

The fastest growing sport in North America

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

www.pickleballcanada.org



President's Message by Val Vollmin

We have lots happening with Pickleball Canada.

Our Strategic Planning Committee has made great progress in moving us along the path to becoming a National Sporting Organization. Our Human Resources Chair has been actively recruiting to fill many of the volunteer positions that need to be filled.

We now have 5 certified Pickleball Canada referees. They will form the base for our training program here in Canada. Congratulations to Ken Purvis (BC), Alan Thompson (BC), Gene Vollmin (AB) & Karen Hill (On). Look for our certified refs in their official Pickleball Canada referee shirts! (Editors Note: Val Vollmin is ref #5...Congrats also to Val!)

Our **Drive to 5000** membership campaign has been a tremendous success! We should reach that goal this month.

Pickleball Canada would like to celebrate that accomplishment! One of our affiliated clubs will receive a Pickleball Tutor, which has kindly been donated by OnCourt OffCourt Ltd.

All affiliated clubs that have joined by July 1 will be put into a draw for the Tutor. This drawing will take place at the Nationals in Kelowna! If you have been waiting to affiliate, now is the time! Also at the Nationals Tournament, we will be giving away a number of prizes for individual members! Keep checking the website for more info.

Pickleball Canada is currently working to obtain a new membership software program which should make life a whole lot easier for our next Membership Chair. Merrie Lee currently puts in many, many hours each week processing memberships for our organization. She has done a fantastic job for Pickleball Canada over the past several the years!

I would like to thank Board Members Reg Dumont & Valerie Van Spengen for all they have contributed to Pickleball Canada over the past year. Both have stepped down for personal reasons and I wish them all the best! We welcome Garry Wolfe, appointed by the Board of Directors to fill Reg's board seat and to work in the position of Strategic Planning Chair.



Message du président, Val Vollmin

Ça bouge à Pickleball Canada.

Notre Comité de Planification Stratégique travaille d'arrache pieds afin que nous puissions être reconnu comme un Organisme National de Sport. Notre responsable des Ressources Humaines recrute activement pour combler de nombreux postes de bénévoles requis qui doivent être comblés.

Nous avons maintenant 5 arbitres certifiés de Pickleball Canada qui formeront l'équipe de

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May 2017



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

Gary Wolfe, Strategic Planning Chair
strategicplanning@pickleballcanada.org

Linda Cork, HR/Volunteer Development Committee Chair
humanresources@pickleballcanada.org

Directors at Large
Alan Thompson, Robin Grant

Chair Positions

Chuck MacDonald, Tournament Chair
tournaments@pickleballcanada.com

Les Franke, Ratings Chair
ratings@pickleballcanada.com

Karen Wallace, Policy Chair
policy@pickleballcanada.com

VOLUNTEERS NEEDED

If you are passionate and enthusiastic for the sport of Pickleball and have some time to spare send us your resume with areas of expertise and interest. We are looking for assistance in the following areas:

Board of Directors
Operations
Development
Interprovincial Affairs
Secretary
Financial Management
Training
Communications/Marketing
Newsletter

Web Support
Translation
National Sport Organization experience
Strategic Planning
Project Management
Player Development
Policy Development
Human Resources and Volunteer training

Please contact:

Linda Cork, Pickleball Canada HR/Volunteer Committee Chair at humanresources@pickleballcanada.org

Provincial Ambassadors

AB - Brenda Feser:
PCOprovincialambassadorAB@gmail.com

BC - Walter Knecht: walterknecht@shaw.ca

MB - Brian Shippam: brian@shippam.com
and
- George Rodrigue: gdrodrigue@gmail.com

NB - Jake Grandy: jake.grandy@yahoo.com

NS - Frank Rossiter: fjrossiter@ns.sympatico.ca

ON - Jeff Morgan: jmorgan@pickleballhamilton.com
and

- Dave Bussiere: thedavidbussiere@yahoo.ca

PEI - Bruce Fitchett: bruceandrobin54@eastlink.ca

QC - Director General for Pickleball Québec:
514.543.1233

SK - Carol Martens-Clappison:
carolsarahmartens@sasktel.net

base pour la formation d'arbitres pour le Canada. Nos félicitations à: Ken Purvis et Alan Thompson de la Colombie Britannique, Gene Vollmin de l' Alberta et Karen Hill de l'Ontario. Vous reconnaîtrez nos arbitres certifiés de par leur chandails officiels d'arbitre de Pickleball Canada.

