



Pickleball Canada

*The fastest growing sport in North America
Le sport qui affiche la croissance la plus
rapide en Amérique du Nord*



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President's Message - Shirley Shepherd

Pickleball Canada (PCO) and the United States of America Pickleball Association (USAPA) have implemented the International Federation of Pickleball (IFP) Rating system. This allows players to have the same player ratings in both Canada and the USA

Canada is new to skill rated tournaments. Many clubs may not have skill rated tournaments or may have just started them. Most players have self rated "S" ratings, some players may have IFP "S" and "T" tournament ratings. We encourage all PCO Affiliated Clubs to submit recommended IFP player ratings to PCO after they have held some skill rated tournaments. At the end of a skill rated tournament, the Tournament Director is encouraged to submit ratings for Pickleball Canada members. This information helps to establish initial ratings and to correct incorrect ratings.

Tournament Directors may change a player's ratings based on these requirements:

1. Ratings are based on the results of the player's most recent tournaments. If a player medalled in one or more skill rated tournaments, his/her rating may go up. If a player loses all the matches in one or more tournaments, his/her rating may go down. If a player has not lost all the matches, his/her rating will stay the same.
2. Review the tournament matches scores (e.g. a score of 11-1 is a stronger player than 11-9) to determine a rating change.
3. In addition to all the above, Tournament Directors may determine a player's rating by observing the player's tournament play.

PCO cannot assign IFP Ratings to fun tournaments and tournaments with individual round robins that players are mixed to play with other skill rated players. IFP does not have 1/4 ratings and we cannot post 1/4 ratings. Although B.C. Senior Games has 1/4 ratings, PCO does not advise tournaments using 1/4 ratings. Therefore, if a player has won a medal in 1/4 ratings, we will not give them IFP ratings. However, the results of these tournaments with other tournament results may be

used by Tournament Directors to assign IFP ratings.

Pickleball Canada publishes the official IFP ratings on the IFP website <http://ipickleball.org> under Player Rating (USA & Canada). IFP ratings are also published at the USAPA website: <http://www.usapa.org/ratings-usapa/> We advise players to use the official IFP ratings when they enter skill rated tournaments in Canada and the USA. If you have already registered for an upcoming skill rated tournament, it is your responsibility to inform the Tournament Director of your skill rating change.

PCO Volunteer Position available:

Ratings Chair - Communicates with Affiliated Clubs and Tournament Directors to collect and assign players ratings. Informs players of their IFP Ratings and publishes IFP Ratings. The candidate must have fast and good, communication skills, excellent computer skills and experience in rating players in skill-rated tournaments. If you are interested in serving in this volunteer position, please send a resume with your qualifications, experience and references to president@pickleballcanada.org

Heart Attack . . . it won't happen to me.

I think we all have had friends, family or someone we know well, who have had a heart attack. My first reaction would be, "they were probably over weight or simply in poor health" and I would write off the fact that it just "might never" happen to me. NOT ME, I am in good physical health, workout out almost every day, play pickleball 4 to 5 times a week- no chance of me ever having a heart attack.

Well, I WAS WRONG, totally wrong.

My idea of a heart attack was simply wrong. I believed what I have seen in the movies. . . . A guy grabs his chest, has strong pains there and down his arm, falls to the ground and dies with a choking sound for added effect. This is the movie version.

The real life version is totally different, believe me. Sure you can have pain as described above BUT there can also be NO PAIN too, simply pressure in the upper chest area. Shortness of breath can be another symptom. Women have different symptom then men as well.

Heart attacks are caused by clogged arteries around the heart that cut down the blood flow through the body. Many of these clogged or blocked arteries can be dealt with by the surgeon inserting stents into the blocked areas which open up the flow of blood. This is a fast solution and can result in an overnight stay in the hospital. If a blocked artery needs more than 2 stents back to back, the surgeon will probably recommend by-pass surgery.

Surgery or stents? This decision is made quickly

by the surgeon during the angiogram test. They see how many arteries are blocked, by what percentage and the precise location. The process is not repeated as an angiogram is a life threatening procedure. Once a decision is made (stents or by-pass surgery), stents are inserted or you are sent back to the ward to wait for an opening for the operation. By-pass surgery recovery time is approximately 6 to 8 weeks IF you are in good health.

