



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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Any pickleball news in your community?
We want to hear from you.

Send it in to:

gwgriffin@shaw.ca or de.griffin@sasktel.net

Last month David Ulis was profiled as a Top Tournament Point Earner in 2013. Unfortunately, his name was misspelled as David Ulrich in the introduction. **Sorry David and please accept our apologies.**



President's Message - Shirley Shepherd

Pickleball is widely recognized as one of North America's fastest growing sports. The latest statistics from USAPA showed nearly 200,000 players, 8,000 courts and 2,500 places to play in North America. As of Oct 15, 2014, Canada has about 290 Places to Play, 710 pickleball courts and the total estimated number of players is 14,135 (Calculated @ 20/court). B.C. has 106 Places to Play and estimated number of players is 7,271. Ontario has 130 Places to Play and estimated number of players is 5,569.

PCO is very pleased to announce that Beth George is appointed as the new Area Ambassador for Brooklyn, Nova Scotia. The Ambassador Program information and application form are located on our website. We welcome new Area Ambassadors to promote pickleball in your area, please send your Area Ambassador applications to Jim Wood, email jimwood@shaw.ca

We welcome new club/groups to join PCO to become our Affiliated Clubs. A total of 15 Pickleball Clubs have joined the Club Memberships as PCO Affiliated Clubs. To view the list of affiliated clubs check out page 10.

Please contact <http://pickleballcanada.org> for Club Membership rates. *continued on next page*

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Pickleball Canada Club/Group Memberships include many benefits and privileges:

- Each Member Club/Group is an affiliated Club/Group of Pickleball Canada.
- Affiliated Club/Group Members receive discounted Club/Group Membership dues.
- Each affiliated Club/Group member receives a membership number and membership card.
- Monthly newsletters to all affiliated Club/Group members.
- Updated rules, policies and information on the National website and newsletters.
- Advertising Member clubs and groups, places

to play, Ambassadors etc.

- Tournament advertising and information on our websites/newsletters.
- Member discounts in many Pickleball Canada sanctioned tournaments.
- Member voting rights at our Annual General Meeting.
- Sanctioned Tournaments (Tier 1 to Tier 4) by Pickleball Canada.
- Liability insurance for Pickleball Canada members in sanctioned tournaments.
- Tournament Points in Pickleball Canada sanctioned tournaments.
- Official Player Ratings accepted in Canada and the USA.

Fine Pickleball Skill Development

Are you a beginner player ready to take your pickleball skills to a higher level? Do you feel like your play at the net needs fine tuning? Here are a few drills that Saddlebrooke Ranch Pickleball Club in Arizona have developed to assist players.

1. DINK RELAY: 6 players on each side of net at NVL

Players dink (to anyone) until one player misses. That player is eliminated. Dinking resumes and when the next player misses the eliminated player replaces them.

2. VOLLEY-VOLLEY-VOLLEY-ANYTHING GOES DRILL

Four players on court, two on each side at the NVL. Player on one side starts a controlled volley cross court. Players have to complete 3 controlled volleys. After the third volley, players wait for the (kill shot) so they can hit an aggressive volley to try to end the point. Play a game to 7 scoring and changing sides the same as in a regular game. Players should concentrate on hitting the put away shot down

the middle or at the feet of the opponents. Shot does not have to be hit hard.

3. SHORT HOP DRILL

Half volley or short hop--- a groundstroke shot where the paddle contacts the ball immediately after it bounces from the court AND before the ball rises to its potential height.

Two players at NVL, one on each side of the court Two players about 3 feet behind the NVL

Players at NVL are throwing a soft ball to the feet of the player across the net

Players behind the NVL are trying to hit a long dink "soft shot" over the net that lands in the kitchen. Object is to hit a ball that is below the shoulders of opponent so they cannot hit an aggressive volley

Key is to get to a crouch position and get the right angle of your paddle, depending on how close you are to the net. The closer you are to the net, the greater the loft (angle) of your paddle

There is very little forward movement of the paddle (this depends on how hard the ball comes toward you)

This is a FEEL shot and only comes thru practice



Top PCO Tournament Point Earners 2013

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



This month Pickleball Canada Organization would like to showcase , Maurice Parobec who has earned 1600 tournament points in 2013 and Roberta Meakin who has earned 1600 tournament points in 2013 .

