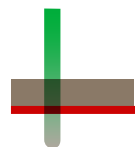


APRIL 2018



>Welcome to our April edition.

Fun fact: Canada's lowest recorded temperature was -81.4 degrees Fahrenheit (-63 Celsius) in 1947. It's no wonder we are truly grateful when Spring is on the horizon and we can get back outdoors and play! We look forward to hearing about your clubs, events and more!



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Thomson | **president**

At our February Board meeting, we set out a hefty list of Strategic Priorities for Completion before our July, 2018 AGM. These were (in no particular order):

- ❖ Complete the Business Plan and Budget in support of our Strategic Plan
- ❖ Implement the Marketing Plan coming out of the Business Plan with a focus on additional sources of funding
- ❖ Implement Board succession plan—recruitment / nominations
- ❖ Furtherance of Coaching Initiatives and Plan, dependent on funding available
- ❖ Finalize a Tournament RFP for future use
- ❖ Affiliation with additional provinces
- ❖ Insurance renewal—changes / enhancements
- ❖ Nurture the IFP and USAPA relationships
- ❖ Finalize and publish a comprehensive package of policies
- ❖ Commence a major fundraising campaign
- ❖ Deal with Ratings and Referee Certification issues

A photograph of a man in a dark blue shirt and cap playing pickleball on an outdoor court. He is holding a paddle and a yellow ball.

Get your stories to us at news@pickleballcanada.org and you could be featured in the upcoming newsletter. We would like to thank all the previous contributors for their great stories and photos. Spread the love of pickleball !

- ❖ Investigate and, if advisable, obtain status as a Canadian Amateur Athletic Association
- ❖ Bylaw review and updating as needed

Significant progress has been made through March on all fronts. The details will be shared with you as they are finalized.

The Tournaments area, under the auspices of Chuck MacDonald, has seen tremendous growth with a total of 14 applications for Sanctioned Tournaments being received by the end of February and many more anticipated. The value of sanctioning for players and tournament directors has been set out very well on our website at https://www.pickleballcanada.org/tournament_overview.php We

and Nikki Franke for their tremendous past service in this area. A very interesting change in the tournament landscape has been the acquisition of Pickleballtournaments.com by Pickleball Central. We're anticipating some exciting changes in the tournament software provided.

We hope you enjoyed receiving your e-version of Pickleball Magazine. This is a new initiative undertaken by our Communications and Marketing group headed by Kelli McRobert with the tremendous assistance of Joanne Ferster. We now get two full pages of coverage for Canadian activities in this widely circulated publication. Kudos to Kelli and her team for this and their many other initiatives in this area.

That's it for now. Let's play pickleball!!



welcome Ross Perkin to the team as he has stepped up to head the Ratings Committee. A big THANK-YOU to Les

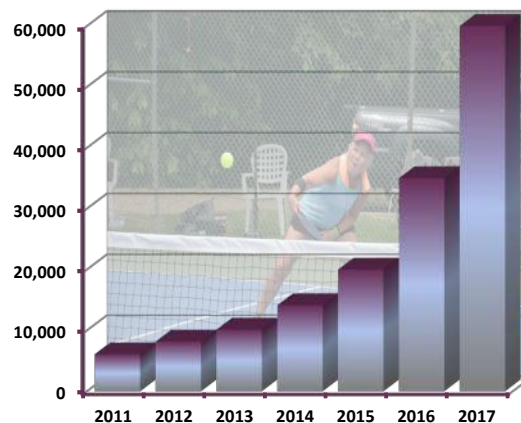


As we all know, Pickleball has an addictive quality. A majority of players play at least 3 times a week and many have bought homes that center around a pickleball community. In fact many players are down south now enjoying pickleball in the sunshine instead of scraping ice off the windshield at -32!