All this may sound like "too much information because I am in great shape" but believe me, without an angiogram YOU DON'T KNOW IF YOUR HEART IS IN GOOD SHAPE OF POOR SHAPE.

If you exercise regularly (get that heart rate up and sustained for 30 minutes or more a 3 to 5 times a week), eat right (lots of fruit and vegetables), watch your salt intake, have regular checkups and blood work done. There is a good chance you are okay BUT you can also inherit conditions from your parents too. If there is blood disease in your family history you are a candidate for possible heart failure.

The most important organ in our bodies is the heart. It is not something you want to mess with or take a gamble with. When it stops beating you are gone. Life is a gift, treat it with care and understanding, get regular checkups, watch what you eat, and take care of what you have. The life you save could very well be your own. I know, I have been there and am on the road to recovery.

By: Ed Burke, VP Pickleball Canada.

Ambassadors - the Reason our Sport Continues to Grow

Announcing 3 new Ambassadors submitted by Shirley Shepherd

PCO Area Ambassador for Red Deer, Alberta

We are very pleased to announce that Jane White has been appointed as Pickleball Canada Area Ambassador for Red Deer, Alberta effective February 1, 2015. Jane has played pickleball for six years. She finds pickleball an easy sport to teach/share/enjoy at different levels. She shows interest in promoting the sport and seeing it grow and succeed. She is looking for possible working relationships with other facilities.

The true growth and development of pickleball occurs at the grassroots level. Promotion and marketing, clinics and instruction, and finding and securing places to play, are all initiatives of Area Ambassadors. We thank all our Ambassadors for their hard work and dedication in promoting pickleball in Canada!

PCO Area Ambassador for Westlock, Alberta

We are very pleased to announce that George Oko has been appointed as Pickleball Canada Area Ambassador for Westlock, Alberta effective January 19, 2015. George and many players do not go south for 6 months and they play pickleball indoors all winter in Alberta. He sees that pickleball is only played outdoors in the summer and he would like to promote it as a winter sport as well. He runs a pickleball program in Westlock and has done a demonstration in Athabasca.

He holds at least two "Introduction to Pickleball" clinics during the winter. He would like to promote pickleball as an indoor sport by indicating to 55+ groups that it should be a part of both the Winter and Summer Games. There is no question that grassroots initiatives are driving pickleball's tremendous growth. Tournaments, new members and places to play, and player development are all spawned in communities.

PCO Area Ambassador Kelowna, B.C.

We are very pleased to announce that Ray Timbers has been appointed as Pickleball Canada Area Ambassador for Kelowna, B.C. effective February 4, 2015. Ray is very interested in teaching and training referees in Kelowna and the Okanagan valley. He teaches new players and students and would like to initiate pickleball as part of the P.E. program in schools. He organized a PCO sanctioned tournament with Mike Carter in the Peachland Winterlude Pickleball Tournament last month. He is organizing the upcoming Pickleball Kelowna Indoor Spring Tournament May 9, 2015. He is on the Western Nationals Committee in Kelowna. Thank you Ray for promoting Pickleball in Kelowna, B.C.



Top PCO Tournament Point Earners 2014

Follow this page to read the profiles of PCO tournament point earners



This month Pickleball Canada Organization would like to showcase ,
Fion Chou who has earned 5200 tournament points in 2014.



What is your Pickleball?

Growing up in Taiwan it is a given that one would be playing some sort of racquet sport – I did, playing ping pong as a kid and made captain for my school but then academic studies took priority till 30 years later. Found myself working as an acupuncturist and helping people with all sorts of physical and emotional issues. Through my years of practice I have learned that emotional well being is way more important than anything else. I started encouraging my patients to find that something in their life that every time they think about doing that would just bring a smile on their face. The best medicine there is. It was ping pong for me in the last 5 years. I would always encourage people to find that ping pong in their life, whether it to be walking around the seawall, playing bridge, yoga or reading a book. My favorite phrase for the longest time is “What is your ping pong?” But can you guess now what that phrase is? “What is your pickleball?” yes, you are right.

