

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

<http://pickleballcanada.org>

Inside this issue:

President's Message	1
Board of Directors	1
PCO Nationals	2
Prov. Ambassadors	3
PCO & FPQ	3
Skills & Drills	4
Drive for Five	4
Oshawa	4
Probus Club	5
Pickleball Fashions	5
Experts Column	6



President's Message by Val Vollmin

We have just returned home from the Pickleball Canada National Tournament in Kelowna where over 400 players enjoyed the warm hospitality of the Kelowna Pickleball Club. Great pickleball great camaraderie and a great time were had by all. The Kelowna Club did a fantastic job and put a lot of hard work into this tournament. It was a resounding success!

Our AGM was held in Kelowna on July 12, where we added 2 new Board members. I am pleased to welcome Valerie Van Spengen from Nova Scotia and Reg Dumont from Saskatchewan to the PCO Board of Directors. Merrie Lee will continue as our Membership Chair and Carolyn Stevens as our Treasurer. Both of these ladies are from Ontario.

Stepping down from the Board were Mike Cooper and Carol Marten Clappison. I am very pleased to report that Mike Cooper will stay on as our Tournament Director Chair and also the Chair of our Ratings committee. I would like to say thank you to both of these people for the valuable contribution that they have made to pickleball in Canada.

After the AGM one more Director was appointed to the Board and we are pleased to welcome Robin Grant from Quebec.

Mike Cooper presented the PCO Strategic Plan at the AGM. We will place this plan on the website and will be looking for input from our members across the Country. Please take the time to go through this and send us your ideas.

PCO has also renegotiated our insurance and I am pleased to tell you that our coverage is now much better than what we have had in the past. We will be in contact in the near future with our affiliated clubs and give you details. If you are not an affiliated club and are needing insurance, please contact us for more info on this coverage.

Have a great rest of your summer and make time to play some pickleball!



Your Board of Directors

Val Vollmin, President
president@pickleballcanada.org

Marg Ouimet, Vice President
vicepresident@pickleballcanada.org

Colin Caldwell, Secretary and Rules Chair
secretary@pickleballcanada.org

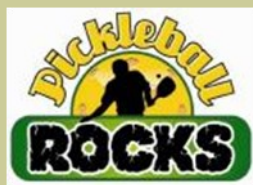
Carolyn Stevens, Treasurer
treasurer@pickleballcanada.org

Merrie Lee, Membership
membership@pickleballcanada.org

Ellen Dale, Ambassador Chair
ambassadorchair@pickleballcanada.org

Directors at Large

Jim Scorgie, Claude Gauthier, Alan Thompson,
Valerie Van Spengen, Reg Dumont, Robin Grant





PICKLEBALL NATIONALS A SMASHING SUCCESS

National Tournament Pictures

<https://www.dropbox.com/sh/folcwhazw15vde2/AACwlmrUyDsz9pPtMfVtOJCOa?dl=>

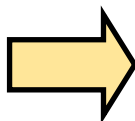


June 2016 Article Follow-up

Mike Bellis

& partner Elizabeth Peckham
competing at the Nationals.

Mike competed in Men's Open Singles, Men's Open
Doubles & Mixed Open Doubles.



UPCOMING TOURNAMENTS

Check out Pickleballtournaments.com
For past/present/future sanctioned tournaments

Provincial Ambassadors

BIG THANKS

AB	Brenda Feser	PCOprovincialambassadorAB@gmail.com
BC	TBA	
SK	Carol Martens-Clappison	carolsarahmartens@sasktel.net
MB	Brian Shippam	brian@shippam.com
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ON	Dave Hill	twoboomers@yahoo.com
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PEI	Bruce Fitchett	bruceandrobin54@eastlink.ca
NS	Frank Rossiter	fjrossiter@ns.sympatico.ca



An agreement has been reached between

PICKLEBALLCANADA ORGANIZATION (PCO)
and the
FÉDÉRATION QUÉBÉCOISE DE PICKLEBALL (FQP).

As of the 4th of July 2016 the FQP is affiliated to PCO and will represent it in the Province of Québec. It is a great step forward for pickleball. We look forward to a wonderful partnership as we work toward becoming a National Sport Organization.

Très heureux de savoir que votre fédération fait partie et représente votre belle province.
Bienvenu

Very happy to see the Fédération Québécoise De Pickleball in the family of PCO
to represent their belle province Welcome

Gerald Theriault, PCO Area Ambassador, Moncton, NB

PCO welcomes all pickleball submissions.

