

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

<http://pickleballcanada.org>



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President's Message by Val Vollmin

I have spent a number of days over the last week watching some great play at the USAPA Nationals Tournament in Casa Grande, AZ. If you would like to see some incredible pickleball, you might want to mark this on your calendar for next year.

One of the things that impressed me was the caliber of play by the young people. When speaking to some of them and asking how they got involved in pickleball, I heard that many have been brought into the sport by someone in their family. We need to get more young people involved in the sport in Canada. The goal of the IFP is to achieve official recognition by the International Olympic Committee in order to establish pickleball as an Olympic sport.

If your club has a successful youth program, please take a few minutes to send PCO an email so that we can share your success with other clubs that would like to get young people more involved.

Let's get our children and grandchildren out on the courts!



Au cours de la semaine dernière, j'ai passé quelques jours à Casa Grande en Arizona pour assister au tournoi National de Pickleball de la USAPA.

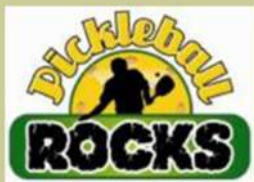
Si vous rêvez d'assister à un tournoi de haut-calibre et de voir du Pickleball à son meilleur, ce tournoi annuel est tenu en Novembre. Inscrivez-le sur votre calendrier dès maintenant afin de ne pas l'oublier.

Le nombre de jeunes inscrits à ce tournoi et le calibre de jeu m'a vraiment impressionné. C'est en discutant avec ces jeunes joueurs que j'ai appris que la majorité ont été attirés au Pickleball par des membres de leur famille. La survie du pickleball, comme tout autre sport, dépend de nos jeunes. Nous nous devons tous au Canada d'amener plus de jeunes à s'inscrire et jouer au pickleball.

Un des objectifs de l'I.F.P. est d'arriver à la reconnaissance officielle du Pickleball par le Comité International Olympique, afin que le Pickleball soit inclus et reconnu comme sport Olympique.

Si dans votre club vous avez établi un programme pour les jeunes, avec succès, nous apprécierions que vous partagiez avec vos collègues, les démarches que vous avez suivies pour y arriver. Vos collègues d'à travers le Canada vous seront sûrement reconnaissants. Entraidons-nous à vraiment faire du Pickleball un.

"Sport pour tous" en impliquant d'avantage nos jeunes.



Kelowna Youth Pickleball Program

The Kelowna youth are enjoying regular play and getting tips and great advice from Instructor Bill Franzman, shown on the left and Assistants Wayne & Glenda. The group played Tuesday evenings & Sunday afternoons through the summer months.

Like our PCO President said "Let's get even more kids involved in Pickleball"!

Submitted by Glenda Sharein



KIDS PICKLEBALL - making a difference!

This is our way of making a difference in the world! We call this our "*Healthy Promise for the Future*"! Help us make a difference by purchasing our products and spreading pickleball love with the world. For every 10 paddles we sell, we will donate one paddle to kids in need. KidsPickleball.com wants them to play pickleball too. Pickleball is so much fun that we want all kids to stay healthy while having fun on the courts.

www.kidspickleball.com/



DRILLS & SKILLS tip of the month from The Pickleball Coach

Improve your drop shot with this easy drill. Wes Gabrielsen demonstrates the importance of the third shot and an easy drill to practice! www.pickleballchannel.com/third-shot-drop

Send your favorite drills & strategy info/links to Ellen Dale at ambassadorchair@pickleballcanada.org

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

Reg Dumont, Strategic Planning Chair

strategicplanning@pickleballcanada.org

Valerie Van Spengen, Communications Chair

CommunicationsChair@pickleballcanada.org

Directors at Large

Jim Scorgie, Alan Thompson, Robin Grant

Chair Positions

Chuck MacDonald, Tournament Chair

Les Franke, Ratings Chair

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 and
George Rodrigue: gdrodrigue@gmail.com
 ON - **Dave Hall** twoboomers@yahoo.com
 QC – **Claude Gauthier:** claudeetlyne@yahoo.com
 NB – **Jake Grandy:** jake.grandy@yahoo.com
 PEI – **Bruce Fitchett:** bruceandrobin54@eastlink.ca
 NS – **Frank Rossiter:** fjrossiter@ns.sympatico.ca