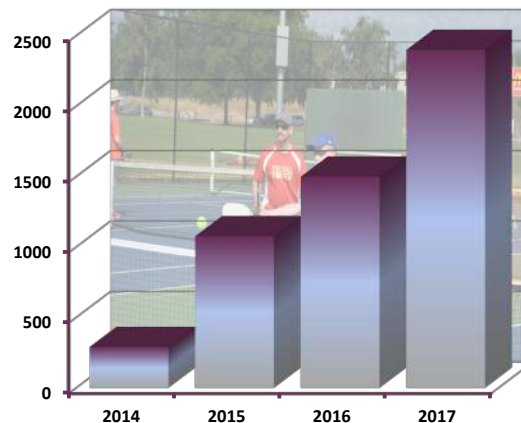
The number of players across Canada has grown from 6,000 to 60,000 in the past 6 years and the number of courts increased approx. 10 times. Our membership numbers have subsequently increased from 247 in 2009 to 10,375 and growing at the present. British Columbia, Alberta and Quebec are the leaders in member sign up at the moment. And we hope to reach 15,000 by year end.

Many of our cities are promoting the sport and engaging in fundraising to build new facilities to support this craze. Just this year the city of Red Deer has approved a budget of \$1,000,000 to fund 20 new outdoor pickleball courts which is in addition to their existing 9 courts with a player base of 160 players. St. Albert, which has 8 outdoor courts has recently approved 12 additional outdoor

number of players



number of courts



courts at a cost of approximately \$275,000.

The USAPA has noticed a dramatic spike in Pickleball worldwide and the numbers continue to increase. In 2016, they introduced a Junior's Division and schools are coming on board with programs to get youths off the couch and active in a fun, safe and social environment.

Stay tuned for more exciting news on future courts coming to a Province near you!

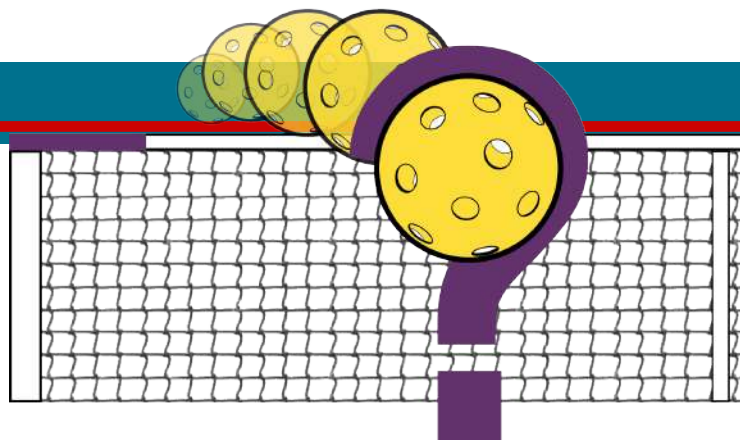


Did you know?

- ❖ The Pickleball Canada yearly membership from an affiliated club or an affiliated provincial/territorial is currently at \$5.00 per member . Did you know that:
 - \$1.27 of each membership covers insurance
 - \$1.21 of each membership goes to technology/website
 - \$0.10 of each membership goes to the International Federation of Pickleball ("IFP")

This leaves a balance of \$2.42 from each member to fund our programs for coaching/instructor, youth development, para-pickleball, long term athlete development and administrative costs such as legal and office expenses. To put this in perspective, this would almost get you two small cups of coffee at Tim Horton's or one hole of golf at a cheap golf course.

- ❖ Our membership as of March 2, 2018 is 10,375. The USAPA membership is 22,120 with a population 10x that of Canada.
- ❖ Our membership goal for year ending Dec 31, 2018 is 15,000. Based on an extrapolation of current USAPA figures to the Canadian numbers, we estimate the number of core players [playing more than 8 times per year] to be 60,000 and for casual players [plays 1-7 times per year] 100,000
- ❖ The Request for Proposal to host a Pickleball Canada Regional, Open and/or tournament will be published mid April 2018
- ❖ Our multi year business plan will be



presented for approval at the July Annual General Meeting. Please continue to check the web site for details coming in May 2018.