Please send photo and text (.doc, txt or .rtf) with a max of 400 words by the first day of the publication month to Newsletter Editor
Colleen Wolkosky news@pickleballcanada.org

DRILLS & SKILLS tip of the month

4 Dinks 4 Volleys—1 ball per 2 players or 4 players. Start at the non-volley zone. Begin with 4 dinks (count each dink—1, 2, 3, 4) then switch to volley (count each volley—1, 2, 3, 4) then back to 4 dinks. Continue on with 4 dinks, 4 volleys. This drill is about control! Control the ball, control the placement. The volley should be placed at the opponents 'mid section', you are not trying to smash the ball you are trying to control the ball and control your placement of the ball so your opponent can return the ball. This drill will help with ball control, leaning to slow the pace of volley, keeping your eye on the ball, patience and placement.



DRIVE FOR FIVE

NATION WIDE MEMBERSHIP DRIVE

our goal is 5000 members!!!

Lets try to get there by

Dec 2017 !

DRILLS AT THE TUESDAY OSHAWA Y Club in Oshawa, Ontario
The Tuesday Oshawa Y Club was allowed to extend its 3 hour session to 4 hours starting May 1, 2016. So, what do you do with an extra hour of pickleball? After surveying the membership with this question, Terry Elliott, the Convenor, found that the overall response was to incorporate drills into the first hour. Therefore, Terry, and one other member, Jim Parrott, started drills on the 3 courts for those who were interested. Approximately 15 members attend the 45 minute -1 hour session which includes the members rotating to the 3 different courts, doing a different drill on each court for 10 minutes each. The drills are emphasizing the following: control; third shot; cross court dinking and dinking in general; and returning lobs when the lob is given, and you are at the NVL. The rotation continues until everyone interested in doing the drills has completed the 3 drills at least once. Once this is accomplished, the games start with the players assigned to a court in the order they had arrived originally. The "early birds" help to set up the nets and tape the NVLs. Terry and Jim, in photo, vary the drills, adding more challenges to them on a regular basis. Everyone taking part in these drills has appreciated this new format and the effort that Terry and Jim have put into this. Well done, guys. Now, it's up to the players to incorporate these skills into their game. Not an easy task, as we all know. For information on drills you can use yourself or in your club, please contact Jim at jwparrott@rogers.com.



“might as well face it you’re addicted to PICKLEBALL”



PROBUS Club of Pickering meets PICKLEBALL

Dave Wey, a member of the PROBUS Club in Pickering, Ontario, organized a Learn-to-Play Pickleball session for his club of retired or semi retired men and women on Tuesday, July 5, 2106. Twenty-four members who had never played the sport participated in a 2-hour workshop lead by Dave and assisted by 4 experienced players (3 from Pickering and 1 from Whitby). The basic rules, strokes, and strategies were covered so that the players were able to play games and score by the end of the workshop. Many agreed that the hardest part was learning how to keep score! Now, there is talk of another workshop and starting a Probus Pickleball Club. Many of the participants now understand how addictive this sport can be! They just want more! Probus (an abbreviation for Professional Business) Clubs are found throughout Canada and cater to retirees or semi-retirees. The clubs meet once a month and all activities are geared to benefit the interests of the clubs’ members.



Each month, there is a guest speaker at the meeting, and there are activities during the month, such as hikes, golf, theatre, car allies, euchre tournaments, etc. Some clubs are for men only; others are for women only. However, the Pickering Probus Club and the Whitby/Brooklin Probus Club are combined (men and women). Google Probus Clubs to find out if there is one in your area and for more information. The PAO, Pickleball Association of Ontario, offers pickleball workshops to meet your club’s needs. Contact the PAO through its website for more information.

Photos

Pickering Probus Club’s attendees at the Workshop and the 4 coaches /
The Four Amigos: left to right-Richard Sogawa, Carol Doughty, Joan Archer, Gary Clark

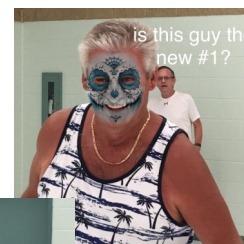
PICKLEBALL FASHIONS

Check out the outfit that Rob Smith from the Port Perry Pickleball Club wore to defend his title as "top dog" of the Mixed Ladder League held on Thursday afternoons.
His outfit even matches his paddle!

The challenge is on.

Send in your photos of pickleball attire to share with all.

Let the fun begin.



Share photos and stories of your pickleball addiction...send to news@pickleballcanada.org

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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
contact:
membership@pickleballcanada.org

Membership and Renewal

Please print and submit online
completed forms and payments to:

PICKLEBALL CANADA

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The Experts Column by Cookie Drake & Mona Burnett



The Soft Game - Focus on Dinking

The dink shot makes up part of the soft game and it is an essential part of all players games whether you are a recreational player or a tournament player. The dink is a short shot originating from near Non Volley Line (NVL) and dropping into the Non Volley Zone (NVZ) or kitchen.

