRADERS

STONEWALL SCHOOL - MANITOBA  
GRADE 5 STUDENTS  
HELPERS: Nina Constable & Ruby Laughren



Stonewall, Manitoba is located 30 km north of Winnipeg, they have a wonderful facility which offers both indoor and outdoor courts.

The teacher, Mrs. Cheryl Kooning is a friend of Ruby Laughren (far right in photo above) and was delighted to have her student learn

Pickleball at this one day clinic put on by Ruby & Nina. The students had been playing with school paddles & whiffle ball but didn't know the rules or court size, etc. Each student received a print out of the short form rules. The kids all thanked them for the experience.

## AGE IS NO EXCUSE TO SEND YOUR BODY DECAY SIGNALS

In his book **Younger Next Year**, Dr. Henry Lodge tells how to live strong, fit and sexy until we are 80 and beyond. Lodge firmly believes that we have the choice to age in good health!

He makes a critical distinction between aging and decaying. While aging is inevitable and designed to be a slow process, decay is optional. You can actually make up your own mind and tell your body you are going to live as though you are 50, and in doing so send your body different signals that can help you be functionally younger than your age.

Biologically, there is no such thing as retirement or even aging. There is only growth or decay, as your body looks to you to choose between them. Our bodies are made of parts that breakdown over time and need to be constantly renewed. Our muscle cells are replaced one at a time day and night every four months and brand new muscles created three times per year.

Our body is always in an active process of "throwing out" and "growing" new cells, muscle, tissue and bone. The trick is to "grow" more than you "throw out." and exercise plays a huge factor in this process. Muscles control the growth throughout our entire body. Nerve impulses to contract a muscle

send a signal to build it up and create a chemical balance between growth and decay within the muscle. If enough growth signals are sent to the rest of your body, they overwhelm the signals to atrophy. Your body then turns on the machinery, heart, capillaries, tendons, joints and so on. When we exercise hard, we stress the muscles and injure them slightly. This is good, as it tears you down to build you back up stronger, triggering repair renewal and growth. Exercise is the master signaler to set off cycle of strengthening and repair within the muscles and joints. It's the foundation of positive brain chemistry: insulin regulation: fat burning; heightened immune systems: and less depression. Exercise provides resistance to heart attack, stroke, hypertension, high cholesterol, Alzheimer's and arthritis. But to let your muscles sit idle means decay will take over. The guidelines for cardiovascular exercise (walking, running, swimming, skiing, etc.) are three to five times a week for a minimum of 30 minutes at a low moderate level. Find an activity you enjoy & you will be more likely to make it a habit for a healthy lifestyle. Resistance training should be done 2 to 4 times weekly, resting a day between workouts. Always check with your doctor before starting a program & start low & slow.

## The fastest growing sport in North America.

### Message from our President Dave Shepherd

In the middle of July, the Board of Directors of Pickleball Canada were extremely sorry to receive the resignation of our President Colin Caldwell.

Colin has always been a very strong advocate for the continued growth of our National Sports Organization. He was always the first to volunteer for a clinic when it was requested and we appreciated his professional approach.

Colin is in the process of building a new home and he felt that he was unable to devote the required time and attention to that responsibility in addition to his leadership of Pickleball Canada. All the Board Members of Pickleball Canada and I am sure all our members would like to take this opportunity to thank Colin for his contribution to our great game and to our National governing body. Colin will continue as a member of PCO and has volunteered to help wherever he can.

As the Vice-President of Pickleball Canada and following

the terms of our constitution, I will assume the position of President. The Board will elect a Vice-President in the near future.

During the past year, we have accomplished a great deal. We have held our inaugural National Championship which was a great success. We have introduced a sanctioning program and a tournament points program, both of them in infancy but with strong benefits for the future. Our Ambassador programs are flourishing with great leadership from these Ambassadors, our membership is growing and we have established lines of communication with the various levels of organized sport, both provincially and federally. We are now making plans for next year's National which will be held again in Abbotsford for 2013. There are lots of good things happening as we move forward and your input is always welcome. Membership in Pickleball Canada is not expensive. Please join today!

### PICKLEBALL IS FUN BUT REMEMBER SAFETY by Joseline Sikorski

#### 1. Equipment

Good equipment ensures both enjoyment of game and your personal safety.

Clean shoe bottoms of debris before playing.

CSA approved safety glasses will help protect your eyes from the newer hard-hitting paddles and the more competitive players.

Select a paddle that fits your hand and is of comfortable weight. Otherwise, wrist and shoulder injuries can put you at the sidelines.

#### 2. Playing Safely

\* Pro and top athletes always stretch before going on court. Give yourself 10 minutes & warm up all the muscles you will be using.

\* Avoid running backwards to get ball lobbed over your head. Either turn and run or arrange that your partner takes those shots.

\* If your ball lands on next court, loudly yell "ball on court". Players on that court should stop playing immediately, return the ball to you and then replay the serve.

