

DINKING MATTERS



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Residents message

It's been a LONG winter for most of our Members. Hang in there, we'll hopefully soon be playing outdoors in sunshine and warmth!!

MANY wheels in motion and balls in the air to update you on, including:



- ❖ New logo -- fresh, modern, flowing. Thanks Joanne, Kelli and Julie.
- ❖ Refereeing – four-module program being finalized. Module 1 (Scorekeeper) is available and being presented. Module 2 (Referee in Training) to be available soon. Modules 3 (Referee) and 4 (Certification) are experience and competency based.
- ❖ Ratings – a very hot topic with the introduction of the UTPR for tournament players. Working with software developer to obtain a CTPR (Canadian Tournament Player Rating) system that is cost effective and useful. We're in discussions with pickleballratings.com as a possible platform for clubs to provide ratings for non-tournament players in addition to the other methods available.
- ❖ Funding – 22 of the 28 criteria to achieve eligibility for Sports Canada funding will hopefully be completed by March 31. Remaining 6 are related to the Player Development and Coaching area where significant progress has been achieved. Acceptance of our application to become a Canadian Amateur Athletic Association is pending.



- ❖ Governance and membership task force -- preliminary report has been presented to Board to streamline and make the governance and membership structure more efficient and responsive.
- ❖ Tournaments – indications are that there will be significant growth in this area. Pain point with respect to PCO membership numbers being addressed. Clearer information and education required.
- ❖ External relationships – increasing recognition of Canada as an important player on the North American and International stages. Carolyn Stevens from PCO appointed Vice-President of the IFP. Other entities are forming to compete with / challenge / enhance the status quo. Reflective of growth and the growing presence of the sport.
- ❖ AGM – this year, scheduled for May 15. Stay tuned for more info.

Now, let's get through winter (albeit I'm writing this as I look at the Sea of Cortez from our balcony in San Carlos Mexico!) and let's PLAY PICKLEBALL.

Doug Thomson | president

New, improved brand for Pickleball Canada

We have started out 2019 with a new refreshed look for Pickleball Canada. This new brand reflects the clean flow and movement of the game and the interplay required between 2 players to have a successful game. The colors are representative of Canada and a softer transition companion to the red.

This new brand will be slowly incorporated into our marketing materials and if you require a file for your use for marketing please send an email to Marcel at mlgassociates@shaw.ca who will determine if the logo files should be forwarded.





embers corner

Members in good standing can login and view or edit their information/ including adding a self/club skill rating? Member Login access is on every page of our web site. It's much faster for you to edit your own information than to send an email for a volunteer to do it.

Self /Club rating on your profile is up to the individual player to assign.

Under the Membership Label in the Home page, anyone can LookUp members by searching : keyword, name, city, province or within a certain distance of your postal code. You can also add rating ranges on those members who have filled in that field on their profiles

On the results page, you can use the Contact Form to send an email to the recipient or by clicking on their name see their regional designation.

When you do access your online membership profile there are several functions that we will be adding to over the next few months. Right now you can click on Resources, Volunteer Role Openings and see where you can make a contribution.

If you belong to one club and you wish to join another, you do not need to pay the Pickleball Canada membership fee a second time. Just give the new club your expiry and member number. If you don't have that information, try logging in to our membership database.

Membership renewals are asked to accept this waiver, [https://www.pickleballcanada.org/docs/2018_01_30_Waiver_of_Liability_Agreement_\(Draft_4_-_January_8_2018\)_clean_copy_\(1\).pdf](https://www.pickleballcanada.org/docs/2018_01_30_Waiver_of_Liability_Agreement_(Draft_4_-_January_8_2018)_clean_copy_(1).pdf) to be accepted by all active Pickleball Canada members.





Letter to the editor

Dear Pickleball Canada,

Hello, thanks for taking the time to publish the article about the Canada/US games held last year in Wellesley Island, USA. I just wanted to send along a few photos of our reciprocal event held here in the beautiful township of Leeds and the Thousand Islands. Our event was called the 'Can-Am Dink & Dine' and occurred in September 2018. We had approximately 60 participants who got to play on our six beautiful outdoor courts. The event consisted of mixed open play, followed up by our first ever 'Battle of the Paddle' where 3 teams from each side of the border (Canada & USA) played friendly matches to win the bragging rights and coveted Canada Cup. The US team (FBI -Formidable, Bold and Intimidating) prevailed over the Canadian team (RCMP -Ruthless Canadian Master Picklers) and the stage has now been set for a rematch this year, 2019, to bring the cup back to Canada! After the event, we headed over to our local eatery 'Rapid Valley' and presented the awards, medals and Canada Cup while enjoying an excellent meal.

We look forward to continuing this tradition with our American friends for many pickleball seasons to come!

Check out our Facebook page for more details.

Thanks again,

Nancy Singleton

TLTI Lansdowne Pickleball Club





Dear Pickleball Canada,

I just wanted to share some exciting news with you.....our new mayor Harvie is committed to expanding the current recreation program and this is what was quoted in a recent news article:

"In terms of enhanced recreation services, Harvie said the council will structure a four-year financial plan that will invest more in Delta's sports and recreation facilities, including turf fields, running tracks and other outdoor activities that encourage fitness and social health.



In what he called a "refreshed" parks recreation and culture commission, Harvie wants to see expanded and enhanced pickleball facilities to provide 28 dedicated courts at 11 parks in the next four years, establishing a Delta families first policy to

give Delta residents better access to facilities and establishing off-leash dog parks that are fenced and lighted in both North Delta and South Delta."

For more information, you can check out the full store at the following link:

<https://www.delta-optimist.com/news/new-mayor-harvie-vows-to-invest-in-delta-s-recreation-facilities-1.23489109>

Thanks PCO

Peter Darvill

Dear Pickleball Canada,

Hello...reaching out to let you know that we had a successful event back in October 2018 in Windsor, Quebec.

