

JUNE 2018



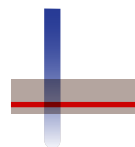
PICKLEBALL CANADA

**A GAME FOR ALL
UN SPORT POUR TOUS**

Welcome to our June edition.

Fun fact: With Canada being the second largest country in the world hosting an estimated 36.39 million people, it is no wonder that pickleball is taking off so quickly from coast to coast. We can also boast the second coldest capital (Ottawa) in the world (-25C)! So as the days continue to get warmer, enjoy the heat, get outside and continue to support the efforts to get multi-functional indoor/outdoor facilities for year-round PB play.

True North Strong and Free



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Thomson | **president**

Like thousands of other snow-birds, my wife and I flocked back to Canada in early April to be greeted with snow and cold and packed indoor pickleball facilities. By the time this is printed, the outdoor season will hopefully be in full swing under sunny skies and warm weather. The packed courts won't change and so the Pickleball Canada journey continues.

Thank-you for the thank-yous! It's gratifying to get letters like the one we received from Eileen McClean, President of the St. Albert Pickleball Club. She thanked Pickleball Canada for our letter of support which assisted them in getting a \$125,000 grant from the Community Facility Enhancement Program. Congratulations to St. Albert. Volunteerism certainly has its benefits!

Strategic Priorities Update:

- ❖ Complete the Business Plan and Budget in support of our Strategic Plan- Significant progress. Pivot was needed to focus on shorter term Business Plan and review Strategy as a separate undertaking. To be presented at the AGM.
- ❖ Implement the Marketing Plan coming out of the Business Plan with a focus on additional sources of funding- Significant progress. More sponsors obtained. Merchandising program underway. Many new initiatives on many fronts.



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 !

As a follow-up to the Canada 150 initiative last year, Saturday, August 11 has been designated as "National Pickleball Day". Watch for details in your area.

- ❖ Implement Board succession plan—recruitment / nominations-Successful. Please attend our AGM in June via teleconference.
- ❖ Furtherance of Coaching Initiatives and Plan, dependent on funding available- Great progress with Ontario obtaining a \$198,000 grant as noted further in this Newsletter. With Pickleball Canada support and hopefully the support of the other provinces, the establishment of this program is a huge step forward to qualify for funding as a National Sports Organization. Thank-you to Pickleball Ontario and Jim Parrott.
- ❖ Finalize a Tournament RFP for future use- Completed and published.
- ❖ Affiliation with additional provinces- Remains a work in progress with discussions and actions underway in several provinces/territories.
- ❖ Insurance renewal—changes / enhancements- Underway to ensure the coverage adequately covers members' needs and provides an excellent value proposition.
- ❖ Nurture the IFP and USAPA relationships- Carolyn Stevens, Board member, has been appointed as Canada's representative on



the Board of the International Federation of Pickleball ("IFP").

- ❖ Finalize and publish a comprehensive package of policies- See website for results from considerable progress in this area.
- ❖ Commence a major fundraising campaign- Stay tuned.
- ❖ Deal with Ratings and Referee Certification issues- New tournament ratings methodology rolled out (or soon will be) by USAPA. Non- tournament players to be addressed separately. Committee to address Referee Certification has been struck and is making progress.
- ❖ Investigate and, if advisable, obtain status as a Canadian Amateur Athletic Association- Application has been made.
- ❖ Bylaw review and updating as needed- Several changes proposed and will be presented at June AGM.

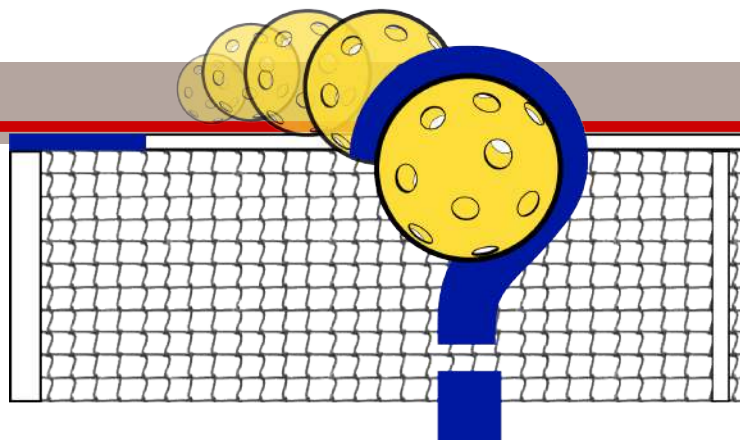
That's it for now. Let's play pickleball!!