Pickleball Bio: Maurice Parobec



Dan
Jmaeff

Maurice
Parobec

I was born and raised in Manitoba and lived there during my twenty-five year teaching career. In 2004 my health deteriorated to the point that I could no longer teach. I had been diagnosed with a heart condition, hypertrophic cardiomyopathy. My life was slipping away and I decided I should head for the sunshine in Arizona during the cold winter months. My life of being an active athlete and coach of nearly all sports was over and I was limited to only playing bridge. In Arizona I met my life partner, Barb, and our journey took me to a heart transplant in Vancouver, BC in 2008. Six months after the transplant I started playing pickleball in the States. Thanks to all of you who have joined me in realizing that organ donation works and I encourage those of you who have not made a decision about organ donation to discuss it with your family now.

Pickleball in Canada and the US is a big part of my life. My journey took me through medals in 3.5 the first year, 4.0 medals in all my tournaments the next year, and lots of tournament medals at 4.5 the following year. After being

tournament rated a 5.0 in the spring of 2014, I had shoulder surgery. I am rehabbing from shoulder surgery and intend to resume play at the 5.0 level in January of 2015.

I attribute my success to a variety of circumstances that allowed me to have excellent male and female partners including Dan Jmaeff, Theresa Orcutt, Donna Robbins, Edie Preis and Randy Bourne. Additionally I work hard at staying fit, eating properly, staying hydrated, remaining calm on the court, staying focused on the game and thinking about my position on the court. Lastly I always try to never give up on a ball and remember that pickleball is fun. My background in table tennis feels like a huge contributor to my pickleball success from a reflex and spinning of the ball perspective.

The Pickleball Organization in Palm Creek, Casa Grande, Arizona has been the biggest contributor to my success as a player. I have the opportunity to play with top rated players every day and have strategy meetings where we all share ways to improve our game. Playing pickleball during the summer months is also rewarding and contributes to my skill development. My home pickleball club is in Kamloops, BC and I continue to be challenged more all the time with tournaments in Kelowna, Lower Mainland, and Vancouver Island. The enthusiasm and growth of pickleball in Canada is so exciting. *Submitted by Maurice Parobec*

Pickleball Bio: Roberta Meakin



I was born in Honolulu Hawaii, and immigrated to Canada with my parents in 1983, moving to the beautiful Okanagan Valley. My Dad was a real tennis nut, who got me started playing at age 6. Tennis was always a popular sport in Hawaii, due to the great weather. I also played basketball and volleyball in junior high school, but tennis was my passion. In my 20's, I began taking private lessons. Eventually, I was able to reach an advanced level and competed in many tournaments in both singles, doubles and mixed here in the Okanagan Valley. When I injured my left knee in 2001, I made a decision to hang up the tennis shoes. Nine years later, while living in Osoyoos, I was walking through the gymnasium and spotted 2 men playing pickleball. I was instantly transported back to grade 12 gym class, where I was first introduced to the game in 1985. All I remember is that I was teamed up with a hockey player and we played a sort of round robin against all our classmates. I also remembered how much fun it was. When I started playing in Osoyoos in 2010, there were only a handful of

players. Carol Metcalfe and I began recruiting people. Anyone passing through the gym for any reason was blatantly hit upon by us. Eventually pickleball began to grow in Osoyoos and Carol and I became area ambassadors for Pickleball Canada. As my skill level improved in the next year, I moved to Penticton and began playing higher level players from Penticton, Summerland and Kelowna. For me, setting goals, good friendly competition and working on my skills, are what keep me loving this sport. I'm also instructing beginners and intermediate level players throughout the South Okanagan, which is my way of giving back to the sport I love. I owe a lot of gratitude to Mike Schwarz's group of players in Kelowna and to my training partner, Pete Neumann. Without them, my game could not have risen to the level it is today. I think my most memorable moment of 2014 was playing Jennifer Lucore for gold and silver in the 2014 Canadian National's, ladies singles event in Abbotsford. It doesn't get much better than that! *Submitted by Roberta Meakin*

Upcoming Tournaments

Pacific Pickleball Palooza

Brought to you by Fraser Valley Pickleball



Where: Pacific Academy, Surrey, BC V4N 1Z4

Sat 11/22/14 thru Sun 11/23/14

Current IFP rules apply. PCO Sanctioned (Tier 3)

Welcome Picklers!

Fraser Valley Pickleball hopes you register for the Pacific Pickleball Palooza tournament held on Saturday, November 22 and Sunday, November 23 at Pacific Academy in Surrey, BC.