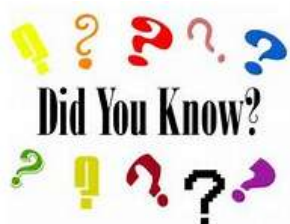
Note de l'éditeur: Val Vollmin est notre 5 ième arbitre...nos félicitations Val.

Notre campagne pour atteindre notre objectif de 5000 membres s'avère un vrai succès. Nous y parviendrons d'ici un mois.

Pickleball Canada veut célébrer cet accomplissement . Un de nos club affilié se méritera un Tuteur de Pickleball (lanceur de balle). Ce tuteur nous a été offert par la compagnie OnCourt OffCourt Inc. Tous les clubs affiliés qui font parti de Pickleball Canada en date du 1 juillet feront parti du tirage. Ce tirage aura lieu lors du Tournoi National du 7 au 9 juillet à Kelowna, C.B. Profitez de cette occasion pour vous affilier. Plusieurs autres tirages pour les membres de P.C. auront lieu lors de ce tournoi. Consultez notre site web pour plus d'information.

Pickleball Canada est a faire l'acquisition d'un nouveau logiciel pour gérer notre registre de membres qui rendra la tâche beaucoup plus facile pour notre responsable du registre actuel. Présentement, Merrie Lee consacre plusieurs heures par semaine à mettre notre registre à jour. Elle a fait un travail exemplaire depuis quelques années!

J'aimerais remercier Reg Dumont et Valerie Van Spengen, membres du conseil d'administration pour leur contribution importante à Pickleball Canada tout au long de la dernière année. Ils nous laissent tous deux pour des raisons personnelles et je prend cette occasion pour les remercier et leur offrir nos meilleurs souhaits. Nous souhaitons la bienvenue à Gary Wolfe au Conseil d'Administration. Gary remplacera Reg en tant que responsable de Plannification Stratégique.



Is your club affiliated with Pickleball Canada?

One of our affiliated clubs will **WIN** a
Pickleball Tutor!

Apply for affiliation with Pickleball Canada before July 1, 2017 and your club could win this grand prize generously donated by Onourt OffCourt Ltd.



Pickleball Canada welcomes all pickleball submissions.

Please send your text with a maximum of 400 words by the first day of the publication month to the Newsletter Editor. If sending images or photos to include with your article, please use a file size of no less than 300 dpi.

news@pickleballcanada.org

Pickleball after a Hip Replacement

Pickleball is growing in popularity mainly because of the demographics of the Baby Boomer group. It is easy to learn and can be recreational or competitive. It can be a transfer of skills from other high-impact sports such as tennis, racquetball, squash and badminton. The Boomers are taking up pickleball because of the obvious advantages pickleball offers. Smaller courts being the main reason. Four pickleball courts fit on one tennis court. This means 16 people can occupy the same court area that would typically allow 4 tennis players.

Pickleball allows players to stay active in the face of health issues, including surgery and is a healthy addiction to many!

Garry Morehouse, pictured here at age 71, returned to pickleball three months after a total hip replacement. He plays several times a week and was advised to avoid extreme activities.

The Journal of Arthroplasty Vol. 22 No. 2, 2007. A web-based survey was developed to evaluate joint arthroplasty surgeon's preferences for the return to sporting activities after total hip arthroplasty. There was a total of 549 responses. Consensus guidelines and postoperative timing for the return to specific activities are as follows.