Did you know?

- ❖ 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. Its 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. Try it out by logging in
- ❖ 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.
- ❖ That you can add up to two clubs that you belong to.
- ❖ 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 show the new club member your expiry and number. If you don't have that information, try logging in to our membership database.

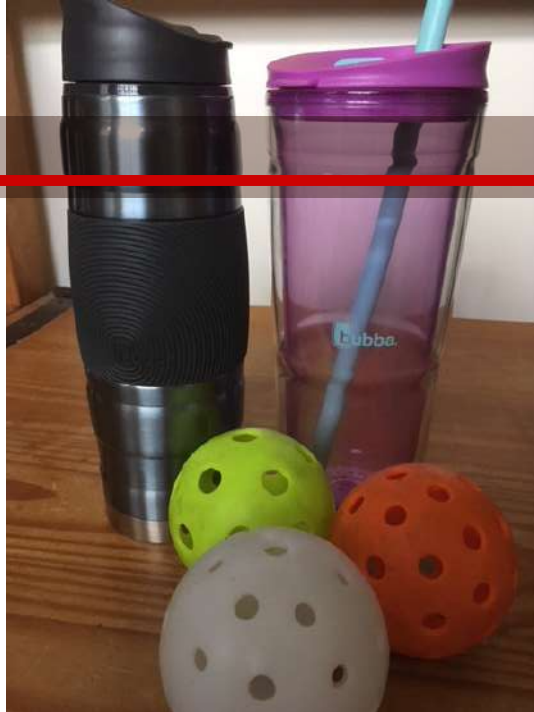
- ❖ We are now approaching 11,500+ members in good standing
- ❖ That Pickleball Canada is the National Sports Organization for Pickleball in Canada.
- ❖ Beginning this summer, membership renewals will be asked to accept a waiver. This waiver, [https://www.pickleballcanada.org/docs/2018_01_30_Waiver_of_Liability_Agreement_\(Draft_4_-_January_8_2018\)_clean_copy_\(1\).pdf](https://www.pickleballcanada.org/docs/2018_01_30_Waiver_of_Liability_Agreement_(Draft_4_-_January_8_2018)_clean_copy_(1).pdf) will be required to be accepted by all Active Pickleball Canada members.

Gear review

Bubba Cup

One of the benefits of sitting courtside as you await your play is the great conversation. Recently, I had the opportunity to chat with some fellow enthusiasts and we got to discussing water bottles and cups. One of the ladies was raving about the Bubba cups and said that their customer service was second to none. She had had an issue with the lid and contacted them for a new lid, they were fast and efficient and just sent her a brand new cup.

The next day, I remembered what she had said about how long her ice lasts and how great it was for both hot and cold beverages, so I headed to Canadian Tire to see what all the fuss was about. As luck should have it, the Bubba cups were on sale at 40% off so I grabbed one that is more like a drinking cup with flexible straw and an insulated drinking cup with lid. These items retail for approximately \$26.00 CA and come in a variety of colours.



The materials themselves boast to be food grade stainless steel and BPA free with a lifetime guarantee and a variety of sizes to choose from (12 oz.-64 oz.). The company claims that you can keep your liquids hot for 8 hours and cold for 24 hours (stainless models). The double insulation helps prevent condensation and they are top rack, dishwasher safe.

I found that the insulated stainless steel retained its temperatures better than the clear plastic cup (claims to stay cool for up to 12 hours). Both wash up easily and fit well into side pockets for transportation to and from the courts. As mentioned before, the flexible straw was an added bonus and made quick sips easy during extended playing.

Overall, I would say this is a well-made product with efficient customer service and lots of sizes and varieties to choose from.



shop till you dink at PC's
new online store !!!