Event brackets will be:

Women's Doubles 3.0, Women's Doubles 3.5, Women's Doubles 4.0 and up

Men's Doubles 3.0, Men's Doubles 3.5, Men's Doubles 4.0, Men's Doubles 4.5 and up

Mixed Doubles 3.0, Mixed Doubles 3.5, Mixed Doubles 4.0, Mixed Doubles 4.5 and up

If you do not have a partner for an event, yet you would like to play, register and you may find someone through our partner search option.

Due to time constraints, space for teams that can enter is limited. Therefore, please register early to secure yourself a spot.

Please click on the tournament's "Rules/Format of Play" section for more information about round robin play and player ratings.

You may only register for one event per day (a maximum of two events).

Medals and Pickleball Canada Tournament points will be awarded to the top three teams.

Registration Fee: \$30

Pickleball Canada members will receive a \$5 discount off the registration fee. Please make sure you enter your membership number in your personal profile when registering to receive the discount. Leave it blank if you are not a member.



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



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>



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.



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

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



2015 55+ B.C. Senior Games North Vancouver, August 25th – 29th, 2015



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Pickleball News Coast to Coast

The HONOUR YOUR PARTNER Tournament for 70+ year old men and women rated 3.0 and 3.5 was held on Friday, October 10, 2014 at Kingsway College, Oshawa Ontario.

Since the registration was low, the ratings were coupled together, and we had round robin tournaments for the Men and the Ladies. Medals were awarded to the winners in each rating at the end of this successful tournament with players from the southern Ontario area. We had one team of women who were of a lower age category sub in for a team that cancelled. This sub team could not medal.

It was a successful fun day of playing our favourite sport while meeting and playing with new people. Here are a few comments from the day: "This is just what we need. Players at our age at our rating." and "The best part is meeting new pickleballers!"

Photo taken by Joseph Serflek of Whitby.

Starting at the back row, left side: *See picture below*

Doug Cain (Port Perry) + (absent at time of photo Bob McKelvie) = Bronze Men's 3.5

Dave Werry (Port Perry) with John Peters (kneeling front row left)

Russ French (Windsor) + James Alberga (Aurora) - Gold Men's 3.5

Joy MacDonald (Port Perry) + Sylvia Laycoe (Port Perry) - Silver Ladies' 3.0

Melissa French (Windsor) between Joy and Sylvia = CONVENOR

Merrie Lee (Toronto) + Angela Ng (Markham) - Gold Ladies' 3.5

Leslie Choo-Wing (Ajax) + (absent at the time of photo: Ivor Boyagoda (Oshawa) = Silver Men's 3.5

FRONT ROW

John Peters- see above

Carol Doughty (Whitby) (Organizer and sub team member) with Anne Robertson (Whitby)

Annette Gagne (Aurora) + Mryna Rawllins (Aurora) = Gold Ladies' 3.0

John Seaman (Aurora) + Walter Rawllins (Aurora) = Gold Men's 3.0



Congrats to everyone for displaying such great pickleball skills and strategies. Well done!

submitted by Carol Doughty

**PICKLEBALL KELOWNA RAISED \$1180.00 PLUS A VAN-LOAD OF FOOD
IN THE INITIAL "DINKIN' FOR DOLLARS" TOURNAMENT - HELD
SEPTEMBER 20/21, 2014.**

Pool Winners

Championship Contender
Championship Pretender
Bridesmaid
Miss Congeniality
Close But No Cigar
Within Reach
Maybe Next Year
Maybe In A Couple Years
Also-ran -

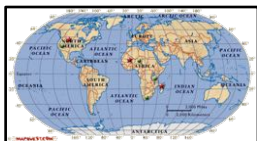
Recreational

Orv Black
Helga Hepditch
Paul Levens
Pierre Belcourt
Sue Andres
Val Belcourt
Maggie McGowan
Toni Hay

Competitive

Ray Gagnon
Bryan Jackson
Dan Jmaeff
Fred Shura
Louis Lalonde
Roberta Meakin
Peter Newton
Anne Touw
Doris Albert

A total of 72 combatants took part under sunny skies at Parkinson Recreation Centre. Thank you for what you all did for us at the Kelowna Community Food Bank. Kindest Regards, Tammy Jackson, Revenue Development | Special Events



Pickleball Around the World



Updated Paddle Test Results – International Federation of Pickleball (IFP)

Diadora Match Paddle – Does not meet paddle material specifications (October 28, 2014)

IFP is the organization that sets the uniform standards for international pickleball. In an effort to preserve the traditional nature and character of the game and preserve the skills traditionally required to play the game, paddle testing measures the rigidity and compressibility of paddles (or the deflection).