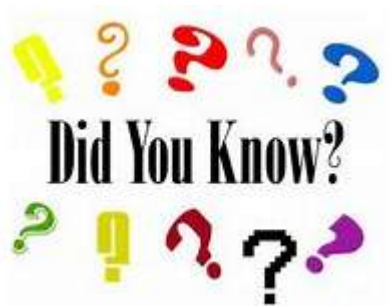


PickleBall Canada — We want to hear from you!

Watch for the survey coming soon to your email.

Be sure to complete the survey and help PCO move the sport of
Pickleball to the National level!

Your opinions are valued!



Effective Jan 1, all players who wish to play in a PCO sanctioned tournament, must be PCO members.

If you have any questions regarding sanctioning your tournament please send an email to our tournament chair, Chuck MacDonald at:

tournaments@pickleballcanada.org

PCO welcomes all pickleball submissions.

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

Wanda Cassidy at news@pickleballcanada.org

Volunteers needed for Strategic Planning Committee Plan

Are you an avid Pickleball player and want to help Pickleball Canada develop a Strategic Plan?

This is an opportunity for you!

Pickleball Canada is seeking volunteers to work with the Strategic Planning Committee to develop the organization's first strategic plan and to assist the organization in designing a path towards growth and sustainability!

We need a variety of roles to help develop the overall picture such as:

- * gathering, analyzing and organizing information,
- * clarifying the vision and values,
- * developing presentations to assist in the understanding of the planning process and issues,
- * soliciting input from the members,
- * seeking and developing novel solutions and creating S.M.A.R.T. action / work plans,
- * Meetings via Skype or Uber.

Volunteer Strategic Planners will need to draw on multiple disciplines and skills such as:

- * finance, marketing,
- * communications and listening skills,
- * writing ability and synthesis of material,
- * research skills and data analysis,
- * problem solving, and leadership.

Commitment Period:

This volunteer position is limited to 3-4 months. Roughly 3-7 hours per week.

Email resumes to:

Reg Dumont

Strategic Planning Chair - Pickleball Canada at strategicplanning@pickleballcanada.org



Elk Point Energy!

Elk Point is a small community of approximately 1,500 residents in Northeastern Alberta.

An introduction clinic was held at the local school gym in October and we heard that 10 - 12 people were interested in learning how to play pickleball.

What a surprise when 30 energetic people ranging from 18 - 65 years of age showed up eager to learn the game!

Tight quarters prevailed as there were only 3 courts but it was well worth it to see everyone enjoying themselves, creating a wonderful atmosphere of comradery and friendships. Looks like a second session will be in the works. Pickleball is well underway in northeastern AB!

Rob Barrett

Area Ambassador



Pickleball Snob Ladies Doubles Open Tournament

It was an honour to be involved with this Tournament of twenty-one teams from across Nova Scotia, whom all migrated to Michelin Social Club in Bridgewater for an 8:30am warm-up.



Impressive in it's own right!

The tournament format allowed for teams of similar abilities to compete in separate divisions--allowing for many hard fought matches. It was truly inspirational to see so many women of varied ages and abilities feel confident and comfortable enough to compete in a magical day of Pickleball.

The winners are:

- Div. 5 Winners Heather Praught/ Debbie Rogers; 2nd place Beth MacLean/Bernadette Alain
- Div. 4 Winners Renda Vandertoorn/Giselle Remme; 2nd place Muriel Willett/Jackie Heathcoate
- Div. 3 Winners Anne MacKinnon/Connie Walker; 2nd place Margie McInnis/Leah Snide
- Div. 2 Winners Monique Hillier-Conrad/Charlotte Selig; 2nd place Wendy Brown/ Nancy Latimer
- Div. 1 Winners Candice Weagle/Raelene Kucyk; 2nd place Bev Cook/Marita Winaut

Submitted by Russ Miller

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

ARE WE ADDICTED OR WHAT!?