Kelli McRobert

**Communications/
Marketing Chair, PC**

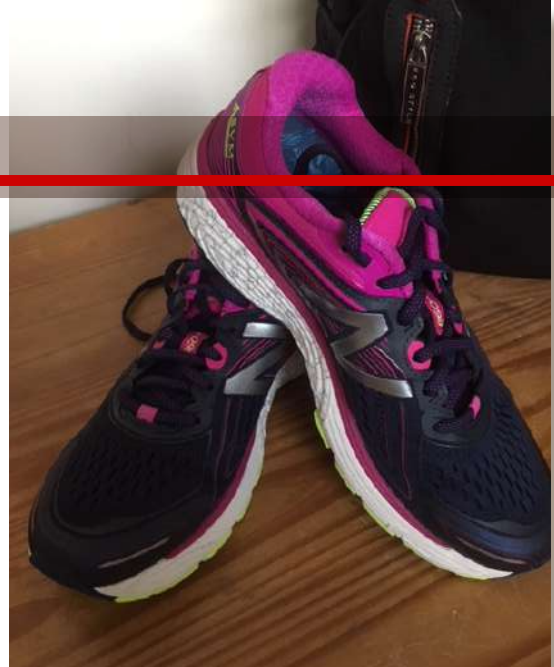
Gear review cont.

New Balance 860 V8

I recently had the opportunity to attend a local podiatric clinic to get my injured Achilles looked at and a re-assessment to see if my gait had changed. I was anxious to find out what the latest footwear was and which model I should choose for indoor Pickleball play and to help support my now hyper-sensitive heels. After my full assessment they recommended the New Balance 860 V8s. I hurried home and did a little retail therapy and found a bargain online through the Running Room. They arrived within days and I was pleased to see that the colours shown online were accurate and true.

This lace up shoe is touted as having “responsive cushioning and reliable support to ensure stability...” and “weighing 9.8 oz. (276 grams) with lightweight breathability and freedom to move.” For those that are also runners, it has a 10 mm drop with a no-sew detail, engineered mesh, dual density midsole and a blown rubber outsole.

I was keen to try them out and they did not disappoint; even with my orthotic insert the shoe was roomy enough to not cause any pressure points and allowed my foot to breathe during 2-3 hour training sessions. The grip was fantastic and I tested it out on both hardwood gym floors and rubberized courts. The added heel cushioning allowed me to play for longer periods of time with no pain coming from my Achilles nor my



insertion point at the base of my foot, a noticeable improvement from my previous runners.

For those looking to purchase a comfortable and moderately lightweight shoe, I recommend looking into the New Balance line. While not a ‘budget’ shoe, it does provide ample support, great fit, and appealing colours under the \$200.00 mark, retailing for approximately \$165.00 CA. There are some deals out there, if you do a little research, and be sure to check out the Running Room mailing list discount or Amazon.ca.

For more in-depth shoe reviews you can check out the RunRepeat website where shoes have been rated and reviews posted for 2018.

Do you know of a great product or successful tip you would like to share with our Pickleball audience, if so, send us your photos and stories and we may publish it in our next edition.

Feet don’t fail me now!

Kelli McRobert

**Communications/
Marketing Chair, PC**

Oh My Aching Pickleball Feet

When I first heard the name pickleball I thought my patient was joking. It sounded silly as I imagined a green condiment being lobbed across a net.

What I didn't know at the time was that pickleball was one of the fastest growing sports in Canada especially popular for people over the age of 60.