What does dinking do for us? It allows us to neutralize a hard hitters game, the person dinking controls the game. It is very difficult for hard hitters to hit a hard ball from the NVZ. If you can keep your dink close to the net the ball is out of the opponents reach. When the opponent tries to hit hard the ball often goes into the net or ends up flying out of the court. Dinking helps you keep the ball in play. Developing good proficiency with dinking can help you become the consistent player. Let your opponents make the mistake. The art of dinking is "patience" and "consistency". A player who is a good dinker can dominate at the net. Move the ball around, create an opening to set up the put away shot. Dinking is like playing chess, it is a very strategic part of the game. Dink cross court, middle, straight across, middle, back cross, hit backhands, don't always dink the same person, vary the type of dink shot. Move your opponents and keep them guessing as to what type of dink shot you are going to deliver. Mix your shots up, watch your opponent and figure out what type of dink shot they can't handle.

Easy right!? Basic dinking - what is it? Basic dinking invokes your grip, body position and footwork, consistency. Simple dinks do not use a lot of spin. Work on placement - hitting the shot cleanly in the middle of your paddle. Find the grip which works for you. Many players use a simple continental grip or handshake grip. Other people use a variety of grips. Some players use the trigger finger up on the paddle and other players use more of a shovel shot when dinking. Find what is comfortable for you and what grip gives you the ability to control your pace, direction, and follow through. I once asked a player why they used the shovel stroke when dinking and it was because they were able to control their pace better and not hit the dink too hard. When executing a dink shot you should be in a compressed ready position, knees bent, butt down, feet approximately shoulder width apart, be light on your feet on the balls of your feet, your head should be up, your eyes on the ball, back fairly straight, shoulders back and even height, your arms away from your body so as to enable you to strike the ball out in front of you. Find your comfort zone or your neutral zone which is the area you can reach out in front of your shoulders. When you dink think of stroking the ball softly. I often use the analogy of gently stroking a babies face rather than striking or slapping at the ball. Your paddle face needs to be angled slightly upwards on contact, stroke comes from the shoulders, keep a firm wrist and push through, guiding the ball forward. The ball goes where the paddle goes. You need to move your body into position so that you are able to stroke the ball mostly out in front of you. Of course there are times that you may have to stretch out or contort yourself very awkwardly to get a ball but staying light on your feet will allow you to move to get into position most of the time.

Dink Placement - advantages/ disadvantages to shots. We can dink to three areas of the court. We can dink straight across - to the players forehand and backhand. A disadvantage of this is if you stay there too long you have very effectively kept your partner out of the point. The sides are also the higher part of the net so a bit more difficult height wise. Also if you miss trying for the line you have a very small margin of error so it's relatively easy to hit the ball out of bounds. When we dink crosscourt we have more area to work with, we cross through the middle which is the lower part of the net. We can get caught into sharp cross court rallies which also exclude a partner unless they are able to reach in and strike a ball which crosses too far from the net. We also set up around the post shots if we cross court dink too wide. Wide dinks become very dangerous as players become better. Dink most of your balls to the middle, this is a neutral shot. By going more to the middle you will draw your opponents in thus reducing the size of the court. Several shots to the middle will often have the opponents clashing paddles and messing up their return dink. Once you have brought them in it also makes it easier for you to hit wider angled dink winners without trying for one so wide that you hit out or set up an around the post shot. Once you have hit neutral dinks to the middle you have many more options for the placement of your next dinks.

Perfection- be serious about developing a consistent dink shot. You can do this by grabbing a drill partner and going to the court and practicing dinking over and over. Try to get where you practice placing the balls in all three positions, straight ahead, cross court, and middle. Of course think about placement of your dink shots to both forehand and backhand of your practice partner and also execute your dinks using both your forehand and backhand. Practice dinking balls really tight to the net, keeping the dink low but a bit of loft is also fine as long as your opponent can't reach it. Practice a dink shot into the opponents feet - this requires more pace but must be very low to the net. Even if you are a player who only wants to play games, get to the court 15 minutes early and spend that time practicing dinking. It will give you a warm up as well as give you some much needed practice. Another thing you can do to improve your dinking skills is to watch dinking videos on YouTube. Simply Google Pickleball dinking and many links will pop up with great videos by many accomplished players and teachers. Instead of playing regular games play at least a couple of dinking games - keep score if that makes it more fun for you. As novice players most of us think hitting really hard is a lot of fun, but as we get better and improve our soft game we come to understand that the most fun occurs when we can dink patiently and ultimately set up the kill or the shot which wins the point. That's really fun! When you can dink 100 in a row shoot us an email. We would love to hear about your dinking success!!

If you have a question or want some advice why not send in an email to our Experts Column!! You can reach them at expertscolumn@pickleballcanada.org. Remember to keep those paddles up and keep practicing!

Cookie and Mona

You have received this newsletter because you are a member of Pickleball Canada. If you no longer want to receive this newsletter, please reply to news@pickleballcanada.org and request your name be removed from the mailing list.