We offered an introduction to Pickleball to the community at the J.A. Lemay Sports Centre and it was hosted by Robert Richard who demonstrated the basics of the game and a few additional techniques.

The event was held to determine the level of interest in pickleball within the community and to determine if a time slot would be offered at the centre. Overall, it was a success and we have plans to add it to our upcoming schedule.

The sport continues to grow here in Quebec!

For more information, visit the Quebec Pickleball Federation website (pickleballquebec.com)

See you on the courts,

Danika St-Pierre
Recreation Coordinator





Dear Pickleball Canada,

Pickleball Canada did you know that Pickleball is now big in Victoria, BC?.....I headed to the local Community Recreation Centre where there were 48 other players on eight courts. It was open to all ages and had the luxury of no badminton or basketball lines on the courts. It is a very similar set up to the Tay Public School.

Drop-in sessions were from 1 to 4 pm, and partners could play from 8 -10 am.....it is open Tues, Wed and Thursday with a fee of \$5.75, and no membership requirements.

I have attached a photo of their creative paddle holders and the blue flag indicated which is up next. A great idea. They call 'pickle' when the ball goes out...such fun. That's my review from the west coast of one place to play, from a visitors perspective.

See you on the courts!

Garry M.

Dear Pickleball Canada,

In my retirement, I am spending time in Malta, where I grew up. I am excited to say that we now have our very first Pickleball Court. So far it is a dedicated court, but I am trying to encourage sharing tennis courts, as the run back space is not perfect. However, it is a good start.

The young lady, who took the initiative in setting up the court (following a random meeting with some Pickleballers on holiday in Italy!) and is working hard to attract players to the game, would like to form and register the sport as a non profit association. Pickleball Malta or Malta Pickleball



Association. I am trying to help her do this as simply as possible.

I wonder whether you can direct me to the statute of BC Pickleball which sets up the Association, so that I might adapt it to Malta Pickleball without having to reinvent the wheel.

Any and all tips and advice are welcome. With thanks. Yours in pickleball.

Angela **Malkowski**



Coach Mo's Corner

This the first in what is going to be a quarterly contribution from Coach Mo.

In Pickleball the best offense is a good defense



THE BEST OFFENSE IS A GOOD DEFENSE AGAINST CERTAIN OPPONENTS

Size up your opponents before you play your match and decide if you and your partner are steadier than your opponents. (do they make more unforced errors) If you feel that you are steadier, then be patient and keep the ball in play with high percentage shots at their toes and down the middle of the court. Give your unsteady opponents a chance to lose. Do not over hit the ball using low percentage angle shots and try to over power your opponents. Wait patiently for a high percentage high put away shot and take advantage and put it away low to their backhand at 80 percent of your power. Use accurate and consistent shots. Give yourself more leeway for error.

If the other team is as steady as you and your partner, then you must be a little more aggressive. Use excellent shot selection and hit to high percentage places on the court. Work the point and be patient. Unforced errors will lose and evenly matched game.

How to defend against lobbing opponents in Pickleball

How to Defend Against Lobbing Opponents

- ❖ Pick a fast partner.
- ❖ If the wind is very fast. Try to keep it at your back because it will make their lobs sit in the air and help you hit an overhead shot.
- ❖ If both players are lobbing and you are losing a lot of points then when your opponent takes his eyes off of you to watch the ball; take two or three steps back and hit an overhead. If a ball should go over your head. Watch and see how your opponent strokes the ball so you can anticipate how the ball will bounce so you can catch up to it. If your opponent strokes the ball from low to high then you must run about three steps past where the ball bounces because it will jump away from you and cause an error.
- ❖ If only one opponent is lobbing then hit to the one that is not lobbing.
- ❖ If both opponents are lobbing good then check and see if they only lob from their forehand side. If they do then keep the ball to their backhand. If you see your opponent drops the face of their paddle and is pointing it towards the ground then it should warn you that he is about to lob. Make a book on your opponents and try to figure out where and when they like lob so can have a jump on the ball and not be surprised.



- ❖ When the ball is lobbed over your head use my best shot which is calling out “yours” to my partner to go back at an angle and return it. After I yell yours then I should slide over sideways and switch sides of the court.
- ❖ If the ball is lobbed. The first player to say “mine” should take it or someone may get hurt.

Offensive Move for Advanced Pickleball Players



Placing your shot at your opponent’s right clavicle if the player is right handed. The opposite for left handed players. It is a very awkward and difficult area to hit the ball from. (It is a chicken wing position).

It takes a lot of practice, accuracy and ability to make this shot and be accurate and consistent.

The shot is made when YOU are up at the NVZ line dinking with your opponent.

When, where and how to hit the ball.

- ❖ If your OPPONENT is at the NVZ line the best place to hit the ball is when it bounces about half way between the net and the NVZ line because your opponent has very little time to react to your shot especially if it is well disguised.
- ❖ Your target is a soft topspin shot to your opponents right clavicle. If your opponent should jump aside and let the ball go by him it should land about one or two feet from the baseline.
- ❖ If you see that you have hit a well placed shot and your opponent decides to hit your shot back. You should anticipate a weak shot and be ready EARLY to put it away.
- ❖ Chances are good they will miss the shot but you must expect it to be returned.

Keys to the point:

- ❖ Practice.



- ❖ Disguise your shot.
- ❖ Aim for clavicle.
- ❖ Give yourself enough LEEWAY for error on the distance from the baseline. The distance depends on your playing ability.
- ❖ Hit a low to high soft topspin shot. Do not over hit the ball it is not necessary.
- ❖ If you see your opponent's paddle down low go for this shot.

How to defend against this type of strategy:

If you know your opponent has this shot then keep your paddle up high to be ready for the clavicle shot and try to block it back low.





Skills and drills list | practice & have fun

No Volley Game

Played like a regular game of Pickleball except that you may not hit a volley. I've only seen this game played in singles which involved too much running for me to try. However, it was obviously great ground stroke practice for those that I've seen do it. It should work for doubles also but would involve less running.