\* Do not go onto another court to play or retrieve a ball.

\* Do not try to play balls close to a fence, railing or wall.

\* Never go for a ball you know you cannot get. You could fall and be out for the season which is not worth it to just get one point.

\* Keep hydrated and stop playing when you are tired.

\* Follow doctor's orders for medications. Tell partners if you have diabetes or other conditions that might cause a need to stop.

\* Do not play on unsafe court. Debris, rain, stones can cause you to slip.

\* Spectators should sit in safe location away from balls and paddles.

#### Court Etiquette is important also.

\* Before you cross behind a court, wait until their rally is finished. Move quickly to avoid causing a delay. Crossing players should go as a group.

\* When volleying a ball, hit to opponent's feet or open court space, never at opponent's face or upper body.

\* Respect opponent's skill level. Don't play so as to cause them injury. Adjust play so beginners will develop skills and learn to enjoy game.

**Do not be afraid to share safety and etiquette rules with others.**

### TOP CANADIAN NATIONAL CHAMPIONS - BY POINTS AWARDED



First this photo (left) missed our July newsletter. From left to right the winners were Colin Caldwell & Therese Orcutt (**Silver**), Denis Zhekhovskiy & Luba Zhekhovskaya (**Gold**) with Karen & Del Iggulden (**Bronze**).

Top Canadian winners by points were:

**3200 points:** Diane Hill, John Kusch, Vera Loskot, Wayne Kennedy and Mike & Laura Schwartz.

**2400 points:** Carol Haworth, Milda Postler, Luba Zhekhovskaya, Denis Zhekhovskiy, Peter Darvill and Randy Bourne.

**2000 points:** Pat & Sue Fosbery and John & Olga Jetelina.

Congratulation each one of you. Watching you play was worth the price of admission to the tournament. We all enjoyed some amazing games. Editor.

## TOURNAMENTS THIS YEAR FOLLOWING IFP RULES

SEPTEMBER 6 & 7th 50 PLUS TOURNAMENT OSHAWA, ONTARIO, WITH 8 INDOOR COURTS  
LOCATED AT A.E.KING FITNESS CENTRE, 1200 LELAND ROAD, OSHAWA, ON.

AUGUST 21ST to 25TH - B.C. SENIOR GAMES, BURNABY, B.C. IFP RULES APPLY. DEADLINE HAS PAST.

IF YOU HAVE A TOURNAMENT YOU WOULD LIKE OUR MEMBERS TO KNOW ABOUT LET US KNOW AND WE'LL POST IT HERE. ONLY REQUIREMENT IS IT MUST FOLLOW IFP RULES AND SACTIONING IS AVAILABLE (INCLUDING INSURANCE) FOR APPROXIMATELY \$2.00 PER PLAYER (MINIMUM \$50.)

Please re-new or join PICKLEBALL CANADA

Your support is needed to help us grow & meet our commitments to communities across Canada.

If you have questions, we'll try to answer them quickly.

If you are already a member, please share your information with us.

Membership is a Privilege - We want your participation in all decisions.

Help us grow - With your input and support we'll have so much more to offer all members.

There is strength in numbers. Contact us below or go to: [www.pickleballcanada.org](http://www.pickleballcanada.org)

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**RULES CORNER  
BY BEV BUTT**

Chair Rules Committee P.C.O.

**Did you know?**

From Ontario: "Why doesn't pickleball follow badminton rule which says serve must be below bottom of rib cage?"

A group of us had fun with this idea. One suggested a referee might have to run out on court and lift a shirt to check bottom of rib cage. Another knew of a pickleball tournament held in a Florida nudist community and felt this rule might be easier to implement there. He said there were no referees there and participating players returned "with sunburns in undisclosed places". No photos of medal winners were available. Admittedly it can be difficult at times to determine if serve is legal or not. Most questions seem to arise on backhand serves. If questioned, accept your serve is in doubt and make sure future serves cause no dispute.

**4.A. Serve must be made with underhand stroke so contact with ball is made below waist level.**

**4.A.1. Arm must be moving in upward arc with paddle head below wrist when it strikes ball.**

From SK: "If I'm standing outside court and served ball hits me before bouncing, is it a replay?"

No. Even if ball is served into wrong half of court and hits opponent before bouncing, it is server's point- so always be ready to jump out of the way of an errant serve. See 4.C.2 Interference.

Send questions/comments to: [bbutt@sasktel.net](mailto:bbutt@sasktel.net)

### MEMBERSHIP RATES FOR PICKLEBALL CANADA

New/re-new membership rates are:

One year \$12.00

Three years \$32.00



## Your Board of Directors

Dave Shepherd, President - email: [president@pickleballcanada.org](mailto:president@pickleballcanada.org)  
V.President (vacancy) - email: [vicepresident@pickleballcanada.org](mailto:vicepresident@pickleballcanada.org)  
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