My ping pong buddy L. Yeo introduced me to this “old people sport” back in the summer of 2013 , I was resistant to the name but eventually gave in, and to a point of no return. My competitive side has an outlet since there are so many tournaments locally and in the

States for me to go. Through playing and training I get to know myself better, it also sharpens my observation skill both on and off the courts that I bring to my professional work life as well. Plus all the usual injury may come with playing sports is promptly dealt with by ME.

How do I improve my play? I have always been an inquisitive person so I ask many questions when I first learned to play. I am never shy to admit to something I don't know or not good at. Every player has something unique to say about my good or bad play and from there I look for answers and do a lot of practice. And I love strategizing the game both for recreational and competitive play.

Last year was a busy year for me as I competed in 10 tournaments both in BC and in the US. I absolutely enjoyed the double's play, both women's and mixed doubles. Love the camaraderie!

My heart races with a big grin on my face every time I am about to go play pickleball, it never gets old.
WHAT IS YOUR PICKLEBALL? By Fion Chou

CORRECTIONS:

This is an update of 2014 PCO Tournament Points. We had a glitch and missed the 2014 Tournament Points for the September Smash and Alberta Open Tournaments.

Tournament Points that were missed from the Fraser Valley Palooza Tournament in November are also listed

Congratulations to all the winners and our sincere apologies for the errors.

Mike Cooper 1000

Les Drake 400

Bernie Lowe 200

Mike Place 200

Gene Vollmin 500

Bernie Lowe 200

Mike Place 200

Trevor Cook 400

Leslie Srogen 1200

Debbie Henwood 1000

Marg Ouimet 400

Val Vollmin 500

Vivian Oko 400

Tracey Thompson 200

Geri Carruthers 300

Cookie Drake 1000

Butch March 200

Terry Smith 100

Gaenor Botha 100

Ted Biggs 400

Janet Bergen 700

Sandy Milliken 900

Beverly DeHaitre 700

Lindsey Boyko 400

Sandy Jones 400

Lori Vance 400

Jeni Lewandowski 200

Heidi Baloun 200

Milda Postler 200

Friends and AED Saved My Life...

Submitted by Randy Hall, USAPA Minnesota District Ambassador

Three weeks ago I suffered a massive sudden cardiac arrest on the pickleball courts in Florida. Friends and an AED device saved my life and I had five-vessel bypass surgery that night. I am on the mend now and will be back playing in six weeks or so.

I would like to make a push to all of you to encourage your pickleball facility to have an approved AED device on site. Work with them, fund raise, etc., to ensure that your playing site has an AED. Without this device in our park, I would probably not be sending this message today. All take care and every time you play pickleball, give thanks and count your blessings!"

Get an AED; the life you save may be your own.



Upcoming Tournaments

2nd Annual Fraser Valley Pickleball Rosebowl Tournament

February 20-22, 2015

At Rosedale Traditional Community School

50850-Yale Road, Rosedale, BC

PCO Sanctioned Tier 3 - Skill rated - IFP Rules Apply

Singles, Doubles and Mixed Doubles Events

\$30 Registration \$10/event – lunch provided

Saturday Nite Social – Mandarin Gardens, Chilliwack

Registration and tournament details www.fraservalleypickleball.org

Registration Deadline Midnight February 6



FIRST ANNUAL

Puerto Vallarta Tropical Pickleball Tournament

March 11-15, 2015

Tournament Venue

The Sheraton Buganvilias Resort & Convention Center

Blvd. Francisco Medina Ascencio. No. 999, Zona Hotelera Las Glorias, 48333 Puerto

Vallarta, Jalisco, Mexico

Book your hotel stay with us: www.PickleballPuertoVallarta.com

Entry Fee

US\$ 60 and \$10 for an additional event

USAPA members receive a \$10 discount

Register now: www.PickleballPuertoVallarta.com - "Player Registration"



Vernon Pickleball Club Indoor Charity Tournament

Saturday, March 28, 2015

At Priest Valley Gym, 3310 37th Ave, Vernon, BC

Vernon Pickleball Club has chosen to support the Vernon Hospice House and the Cancer Society in a Women's, Men's and Mixed Doubles Tournament.