Two Player Game – Singles Variation

Played the same as a normal game of singles except both players can only hit inside the half of the court their opponent was standing in when the serve was made! This is an excellent game for practicing doubles skills when you either have two players that can't run well, or you want to practice for doubles but only have two players.

Three Player Game – variation #1

In this three-player game, each player will take turns serving and trying to win points against the other two players. However, each server will get two service turns instead of one and will serve from the right side when they have an even number of points and from the left side when they have an odd number of points.

When calling the score before each serve, the server should call their score first, then the score of the opposing player on the left, and then the score of the opposing player on the right.

After a player has finished their service turn, all players should rotate with the server going to the left-hand return of serve position on the opposite

court, and the player he replaces now taking the right-hand return of serve position, and the remaining player now becomes the server on the opposite side of the court.

In this game, it is usually very difficult for the serving player to score points since they are playing against two players. Several of our players have used this variation and had a lot of fun, but these were players who were able to run well. If you don't move well, or are primarily a doubles player, then the next variation should be more fun and better practice for you.



Three Player Game – variation #2

This three-player game is played exactly like variation #1 above except that the returning team can only hit to the half of the court that the server has served from. This gives the serving player just as good a chance to win the point as if he had a partner. More importantly, it means that he can practice his dinks and lobs just as he might in a regular game of doubles. This is the variation I like most because I'm primarily a doubles player and this lets me practice those skills. Note: It usually takes a little while for the returning team to remember they must hit to the court where the server is!



Drills for Advanced Players

These 4 drills are much more difficult and are intended for advanced players who still move well on the court. They would be especially good for people trying to improve their singles game. If you have bad knees, bad ankles, bad feet, or etc., then don't do them. Each drill gives one of the players practice on hitting while running and the other player practice in changing the direction of the ball while standing still which is harder than returning the ball back in the direction it came from. If only one player moves well, then only do the drills where he is the player to run.

- ❖ Player A stands on the right-hand side of his court and alternately hits the ball down the line, cross court, down the line, cross court, etc. Player B will be running from side to side and hitting every ball right back to player A.
- ❖ Player B stands on the right-hand side of his court and alternately hits the ball down the line, cross court, down the line, cross court, etc. Player A will be running from side to side and hitting every ball right back to player B.
- ❖ Player A stands on the left-hand side of his court and alternately hits the ball down the line and then cross court. Player B will be running from side to side and hitting every ball right back to player A.
- ❖ Player B stands on the left-hand side of his court and alternately hits the ball down the line and then cross court. Player A will be running from side to side and hitting every ball right back to player A.

Drills for Advanced Players who move well

In this drill, both players are constantly on the run and changing the ball's direction every time they hit the ball. If you have bad knees, bad ankles, bad feet, or etc., then don't do this one. This is only for two advanced players who both move well and are injury free. This is a great for singles players.

- ❖ Players practice at about 3/4 speed with one player hitting every ball down the line, and the other player hitting every ball cross court. Then reverse the process so that the person who hit down the line before is now hitting cross court with the other player hitting every ball down the line. Both players are running in this drill.



Drills on Changing Direction of the Ball (for 3 or 4 players)

This is a little harder than the first 4 drills because players must change the direction of the ball, but it shouldn't involve much movement.

- ❖ In this drill, 4 players hit the ball back and forth to each other at a speed where they can keep a long rally going. Each player should return the ball back to the other team in the direction



it didn't come from. In other words, if you receive the ball down the line, then hit it back cross court. If you received the ball cross court, then hit it back down the line.

- ❖ In this drill for 3 players, 2 players on one side of the court both hit to the third player's forehand side while that player alternately hits cross court and then down the line. After everyone has taken a turn by themselves, then do it over again but this time have the player by themselves hitting backhands cross court and down the line while the other players both hit to his backhand.

Advanced! – Changing Direction of the ball while running!

- ❖ In this drill, Players should hit at about 3/4 speed so the player running from side to side has a little more time to get there. After all 3 players have taken their turn running from side to side, then start over, but this time have the player running from side to side hit down the line, and the other two players both hit cross court every time.
- ❖ In this drill for 3 players, 2 players on one side of the court both hit down the line, while the third player on the other side of the net runs from side to side and hits every ball cross court.

Drills - Overheads

Overhead drills are not going to work very well until the players have first learned to lob well enough to hit a lob to the player practicing overheads! After you can lob well when returning a ground stroke or volley, then you are ready to attempt these drills.

These drills are necessary not only to develop your overhead skills, but also to develop your ability to return an overhead smash with another lob. You will find that if you do these drills your lob will improve as much or more than your overhead improves.

Drill 1 is good for two players. If you have 3 or 4 players, then drill 3 is much better because the player hitting overheads can practice hitting to different areas of the court. That also gives the two players lobbing practice in a more game like situation. Hitting overheads is quite tiring and even with 4 players rotating to the overhead position, everyone should get plenty of practice.

- ❖ Drill 1 - Player A stands on one side of the net at the baseline and hits lobs to Player B who hits overheads back at Player A. Player A tries to hit high lobs that land between the no-volley line and 3/4 court. Player B tries to hit overheads back at player A so that it can be lobbed again. Rotate between lobbing and hitting overheads often. (For 2 players)
- ❖ Drill 2 - Player A and Player B stand on one side of the net at the baseline and hits lobs to Player C who practices hitting overheads to both corners and down the middle. Anytime player C manages to hit 4 overheads in a row successfully, then they can try to put the





overhead away after that. All players take turns hitting overheads and should rotate often as overheads can be very tiring. If you have 4 or more players, then one or more players can sit on the bench as part of the rotation. (For 3 or more players)

- ❖ **Drill 3** - In this drill, you have two teams on opposite sides of the net with one team lobbing and one team hitting overheads. Advanced teams should be trying to put their smashes away while the lobbers should be trying to lob high and deep. When possible, however you also should try to be consistent while doing so. More beginning teams should be considerate of what the other team is trying to do when they lob or smash. We should have lots of rallies of 5 or 6 hits for both teams to get the most out of this drill. (For 4 players)

Drills - Volleys

The simplest volley drill is for either two players or four players to stand at the no-volley line and volley the ball back and forth. Each player should attempt to hit the ball to the other player in a manner that will allow them to keep the ball going. At all levels, the goal should be to keep quite a few balls going between misses.