- ❖ Pickleball Canada policies are in draft form and will be presented to the Board of Directors in April 2018 for approval. These policies follow the guidelines set out by Sports Canada.
- ❖ Pickleball Canada has a volunteer staff of 24 including the Board covering all aspects of the sport of pickleball in Canada.
- ❖ All active members as of March 1, 2018, received a login and password welcome email. To view the membership FAQ's, please click here https://www.pickleballcanada.org/membership_frequently_asked_qu.php
- ❖ Pickleball Canada, with the advice of legal experts in the field, has developed a "Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement ("the Waiver") to provide members, clubs and affiliates with a consistent comprehensive document for your protection. This will be part of the membership process and will be accessed on our website. To fully understand the need, use and requirement for this please refer to our FAQ's at https://www.pickleballcanada.org/insurance_faq.php

Member focus

Jordan Renwick

Jordan Renwick is a very competitive 5.0 player and was successful at winning Bronze for Canada in 2015.

After a few years off, he started training again in 2017 and committing to the sport and development of Pickleball as his future passion.

He was one of the top Canadian 5.0 Men's singles who competed in the US Nationals at Casa Grande in Nov. 2017.

He did very well against many top men under 50 in the 5.0 singles in his first



US competition and was noticed by many.

He will be continuing his competitions this year at the Canadian Nationals and attending more competitions with the Professional Players Circuit throughout 2018.

He will be 20 years old this year and he is in his 2nd year of Business at the Okanagan College in Kelowna BC.



*M*onday Morning 3.0

It's Monday morning and I slowly roll over and shut off the alarm clock. I am physically and mentally drained. My weekend had consisted of 2 days of pickleball play at the Racquet Science Limestone Classic Pickleball Tournament in Kingston, Ontario. Sixteen hours of high energy and the lull of the balls clicking against paddles that resonated amongst the 12 rotating courts. It was invigorating, it was intimidating, it was pickleball at it's best.

As a first-time participant, I must admit, my Friday night was one of fitful tossing and turning as I anticipated the next morning's events. I had packed, planned and then repeated this sequence numerous times, in the hopes of not forgetting that one important item or missing something I 'may' need during the day. The next morning, I was up bright and early and headed off without breakfast as my stomach was knotted with pure anticipation.

Upon arrival to the large Kingston Military Community Sports Complex, I headed over to registration, checked



Jessica & Matthew Kawamoto



in and then scanned the crowd where I began to see some familiar faces. It was clear that smaller groups had begun setting up 'camps' amongst the bleachers with coolers, chairs and a familiarity that was somehow calming and communal. I enjoyed watching the animated discussions and seeing some young players, who excel in this sport, like the Kawamoto's (triplets), and Ernesto (an 18-yr old from Quebec) that I had only heard about within our pickleball community.

I must admit, the whole tournament circuit is a bit overwhelming and you must adapt to the constant interruptions, random balls, crowds, announcements and general frenetic energy as you enter your game and try to focus on strategic play. In between matches, I would distract myself with the higher-level games to calm my nerves and try to glean tips and tricks through visual osmosis. It was a thing of beauty to see these players as they attacked a shot with cat-like reflexes or modified a return with a skilled unexpected soft drop; very impressive and awe inspiring. Twice I took advantage of the on-site massage table and loosened tense muscles and more often than not, I could be found

for the bronze medal in Women's 3.0 and that we would play 'best 2 out of 3' to 15 points. I was thrilled and terrified at the same time. I managed to find a renewed energy; the games were fantastic with us heading into a third match where we managed to maintain momentum and succeed in winning the bronze medal. It was a moment I will never forget. My first medal, and many lessons learned on strategy, pace, aim, team-work, sportsmanship, and taking the time to breathe.

Thanks to all the volunteers and committee members that made this event memorable. 50% of the proceeds for this event went to "Support Our Troops" with the purpose of sending local military children to Camp Maple Leaf. I look forward to the next tournament in June and have set my sights on a silver!

Kelli McRobert
**Communications/
Marketing Chair, PC**



snacking on fruit and crunchy bars to boost my energy levels between bouts of nervous grumblings.