Schedule: Women's and Men's Doubles in the morning. Mixed Doubles in the afternoon.

Registration forms and tournament details to follow. Inquiries contact:

vernonpickleballclub@gmail.com Cheri, Vernon Pickleball Club 250 545-5864



Kitchener-Waterloo Pickleball association is Hoisting a Pickleball Tournament

Sunday, April 12 & Monday, April 13

KW Badminton Club; 69 Agnes Street in Kitchener

Open Womens, Mens and Mixed (Sunday)

Womens 55-64, 65+

Mens 55-64, 65+

Registration and information is now ready!! Please email at kwpickleballassociation@gmail.com if you need a copy emailed to you!!





Nanaimo Pickleball Tournament, Nanaimo, B.C.

May 1, 2 and 3, 2015.

Mens and Ladies Singles, Doubles and Mixed doubles.

This will be a ranked tournament. <http://nanaimopickleball.org>

PCO Sanctioned (Tier 4) IFP rules Apply



Pickleball Kelowna Indoor Spring Tournament

Saturday, May 9, 2015

Location: Kelowna Secondary School

1079 Raymer Avenue

Kelowna B.C V1Y 4Z7

Name of Tournament Directors: Dale Charlton, Ray Timbers & Gilbert Guenette

email address: DCharlton@sinclairidental.com <DCharlton@sinclairidental.com>

Phone: 250-878-8791

PCO Sanctioned (Tier 3) IFP rules Apply

KAMLOOPS OPEN PICKLEBALL TOURNAMENT

May 30- 31, 8:30 am to 5:00pm

MacDonald Park Kamloops

Tournament Director: Ross Perkin, rossperkin328@yahoo.ca 250-318-1275

Tournament will use IFP rules and all participants will be expected to sign a PCO waiver

Format: Double knockout (2 of 3 main draw, games to 15 in back draw)

Events: Men's Doubles, Ladies Doubles, Mixed Doubles

(Men's and Ladies Saturday, Mixed Sunday)

Categories: 3.0. 3.5, 4.0 plus

PCO Sanctioned (Tier 4) IFP rules Apply

Lunch will be provided each day and all participants will get a gift.

Registration fee: 1 event \$35, 2 events \$50

**The Nationals
2015**



2015 Pickleball Canada National Eastern Open Championship to be held in the Manulife Financial Sportsplex and Healthy Living Centre at RIM Park in Waterloo, Ontario on July 10th, 11th and 12th, 2015.

PCO Sanctioned (Tier 1) IFP rules Apply

To register go to: http://www.pickleballtournaments.com/pbt_main.pl

2015 Pickleball Canada National Western Open Tournament to be held in Kelowna, B.C. on July 10th, 11th and 12th, 2015.

PCO Sanctioned (Tier 1) IFP rules Apply

To register go to: http://www.pickleballtournaments.com/pbt_main.pl

See page 17 for the poster

Any player or group who would like to have their tournament advertised , please send request to: Denise at de.griffin@sasktel.net

QUOTE TO LIVE BY...

" I get up in every morning and it's going to be a great day.
You never know when it's going to be over, so I refuse to
have a bad day!"

Paul Henderson

source: BrainyQuote

submitted by Carol Doughty



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the greatest game with
the strangest name!

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Pickleball News Coast to Coast

Pickleball Finds a "New land"

Yes, the sport of pickleball has landed and has a solid footing in Newfoundland. In consultation with Shirley Shepherd, PCO President, Valentina Nolan has been promoting and nurturing the development of pickleball at the Bay St. George YMCA in the city of Stephenville. Valentina is the Centre Director of the YMCA and in consultation with members and local sport enthusiasts she has recognized that pickleball has amazing potential. Tom Cole is a local volunteer and player that works with Valentina. There are 4 courts in the YMCA gym and 4 time slots Monday through Friday. Any open gym time on the weekend is also available for set up and play time. If any readers are travelling to Newfoundland this summer, be sure to drop in and have a game. Newfoundland is now listed under Places to Play on the PCO and USAPA websites and is the 10th province to achieve this level of pickleball fame.