For beginning players, this might mean you are hitting the ball slow and high and possibly even to the forehand. As you improve, you might hit the ball a little firmer and even try to hit to their backhand more often. You will find that all players at all levels will do best if you don't hit the ball right at them.

As players improve, you can hit the ball harder at each other and intentionally hit some to the backhand and some to the forehand and some

right at the other player. If you are having long rallies, you can get more aggressive. If your opponent is starting to miss too much, then you should slow the ball down until he/she is successful again. With only two players, you should practice not only volleying the ball straight ahead, but also crosscourt using both backhands and forehands. With 4 players you will get to practice both, but you should practice both from the left-side and the right-side of the court. Remember, the goal is to practice and keep the ball going, not to hit so hard the other player can't get it back!





10 (More) Pickleball Drills. All Drills are Team Drills – 2 V 2

5 Minute Dink Warm-Up.

Same side and cross court. Always the first drill for warming up.

3-D Drill (Deep-Deep- Dink)

Deep Serve, Deep Return, Dink (3rd shot). Both players serving on one side.

Dink Game

No Lob. Start with a dink serve which must land inside the no volley zone. The ball must be hit over the net at least 4 times (all dinks) not including the dink serve. Beginning with the 5th hit, you can win a point with a dink or a kill shot. No lobs. Just like the regular game, points can only be won by the serving team. Play to 11.

Lob Only Game

Play a complete game using only lob, including the serves. Any lob that lands in the NVZ is a fault or loss of point. Play to 7 or 11.

1 vs. 2 Dink Game

The single person moves from Left to Middle to Right position on court AND dinks to both players on the opposite side. After moving to all three positions, and back the other way, rotate to the other side. If more than three on court, have the others wait near the net post and rotate in.

Feed-Split- Hit

1 person on one side of net; others on other side at the baseline. The multiple person line has one-

person approach net, on the run. Split-Step when other person feeds (hits) the ball. Play the “soft” shot into the NVZ. Go through two cycles of the line. Someone takes the single side feeder’s place.

4-4 Game

2 vs. 2. One ball. 4 Volleys, 4 Dinks. Continue pattern until there is a miss. Repeat. Not trying to win the rally, just keep ball in play.

Figure 8 Dink Game

Play to 15. Rally scoring. Ball must move in a figure 8 direction. After 4 dinks, a player can change the direction of the ball. Every time there is a miss, the two partners change positions on the same side of the court.

Dink-Lob Drill

2 on 2. All at the NVZ line. Dink 6 times and then lob a winner. Angle person goes to get the ball BUT does not return or hit it back. Just pick it up. Resume drill. Make sure you alternate who is lobbing.

5 Minute Volley Drill

1 ball. Both teams volley only. Not trying to hit winners. Keep ball in the air and flat back and forth.

Thanks to the
Ottawa Pickleball Association

<https://ottawapickleballassociation.com/about-pickleball/skills/>





Chuck's retirement

The celebrations of Chuck's retirement went very well. Chuck was in great spirits even though he looked tired and a bit frail — as a result of a complication from the coronary by-pass(es) and valve replacement surgeries.



Part one was a presentation by the White Rock Mayor and Council member at the Council meeting. About 60 of Chuck's fans and family members were in the audience. After Chuck's received an acknowledgement as an outstanding community leader, we moved to another celebration on White Rick's Active Living Centre, with 85 folks in attendance. Food, drink, speeches, testimonials, presentations — including one from a director from the Board of Pickleball Canada. Everything was very well organized and extremely well received and appreciated by Chuck, his wife Rita and one of his brothers (and his wife and family) who flew in from Ottawa for the events!

During Chuck's speech, he remarked that things were progressing on the pickleball front and suggested that BC was going to do well under the leadership of Walter. He was gracious and positive. Later in the evening he (and Rita) both said to me that it was time "to move to the next level" for pickleball. Very important and significant to hear that from Chuck.

Here are a few pictures.

All-in-all ... a great evening for a guy who has made a remarkable contribution to growth and development of pickleball over the past 13 years.

Cheers, *Tony*



Conversation with a legend

I recently spent a holiday at The Villages in Florida; and had the privilege of meeting Pickleball Coach Richard Movsessian a.k.a 'Coach Mo'. As part of the recreation packages of the Villages I was entitled to attend a clinic given by the Coach. However when I registered I found out that Coach Mo just had a knee replacement and was unavailable to teach on that day. To my pleasant surprise he agreed to meet with me for tea. During our long chat, we found out that we shared common background and views. We both were tennis enthusiasts, players and coach before we came to Pickleball. As more tennis players of a certain age are transitioning to Pickleball, we both supported the idea that Tennis and Pickleball organizations should work together to promote and develop both sports. More importantly we shared the view that the use of Rally Point scoring should only be used at club level to better manage court usage, but should not be used in competitive play.



As a follow up to our jovial meeting, he invited me to attend a clinic the following week. Unfortunately when about 14 of us arrived at the courts, the sky opened up and chased us inside the club house. Guess what? We literally stepped into the "Kitchen" for a session of technical and tactics lessons from the Coach. Here are some gems from the session:



- ❖ Never miss a serve or a return
- ❖ Placement is more important than power
- ❖ Place all shots low to the opponents left toe (right toe) for a left hander
- ❖ Only hit the ball as fast as you can be accurate and consistent
- ❖ The better you get the harder it is to win because no one will hit the ball at you, so pick a great partner
- ❖ Value Practice – the game should become an extension of practice.