Activities Allowed: Walking, Swimming, Golf, Doubles Tennis (including Pickleball) , Low-impact Aerobics, Dancing (ballroom, jazz, square), Road Cycling, Stationary Bicycling, Elliptical, and Treadmill.

Activities Not Allowed: Racquetball/Squash, Downhill Skiing, Jogging, Singles Tennis, Contact Sports (football, basketball, soccer), Ice Skating/Rollerblading, High-impact Aerobics, Baseball/Softball, Snowboarding, Weightlifting, and Martial Arts.

Three to six months after a total hip replacement is the current recommended waiting time for return to sporting activities.

Garry started pickleball at the YMCA and is a Founding Director of the Midland Area Pickleball Club www.midlandareapickleballclub.ca and raised the funds to convert one tennis court to four pickleball courts. Great job and welcome back to Pickleball Garry!



Pickleball Down Under—Musings of a Pickleball Addict

Submitted by Ellen Dale, Kelowna, BC

After booking our flights...I googled places to play pickleball in Australia. Surprisingly there were very few. However, I did find a name and email address for a lady in Cairns. When I sent an email to Gabi Plumm, she replied that the game is only just in its infancy in their country and commented that I might be in luck though! There was one organized group in Caboolture, QLD and it was about a 35 minute drive from Caloundra on the Sunshine Coast where we would be staying with friends. I was very excited when she sent me the contact information for the activities coordinator at a retirement development, because I couldn't see myself going a full 6 weeks without playing my favourite game!!!

Disappointingly, I was only able to arrange one visit to the new community of Halcyon Glades. We hired a car and headed out early in the morning for a tour of the nearby countryside, planning to arrive for the 2:30 pickleball club play time. Unfortunately the tail end of "Cyclone Debbie" was making its way south through the state of Queensland on March 29, so heavy rains poured from the skies throughout the day. We continued with our plan and were greeted by a wonderful group in their beautiful, new clubhouse facility. Coffee, water and biscuits were ready for our visit and I was told that Scott Moore, a top US player, had put on a clinic for them. I assured them I was not a player of Scott's caliber, nor anywhere near it!! After chatting awhile, one fellow announced that the rain seemed to have stopped. "Anyone wanting to play? You've come all this way Ellen it would be a shame not to get out there", he said. They are addicted too!

I commented that it is really hard to play on slippery courts but maybe we could just play the 'Kitchen Game' which we've done the odd time on wet courts in Kelowna.

Well, they hadn't heard of that. I explained that it's played in the non-volley zone only, scored like a regular game and is a great way to practice the soft, dinking shots.

We had great fun for about a half hour then the rains returned and we retreated indoors.

What a thrill to have met such a warm, welcoming group of people and to have played albeit a limited game, on Australia's first and as far as I know, only, dedicated pickleball court!

Traveling to Australia? Contact Gabi Plumm at gabiplumm@bigpond.com and check out the Pickleball Association of Australia's Website <https://www.pickleballaus.org/>



Check out all the great information in the latest [Pickleball Magazine!](https://www.joomag.com/magazine/pickleball-magazine/M0082491001452700261)

<https://www.joomag.com/magazine/pickleball-magazine/M0082491001452700261>



...might as well face it! "you're addicted to PICKLEBALL"



Playing in a sideways space, with the judo tournament on the other side of the divider net.

Are we ***addicted*** or what!?!?

Submitted by Bev Buckway, Yukon

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

Pickleball is GROWING! Share Exciting News from Your Community

In Edmonton: (Val Vollmin)

The Edmonton Pickleball Club Board of Directors recently received written approval for a \$70,000 CIP Grant (Community Initiatives Program) from the Government of Alberta with Alberta Lottery Funds. These funds will be used to revitalize and improve the outdoor courts at the Royal Gardens Community League (RGCL) with new asphalt, 6 dedicated Pickleball courts, 2 tennis courts shared with 4 more Pickleball courts and basketball hoops.

The RGCL will provide matching funds for the \$140,000 to \$150,000 budget for this construction. Construction is expected to hopefully be completed before July!!

