Are you playing on the correct size courts? Are the lines correctly placed? Is the net set at the correct height? Not so important if you are just playing friendly games and not concerned about the finer points BUT if you plan to play in tournaments outside of your immediate area or in the U.S. you need to do it the right way.

Yes, we have someone who know precisely what needs to be done. Donna Robins is that person. She knows the correct dimensions, knows which lines are active, which are in the non-volley zone. Height of nets and even the proper serve. It’s not just about hitting or returning the ball, it’s about making the right move and following the rules. This will become very important when you enter tournament play. We really don’t have a lot of rules but getting them right from day one will make your game more enjoyable at all levels of play and more importantly wherever you play in Canada, U.S.A. or in so many other countries that are now embracing this exciting game.

Donna lives in Ontario but she can be reach by email: morg28@msn.com you’ll get a quick response from her unless she is traveling. Donna loves pickleball, she is an excellent player, loves a challenge, sorry guys, she is happily married to her husband Morgan. We are very fortunate to have her on our team.

Morgan and Donna got hooked on the game the first time they tried it. They have met so many interesting people, are invited to their homes and they try to visit them all over the country when they can, they will be in BC later this month. They are Snowbirds that hibernate to Arizona every winter.

DONNA ROBINS - CHAIR RULES COMMITTEE

CALLING ALL AMBASSADORS by Ed Burke

We need your feedback! What’s happening in your neck of the woods? Places to play, tournaments planned, awards and winners. All very important stuff to be shared with your fellow pickleballers. YOU are our eyes, ears and voice to ALL PLAYERS. It only takes a few minutes to let us know what’s happening in your special part of Canada.

Photo’s are wonderful and speak volumes. I can not guarantee to use everything that you send me but make it interesting - exciting and you’ll be heard or your event will be made known to our many members & non-members.

WE NEED MORE EMAIL ADDRESSES- NOT just of members but from everyone. Share this newsletter and help us grow. Our sport is in it infancy - we want small town Canada to tell us what is happening in your neighbourhood. It’s about the Joy of the game.
Here we are in September, and facing many changes. The kids are back in school, the days are getting shorter, and the nights are cooler. Outdoor pickleballing will be moving inside before we know it. Snowbirds, like myself, will be setting things aside for the trip south in a few weeks.

It has been an interesting time this past month. Advances have been made in some areas, but, as you probably already know, we have not been successful to date in getting our website together as we want it. Our webmaster, Jim Dixon, is working very hard to accomplish this. Jim works hard for Pickleball Canada, and all his time is donated. We certainly appreciate his efforts.

We have not as yet been able to register our name. The feds appear to dislike our use of the word, “Canada.” Hopefully, I will be able to report to you next month that this problem has been settled.

During the past month, I have had the opportunity to meet with Gail Stakiw and Larry Evans in Regina. Larry is one of our Board of Directors, and Gail is one of the driving forces in Regina. Also, while visiting my son and his family in British Columbia, I had the pleasure of meeting many pickleballers in Kelowna and Peachland. While I spend considerable time e-mailing Board Members, Ambassadors, those working behind the scenes and players across Canada, I enjoy personally meeting as many as I can. I was very warmly welcomed by those I met in B.C., and I thank them for their hospitality.

HOT OFF THE PRESS
The Canada Pickleball Championships will be held in Calgary, AB from July 14th to 17th, 2011. Register on-line for all amenities: http://pickleballcalgary.com/tournaments

Cornwall Community Event - Aug. 18th
The department of Planning, Parks & Recreation hosted Pickle Sports Day in Cornwall, highlighting the sport of Pickleball. Seniors, including members of Ontario Senior Games organized the event for all residents from youth, adults to seniors. A full day of sports and fun for all. Well done!!
SURREY - PICKLEBALL CAPITAL OF B.C.

Surrey B.C. has one of the largest group of Pickleball Players in Canada. We have heard rumours of up to 1,000 members and growing. They have even introduced it into many schools in the area. This tournament however is only for 50 Plus players. Doors open at 7:00 a.m. October 2nd - Games start 8:00 a.m. - Day ends 8:00 p.m. Limit 80 players - all welcome.

You can still register for their Annual Pickleball Tournament by September 15th so do not delay. This is a very exciting event. Lots of fun, action and prizes/awards. A good place to check out how your are doing and be challenge in your game.

For further information contact: 604-592-6970 or www.recreation.surrey.ca

STRETCHING

Still doing the same stretches you learned in school and childhood sports? Recent research has found that static stretching before you exercise can actually be dangerous. Understand the proper time to perform static stretches and how to incorporate dynamic stretches into your workout.

The email address is too long to put here. Do yourself a favor and Google “Dangerous Stretching” you’ll find a very interesting video to learn from.

Oops!

I missed a new graduate at the Edmonton Instructors & Referees Clinic last month. Her name is JEAN HUI, sorry Jean.

I am challenging Wayne Roswell’s interpretation of an illegal serve: re August newsletter. He states that “if the arm is moving in a true upward arc there is no way you can put a spin on the ball.”

Well, this would be true if the paddle face is exactly 90 degrees, or at a right angle, in relation to the arc of the swing when the paddle makes contact with the ball. However, this exact 90 degree angle is impossible to achieve (there will always be some angle, even if its 89.9 degrees) so every serve will have some spin. Yes, the spin off that 89.9 degree angle will not be humanly detected, but it’s there. So the amount of spin will be determined by the angle that the paddle hits the ball. To illustrate this, use your regular legal serve but twist the paddle in your hand, let’s say 20 degrees clockwise. To the left of your intended target. Legal? Absolutely? Sneaky? Absolutely? Sorry Wayne but I have to disagree with you.
COMING TOURNAMENTS IN SEPTEMBER & IN 2011

BC SENIOR GAMES - COURTENAY AND CAMBELL RIVER, B.C.  Sept. 15th to 18th - COME OUT & SUPPORT IT.

SNOWBIRDS - MARK YOUR CALENDARS NOW - BIG TOURNAMENT KELOWNA - MAY 15TH, 2011 - 55+

CANADIAN PICKLEBALL CHAMPIONSHIP - JULY 14TH TO 17TH 2011 - CALGARY - BOOK IT NOW!

Marcel Lemieux reported that the Quebec Pickleball Games, held August 1st were a huge success with 65 people attending from all over the province. The French CBC Radio or Radio-Canada were on hand giving him a 1 minute and 40 second clip on late sports news. Also a local newspaper that provided almost a full page promoting this new sport. The links are in French but well worth watching. Congratulation Marcel.
http://www.radio-canada.ca/medianet/2010/CFBT/Telejournal201008242200_1_1.asx
http://www.leveil.com/sports/2010-09-03/article-s722779/Marcel-Lemieux-veut-populariser-la-pratique-du-pickleball-au-Quebec/1

WHEN TO DRINK MORE WATER!

I knew water was important but I never knew about the special times to drink it. Did you??

Drinking water at the correct time maximizes its effectiveness on the Human body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

Wine, beer & alcohol are not the same, they take time to process.

Your Board of directors

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Marcel Lemieux, VP - email: marcel_lemieux@hotmail.com
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Garth Merkley, Secretary - email: gmerkley@shaw.ca
Donna Robins, Chair-Rules Comm. - email: morg28@msn.com

KELOWNA FUN TOURNAMENT WINNERS

JIM SAUNDERS

ED BURKE