



An E-Newsletter for Canadian Pickleball Players

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Feature Story - Laurentian University Intramural Pickleball

By: Michael Hachey



Laurentian University has an outstanding Intramural Program. The program encompasses from 1800-2000 students annually, employs over 150 people and is a ninth time recipient of the CIRCA award. Three years ago, the Intramural Program staff was looking for a new sport to add to the award winning line up of Intramural Sports. We wanted a sport that was new, fun, co-ed and competitive. It also had to be suitable for people

of varying abilities, encourage a healthy lifestyle, and promote a great social environment; but most of all; it had to be something our students would embrace. Pickle Ball was the perfect choice.

Pickle Ball was introduced into our Intramural Program as a prototype sport for the first year in 2007 and each year it has grown. Students enjoy the competitiveness of the sport and at the same time respect it for being a sport that caters to players of any ability. This sport tends to attract players from a variety of academic faculties and backgrounds. Its participants range from International students to local Sudburians with a variety of skill levels and from elite athletes to beginners. Each season, Intramural Pickle Ball has its share of thrashings, upsets, Cinderella stories and defeats but regardless of who wins or loses, the students always have **fun**.

Our pickle ball teams are COED. The only entry requirement was that a competitor had to be a Laurentian University student in good standing. This year, the season ran over a span of three weeks with the last night being the playoff round. At the end of the playoffs, prizes were awarded for first, second and third place as well as, most improved team, best team chemistry, most incredible play, most valuable player and many other achievements. Our focus is always on fun and sports both men and women can enjoy.

We are very proud of the success of our Intramural Program as a whole and in particular, Pickle Ball. We would recommend implementing it as an addition to any Intramural Program at any university. It is a great, all-round sport that accommodates any student. It can also be adapted to accommodate participants with physical challenges. We are very happy to be the first university to offer Pickle Ball in our Intramural Program and we hope to see other universities adopt this great sport.

Laurentian University,

Sudbury, Ontario, Canada

Editor's Comments

I would like to thank Michael for his contribution to this edition of the Pickleball Canada E-Newsletter. Michael was given the assignment of organizing and running the pickleball intramural program. I think we would all agree he did a fantastic job. When I contacted the university to get an article, Michael responded that he would do that for me. Thanks Michael for an excellent job and good luck on your future studies.

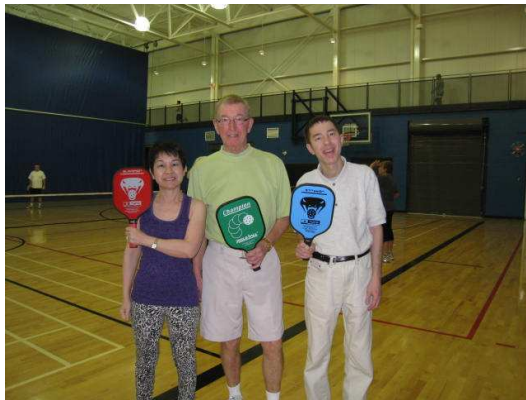
I would also like to compliment Laurentian University for introducing pickleball to their intramural program. As you will note from the comments in Michael's article, the pickleball program is truly meant to be, "a game for all."

An Inspirational Story

Last month Shirley Shepherd wrote an excellent article on the Abbey Pickleball Club. She also related an interesting and touching story of how she, her husband and son got involved in Pickleball.

Her personal story is unique in that out of adversity, in her case a car accident, comes an inspirational story for all of us. Shirley's story proves that Pickleball can be a great source of rehabilitation for serious injuries and a great family activity.

Here is the Shepherd's story.



Shirley's husband Dave Shepherd relates, "My wife Shirley was involved in an accident causing several fractures to her ribs and pelvis. Just over a year ago, she was still using a wheelchair for distances.

I accompanied her to the ARC, Abbotsville Recreation Centre, for lightweight training, stretching exercises and using the pool for endurance. On the wall of the ARC, was a plaque that was a true inspiration for Shirley. It says "Live Well...."

"On the way to the weight room, we heard the unmistakable noise of pickleball. We soon learned about the drop-in Pickleball, Tuesdays and Thursdays. With instruction from Grant Brittain, the amiable host, we became regulars. Pickleball provides a fantastic physical workout, as strenuous as you choose, using all muscle groups. It has made a huge difference in my wife's physical rehab" Dave states emphatically.

Shirley states, "I am now back to my active self. I used to bike, ski, golf, and play tennis. Now, I swim, dance and play Pickleball regularly to maintain my fitness."

Shirley goes on to say "I am an avid photographer, so I enjoy taking and posting photos and videos on the blog for everyone to see at <http://abbypickleball.blogspot.com/>. I am a sociable person who enjoys meeting new friends, so I enjoy teaching new players the basics of the Pickleball game because I am happy to see that they enjoy learning this new game with fun and laughter."