As day one was coming to an end, we had heard that we would be playing

Back in the Game

This past November some terrifying things started to happen to me. My usual active, healthy, 72-year-old self, had to suddenly wear a patch over one eye to prevent double vision, use a walker and a neck brace for weak muscles and wear a bike helmet in case I fell. I couldn't hang-up my bathrobe on a hook or sign my name. I had difficulty chewing and had to wear a bib as water or milk spewed from my mouth because my lip muscles were limp. A fall outdoors sent me by ambulance to the hospital. Following a two-week period of many blood tests, a head MRI, a CT scan, a Chest x-ray and a nerve test, I was

diagnosed with Myasthenia Gravis (MG), a rare nerve immune disorder characterized by muscle weakness. MG can strike anyone at any age. Its cause is unknown; there is no cure. It is however treatable.

I come from a Midland Ontario and was very impressed by the quick diagnosis (a Neurologist is required) and the turnaround of the symptoms. Mestinon, the drug of choice for MG, allowed me to regain, almost overnight, 80% of my muscle strength; it corrected my double vision and eating problems.

The next level of treatment for me has been IVIG. IVIG is a concentration



of a human antibodies pooled from thousands of blood donors. Following five consecutive days of IVIG infusions, where approximately 70% of patients see an improvement within the first ten days, I got most of my muscle strength back after the second day of the week's treatment. As they say, the proof is in the pudding: I was able to carry two 18 liters of water in from the car and lifted one onto the water cooler. Quite the change from the fall I took prior to diagnosis when trying to lift a liter of milk from the fridge.

I learned from a presentation by a Dr. Nicolle, a neurologist who specializes in MG, that IVIG infusions are like having an army of good antibodies working for you. I don't know how they know this, but how they work is threefold:

- ❖ They swarm the bad antibodies and dilute them;
- ❖ They suppress the production of the bad antibodies and
- ❖ They bind to the bad antibodies and take them out of action.

Hope these good antibodies continue to conquer my Myasthenia Gravis. If they continue to work for four weeks or more, I likely will need to get a couple of infusions a month for life... These treatments sure beat the alternatives!

I am doing daily exercises to improve my coordination. Recently, I walked with ease, albeit with walking poles,



on the track for one km and cycled more than two KMs on the recumbent bike. I completed one minute of plank exercise whereas a few weeks ago I could only do 15 seconds. My walking is improving.

My GP and Neurologist, say I should be able to play pickleball in the near future. This low impact sport is my goal: to get back in the game. My expectation for a new normal is to be the 'same old, same old' but perhaps at a slower pace. For information on pickleball visit www.midlandareapickleballclub.ca

Getting well is as much about who you surround yourself with, your attitude and your exercise as it is about your medication. I got my life back. I am back in the game. I am playing pickleball several times a week. Having said this, sure hope my army of IVIG infused good antibodies continue to bode well against my Myasthenia Gravis. I have my full muscle strength back and my stamina has improved.

Disclaimer: The above story is based on my personal experience and is not to be taken as approved by the medical profession.

Garry Morehouse

Persistence Pays ...

As the sport of Pickleball continues to grow so does the enthusiasm to build safe and accessible courts. Recently, PC received a note from an Ontario Ambassador who is tackling this head-on in Sarnia and Lambton County; here is an edited version of his story.

It all started with a Learn to Play Pickleball program in late 2016 for our local community centre. These clinics have been very successful and fill up quickly.



As for local growth, we have put in numerous hours trying to sell the game to the city of Sarnia and then Lambton College. We met several times with the parks and recreation managers explaining the current city growth of pickleball and the need for outdoor courts to keep our seniors active. Active seniors are productive seniors. We were fortunate that



they had an initiative for resurfacing tennis courts around the city each year. For this year they decided to direct the funding to resurface two old tennis courts and turn them into 6 new pickleball courts. Contractors have now been selected for a spring start. A Trillium Grant provided us with a much-needed sun shelter to be located on the south side of the courts. The shelter will provide a central gathering place and refuge from the summer sun. The shelter is a critical component for us to facilitate fundraising events and tournaments.

Lambton College is now on board and pickleball lines are being added to the new gym. Final details around times of play, parking, insurance and a monthly pickleball membership cost will be finalized over the next few months.