A group of 30 or so enthusiastic pickleballers gathered on Sunday, October 2nd at the outdoor courts in Kelowna. Here we are at 5:30 PM, still in summer attire, sharing pizza, pot-luck appies & dessert after playing "MixAll" for a couple of hours. MixAll is a terrific way to enjoy our sport while emphasizing the social aspect we all love. The concept is pick a court, any court, regardless of skill level and start playing. The first court to declare a winner at 11 points, calls out "MixAll" and play stops on all courts. In case of a tie, the first team to that number wins. Runners-up move clockwise & split while winners stay and split. At a given signal, play begins again with the new foursome.

Give it a try...it's tons of fun... AND it's ADDICTING!!

Submitted by Ellen Dale



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

We don't stop playing because we turn old, we turn old because we stop playing!

CHANGING THE WAY WE AGE

We can change the way we age by staying active, to the fullest extent possible. Among the age demographics, the least active are men and women over the age of 65.

BENEFITS OF REGULAR PHYSICAL ACTIVITY

According to **The Chief Public Health Officer's Report on State of Public Health in Canada 2010**, the benefits of physical activity on the health and well-being of seniors, including a reduced risk of premature death, are well documented. Even physical activity that is not initiated until later in life, if it is maintained, still results in significant health benefits. Regular physical activity is known to have a positive influence on functional capacity, mental health, fitness and overall well-being.

Physical activity can also aid in the prevention or management of chronic conditions such as heart disease, high blood pressure, osteoporosis, stroke, obesity, and colon and breast cancers, and can aid in protection against anxiety and depression. Regular physical activity also helps maintain muscle and bone strength, coordination, joint function and flexibility, and supports independence by facilitating ADL. As an added benefit, seniors can maintain social connectedness by participating in physical activities with others.

WHY PICKLEBALL?

Pickleball, is one of the fastest growing, age-friendly, sports in North America. Fast-paced, easy-to-learn and inexpensive to play, pickleball has gained enthusiasts of all ages and skill levels since it was invented in 1965. It's smaller courts, underhand strokes and slower balls are finding favor among baby boomers - keeping them active and competitive, despite any limitations they may have. We have players with Parkinson's, MS, or sport related injuries, playing this sport successfully around all our provinces.

You don't have to be athletic to play, you can play at any age and get plenty of exercise. It can be played indoors and out and encourages active living for all ages. Less active adults are more likely to fall and pickleball specifically works on your balance and agility while it also offers the same benefits of other regular exercise, like improving muscle strength, reaction time and contributes to the reduction of sway when peripheral sensation and ankle support are challenged. Thus physical activity can make an important contribution to stability. As we are all aware, exercise reduces the risk of heart attack and chronic disease, all while toning your muscles and increasing your energy.

Pickleball may have a funny name, but as you can see, its health benefits are nothing to laugh at. With the possibility of improving both your body and your mind, pickleball is a game that anyone can play for a lifetime of fun and health.

Pickleball not only encompasses many aspects of healthy aging - it increases activity, builds friendships, fights depression and keeps seniors looking and feeling young! This can result in less health issues as we age, which inevitably decreases the strain on our health care system.

One doctor wrote, that in all of his failures and successes with patients, a key element became clearly crucial!

When helping someone become more physically active, you need to get the person to choose an activity that offered them a good mixture of enjoyment, social interaction, and movement patterns that they are able to perform safely and confidently .

PICKLEBALL encompasses them all.

Submitted by Valerie Van Spengen



CANADIANS MEDAL AT THE USAPA NATIONALS VIII!

The USA Pickleball Association National Championships VIII has concluded at the Palm Creek Golf & RV Resort in Casa Grande Arizona with many Canadians participating in 8 very full days of competition. The competition Doubles events included Open, Open Senior and age events from 8 years to 85 plus for Women's, Men's and Mixed. For the young at heart there was also Singles with all the same events to challenge your aerobic capacity and believe me it was tiring as a spectator. During the competition more than 900 players did compete in over 2,100 matches. The level of support and organization was first rate as no matches were delayed for lack of Referees, Linesmen or resources of any kind and players were always aware of the progress of matches with strategically located notice boards. The USAPA and the Palm Creek Pickleball Club supporting the event have much to be proud of for their work! With the exception of 2 days with some wind the weather could not have been more ideal.

