The fastest growing sport in North America
Le sport qui affiche la croissance la plus rapide en Amérique du Nord
http://pickleballcanada.org

Inside this issue:
PCO Sanctioned Tournaments 1
Woodstock Welcomes Pickleball Fun 2
Marshmallows and Pickleball 3
Tournament Results 4
Upcoming Tournaments 4
Rules Corner 5
Membership and Contact Info 5

PCO Welcomes all pickleball submissions. Please send to Editor:
Matthew Giancola
<<matthewgiancola.info@gmail.com>>

PCO Sanctioned Tournaments
By Shirley Shepherd

PCO Sanctioned Tournaments, Tournament Points and IFP Ratings
The number of PCO sanctioned tournaments has increased in 2015. PCO Sanctioned tournaments include liability insurance and tournament points for PCO members. Many PCO sanctioned tournaments are skill rated tournaments. This year, about 600 players have received their official IFP Player Ratings, which are published in the IFP website.

We would like to thank all the pickleball clubs, organizers, tournament directors and volunteers for hosting the PCO Sanctioned tournaments in Canada. Many thanks to the tournament directors for the IFP Player Ratings recommendations, which help to establish official IFP Player Ratings from a self rated (S) to a tournament (T) rating.

2015 PCO Sanctioned Tournaments
Peachland Winterlude Pickleball Tournament, Peachland, B.C.
Rosebowl 2015 Tournament, Rosedale, B.C.
Byrne Creek Leos Charity Pickleball Tournament, Burnaby, B.C.
Nanaimo Pickleball Tournament, Nanaimo, B.C.
Pickleball Kelowna Indoor Spring Tournament, Kelowna, B.C.
Kamloops Pickleball Tournament, Kamloops, B.C.
Battle of the Paddle at Pinetree, Coquitlam, B.C.
Pickleball Canada National Western Tournament, Kelowna, B.C.
Pickleball News

Woodstock Welcomes Pickleball Fun

Pickleball started in 2010 at the Woodstock Badminton Club located at 310 Hunter Street, Woodstock, Ontario, where it is played by all age groups five days per week. In the spring, summer and fall, pickleball is also played at the outdoor dedicated pickleball courts located at 176 Park Row, five minutes away from the club.

The club also holds annual fund-raising tournaments, like their friendly tournament on May 9, 2015. Over $3500 was raised for the Ronald McDonald House that day. Indoor pickleball in Woodstock is played on Monday, Tuesday, Wednesday, Friday and Saturday on a “pay as you play” basis for $7.00, or free with membership to the Woodstock Badminton Club. Paddles and balls are provided. You can try it for free on your first visit.

Membership information and fees are available at the Woodstock Badminton Club website: woodstockpickleball.ca
You might wonder what the connection could possibly be between marshmallows and pickleball. Well I’ll give you the connection as I see it.

This year marks the thirtieth anniversary of a study that was done by psychologist Walter Mischel at Stanford University. The study was known as “delayed gratification”. Young preschool children were given a marshmallow and were told to not eat it until the test person came back into the room. If they were able to not eat the marshmallow, they would then be given two marshmallows when the test person returned. The test subjects have been followed for 30 years, and there appears to be a significant difference in a person’s overall life based on their ability to delay gratification from early childhood onward. We all know how tough it is to wait. We want everything right away.

Here is the connection to pickleball. We often want to take the winning shot too soon. We get anxious and antsy. We want that extra rush that comes with the “kill shot”. We want endorphins added to our already rushing adrenaline. The adrenaline heightens our focus but also clouds our judgement. The bottom line is... wait until you get the perfect shot. Really good players play like they could spend the entire day just dinking that ball. In fact, some pickleball strategy requires keeping the ball in play long enough for your opponents to make errors. Now those are the easy points! Next time your opponent whacks the ball into the net, just give a little smile and say “marshmallow”.

