

The fastest growing sport in North America

Le sport qui affiche la croissance la plus rapide en Amérique du Nord

<http://pickleballcanada.org>

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HELP WANT-ED: NEWS-LETTER EDITOR ***

PCO welcomes all pickleball submissions.

Please send photo and text documents (.doc, .txt or .rtf) with a max of 400 words by the first day of the publication month to

Matthew Giancola, Editor, at

news@pickleballcanada.org



Pickleball Canada Official Newsletter

April 2016

President's Message

By Val Vollmin

Many this month will be back playing on outdoor courts across the country. If you have a new club, or are just excited about the growth of pickleball in your area, please send us some pictures and/or an article that we can share with your fellow pickleball players across Canada.

To help with the phenomenal growth that PCO continues to see, and as we mentioned in last month's newsletter, PCO has partnered with Manta to give our members some great deals on PCO logoed pickleball nets. For our affiliated clubs, if they purchase 2 nets from PCO, they may purchase a third net at a 50% discount. You will find more details on the website!

PCO welcomes two new Board members. Mike Cooper from Alberta who will take over as our Tournament Chair and Carolyn

Stevens from Ontario who will take over as Treasurer effective May 1. They are a great addition to the Board and we look forward to working with these two skilled pickleball players.

We continue to pursue becoming a National Sport Organization but realize that it is a long term goal. It well could be a 5 – 10 year project.

We do see pickleball expanding throughout many different parts of the World. If traveling, you might want to pack your paddle as pickleball is now played in England, Spain, Costa Rica, Australia, Japan, Aruba and Mexico ...just to name a few.

Enjoy your game!

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The Experts Column

by **Cookie Drake and Mona Burnett**

A question often asked by new players is this, "Why am I told that I need to quickly get up to the Non Volley Zone line (NVZ)?" For many beginners it is a very intimidating place to be. New players may believe it is safer to play back near the baseline. Some may believe they can win their games simply by hitting ground strokes baseline to baseline. When they ask their peers about the rationale of moving quickly to the NVZ they are often told, "it's because this game is played up near the net, or that's just the way it's supposed to be so you have to get up there." So beginners do what they are told but often do not understand the reason why they should play at the NVZ line... aka the "kitchen line".

Let's take a look at the importance of the Non Volley Zone better known as the "kitchen". One of the most unique aspects of the game of Pickleball is an area, seven feet on either side of the net known as the Non Volley Zone, or kitchen. This area of space is the most important space on the whole Pickleball court since the team who manages and controls this area usually ends up with winning scores. When your team is at the NVZ line you are in an offensive position, whereas if your team is at the baseline you are in a defensive position. When your team is at the NVZ line you have a huge advantage over the team at the baseline and you can see the whole court on the other side. It is easy for you to hit a high ball down or simply hit a medium height ball deep and keep your opponents back in the court. When you are at the NVZ with your partner you have formed a "wall" and you can protect or block off access for about two thirds of the court. That really doesn't leave much room for your opponents to hit the ball. However, getting to the Non Volley Zone line can be quite the challenge. Let's examine this challenge

When you are the receiving team, one partner is already at the NVZ line. Once the return is made the receiver quickly joins the partner at the NVZ line. Now the receiving team has two players at the NVZ line - the barrier is up! The serving team still has two players behind the baseline preparing to make the third shot. The serving team has to stay back because the return of serve must bounce once before they can hit it. At this point many would say that the receiving team has a huge advantage over the serving team because they are already positioned close to the NVZ line. This is where the challenge becomes very apparent. As the serving team how do we get to the NVZ line when our opponents are there ready and waiting in perfect position?

Our options :

I. Pace--Pace means hitting the ball hard. It is a ground stroke -- baseline to

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baseline. Many people begin playing Pickleball and use this stroke as their main weapon. As you learn the game you will come to understand that a "softer" more strategic game will get you better results than a hard hitting game. Remember, the receiving team is already standing at the NVZ line, and unless you can find an alley that is not covered you are simply hitting your paced shot into a "wall" of players. Although it may work for you once or twice if you make a great shot, it's often not your best option. It is easy for your opponents to pace it right back at you or your partner. If your pace shot is slightly high, your opponents will simply knock it back into your feet. Your team is still back on the baseline.

2. Lob -- If you lob from the baseline, you are playing very defensively and chances are your opponents are going to be able to smash the ball deep back into your court. Your team is still not at the NVZ line. Thus you are still at a disadvantage.

3. Third Shot Drop--this shot will offer you the greatest opportunity to get you and your partner to the NVZ line. This shot is also known as the baseline dink. What this means is that the ball is struck softly with a slight arc so that the ball goes over the net and drops as close to the net as possible. This shot will cause trouble for your opponents if well executed. Remember, they cannot step inside the kitchen line and hit a volley shot (a shot taken in the air) ... the ball must bounce if a player is going to step into the kitchen and strike the ball. If the ball drops close enough to the net, they cannot reach it from where they are standing and if they let it bounce, then they may not be in position to make the next shot. Add to that, a small angle on the shot and you have created chaos for your opponents while buying time for you and your partner to get to the line. You have now created an equal playing field!