You can find all these gems and more in his best seller book: How to Play Pickleball available on Amazon

More importantly his last comment should be a lesson to all of us who enjoy this sport: "Have fun it's only a game"

Marcel Latouche
PCO VP Development





Presentation to ALS Society

On Wednesday, October 31, EPC members Wendy Schilling and Frieda Van Herck presented ALS Society Coordinator of Fundraising and Events, Sonja Nguyen with a cheque from the Edmonton Pickleball Club for \$1,240.00. This was the amount raised at our 2018 September Fall Social. Thank you everyone for your generosity.



- ❖ David Bolton - Ontario Federation of Snowmobile Clubs (OFSC)
- ❖ Nancy Holloway - Curling Ontario (CurlON)
- ❖ Liliane Cardinal - Masters Swimming Canada (MSC)
- ❖ Martin Hunter - Canadian Bridge Federation (CBF)
- ❖ Bob & Sharon Davis - SAIL Canada
- ❖ Laura Coia - Canadian Quilters' Association
- ❖ Bruce Lamb - Equestrian Canada
- ❖ Liz MacDonald - Pickleball Canada
- ❖ Michelle Stanford - Adult Safe Hockey League

Check out the website for the details on the winner!

<http://www.zoomermedia.ca/ultimate-zoomer>

Looking forward to hearing from you!



Zoomer Magazine Winners

The 2018 "Ultimate Zoomer" Campaign was a huge success and it featured 10 amazing Zoomers in the last year representing 10 amazing associations who contribute enormously to keep Canadians active. As all winners were incredibly inspiring, we will not only continue to work with associations in 2019, but would like to share the inspiring 2018 Ultimate Zoomers with a larger audience. In order to close this campaign, we decided to run a contest across Canada and let people vote for "the one", the "Ultimate Zoomer 2018". All ten 2018 winners were qualified to become "the one". All of them represented their association in a powerful and proud way:

- ❖ JP Xu - Canadian Master Athletics (CMA)



Initiation to Pickleball in Windsor

Dear pickleball Canada,

In October, Mr. Robert Richard presented the basics of pickleball and some additional techniques in Windsor, Quebec with great success. Those interested in learning about pickleball are invited to the J.A.-Lemay Center Sports Hall on Wednesday, October 24, from 6:15 pm to 8:00 pm. A follower of this discipline, Robert Richard, will be present on site to share the basics of this game and some additional techniques. This evening will evaluate if there is interest in opening a time slot, in the evening or at other available times.

"We ask citizens interested in participating in this introductory session to register by phone at 819-845-7888, ext. 221, or by email at services-recreatives@villedewindsor.qc.ca. It is recommended to wear sports clothes, sneakers and a bottle of water. We will have all the other equipment necessary for the practice of this sport," says recreation technician Danika St-Pierre.



Pickle and he seized the balls to hide them, adds Ms. St-Pierre.

For more information, visit the Quebec Pickleball Federation website (pickleballquebec.com). For two years now, the recreational services of the City of Richmond have adopted this game.

Pickle and pickleball

By mixing the movements of the tennis, the rules and the size of the badminton court, the plastic bullet hole like the hockey cosom, the handling of the ping-pong racket, we get the pickleball, a sport that joins more in addition to followers. This sport is meant to be gentler and intergenerational. Physically, it is less difficult for the joints because there is a little less movement than badminton. It is a sport where you can put all kinds of effects on the ball. Pickleball has existed since 1965 in the United States. His name would come from the dog of a senator who invented this game. His name was





Junior development program in St. Albert

St Albert is starting pickleball young and developing their junior players to be champions.

How many kids involved?

We had 8 kids in our session but are already growing our roster and will have about 12 kids in our program next year.

Age range? Gender split?

So far we have 8 boys but will be adding 3 girls in January. They range from 8 years old to 16 years of age.

How many sessions? Length of session?

The Paddle Room started with an introductory course of two 2 hour sessions to get kids involved with the sport and teach them the basics. After the Christmas holidays we are planning on running a Winter program that will last about 4 months and implement our first Summer camp so that kids play year round and stay focused on the sport. We are planning on having our first Junior tournament in January.

Teaching material/methods used?

The Paddle Room made a Junior program that incorporated some of the basics of Pickleball as well as other material necessary for their development in the sport such as but not limited to: Court movement, foot work, coordination, timing and ball positioning.



Special waiver which parent/guardian signed?

Each parent had to sign a waiver for their kids and be responsible for them.

Permission to use pictures obtained?

Each Parent had to sign the picture policy form so that we could use the pictures in social media, our website, etc.

Anything else of relevance.

The Paddle Room already started a Junior Program Fund that will be used to send kids to tournaments and camps and help develop their game and skills. We plan to send a couple Juniors, either next year or the year after, to some of the bigger tournaments in British Columbia and Ontario and hopefully get them competing in USA as well to get them exposed to that level of play.



❖ **Wilson full page bleed Ad**



Parapickleball on the boom

After two years of conclusive tests, promotions and demonstrations to make para pickleball known, this sport is now well established in Québec. More than 15 active players are part of the Québec para pickleball Club and regularly practice this discipline in different regions of the province under various formats. Indeed, although some players practice only between individuals in wheelchairs, others play just as much with standing players, which in itself is a great success in terms of inclusion and accessibility to the sport.

The year 2018 was rich in activities of all kinds for the Québec Para pickleball Club. Let's mention among others:

- ❖ The introduction of nine players for «Adaptavie», in the Québec City region, in collaboration with the FPQ (Quebec Pickleball Federation);
- ❖ Last October in Magog, four hybrid teams (1 wheelchair player + 1 standing player) in the men doubles and a mixed double team participated in a tournament sanctioned by the FPQ. In addition, a wheelchair player (Jean-François Sylvestre, former player of the Canadian Paralympic Wheelchair Tennis Team) faced a standing player in the 3.5 and earned a silver medal;
- ❖ On October 28, the FPQ offered Saint-Basile-LeGrand a day of training and introduction to wheelchair pickleball. 11 players participated in the day including Philippe Bédard (former player of the Canadian Paralympic team in wheelchair) and our very first player;
- ❖ On December 1 in Drummondville, another first, a team of two wheelchair players (J-F Sylvestre and P. Bédard) faced a team of two standing players in the Open 3.5 division.