Playing Times:

| | |
|----------|--------------|
| Monday | 12-2 pm |
| Tuesday | 7:15-9:15 pm |
| Thursday | 7:15-9:15 pm |
| Friday | 12-2 pm |

PICKLEBALL...IN ST. PAUL, ALBERTA

Pickleball started at the end of October, 2013. We play in a former school gym using the badminton lines. We have 3 courts and the school authority charges us \$50 for 3 hours of use. The St. Paul Seniors Club purchased the 3 sets of nets and our players, in turn, pay the Seniors Club an annual membership fee of \$12 in order to use those nets and the Seniors then provide the necessary \$2,000,000 liability insurance coverage, a condition to access this facility. We charge \$5 to each player each time they come and play.

We started with barely enough players to fill 2 courts (8 players). Now we play twice a week during the day and we have on a pretty regular basis 16 to 20 players each time, which is ideal, as we can only accommodate 24 players at a time. There is now also a group of younger players (people who still work) that come and play once a week, in the evening. Later in 2015, we hope to set up a competitive play group session for those players who would like that for their personal satisfaction and for those who

want to participate in the 55+ Zone and Provincial competitions this summer or to play in other tournaments.

With the extra funds (money over and above the gym rent), we were able to purchase a dozen paddles (\$900 worth) for the use by the participants. Now, quite a few players have purchased their own paddles.

At the beginning of each session (and after a warm-up), the players sign up on a prepared player's sign-up sheet adjacent to a number. That number is your number used to determine who you play with each game and against who. We have laminated draws already prepared for 8 to 24 players and for 7 to 8 games. Players get to play with a different partner each time.

Late last August, myself and friend, participated in the Canada 55+ Summer Games and we won the bronze medal for the men's 75+ category.

Pickleball is up and alive in St. Paul. If anybody is in close proximity of St. Paul, Alberta and is interested in playing, check us out or give me a call at 1-780-290-0810.

Our club name is St. Paul Pickleball Club....
submitted by Chuck Ouellette

Darwell, Alberta – Mighty small, but on the ball, pickleball that is!

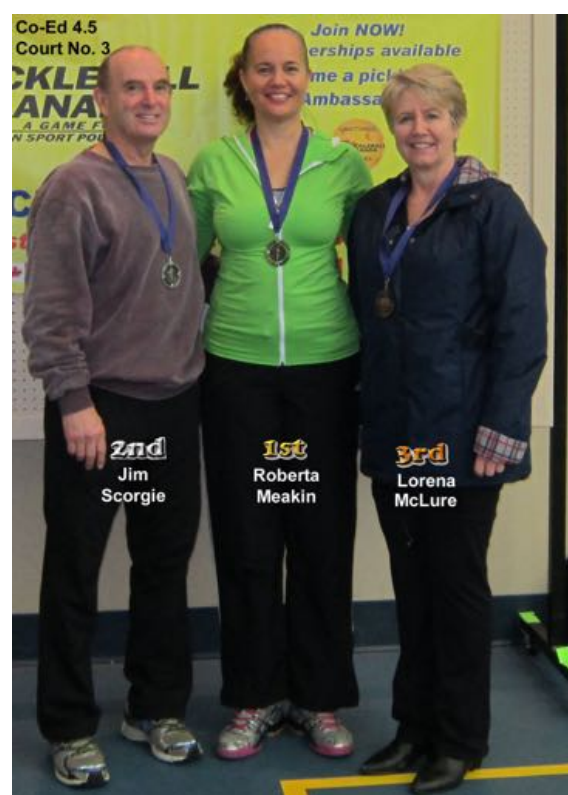
Darwell is a small community 80 km west of Edmonton, Alberta with a population of approximately 20 inhabitants. Edward Krause introduced pickleball to the residents at the Darwell Centennial Hall in September 2014. Before he headed down south he asked Leslie Srogen and Debbie Henwood to come to Darwell from the Spruce Grove Parkland Pickleheads to do 2 introductory clinics. Now the Darwell Pickleball Club meets 3 times a week on one indoor court. Way to go Debbie and Leslie! (for those of you who have read past issues of the PCO newsletter, Debbie was the lady who took a pickleball to the top of Mount Kilimanjaro)