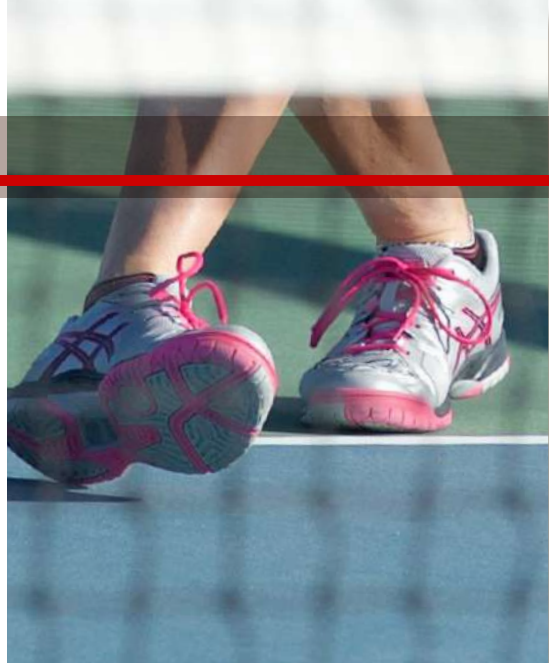
It's a hybrid of badminton, ping-pong and tennis with a badminton sized court. The repetitive stop and go motion and lateral movement combined with the hard variable court surface can put players at risk of lower extremity injury.

As a Podiatrist, who commonly treats foot and ankle injuries, I have witnessed first-hand an increase in pickleball related injuries over the past couple few years.

The number one injury appears to be heel pain or plantar fasciitis. Discomfort can show up after rest or a prolonged period of activity. Proper footwear, stretching and sometimes inserts for the shoes can help.

Another common problem is Achilles tendinitis. It's the largest tendon in your body and can be aggravated by the short stopping and starting momentum.

Ankle sprains can be problematic especially if you have previous injuries and an ace wrap or ankle air cast



can be beneficial to prevent further damage. It is far better to be proactive with these types of injuries than to be sidelined up to 8 weeks in a walking cast.

The pivoting and shuffling of feet can aggravate arthritis in the small joints and a good fitting pair of shoes can make a tremendous difference in this regard.

Since much mention is made of footwear here are some helpful tips:

- ❖ Get professional assistance -as we age, our feet have a tendency to spread;
- ❖ Purchase high quality court shoes:
 - A court shoe is designed both for forward/back and side to side;
 - Typically a player breaks down the insole and cushioning dynamics of the tread before the outsole is worn out thus affecting the impact on your hips and knees;

- Remember court shoes wear out, don't expect a pair of shoes to last 12 months if you are playing more than 10 hours a week;
- Buy two or three pairs of the same court shoe if you find a model that works well. Shoe manufacturers will often change shoe styles every six months to a year, and that small modification may make a big difference to your personal fit;
- If you are prone to ankle sprains Prince's NFS has a higher heel cup at the back and provide more stability; and
- For the heel pain sufferer try Asics Gel – Resolution, it has midsole protection and a double memory foam layer in back of the heel for less blistering.

- ❖ Blisters are another problem which can sometimes be resolved with double socking, and there are numerous products offered online including RockTape, Nexcare, Engo and Moleskin. Each one providing added protection against friction and irritation; and
- ❖ If the shoes are not helping it is important to see a podiatrist who has other tricks up their sleeve to get you back on the court as soon as possible.



Finally, included with the above tips, remember to prepare for any exercise with appropriate stretching including your shoulders, back, hamstrings, and calf muscles especially before hitting the courts.

Dr. K. Gemmell

**DPM, BSc
Parksville, BC**
<http://kathryngemmell.com/>

Trillium award

I am pleased to announce that the Pickleball Association of Ontario (PAO) has been awarded a Grow grant of \$198,000 from the Ontario Trillium Foundation (OTF).

The OTF grant, along with \$12,000 from the PAO, will fund the addition of a certified pickleball coach development program into the National Coach Certification Program (NCCP) framework. This initiative fully supports the OTF outcome of certified coaches, which in turn promotes healthy and active people across the province of Ontario.

The NCCP framework is built on the foundation of human kinetics, sports psychology, physical literacy, and Long Term Athlete Development models, all focused on adding coaching modules



that promote safety, well being and cutting edge methodologies for techniques, strategies and preparation.

Over the next two years, we will add two pickleball Coaching Development modules into the NCCP framework, specifically Intro to Competition (supporting our competitive player population) and Community Initiation (focusing on recreational players).

I will provide updates on progress to our PAO membership as well as coaching contacts from the provinces and territories, so please stay tuned.