For 2019, already some important activities are planned:

- ❖ Our two former Paralympians in wheelchair tennis plan to participate in the Naples US Open in April in several divisions in the "hybrid" format and May 4 in a "wheelchair" division;



- ❖ A Québec Parapickleball Club delegation will compete at the Canadian Pickleball Championships in Kingston, Ontario. It will be a Canadian premiere;
- ❖ Québec Parapickleball Club will participate in two major parasport events in Quebec: the Winter Challenge in Québec City and the AlterGo Sports Challenge in Montréal. These two participations will ensure a certain visibility in the world of the parasport and should encourage an increase of the para pickleball membership.



The Québec para Pickleball Club already has several achievements to its credit and the year 2019 looks equally decisive. We will continue recruiting efforts to increase the pool of players available at participating centers while hoping that this sport can develop in all regions of Québec. In addition, we will continue to spread the "good news" beyond all borders and establish links with all organizations (or individuals) interested in parapickleball ... Healthy sport, certainly, but also a question of accessibility and social inclusion!

Daniel Lepage | **President**

Pierre-Yves Roy | **vice-president**

Québec Parapickleball Club

facebook: [@clubparapickleballquebec](https://www.facebook.com/clubparapickleballquebec)
mail: parapickleball@videotron.ca



Gear review

Serkirk Tournament Backpack

Last year I was attending more tournaments and found that some of the smaller backpacks were not large enough for all the gear required when I am changing between matches. Someone suggested that I try the new Selkirk Tour Performance Backpack and I have not been disappointed.



The Perks

This backpack came out at the end of 2018 and sold out quickly at most locations. It is made with a wipeable V9 Polyfiber Performance exterior and holds up to the sometimes less than gentle treatment I give it courtside. The top access is nice with a large zippered panel and there are multiple pockets and internal pouches and slots to separate and organize items. It provides for excellent access

and is fab when you don't want to be rooting through the bottom of a bag in search of a lip balm or spare hat. This also makes for a great overnight pack and holds everything you need for provincial touring all in one handy portable unit.



Other great features are:

- ❖ Dedicated Paddle Pouch Holds Two Paddles (I have added more, I admit it)
- ❖ Food and Drink Pouch with Thermal Insulation (Easy clean up with a single wipe)
- ❖ Ventilated Shoe Compartment (I added a nice odour ball to mine for fresh shoes!)
- ❖ Large Main Compartment (You can fit 2-3 changes of clothes in here)
- ❖ Protected Laptop Sleeve — Fits 15" Laptop (Great for tournament laptop)
- ❖ Three Internal Organizational Pockets for Small Items (Keys, wallet, cash, iPhone)



- ❖ Padded Front Pocket for Small Items (Quick access for Kleenex, business cards)
- ❖ Two Mesh Bottle Pockets (Great for water and sports drinks)
- ❖ Adjustable Reinforced Strap for Comfort and Stability (Can be worn like full backpack)
- ❖ Premium Selkirk Zippers (Smooth glide, easy to open with one hand)
- ❖ Padded Top Grab Handle (Easy to toss in and out of your vehicle)
- ❖ Dimensions: 14" x 11" x 20.5" (Width x Depth x Height)
- ❖ Volume: 1,830 Cubic In. / 30 L (Tons of storage capacity)



Although this is a larger bag, it is quite versatile, and I continue to use it for smaller events, ensuring that I have access to everything I need. Our team also monogrammed

the bags, so they are easily identifiable when tossed in the 'team pile' in the corner of a gym or at the back of a touring bus. At the time of this writing, the bag was retailing for around \$129.00 CAD but some locations offer free shipping (Pickleball Depot) or bonus gift cards with every purchase, which is an added benefit.

I look forward to reviewing the new Day Backpack (\$49.99 CAD) which has the same classic style but a scaled down version when you are simply popping

over for a quick game down the street. Oh, and did I mention the cute knit beanie that is now available so us true Canadians get outside and play even on those cooler spring and fall days! Hooray!

Well done Selkirk, a great bag design!

Kelli McRobert

Social Media | Newsletter Editor

Rockbros Eyewear



I am admittedly, sadly, an evening and weekend player as I am gainfully employed full-time during the day and my expertise is Health & Safety. Normally, I am seeking out the latest in protective wear for our military and the latest gadgets for our civilian workers. On this occasion, I received a note from a vendor who said she had found a great pair of protective glasses by Rockbros and that they would be ideal for pickleball and, at first,



admittedly, I was hesitant as they normally are too heavy or fog up easily but as it blended my two passions, I thought, 'why not?'



The glasses came in a lovely protective case and it can be clipped to your bag for easy access and to prevent you from losing the case courtside. I love that it comes in a variety of colours and you can match your outfit to your hearts content. Inside you get the traditional lens wipe and cloth bag and the bonus of clip in prescription

frames. These frames are specific to each model, so I was unable to clip in my outdoor lenses from another eyewear brand but will take them in to get my prescription added as my eye sight continues to deteriorate.

The glasses "fit like a glove" (well, that's a funny expression) and do not slide up and down your face during play. Even when you are covered in sweat the anti-fog lens has clear visibility and is not a distraction in your viewing field. This is the first set of glasses I have found to date, that I forgot I had on for the entire 2 hours of play. Courtside, they would fog up just the slightest bit as I awaited my turn back on the court, but within a few seconds of play the mist was gone and it was clear sailing ahead!