Our fellow Canadians were very successful in their quest of medals and it clearly demonstrates that the skill level of Canadian Pickleball players is continuing to progress especially in the western provinces where our game has such a strong foothold. Here are our Canadian Results from the USAPA Nationals VIII and congratulations to all our medalists and all who competed. Look at all those Canadian Flags!!

Submitted by Chuck MacDonald

Mixed Doubles Age

60+ **Silver** Cookie Drake (Cold Lake AB)

75+ **Silver** Eric Sandstrom (BC)

Women's Doubles Age

50+ **Silver** Laura Schwarz (BC)

60+ **Silver** Cookie Drake (Cold Lake AB)

60+ **Bronze** Nancy Stern (BC)

50+ **Bronze** Mona Burnett (AB)

Men's Doubles Age

60+ **Silver** Randy Bourne (BC) and Maurice Parobec (BC)

65+ **Silver** Terry Brine (BC) and Dave Touchet (BC)

75+ **Bronze** Eric Sandstrom (BC) and Wayne Kennedy (BC)

Women's Singles Age

50+ **Bronze** Carolyn Stevens (ON)



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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
T0M0X0

One Year	\$12.00
Three Years	\$32.00
Five Years	\$50.00

Club group rates are available
with a 20 members minimum.

Contact:
membership@pickleballcanada.org

Website

Matthew Giancola

webmaster@pickleballcanada.org



Temporary Chalk Lines—Recipe!

Where else would you look for a 'recipe' for temporary court lines other than the Pickleball Canada Newsletter!

For temporary lines on tennis courts draw the pickleball lines with chalk by squeezing the bottle while you walk along instead of bending down to draw the lines, save your back and kids love to help out with this chore! The chalk disappears with the first rainfall.

LIQUID CHALK RECIPE:

INGREDIENTS: corn starch, water, and food colouring (yellow/blue/orange works best)

3 empty plastic squeeze bottles per court.

INSTRUCTIONS:

In a large bowl preferably with a pouring spout, mix equal parts of corn starch and water, stir to ensure the corn starch blended. Add food colouring and stir well, pour mixture into the bottles and shake.

NOTE: It's best to make this just before you go because the corn starch settles and it is hard to mix it up again. We learned the hard way!

When you get to the courts, while pacing out the dimensions, 20 by 22 feet and 7 feet from the net for the NVL, give some short squeezes of the liquid chalk to act as guidelines for the centre line, the NVL, the side lines, and the serving line. Then go back to where you started and walk along squeezing the bottle while the liquid chalk comes out and completes the lines!

Have fun lining your outdoor courts while saving your back for the thing you want to do most.

By Carol Doughty

Play pickleball!



Need an experts advice?

Footfaults in the No Volley Zone

"My partner hit a ball at the NVZ (no volley zone) line. The ball went past the opponents and then my partner stepped into the non volley zone. Is that a fault after the ball already bounced twice and the point is over?"

This is a very good question and many times is a heated debate between teams. In tournament play, the fault is called by the referee but in recreation play, it is up to the players to know the rules and apply them fairly. Here is the rule from the USAPA rule book:

Rule 9.C. A fault will be declared if, in the act of volleying the ball, the player's momentum causes the player or anything the player is wearing or carrying to touch the non-volley zone or touch any non-volley line. It is a fault if the player's momentum causes the player to touch anything that is touching the non-volley zone, including the player's partner. It is a fault even if the ball is declared dead before the player touches the non-volley zone.

So, to summarize, if you fall into the non volley zone due to the momentum of a shot, it is a fault regardless of whether the ball has already been declared dead. You must maintain control and not step into the non volley zone after making a shot regardless of whether the point is over or not.

Mona Burnett



UPCOMING TOURNAMENTS

Check out Pickleballtournaments.com

For past/present/future sanctioned tournaments

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