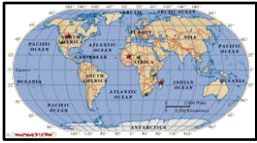


Results (pictures submitted by Ed burke on page 11)

- 3.75 Men's Gold Mike Perras Silver Ray Spichman Bronze (tie) Brian Stovel and Mark Pawlessa.
- 3.75 Women's Gold Patricia Andrews Silver Wendy Wood Bronze Rita Madson
- 3.75 Women's Gold Jenny McGilvray Silver Lynne Rogers Bronze Carole Chiswell
- 4.0 Men's Gold Scott Piper Silver Dan Baum Bronze Joey Toosie
- 4.0 Women's Gold Leanne Desmond-Coster Silver Wendy Majawski and Christine Perras (tie for Silver) Bronze Joanne Shura
- 3.75 Co-Ed Gold Christine Perras Silver Steve Nater Bronze John Paynter
- 4.5 Co-Ed Gold Roberta Meakin Silver Jim Scorgie Bronze Lorene McLure
- 4.5 Co-Ed Gold Yasantha Athukorals Silver Kim Kopp Bronze Van Mallow







Pickleball Around the World



VIVA SPAIN PICKLEBALL TOURS

I'm in Spain and making some good progress promoting pickleball. I wanted to let you know that we recently

finished the September Spain Pickleball Tours and had a great time so I've decided to keep them going in 2015. The following are

the 2015 dates.

Join Us on a 9-day Pickleball Tour to Spain

Experience a behind-the-scenes look into Spain's rich history and culture combined with a chance to play pickleball with the locals almost every day of the tour.

4 Tours Scheduled for 2015

May 19-27
2015

June 4-12
2015

June 19-27
2015

September 19-27
2015

Check-out the Web site and view photos and video from 2014

www.vivapickleballtours.com

International Places to Play Pickleball

<http://www.usapa.org/places-to-play-pickleball>

ABW (Aruba), STA CRUZ # 56, STA. CRUZ, ABW

GBR (Great Britain) -

Bunyan Leisure Center, Beford, GBR,

Kidlington & Gosford Leisure Centre, Kidlington, GBR,

Kirkley Community Sports Centre, Lowestoft, England

Waveney Sports Centre, Lowestoft, England

GRC (Greece) - Vritomartis nudist resort, Chania, GRC

MEX (Mexico) -

El Sargento, BCS

Canto del Sol Tennis Club, Puerto Vallarta, MEX

Loma del Mar, San Carlos, MEX

San Carlos Gym, San Carlos, Sonora, MEX

El Dorado Ranch Pickleball Club, San Felipe, Mexico

GTM (Guatemala) San Andreas, Sajcabaja, GTM

Roger's Re-Gift For Life

Posted by John Collie on Sunday, 21 December 2014 in Uncategorized on Rescue 7 Inc.'s Blog site in Toronto.

Christmas is all about giving, and for 68-year-old Roger Parise of Petit Rocher, N.B., it's about giving his community a gift for life just like the

one that saved his life.

Roger's gift is a heart-starting defibrillator, courtesy of Rescue 7, and he's donating it to the Club D'age D'or in Petit Rocher. It was one of those same units that saved Roger from dying on November 14 this year.

Roger was at the Pavilion Gymnasium in Bathurst, N.B., that morning, resting between games of a racquet sport known as pickle ball. Roger suddenly felt his heart beating rapidly and irregularly, and then collapsed with a cardiac arrest.

Cardiac arrests strike about 40,000 Canadians every year. Most people don't survive. But Roger did - thanks in large part to the quick action of bystanders and a nearby Rescue 7 defibrillator.

Retired nurses Claire Johnstone and Cecile Cormier immediately began CPR on Roger. Meanwhile, Lorne Guidrey knew there was an automated external defibrillator in the City Hall building next door. Rescue 7 recently installed that through the Heart and Stroke Foundation's national AED program.

Lorne quickly retrieved the AED, gave Roger two shocks to the heart with the easy-to-use unit, and dramatically brought Roger back to life just before the paramedics arrived.