Marshmallows and Pickleball

By Gerry Rostek
The fastest growing sport in North America
Le sport qui affiche la croissance la plus rapide en Amerique du Nord
http://pickleballcanada.org

Pickleball Tournament Results

Parkland Pickleheads
September Smash

Mixed 4.0+

Gold: Debbie Henwood & Butch March
Silver: Mike Cooper & Leslie Srogen
Bronze: Marg Ouimet & Chris Kay

Mens 3.5

Gold: Alvin Bourke & Troy Clochetti
Silver: Greg Srogen & Don Hunter
Bronze: Warren Bidlock & Doug Thomson

Mens 3.0

Gold: Bill Bossman Sr. & Joey Mitchell
Silver: Terry Smith & Dinesh Dwivedi
Bronze: Scott Paterson & Bob Frank

2015 PCO Tournament Points
September Smash, SpruceGrove, AB

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greg Karpo 100</td>
<td>Mike Cooper 200</td>
</tr>
<tr>
<td>Bill Bossman Sr 400</td>
<td>Cindy Burton 400</td>
</tr>
<tr>
<td>Terry Smith 200</td>
<td>Lynette Place 400</td>
</tr>
<tr>
<td>Dinesh Dwivedi 200</td>
<td>Cathy Fuller 400</td>
</tr>
<tr>
<td>Bob Frank 100</td>
<td>Helen Thomson 200</td>
</tr>
<tr>
<td>Alvin Bourke 400</td>
<td>Cheryl Karpo 500</td>
</tr>
<tr>
<td>Don Hunter 200</td>
<td>Ilsa Wong 200</td>
</tr>
<tr>
<td>Greg Srogen 200</td>
<td>Ric Klassen 200</td>
</tr>
<tr>
<td>Doug Thomson 100</td>
<td>Jan Ardis 400</td>
</tr>
<tr>
<td>Warren Bidlock 100</td>
<td>Leslie Srogen 200</td>
</tr>
<tr>
<td>Chris Kay 500</td>
<td>Del Morris 400</td>
</tr>
<tr>
<td>Ric Klassen 200</td>
<td>Della Bass 400</td>
</tr>
<tr>
<td>Mike Place 100</td>
<td>Phil Menard 200</td>
</tr>
<tr>
<td>Del Morris 400</td>
<td>Janice Menard 200</td>
</tr>
</tbody>
</table>

Upcoming Tournaments

Hamilton & District 2015 Pickleball Championships
OCT 16, 17 - 18, 2015
16th 3.0 Men’s & Ladies Doubles 6pm-10pm
17th 3.5 & 4.0+ Doubles & 18th Mixed 8am-8pm

ANCASTER ROTARY CENTRE
385 Jerseyville Road West,
Ancaster, Ontario
info@pickleballhamilton.com

Vernon/Kelowna Indoor Fundraiser Tournament
October 24, 2015
Mens, Womens, Mixed Doubles 3.5, 4.0, 4.5+

Priest Valley Gym (Vernon Rec Centre)
Membership Information

Please re-new or join PICKLEBALL CANADA. Membership application form is available on the website at http://pickleballcanada.org

One year $12.00
Three years $32.00
Five years $50.00

Club Group Rates available (20 members minimum)
contact:
president@pickleballcanada.org

Membership and Renewal
Please print and submit online completed forms and payment to:

PICKLEBALL CANADA
10823 – 82 AVENUE, EDMONTON, ALBERTA, T6E 2B2

Your Board Of Directors

Marg Ouimet, President (Interim)
president@pickleballcanada.org

Vice President (TBA)
TBA

Colin Caldwell, Secretary (Interim)
cbcaldwell@shaw.ca

Val Vollmin, Treasurer (Interim)
gvollmin@pentnet.net

Merrie Lee, Membership
ardmer@hotmail.com

Patsy Simon, Rules Chair
psimon@staff.ednet.ns.ca

Ambassador Committee
Chair (TBA)
TBA

Directors at Large
Bill Furse
Ray Timbers
Claude Gauthier
Garth Matthews
Carol Marten-Clappison
Alan Thompson
James Scorgie
Ellen Dale
Cheri Burgess
Don Lacroix

Matthew Giancola, Editor & Marketing
matthewgiancola.info@gmail.com

Jim Dixon, Webmaster
sysop@pickleballcanada.org

Rules Corner

Question:
I am a new player to pickleball and before I purchase my paddle, I was wondering: does the paddle have to be a certain size?

Answer:
Rule E.3.1

The combined length and width, including any edge guard and butt cap, shall not exceed 24 inches (60.96 cm).
The most common paddle measurement is approximately 8 inches (20.32 cm) wide by 15¾ inches (40 cm) long. There is no restriction on paddle thickness.