Much to my surprise, these lenses are also photochromic and adjust when you go from

indoors to outdoors with a medium tint and prevents you having to squint for those high lobs while blocking out UV rays. This is a win-win in my books, along with not having to switch between glasses when you are coming and going between buildings and courts.

Here are the manufacturing specs:

- ❖ Intelligent lens sunglasses automatically lighten or darken in response to UV intensity without needing to switch between glasses.
- ❖ Only 24g/pair, great to wear for long periods of time. Ultralight reducing the pressure on your nose and temples.
- ❖ UV400 protective coating, shatterproof and scratch-resistant, protecting your eyes from any debris, UV rays and other harmful light.
- ❖ Adjustable soft rubber nose bridge can easily find the right angle and ensure the sunglasses stay put when playing sports.
- ❖ ROCKBROS photochromic glasses can be used for multiple activities, such as golf, cycling, driving, fishing, skiing, running, tennis, racing etc... (and now we are adding Pickleball)

The price is quite reasonable and ordering was quick and efficient. If you would like more information checkout: **TikiHutLivin on Facebook or <https://tikihutlivin.com/>**.

'Thank you Cheryl', owner TikiHut Livin'!!!

Kelli McRobert

Social Media | Newsletter Editor

Tyson McGuffin | US Nationals
Men's Singles Open Champion

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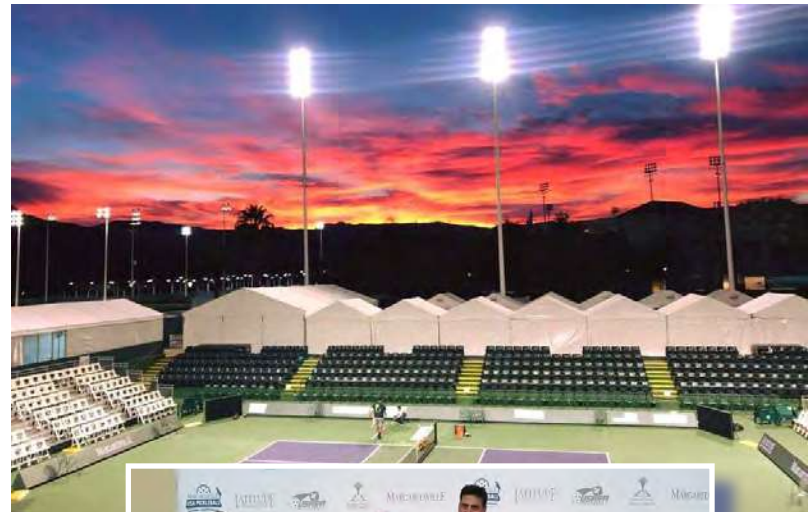
Indian Wells Pickleball Tournament

Dear Pickleball Canada,

Check out these fantastic results, well done Canada: Mixed Doubles Pickleball partners, Jayne Hackman from Vernon, and Dale Charlton from Kelowna beat out 17 teams to win a bronze medal in the 65+ age category in the U.S. Pickleball Nationals in Indian Wells, California.

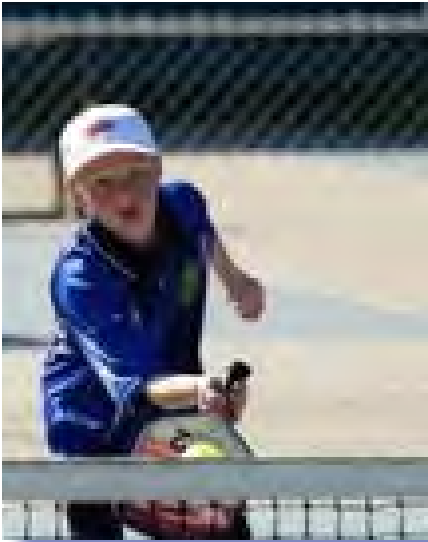


"It's been a very exciting 11 days competing in two warm-up tournaments in the Phoenix area, followed by the U.S. Nationals in Indian Wells," said Hackman.



Hackman also won a gold medal with her doubles partner, Kathy Evers from Colorado in the 65+ division competing against twelve other teams. She and Evers have played together in tournaments for two years and had a nail-biting come-from-behind victory in some very hard-fought games.





To top off the U.S. Nationals, Hackman also beat out 10 competitors in the ladies singles 65-70 age bracket and was undefeated — once again winning Gold as she did in 2017.

Hackman has lived in Vernon for 38 years and started playing Pickleball with the Vernon Pickleball Association four years ago.

Way to go!



San Carlos Tournament



Sombrero Showdown Pickleball Tournament at Mirador Courts. 184 participants played this year, with over half coming from out of town.

Tons of fun, pickleball, dancing and tequila at the Amigos Cup portion of the pickleball tournament. For the 2nd year in a row, Team The World beat Team Mexico in the Amigos Cup -- what great Mexican hospitality to let our friends north of the border win again!

Kim Main



China Pickleball | WSET summit report

The 2018 World Sporting Events & Tourism (WSET) Summit was recently held in Yangzhou China on November 30th and December 1st. Hundreds of domestic urban department leaders, entrepreneurs and industry elite attended the summit.

The IFP was one of sixteen international bodies invited to attend and present with speakers coming in from eleven different countries. In addition to sport specific presentations covering pickleball, volleyball, baseball, rowing, equestrian, archery and skiing there were presentations from the IOC, from the Korean Olympics, from Para Sport, from UNESCO and other related sport tourism organizations.

I was invited to represent the IFP due to my involvement on both the Canadian and International boards for pickleball. My presentation at the summit was unique from the others for a few reasons – pickleball was the only sport participating at the event that is not currently recognized by the IOC; the Chinese have little or no knowledge of pickleball and pickleball has its origin with a senior population and has just recently been moving towards a younger demographic (opposite from the way most sports develop).

I therefore focussed the first half of my presentation on introducing them to pickleball and its rapid growth over the past 10 years. The second half of my presentation reinforced why pickleball is a great sport for them to invest in.