These modules, when developed, will be available for all members of PAO and members of Pickleball Canada across Canada wishing to pursue NCCP coaching credentials.

More information on the Coach Development program can be accessed via the FAQs posted on both the PAO and Pickleball Canada websites.

Further development plans and ongoing maintenance of the coaching program are not yet funded. Pickleball Canada has earmarked an initial \$7,000 for the cause. The provinces and territories are welcome to contribute to further enhance the growth of pickleball and health and well being of our players across Canada.

I would like to recognize the key people involved in making our application a reality. A big 'thank you' goes to Steve

Reynolds for his research, and to Anne Evans working with me to complete the application.

An agency of the Government of Ontario, the Ontario Trillium Foundation (OTF) is one of Canada's largest granting foundations. With a budget of over \$136 million, OTF awards grants to some 1,000 projects every year to build healthy and vibrant Ontario communities.

Hopefully I'll see you on the courts sometime.

Jim Parrott

President: Pickleball Association of Ontario and Chair: Player Support, Pickleball Canada Organization



July 18 – July 22, 2018



- ✓ Location: Montesilvano, Italy
- ✓ Clinics and Product Demonstrations: July 18th & 19th
- ✓ Bainbridge Cup: July 20th
- ✓ Italian Open: July 21st and 22nd
- ✓ More information:
 - ✓ www.pickleballitaly.org
 - ✓ <https://secure.pickleballtournaments.com>

What Is Parasport?

Parasport is a sport for people with a disability. It is “para”lled to sport for able-bodied athletes, with adapted equipment or rules to make the game fun and accessible for everyone. There are also some parasports that do not have an able-bodied equivalent.

Getting Started

There are different ways that you can get involved in Para Pickleball; as a participant, as a coach, as a para pickleball volunteer or as a community champion, connecting people you know to it. There are also ways for able-bodied athletes to provide support for participants with visual impairments, as guides, pilots and coxswains. You don’t have to pick just one role either: many people end up involved in a variety of ways depending on what they enjoy.

When getting involved, remember that you have a choice in your type of



involvement regardless of what role you choose – there will be recreationally-focused opportunities and high performance-focused opportunities that you can work towards.

Sometimes parasport opportunities can be lacking in a city – you could play a key role in developing your community and getting it started!

Pickleball Canada is committed to the development of the sport in Canada to all demographics throughout the country. Help make this a truly National pastime.

Daniel Lepage

President Club para pickleball Québec



RockTape

RockTape, also known as Kinesio Tape, was developed to improve ways patients could heal naturally and prolong the benefits of treatment. Today, Kinesio Tape is widely used by Olympic athletes, professional golfers, NBA players, and other athletes.

The most common question people ask me is, "how does RockTape work?". Basically, the tape is used to address pain, swelling and inflammation. Have you ever hit your hand on something and then proceeded to shake it vigorously and then realize that when you stop shaking your hand the pain actually occurs? Well when you shake

your hand, you are interrupting the pain signals that are being sent from your hand to the brain. It is called the Gate Control Theory of Pain, and without going into detail, it states that stimuli like touch, vibration and pressure close the pain gate. Applying the tape properly will act in the same way as shaking or rubbing an extremity.

When tissue is damaged it is compressed decreasing the amount of space between each tissue. The same thing occurs with bruising or swelling, like you would see in an ankle sprain. The tape can be used to create microscopic lifting of the effected tissues and allow for all the negative by-products that are created



by inflammation to be removed quicker and allow for a speedier recovery.

In Pickleball, some of the common injuries affect the shoulders, knees, ankles and wrists. Shoulder strains can occur in the rotator cuff muscles from over swinging. Knee sprains caused by quick cutting movement on the court. Ankle sprains, as well as achilles tendon strains or tears are also possible. Wrist injuries can vary from fractures from falling on an outstretched hand, to strains from extensive playing.

RockTape can help with all of these injuries and more. The tape can be applied in many different ways and patterns. Whether it is cut into strands to make a criss cross pattern for swelling and bruising reduction or stretching the tape to help with tissue decompression, or just applied to provide a stability mechanism. Having a certified practitioner properly apply the tape will be of the greatest benefit to an athlete.