Through persistence and passion, our hard work has finally paid off and pickleball is building momentum here in the Sarnia Bluewater area.

Wayne Spitzig
PAO Ambassador

Canadians in San Carlos, Mexico

144 players, including many Canadians, headed down to San Carlos, Mexico to participate in the Sombrero Showdown and Amigos Cup pickleball tournament this winter with winning results.

San Carlos is a beachfront community in the port city of Guaymas in northern Sonora. It is renowned for having beautiful warm ocean water that is crystal clear and is situated adjacent to the many shallow bays in the Gulf of California. With nearly 7000 residents it is host to many RV and resort residents and offers warm days and cooler nights –perfect for getting outdoors!

The Sombrero Showdown and Amigos Cup are two international

competitions combined into a single four-day event for a reasonable price of only \$45.00USD. The Sombrero Showdown is an under 60 & over 60 (SSIPA) International Tournament and the Amigos Cup is a fun team round robin for all Sombrero Showdown participants. For more information check out: <http://www.whatsupsancarlos.com/sombrero-showdown-amigos-cup-pickleball-tournament/>

As with any destination tournament there is lots to do and explore when you are not on the pickleball courts and San Carlos does not disappoint with the opportunity to try the following activities locally: boating, kayaking, ATV, horseback riding, snorkeling, diving, kiteboarding, fly boarding, golf, jet ski, and of course walks on the beach.

Among the Canadian medalists, our President (Pickleball Canada), Doug Thomson, headed down with his wife Helen, and came home with a silver medal for the mixed doubles category. His feedback was nothing but positive for this great location and he would encourage others to attend if they get the opportunity.

Congratulations from PCO on your silver win and we look forward to hearing about your next destination adventure!

Kelli McRobert
Communications/
Marketing Chair, PC



Pickleing in the Phillipines

This winter, a few youths were able to take advantage of some private lessons in Pickleball as one of our readers, Mila Bagundol, from Kamloops BC, headed there to visit with family. The eager participants lived in the city of Davao on Mindanao, the second largest island in the Philippines, with approximately 1,632,991¹ residents.

The average year-round temperature is 26.6 °C (79.9 °F) with the warmest days, in the month of May at 28.3 °C (82.9 °F).

The players varied in age from 12-14 years old and quickly mastered the skill of serving, returning the ball and score keeping. The impromptu lesson took place on some local tennis courts and provided an excellent practice surface, with a little TLC they could be modified to accommodate full-time pickleball courts.

Mila hopes to return to the Philippines and introduce the sport to the University students and increase awareness through the academic system.



Pickleball Canada wishes you much success! (Binabati mo ang tagumpay)

¹Davao[KM1]

Ref. Mindanao[KM2]

Kelli McRobert

**Communications/
Marketing Chair, PC**



Canada Pickleball Tournaments

Pickleball Kelowna is pleased to announce that Pickleball Canada has awarded the 2018 Canadian National Pickleball Tournament to Kelowna, BC.

The tournament will take place on July 6-8, 2018 on 28 courts at the Parkinson Recreational Centre!

The tournament features play in women's & men's singles, women's, men's & mixed doubles from 3.0 to 5.0.

Over 400 athletes will travel from across Canada, the United States, and Mexico to compete in this prestigious family-friendly tournament.

Come out and support your fellow picklers at this beautiful location in Western Canada.

For more information contact Wayne Pierce at info@pickleballkelowna.com

"Just say Yes"

Do you love Pickleball? Want to help promote, grow and develop the sport across Canada? Like being part of a high performing team? We've got opportunities for you!

The Board is looking for individuals who are willing to contribute as committee members in a number of skill areas. Opportunities include:

- ❖ Human Resources
- ❖ Marketing/Communication
- ❖ Membership Services
- ❖ Translation Services (French-English)
- ❖ Policy
- ❖ Sponsorship
- ❖ Social Media
- ❖ Player Support
- ❖ Strategic Planning

If you have a passion for Pickleball, an interest in supporting our sport, and a talent to share contact us at:

humanresources@pickleballcanada.org

Richard Chambers, Vice President,
Operations