Sounds simple, right? The good news is you have the answer on the best way to get to the NVZ line, but the bad news is that the third shot drop or the baseline dink is considered one of the most difficult shots to master in Pickleball. You must practice, practice and practice some more in order to become consistent with this shot. You will make many mistakes when first trying this shot but if you persevere and become consistent with it you will greatly elevate your game.

So where are we now? With the execution of the third shot drop all 4 players are now at the NVZ line. Perhaps you have heard the expression, "the game begins after the third shot!" So let your game begin, master the baseline dink. The NVZ is where the fun really happens!

Send your pickleball questions to Cookie & Mona at

expertscolumn@pickleballcanada.org



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MEMBER SUBMISSIONS – GREAT READS!!

By Ellen Dale

It was with great trepidation that I logged into the Inbox of News@pickleballcanada.org.

I had recently agreed to ‘temporarily’ take on the job of compiling and editing the articles for the PCO Newsletter. I was already trying to figure out how to gather enough interesting ‘stuff’ to publish the April 2016 edition. I wasn’t sure that we had received any submissions for publication from our members. Needless to say, I was thrilled to find several inspiring articles.



Being one of those ‘never-know-when-to-quit’ players who has been dealing with a sciatic flare-up, I was most interested in this link <http://ezinearticles.com/?Injury-Prevention-in-Pickleball&id=9333588> to an article

Injury Prevention in Pickleball by Patricia H Kuhnen-Beaver.

“Picklers are everywhere! They come in all ages and they have various ranks with such diverse aptitudes always craving more; more courts, more play, and more knowledge. The fastest growing sport is exploding in many areas of the planet and cutting edge guidance and instruction is hunted by the masses. Often safety is compromised to play harder and longer. Here are some tips to identify and assess Injury potential.”

<http://EzineArticles.com/9333588> - Feb 25, 2016

A second submission was from Jenny McGilvray & how cool is this...
PEACHLAND PICKLEBALL PLAYERS TEACH PICKLEBALL in PANAMA !!!!!

Jenny McGilvray and Christine Perras visited fellow Peachland/Kelowna Picklers, Carole and Colin Chiswell at their winter place in Chitre, Panama for a couple of weeks in January 2016. “We could not find any pickleball in Panama, so we took our sidewalk chalk to the local tennis club and measured out a court. We played a few games before attracting the attention of one of the tennis instructors (Ricardo). We took turns subbing him in and taught him the game, while we learned how to call scores and in/out/short etc. in Spanish. By our 4th visit to the courts, we had taught another young (Rodney), a girl practicing tennis (Sophia) and her dad (Jose). We hope they will continue on as Carol let them know how to get paddles, balls and a net.”

Thanks Patricia & Jenny for sharing with PCO Nation!!!

Upcoming Tournaments

Please refer to our new webpage to view upcoming tournaments at

<http://www.pickleballcanada.org/#!/upcoming-tournaments/c21kz>

Membership Information

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

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

Club Group Rates available (20 members minimum) contact:

president@pickleballcanada.org

Membership and Renewal

Please print and submit online completed forms and payment to:

PICKLEBALL CANADA

471 Christleton Ave,
Kelowna, BC
V1Y 5H9

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Pickleball Canada



Your Board Of

Directors

Val Vollmin, President

president@pickleballcanada.org

Marg Ouimet, Vice President

margouimet@gmail.com

Colin Caldwell, Secretary and Rules Chair

cbcaldwell@shaw.ca

Jim Scorgie, Treasurer

jimscorgie@hotmail.com

Merrie Lee, Membership

ardmer@hotmail.com

Ellen Dale, Ambassador Committee Chair

ambassadorchair@pickleballcanada.org

Directors at Large

Claude Gauthier
Garth Matthews
Carol Martens-Clappison
Alan Thompson

Additional Staff:

Matthew Giancola,
Website and Newsletter Editor
news@pickleballcanada.org

Cookie Drake and Mona Burnett
Experts Column Writers
empertscolumn@pickleballcanada.org



Rules Corner

Question:

What's the ruling on a serve that lands in the opposite court versus cross court. In the past I would stop the ball & return to the 2nd server or claim loss of serve. I was told I should not stop the ball, as a point goes to the other team, if I stop it. What is the correct ruling ?

Answer:

The served ball cannot be declared a fault until it lands in the wrong court as pointed out in IFP Rule 4.C.2 Interference: If the server clears the net and the receiver or the receivers partner interferes with the flight of the ball on the serve, it is a point for the serving team.

Provincial Ambassadors

AB - Brenda Fraser PCOprovincialambassadorAB@gmail.com

BC - Mike Carter mike.carter108@gmail.com

SK - Carol Martens-Clappison carolsarahmartens@sasktel.net

MB - Brian Shippam brian@shippam.com;

George Rodrigue grodrigue@gmail.com

ON - Dave Hall twoboomers@yahoo.ca

QC - Claude Gauthier claudeetlyne@yahoo.ca

NB - TBA

PEI - TBA

NS - Frank Rossiter fjrossiter@ns.sympatico.ca

You have received this email because you are or were a member of Pickleball Canada. If you no longer want to receive this newsletter from Pickleball Canada, please reply and request that your name be deleted from the mailing list.

If you have contributions to the monthly newsletter, please submit them as a text document (.doc, .txt or .rtf) with photos to Matthew Giancola, Newsletter Editor/Publisher at <news@pickleballcanada.org> by the first of the publication month.