Roger would go from Bathurst Chaleur Regional Hospital and then to the Montreal Heart Institute

for surgery to implant three stents and an internal defibrillator. He is now back home, recovering well and credits his rescuers and "that wonderful device" for being alive today.

"Because of it I'm enjoying life even more now," Roger told us. "Every day is a gift."

Roger is now going to re-gift. That's normally a Christmas no-no, but not in this case. Through a Forward Hearts program we share with Heartsine, our AED manufacturing partner, Rescue 7 has

given Roger a complimentary defibrillator to donate to a community facility of his choice.

Roger selected the Club D'age D'or in Petit Rocher. Club president Doris Doucet said she's honoured to accept this generous gift on behalf of the many seniors who gather at the facility for banquets, dances and to play cards. As Roger said, "A lot of people go there and they do a lot of good for the community. I'm happy to do this."

We're happy too. Stories of saves like this are affirming and inspiring.

Even though we firmly believe that defibrillators should be positioned every place where people gather, you always hope that no-one ever has use it. But when one is needed and a life is saved, it's very gratifying and a really good feeling.

It certainly will be a Christmas to cherish for Roger and the Parise family.

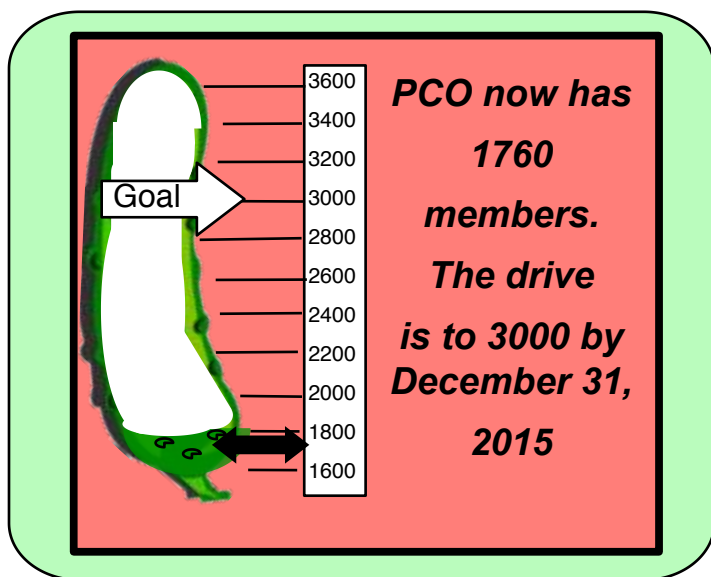
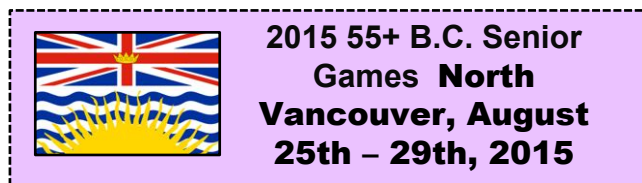
Here's an extended wish for everyone to also enjoy the holidays and have a happy, healthy and safe New Year.

Needless to say Roger was very fortunate that an AED was on site at our Gym and that these three pickleball players sprung into action to save his life.

BTW, Roger is back at playing on a regular basis.



From left to right are: Jeremy Parish (Rescue 7 Rep), Roger, Lorn, Cecile and Claire.



QUOTE TO LIVE BY...

" There are no environments where you're only going to win because life just isn't like that."

Bobby Orr

source: BrainyQuote

submitted by Carol Doughty

Please re-new or join PICKLEBALL CANADA

Membership application form is available on the web site. Completed form and payment can be

PICKLEBALL CANADA ORGANIZATION
10823 – 82 AVENUE, EDMONTON, ALBERTA, T6E 2B2

MEMBERSHIP RATES FOR PICKLEBALL CANADA

New/re-new membership rates are:

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

Club Group Rates available (20 members min.), contact: president@pickleballcanada.org