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In the Yukon: (Bev Buckway)

Pickleball participation in the Yukon continues to expand, with 70 people on our contact list.

The Tagish Community Association Recreation Director Patrick Brown reports: "We are currently playing [pickleball] on Tuesday nights at 7pm and every Saturday morning from 11am - Noon. We have had on average 6 people playing so far and although our space is limited inside our hall, we still have lots of fun."

Brooke Silva, a certified instructor with the International Pickleball Teachers Professional Association (IPTPA) will be hosting a set of clinics on May 4th and 6th. We also had our second Elder Active Recreation Association tournament on May 6th as part of the Annual Spring Gathering.

As summer approaches, we look forward to playing outside, albeit on the outdoor hockey rinks and possibly the local tennis court.

CANADA 150

150 Years of History, one day at a time!

Rediscover Canadian history from Confederation to today with the Library and Archives Canada (LAC) heritage collection. Throughout 2017, discover the today-in-history vignette highlighting a significant event that shaped our society.

Join the conversation and celebrate Canada's 150th birthday!

Visit [Canada.ca/OnThisDay](http://canada.ca/OnThisDay) to read the May stories!

<http://canada.pch.gc.ca/eng/1468262573081>

**PICKLEBALL IS #44 IN THE ParticipACTION PLAY LIST!**

Make the most of your Canada 150!

...and get out there and play some Pickleball!!!



The fastest growing sport in North America

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

www.pickleballcanada.org

Membership Information

PICKLEBALL CANADA

Membership and Renewal

To renew or join follow the steps outlined on the PCO website:

www.pickleballcanada.org

or:

Please print and complete the forms that are available on the PCO website and mail with your payment to:

PICKLEBALL CANADA

P.O. Box 537

Eckville, AB

TOMOXO

One Year \$12.00

Three Years \$32.00

Five Years \$50.00

Club group rates are available with a 20 members minimum.

Contact:

[membership@](mailto:membership@pickleballcanada.org)

[pickleballcanada.org](mailto:membership@pickleballcanada.org)

Website

Matthew Giancola

webmaster@pickleballcanada.org



Need an experts advice? By Mona Burnett

Third Shot

Here we are at the shot that really starts the point. It's the shot selection that either allows us to get to the NVZ line or it doesn't. Remember that when you are making this shot, your opponents are probably already at the NVZ line.....waiting.....

We have to somehow find a way to safely approach the NVZ line. If we try to drive the ball, it is just like hitting hard into a brick wall. It will just come back as fast or faster and keep us both at the baseline. We could try to lob over our opponents but that puts us into a totally defensive position and it would be very risky to attempt to move to the NVZ line. So, that leaves the drop shot from the baseline as our best alternative. The drop shot is a soft, slightly arced shot that drops just over the net into the kitchen.

You want the shot to be not too high and as close to the net as possible so that the opponents cannot reach the ball as a volley. Sounds simple, right? Well, I am here to tell you that this is probably the most difficult shot to master in this game!! This shot takes practice, practice and more practice. It is the shot that sets up the point for you and your partner. However, because we are human, it is impossible for us to perfectly execute this shot every single time. Do the best you can and if the ball goes too high and too deep, stay at the baseline and just wait for the next shot to come to you and then try again. Don't get uptight if your first drop shot is not executed perfectly. It takes three, four and sometimes five attempts to get to the line for professional players. You just have to believe that this is the shot that will get you to the NVZ line and be patient as you work your way there.

Hope this works for you!!

Mona

Drills and Strategies

Funattic.com has some great pickleball drills and strategies for beginners. Check out the dinking advice by clicking on the link below. As quoted from Funattic "Pickleball drills are a fantastic way to improve your game and identify any weak spots you may have."

<https://funattic.com/pickleball-drills.htm>



Send your favourite drills & strategy info/links to ambassadorchair@pickleballcanada.org

UPCOMING TOURNAMENTS

Check out Pickleballtournaments.com

For past/present/future sanctioned tournaments

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.