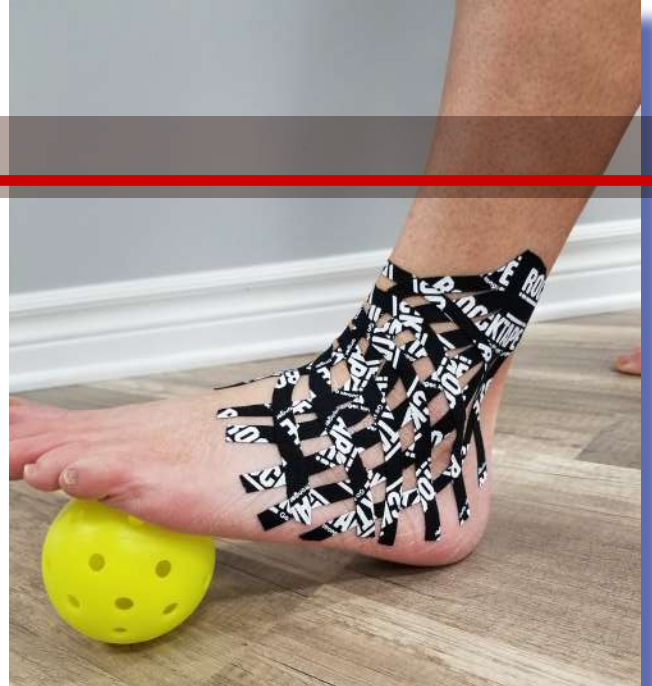
No matter the injury, RockTape can help you to get back in the game.

Dr. Bryan Head

Doctor of Chiropractic

**Head Start Sports & Wellness Clinic
Kingston, ON**

**[http://www.
headstartchiropractic.ca/our-
team.html](http://www.headstartchiropractic.ca/our-team.html)**



Persistence Pays ...

I am the Pickleball Ambassador for Bathurst & Chaleur Peninsula

In 2011, we started Pickleball in the region with a few friends outside at an old hotel tennis court.

As of September 2011, we started to play inside with 12 player's 2 hours per week and we are now at 125 players in 2018 with 28 hours per week of inside play.

We have a ladies league, men's league, mixed league, team league and open Sundays for practice and introduction to Pickleball.

My dream was to have some good courts outside for summer.

In 2016, we received a grant to fit 6 courts on an old 2 tennis court in one of our city parks.



Bathurst

By 2017, with the help of the Bathurst Pickleball Club, the City of Bathurst, Department of Tourism, Heritage and Culture, and many local supporters my dream came true with 6 new courts as you can see on the picture. The official opening was held in the spring of 2018 due to late fall construction.

My hope is to promote a long life with this fast growing sport. Persistence will pay off.

Gerald Theriault

PCO Ambassador



Brockville | 1000 Island

It's 8:30 on Saturday morning and I have a renewed sense of excitement as I grab my Pickleball bag and head out on the road. Our meeting point is set, and we have about an hour's drive East to arrive at our planned destination. We had received a quick note about a new place that had opened in Brockville, Ontario called the 1000 Islands Village and were eager to see what all the fuss was about.

From the website it looked like a royal palace with formal gardens, a pavilion and waterfall. Upon arrival to the large



gravel parking lot, the looming building did not disappoint. It's stunning castle like features kept us in awe and the view overlooking Lake Ontario was incredible. We were quickly met and guided in by fellow Pickleball enthusiasts and they brought us into a well-appointed hallway that had the smell of fresh coffee and baked goods and offered a garden-view sitting area where we planned to savour some treats after our activities. We signed a



Down one wing of the main building was a lovely gift shop that offered up some fun ideas including adult onesies and other local fares. The main hallway was decorated with art and this engaged our creative senses as we proceeded towards the change rooms and bathrooms.

As you rounded the corner, a traditional gymnasium awaited us with bright lights, pickleball nets, bleachers and the ability to curtain off ½ the court or more formal pickleball gaming. The lines, we are told, are going to be re-done, so we quickly adapted to the orange perimeters and started our warm up with a great group of local players. We were welcomed with over 25+ club members and easily fell into the organized routine of paddles into buckets to acknowledge who was "up on deck" and next in line to rotate through the courts. Fresh pickleballs were brought out to enhance the experience and the nets were ready made so set up and tear down was fast and efficient.