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president@pickleballcanada.org
Shirley Shepherd, Secretary
shirleyshepherd@shaw.ca
Ed Burke, Vice President edburke@live.com
Linda Dane, Treasurer ldane@daneco.com
Denise Griffin, Editor & Publisher Newsletter
<gwgriffin@shaw.ca>
Merrie Lee, Memberships ardmer@hotmail.com
Christine Perras, Director at large
thesevenofus@shaw.ca
Jim Dixon, Webmaster sysop@pickleballcanada.org
Patsy Simon, Chair Rules Committee
psimon@staff.ednet.ns.ca
Bill Furse, Director at large bfurse@sympatico.ca
Dave Shepherd, Director at large
dwshepherd@shaw.ca
Jim Wood, Ambassador Committee Chair
jimwood@shaw.ca

Provincial Ambassadors

AB - Linda Dane ldane@daneco.com
BC - Shirley & David Shepherd
shirleyshepherd@shaw.ca
Sask - Carol Martens-Clappison
carolsarahmartens@sasktel.net
MB - Brian Shippam shippam@mts.net
Ont. - Dave Hall twoboomers@yahoo.ca
Que - Claude Gauthier claudetlyne@yahoo.ca
NB - Raymond Doiron info@pickleballnb.ca
PEI - Garth Matthews g.matthews@hotmail.com
NS - Patsy & Steve Simon
psimon@staff.ednet.ns.ca



Are there illegal paddles that are not allowed to be used in sanctioned tournaments?

We have had several questions about legal and illegal paddles. Paddles are available in all shapes and sizes including various types of construction materials. A full list of sanctioned/legal paddles can be found on the IFP website under Paddle Specifications in Section 2 E, from 2.E.1 to 2.E.8.
<http://ipickleball.org/rules/pbrules-ifp.pdf>

Also, the list of revised test results on Dec.13, 2014 is available at the link below which you can copy and paste into your browser.

http://ipickleball.org/rules/IFP_Paddle_Test_Results.pdf

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. Apply to: Denise Griffin, Newsletter Editor/Publisher at <gwgriffin@shaw.ca>

Pickleball Canada

National Western Tournament

Kelowna, B.C.



July 10, 11 & 12, 2015

Pickleball Canada has decided to have 2 National Championship tournaments for 2015...one in the West and one in the East. The Pickleball Canada National Western Tournament held in Kelowna will be skill based (not age-group based) and be played **outdoors**. This is a Pickleball Canada/USAPA sanctioned tournament that will use IFP rules.

Location: Parkinson Recreation Center, 1800 Parkinson Way, Kelowna, B.C., V1Y 4P9

Tournament Information:

- Early registration runs from January 1st, 2015 to April 30th, 2015.
- \$25 registration fee plus \$10 for each event entered.
- Late registration is from May 1st, 2015 to June 1st, 2015—**there is a \$10 fee for late registration.**
- Players may enter a maximum of 3 events and may only enter one doubles, one mixed doubles and one singles event.
- Registration should be completed online at www.pickleballtournaments.com
- Pickleball Canada members will receive a \$5 discount off the registration fee. When registering online please make sure you enter your membership number in your personal profile to receive the discount. Leave it blank if you are not a member.
- Please note that if you are currently not a member of Pickleball Canada Organization (PCO) your registration fee will include a PCO 1 year membership.
- Pickleball Canada Tournament points will be awarded to the top three teams in each event.
- Players must be 16 years of age or older any time in 2015 in order to compete.
- Entry fee includes food voucher & welcome bag.
- Players who do not indicate a rating within their registration will be placed in the 3.0 category, although the tournament committee reserves the right to place individual players in an appropriate category.
- All events will be double elimination with each match being best 2 out of 3 games to 11 on the “A” side of the draw. On the “B” side of the draw each match will consist of one game to 15.

Events:

- Men’s Doubles 3.0, 3.5—Friday
- Women’s Doubles 3.0, 3.5—Friday
- Men’s Doubles 4.0, 4.5, Open —Saturday
- Women’s Doubles 4.0, 4.5, Open —Saturday
- Mixed Doubles 3.0, 3.5, 4.0, 4.5, Open—Sunday
- Men’s & Women’s Singles Open—Sunday
- Rain Day—Monday, if necessary



v3.01—Jan 11, 2015