Dave and Shirley's son Mike Shepherd, 28, also took up the game following the lead of his parents. Shirley remarks that, "Both my husband and son are now excellent players

because we now all play regularly two or three times a week. Mike being younger has inspired a lot of younger players in our club.”

“We have been playing pickleball now for about six months and now even my game has improved a lot”, Shirley states modestly.

Pickleball Introduced to the Caledon Wellness Centre in Bolton, ON

By Rick Gowdy



Pickleball was first introduced at the Caledon Wellness Centre in Bolton during October 2009. For over a year, Doug Ackers, President of the Caledon Seniors Centre at Rotary Place had been hearing about Pickleball from Tom Brown and Rick Gowdy during their table tennis matches.

Tom and Rick had been travelling to Newmarket once a week to play Pickleball at the Magna Centre. They told Doug about the good workout they enjoyed each time they went

and how much fun the game was to play. From what he had heard, Doug thought that others might enjoy playing this game locally.

Because the Seniors Centre in Bolton did not have an appropriate gym facility, Doug approached the Caledon Wellness Centre, located next door, about the possibility of housing Pickleball in their gym space. From the beginning, the Wellness Centre staff was very co-operative and supportive. They realized the benefit of regular exercise in helping community members maintain good health and fitness levels. The Wellness Centre purchased the equipment and provided gym time twice a week for Pickleball. In addition, the staff offered to set up and take down the nets for each session.

Tom and Rick contacted people they knew who played tennis, badminton, table tennis and other racquet sports, and encouraged them to come out to try Pickleball. During the initial stages, five or six players were given instruction on how to play the game by the two more experienced players. It didn't take long for skills to improve and competitive games to take place. The most challenging aspects of the game for the new players to learn were the two bounce rule and respecting the no-volley zone.

The word about this “new game in town” has continued to spread since October. Currently, more than 20 women and men from all over Caledon and Brampton travel to Bolton to play Pickleball on Wednesday afternoons and Thursday mornings.

While the games are taking place, the action attracts many curious onlookers from the general public. The Caledon Wellness Centre staff also look in and comment on the fine caliber of the Pickleball play and the great fun the Pickleball group appears to have each time they get together.

The Bolton Pickleball group always welcomes new or experienced players. If you're in the area, drop in to play with them on any Wednesday afternoon from 1:00 to 3:00 pm or Thursday mornings from 9:00 until noon at the Caledon Wellness Centre located on Highway 50 just north of downtown Bolton.

Surprising Calorie Burn Rates

Written by Brent Johner on January 12, 2010

<http://blog.racquetnetwork.com/2010/01/surprising-calorie-burn-rates/>

Editors Note

This article is reprinted with the written permission of Brent Johner. This is the second article written by Brent comparing the number of calories burned in various racquet sports. We know that Pickleball is less strenuous than other racquet sports and that is the reason most of us pickle. However, we know it is a good way to keep ourselves physically fit and Brent's personal experiences prove what I am sure most of us already knew. But here is the proof in writing.



My wife surprised me on Christmas morning this year with a Mio Shape Elite watch. For those of you who don't already know, Mio watches have heart rate monitors built in that allow you to, among other things, keep track of the calories you burn during physical activities.

Long before we sat down for Christmas dinner that day, I had already sat down to program my new Mio. I entered my gender, my height, my weight, my weight management goals and other essential data that allows my Mio to do its job and give me on-demand progress reports throughout the day.

Since then, I have been using it to track the number of calories that I am burning during each of my many physical activities throughout the week.

Have there been any surprises, you ask? Yes. You bet.

I have learned, for example, that I actually burn more calories per hour when I am practicing squash than I do when I am playing squash. The difference is not enormous. I burn approximately 1200 calories during an hour of practice compared to about 1100 calories per hour while playing. But I was very surprised to find out that I put more energy into practicing the game than I put into playing it.

I was also surprised to learn that I am burning more than 900 calories per hour while playing recreational doubles badminton. Granted, I play hard, maintaining an average heart rate of 150 beats per minute over a two hour period. But since most of the estimates I have seen suggest that badminton burns somewhere in the neighbourhood of 500 to 600 calories per hour for a guy of my age and weight, I was surprised to learn that my Mio indicates a burn rate that is 50 per cent higher.

What was even more surprising than the badminton burn rate, though, was the burn rate I came up with while playing doubles pickleball this morning.

Those of you who read my blog two weeks ago ([Singles Pickleball Burns Calories](#)) may remember that I estimated, based on data from other sports, that an hour of advanced singles pickleball would burn 350 to 400 calories per hour. In fact, these numbers may be much too conservative.

Earlier today, I spent two hours playing DOUBLES pickleball with three other Calgary players at the Cedarbrae Community Centre. It's important to understand that this was DOUBLES pickleball, not singles. My burn rate during that two hour period, according to my Mio, was an astonishing 1350 calories. That's 675 calories per hour.