The Brockville Pickleball Club offered up some fun and challenging games over the 2-hour period and the drop-in fee of \$4.00 was very reasonable. Players can also choose a punch card for a discounted multi-play rate.

We were fortunate enough to meet the owner of this complex Mr. Dennis Bank

who was carrying around a toolbox and hanging art within the building and we got a quick wave from his wife Margaret who was helping in the café (Café Selah). His friendly personality and creative ideas kept us inspired and hopeful of upcoming plans for this to be a destination location with 19 guest suites (including a 5 bedroom/3 bath suite) and indoor/outdoor play options well situated just off Hwy 401. He proudly shared with us that the facility offered up some fantastic conference areas, event rooms and a great ballroom that holds up to 450 people. The front pavilion is available for “high tea” and they even offer catering for large venues. On the upper levels are 10 pottery and 10 art studios that are run on a co-op basis, and the lower levels hold 8 art galleries with sculptures and canvas. Did I mention that this sprawls over an impressive 29 acres??



Overall, this was a great morning; meeting like-minded pickle addicts and putting this location on our future ‘must-play’ list. We look forward to coming back for future events and hope our friends south of the border make the trek north to enjoy everything the town of Brockville has to offer. Thank you again to the Brockville Pickleball Club for extending the invitation and sharing their love of the game. We wish you much success in your fundraising for the new outdoor courts and hope to be back soon for a follow-up story!

Paddles Up!

Kelli McRobert

**Communications/
Marketing Chair, PC**



Canadians in Puerto Vallarta, Mexico

One of our readers wrote in about the Melia Resort located in Puerto Vallarta, Mexico. Here is what he had to say....

Hello, I was recently in Puerto Vallarta and played at the Melia Resort.

Frank and Yvonne from Toronto, Ontario signed contracts and committed funds to rent eight courts at the Melia Resort. The play was from Monday to Friday and forty to fifty people would attend regularly. Frank and Yvonne would collect 50 pesos per session and they gave all profits to the Salvation Army's "Feed the Children Program" and even cooked and helped on Tuesdays!

This past year they bought a commercial freezer for the charity and at season's end they will spend several thousand pesos at Sam's Club on supplies. I was there but for a brief period and I was impressed with the fellowship and the spirit of giving back to the community.

Regards, **Paul Tetreault**

Thanks Paul for your story.



Here are a few quick facts about the Feed the Children Program from Wikipedia:

- ❖ In 1998, 70% of these children who lived around the dump never graduated from grade 6.
- ❖ Today over 90% continue onto grade 7.
- ❖ Enrollment in these schools has doubled and, in some cases, tripled over the last 10 years.
- ❖ There are no families living in the dump, and no more children working in the dump.
- ❖ There are day care centers to care for the children of single mothers who want to work.
- ❖ There is an after-school program for those children who want to learn English and computer skills.
- ❖ 1,800 meals are served each school day to the students in the 5 primary and kindergarten schools that surround the dump.
- ❖ Approximately 1,500 hot meals are served each week to mothers and young children who live in the area, with food from local restaurants and businesses, and the Children of the Dump kitchen.
- ❖ 150 children are now enrolled in **"Feed the Children Vallarta"** Day Cares Centers located in the poor areas surrounding the City dump.

Pickleball Canada would like to thank Frank & Yvonne for extending the Canadian values towards helping others beyond our borders! Well done.