During the test, a force of 3 kg. and 5 kg. is applied to the centre of the paddle and deflection is measured within a range of 1 to 4 thousands of a inch. This range is considered acceptable.

The Diadora Match paddle measured a deflection greater than 5 thousands of an inch and therefore may produce a trampoline effect. It is deemed to not meet specifications. The Diadora Match paddle had a deflection rate of 35 and 46 thousands of a inch with a 3 and 5 kg force.

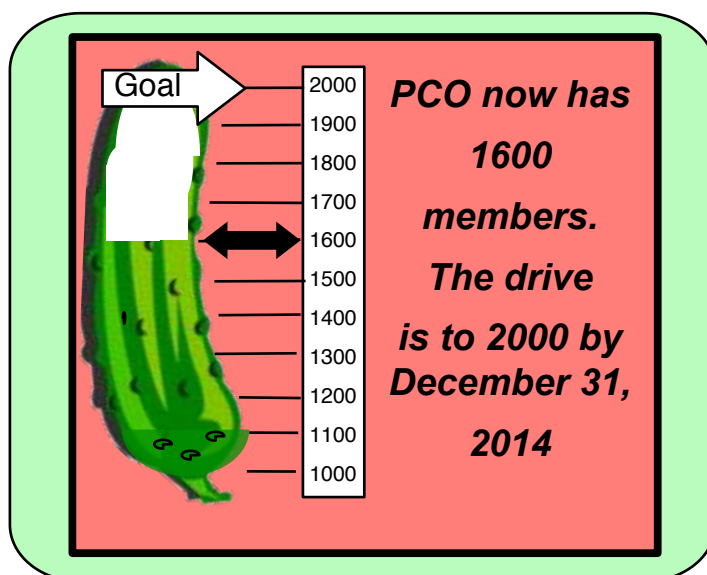
To put this into perspective Pickle-Ball Inc.s' Graphite Extreme Paddle had a reading of 1 and 2 thousands of a inch with a 3 and 5 kg. force application.

To find a listing of paddles tested by the IFP there is a chart at http://ipickleball.org/rules/ifp_paddle_test_results.pdf

Pickleball Canada Affiliated Clubs and Groups:

Nanaimo Pickleball Club, Nanaimo, B.C.
 Thompson Okanagan Pickleball Enthusiasts, Osoyoos, B.C.
 Kamloops Pickleball Club, Kamloops, B.C.
 East Dartmouth Pickleball Club, Dartmouth, Nova Scotia
 Collingwood Pickleball Club, Collingwood, Ontario
 Fraser Valley Pickleball, Fraser Valley, B.C.
 Salmon Arm Pickleball Club, Salmon Arm, BC
 CLSA (Central Lions Seniors Association), Edmonton, AB

Sunshine Coast Pickleball Association, Sunshine Coast, B.C.
 Pickleball Saskatchewan, Saskatchewan, B.C.
 Pickleball Kelowna, Kelowna, B.C.
 Oceanside Pickleball Club, Parksville, B.C.
 Parkland Picklehead, Spruce Grove, AB
 Pickleball Lethbridge Club, Lethbridge, AB
 Vernon Pickleball Club, Vernon, B.C.



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

New
 Pay with Pay Pal
 Check the Web Site

New
 Pay with Pay Pal
 Check the Web Site

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 PEI - Garth Matthews g.matthews@hotmail.com
 NS - Patsy & Steve Simon
psimon@staff.ednet.ns.ca

**Question:** My

husband tends to be quite loud and he yelled out to his partner "no". One of the opponents

stopped playing and said the yelling bothered him. A huge argument ensued regarding interference. **Is communication allowed?**

Rule Change: January 15, 2013

12.H. Distractions. Players may not yell, stamp their feet, or otherwise try to distract an opponent when the opponent is about to play the ball. A player, or anything the player is wearing or carrying, may not cross the plane of the net (or the extension of the net beyond the posts) except when striking the ball. Note: In Doubles, team communication shall not normally be considered a distraction. However, loud communication at the time the opponent is about to strike the ball may be considered a distraction. If, in the judgment of the referee, a distraction has occurred, it shall result in the loss of the rally. (revised January 15, 2013)



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