If that is accurate (and I have no reason to believe that it is not), then advanced singles pickleball will certainly burn more than I originally estimated. In fact, I wouldn't be surprised to find out that it's reasonably close to the burn rate for doubles badminton.



Brent Johner is a certified tennis, squash and badminton coach in Calgary, AB, Canada. He is also Racquet Network's founder and Executive Director. He can be reached at brentjohner@racquetnetwork.com.

Wailea Point Condominium Development

By Dave Wagner

Want to play pickleball year round, how about Wailea Point, Maui, Hawaii? This picture gives the beautiful back drop for pickleball at this condominium resort on this beautiful island. Dave Wagner, principal real estate broker sent in this story of pickleball as one of the activities being offered at the resort.



We built the pickleball court at Wailea Point as part of an elaborate array of recreational resources. We also have tennis, paddle tennis, four swimming pools (one a 25-meter lap pool), two whirlpool spas, two recreation pavilions, two barbecue pavilions, table tennis and a beautiful 1,000 square foot fitness room filled with state of the art equipment.

It's impressive for a property of only 130 apartments. As a real estate agent, I boast about these facilities all the time. By far

the most frequent response is, "What's pickleball?"; to which I explain the story about State of Washington Senator, Joel Pritchard, whose kids played a game of their own invention on the tennis court using a whiffle ball that their dog Pickles' chased and claimed as his ball.

Several are very impressed – the ones that try playing the game invariably love it. Although our courts do not get used as much as we would like, invariably there are several players who come for a few days and love the game.



More often than not we'll see kids out there with tennis rackets playing some concoction of the game.

But we – the Wagner family who developed the property – have had some magnificent, intense rivalries there over the years, and we can get to hollering and grunting pretty loudly. Once (only once to my knowledge) a nearby condo owner complained to the Board, but they weren't too sympathetic and that person ended up moving to another property.

Pickleball Humour

Last month I published a poem from an unknown author that ended with the lines,

"I could never leave Canada
I'm frozen to the friggin' ground"

Well, guess what folks, our butts were frozen in the sunny south with record low temperatures for a record number of days. Just so you can have a laugh at snow birds who head south for those nice sunny and 30 degree days, here are a few photos of wintering in the south and playing pickleball outside.



This is an orange, not a pickleball, but it would have been just as frozen--gives new meaning to the term frozen orange juice.



The photos above were taken from the Atlantic South Regional blog showing that you really do need those toques, pronounced "toks" by the locals, and winter coats.

Don't you Canadian picklers feel guilty playing in those heated recreation centres?

Tim Bits

I would just like to mention that the Ontario Senior Games Association, OSGA, has now made pickleball an officially sanctioned game for the senior summer games. This means that any district in Ontario can add pickleball to their summer games.

Many districts are already moving ahead with that including, Windsor, Kitchener, Scarborough, London, York and Durham. Any pickleball player in Ontario who would like to act as convener and add pickleball to the list of senior games in your district this summer, please go to <http://www.ontarioseniorgames.ca/complete-list-of-40-districts->

[listed-by-district-number/](#) and contact the president of your district. If you are interested, don't delay as the summer program of events for each district is being prepared now.

Chuck Lefaive has suggested that all centres host a fun Valentine's Day tournament with valentines for your favourite player, sweet treats, some draws and most of all fun. If your centre is so inclined, you might think about donating some or all proceeds to Pickleball Canada. For more ideas on a Valentine Tournament, contact Chuck at clefaive@shaw.ca.

Editors Comments

This time, I am doing away with my editorial comments except to say thank you to those kind players that took the time to submit articles for this newsletter. This newsletter is only possible if you send me the material. The variety for this edition was exactly what an editor wants to see. Again forward articles to rwroswell@gmail.com.

In place of further comments, I would like to reprint an e-mail from Sunil Valavalkar, Founder and General Secretary of the All India Pickleball Association giving his kind thanks and appreciation for the article I placed in the January edition of this newsletter. This is the type of thanks that keeps me promoting this great game and shows that Canada is always that quiet force moving things forward on the world stage.

"Hi Wayne
Greetings for the New Year!!!!

Thank you very much for taking note of our efforts in your recent e-news letter. I have no words to express my gratitude for you.

Even after toiling sweat for past 3 years for the promotion of PB, I cannot safely say that I have penetrated the Indian soil, and hence at such point of time your article is a morale booster for all of us here in India. Sincerely, I thank you Wayne.

Your article is not just a New Year's gift to all of us but it has a historical significance as far as journey of PB in India is concerned. We are committed to the progress of PB in India so at later date your article would prove to be part of valuable archives for us.

As you know we are passing through tough times where media is very supportive to us but society is not offering us infrastructure and hence we are still struggling to practice PB at one place.

I am optimistic that very soon we will get a dedicated or exclusive court to practice PB.
At that court, proudly, I will display your article.”

Sunil