Key points were

- ❖ It is an easy sport to learn at any age offering youth the opportunity to learn transferable paddle/racket skills at a very young age and providing seniors an activity they can have fun at no matter what the skill level



- ❖ The pro level has just been around for a couple of years with top players coming from other paddle/racket sports – ones that China is known to dominate in – making it a natural fit
- ❖ The way China funds sport and their athletes is very different from NA. Investment here will quickly produce world class players

When it comes to tying tourism to pickleball I offered up three solutions

- ❖ As the sport grows in China and Asia their tournaments will grow in size bringing people in from outside the local area to participate – similar to the USAPA Nationals.
- ❖ As pickleball grows in Asia the IFP will want to host an international event in the region
- ❖ If they combine a local tournament(s) with a tour operator and market it as a package they may be able to attract the NA senior group of pickleball players who have time and money to travel.

Following my presentation I was approached by the representatives from Chengdu, a city of over 14 million people in western China. They were extremely interested in bringing pickleball to their city. Thanks to Paddletek who donated paddles for me to take I was able to leave them with some equipment. As well, the representative from MLB wants to add pickleball to their development centers in China so their athletes can play during their down time. Follow-up support will be provided to both these groups to help them get their pickleball program up and running and to further expand the growth of the sport in China.

On the second day of the summit we had the opportunity to tour a number of their sport



facilities in the area. What impressed me about all of the facilities we visited was the size – they looked like Olympic venues. All of them appeared to be underutilized but it was explained that they have so many facilities that people are using ones closer to where they live. The city's philosophy is to have a sport park within 10 minutes of where every resident lives. The region has purposely built the sports facilities and the infrastructure needed to host large sporting events and are now actively promoting Yangzhou as an attractive location to host major events. During the tour I was able to get people on a badminton court with a lowered net playing some pickleball. There was lots of laughter and the comment heard was how great it was that they could have a rally within minutes of picking up a paddle and ball – reinforcing easy to learn and fun!

Footnote:

In the past year China has started to organize its pickleball program in the south-east region (Guangdong – Macau – Hong Kong). There are



approximately 10,000 players in 21 clubs with a focus primarily on the youth. Most of their courts are converted badminton and tennis courts but they do have 11 dedicated pickleball courts. This past Oct they ran their first tournament with 150 athletes and currently they have two tournaments scheduled for 2019.

The International Federation of Pickleball (IFP), the world governing body of pickleball, was established in 2015 to perpetuate the development and growth of the sport throughout the world. The IFP's goal is to introduce pickleball to all nations so that they may embrace the sport as one of their national sports, and ultimately to achieve official recognition by the International Olympic Committee (IOC) in order to establish pickleball as an Olympic sport. To date there are 11 member countries (with new applications submitted for review monthly) and over 35 countries known to be playing pickleball.

by *Carolyn* Stevens

Kawatomo family cleans up at Limestone classic in Ontario

The family that plays together stays together.... they won medals at Limestone Classic this weekend....triplets, sister, mom and dad...and Selkirk our tournament sponsor.



<i>Ellen and Jess</i>	4.5+ gold
<i>Jess and Matt</i>	5.0 mixed gold
<i>Matt and Ernesto</i>	5.0 men's silver
<i>Linda and Steph</i>	4.0 ladies bronze
<i>Steph and Sam</i>	4.0 mixed silver



Saint Albert Pickleball

On August 25, 2018, the official Grand Opening for twelve new pickleball courts in St. Albert, Alberta was celebrated by at least 100 attendees. The opening ceremonies included a fun tournament, ribbon cutting, and speeches by a number of dignitaries, including the mayor of St. Albert, Ms. Cathy Heron, and the president of Pickleball Canada, Mr. Doug Thomson.

The new pickleball courts took over eighteen months to complete, from the initial idea of refurbishing derelict tennis courts until the official grand opening. The club was involved throughout the entire process from initial design through final construction.

In November 2017, St. Albert City Council voted for a budget of \$275,000 for the courts to the cheers of approximately 60 club members wearing club shirts and joyfully waving paddles in the council chamber. The St. Albert Pickleball Club (SAPC) applied for and received a \$125,000 Community Facility Enhancement Program grant



from the province of Alberta for this project.

The courts were completed on time and on budget. They feature a durable outdoor sports surface, a walkway with benches between the two rows of courts, wheelchair accessibility, and large swinging gates that open inwards and outwards to each court.

SAPC had just six members when it was founded in fall 2014. Today, it has more than 500 members, with more joining all the time. Thanks to the efforts of the SAPC board and the support of

its members, there are now 18 outdoor courts in St. Albert (the twelve new ones, plus an original six concrete courts in another location) for club members to enjoy during the outdoor season.





Canada Pickleball Tournaments - upcoming

4/5/2019 - 4/7/2019

2019 Battle of the Paddle

4/12/2019 - 4/14/2019

Toronto OPEN Pickleball Tournament

5/4/2019 - 5/5/2019

Camrose OPEN Pickleball Tournament

5/10/2019 - 5/12/2019

Southern Alberta Pickleball Open (SAPO)

5/24/2019 - 5/26/2019

London Pickleball Club 7th Annual Tournament

5/25/2019 - 5/27/2019

Kamloops Open

5/25/2019 - 5/26/2019

***Nova Scotia Provincial Pickleball Championship -
Championnat de la Nouvelle-Écosse***

6/8/2019 - 6/9/2019

***2019 Pickleball Saskatchewan Provincial
Tournament***

6/27/2019 - 6/29/2019

***Canadian National Championship -
Championnat national canadien***

7/5/2019 - 7/7/2019

Kelowna Open Pickleball Tournament

7/20/2019 - 7/21/2019

***Eastern Canadian Regional Pickleball
Championship***

8/24/2019 - 8/25/2019

2019 Paddles on the Prairie

“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