San Carlos | winners from
Canada

WOMENS DOUBLES

- SSIPA 3.5: 60-74,** Silver: Karen Stewart/Gail Murphy (Madeira, BC)
- SSIPA 3.0: 70-74,** Gold: Nancy Darden/Doris Tower (Summerland, BC)
- SSIPA 3.0: 60-64,** Gold: Shirley Trites (Osoyoos, BC) / Cindy Dennett (Kelowna, BC)
- 4.5, 4.0: 30-60,** Gold: Christa Thomas (Brampton, ON) / Sue Fehrle (Brampton, ON)
- 3.0: 30-60,** Silver: Janet Peiffer (Vancouver, BC) / Pam Torwalt (AB)

MIXED DOUBLES

- SSIPA 3.5: 70-79,** Silver: Theresa Melius / Randy Trites (Osoyoos, BC)
- SSIPA 4.0: 70-74,** Silver: Val Spacher / Keith Gabriel (Halfmoon, BC)
- SSIPA 3.5: 65-69,** Silver: Helen Thomson (Edmonton, AB) / Doug Thomson (Edmonton, AB)
- SSIPA 3.5: 60-64,** Silver: Gary Resnikoff / Gail Murphy (Madeira Park, BC)
Bronze: Ellen Brancazio / David Richardson (Kelowna, BC)
- SSIPA 3.0: 60-64,** Bronze: Shirley Trites (Osoyoos, BC) / Bob Brooks (Coquitlam, BC)
- SSIPA 3.0: 60-64,** Silver: Larry McLean / Debbie Storm (Vancouver, BC)
- 3.0: 30-60,** Gold: Janet Peiffer (Vancouver, BC) / Michael Peiffer (Vancouver, BC)

MENS DOUBLES

- SSIPA 3.5: 70+,** Bronze: Randy Trites (Osoyoos, BC) / Keith Gabriel (Halfmoon Bay, BC)
- SSIPA 3.0: 70+,** Gold: Bill Lay / Jacques Hurlet (Montreal, QC)
Bronze: Dave Brandt / Greg Murphy (Madeira Park, BC)
- SSIPA 3.5: 60+,** Gold: Mark Conner / David Richardson (Kelowna, BC)



Represent us in Zoomer Magazine!

Who is our most vibrant, inspiring, dynamic member?

We're always looking for ways to celebrate our members. That's why when we were approached by Zoomer Magazine to find the ultimate Zoomer within our membership to feature in their pages, we just couldn't say no.

Since we have so many incredible members, we knew that choosing the ultimate Zoomer was going to be hard. So, we're turning to you...

We'd like you to nominate the member whom you think is the one (don't be shy, it could be you). The nominations will be reviewed by Zoomer Magazine and the winner selected featured in a page ad in an upcoming issue of Zoomer Magazine.

Who Is Eligible?

Zoomer is the magazine for Canadian men and women ages 45 and up, who embrace life with experience, confidence, and passion, and who want the absolute best from everything

that life has to offer. Sound like anyone you know in our membership? Maybe it sounds like you? Nominate our most VIBRANT, INSPIRING, DYNAMIC member, someone who lives the Zoomer lifestyle, today!

Visit the 10th-anniversary page

How to Nominate

Go to www.EVERYTHINGZOOMER.com/10th-anniversary for details.

Nominate yourself or someone you know

What's in it for me/us?

Zoomer Magazine will choose the member they would like to feature from those nominated and arrange a photo shoot of that member in a setting that is typical of our membership. That image will be featured in a full-page ad along with a short, but inspiring bio on the individual and what our group means to them, as well as celebrate our dedication to vitality.

Know someone who fits the bill? Nominate them today!

Canada Pickleball Tournaments - upcoming

06/01/2018 - 06/03/2018

***Battle of the Paddle by the
Edmonton Pickleball Club***

06/02/2018 - 06/03/2018

***Pickleball Saskatchewan Provincial
Tournament***

06/15/2018 - 06/17/2018

***CPC Smash Cancer Charity Event
2018 - Calgary***

06/29/2018 - 07/01/2018

***2018 Eastern Canadian Pickleball
Championships***

07/06/2018 - 07/08/2018

2018 Canadian National Tournament

07/28/2018 - 07/29/2018

Paddles on the Prairie Tournament

08/23/2018 - 08/26/2018

***Canadian Super Seniors Pickleball
Tournament***

08/25/2018 - 08/26/2018

***Championnat de Laval 2018
(Laval Open)***



“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](mailto:humanresources@pickleballcanada.org)**

Richard Chambers, Vice President,
Operations

