

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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PCO Welcomes all pickleball submissions. Please send to Editor,

Matthew Giancola

<<matthewgiancola.info@gmail.com>>

Pickleball Canada Official Newsletter

October 2015

PCO Sanctioned Tournaments

By Shirley Shepherd

PCO Sanctioned Tournaments, Tournament Points and IFP Ratings

The number of PCO sanctioned tournaments has increased in 2015. PCO Sanctioned tournaments include liability insurance and tournament points for PCO members. Many PCO sanctioned tournaments are skill rated tournaments. This year, about 600 players have received their official IFP Player Ratings, which are published in the IFP website.

We would like to thank all the pickleball clubs, organizers, tournament directors and volunteers for hosting the PCO Sanctioned tournaments in Canada. Many thanks to the tournament directors for the IFP Player Ratings recommendations, which help to establish official IFP Player Ratings from a self rated (S) to a tournament (T) rating.



2015 PCO Sanctioned Tournaments

Peachland Winterlude Pickleball Tournament, Peachland, B.C.

Rosebowl 2015 Tournament, Rosedale, B.C.

Byrne Creek Leos Charity Pickleball Tourney, Burnaby, B.C.

Nanaimo Pickleball Tournament, Nanaimo, B.C.

Pickleball Kelowna Indoor Spring Tournament, Kelowna, B.C.

Kamloops Pickleball Tournament, Kamloops, B.C.

Battle of the Paddle at Pinetree, Coquitlam, B.C.

Pickleball Canada National Western Tournament, Kelowna, B.C.

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Pickleball News

Woodstock Welcomes Pickleball Fun

Pickleball started in 2010 at the Woodstock Badminton Club located at 310 Hunter Street, Woodstock, Ontario, where it is played by all age groups five days per week. In the spring, summer and fall, pickleball is also played at the outdoor dedicated pickleball courts located at 176 Park Row, five minutes away from the club.

The club also holds annual fund-

raising tournaments, like their friendly tournament on May 9, 2015. Over \$3500 was raised for the Ronald McDonald House that day. Indoor pickleball in Woodstock is played on Monday, Tuesday, Wednesday, Friday and Saturday on a “pay as you play” basis for \$7.00, or free with membership to the Woodstock Badminton Club. Paddles and

balls are provided. You can try it for free on your first visit.

Membership information and fees are available at the Woodstock Badminton Club website:

woodstockpickleball.ca



Marshmallows and Pickleball

By Gerry Rostek

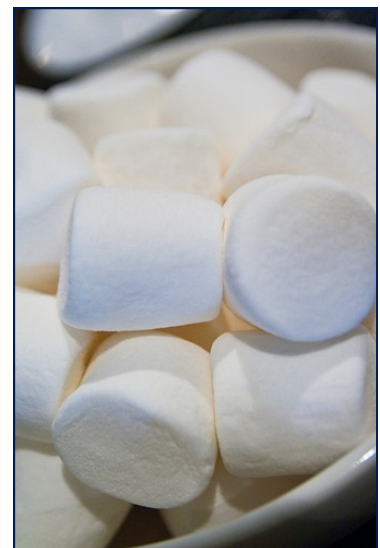
You might wonder what the connection could possibly be between marshmallows and pickleball. Well I'll give you the connection as I see it.

This year marks the thirtieth anniversary of a study that was done by psychologist Walter Mischel at Stanford University. The study was known as "delayed gratification". Young preschool children were given a marshmallow and were told to not eat it until the test person came back into the room. If they were able to not eat the marshmallow, they would then be given two marshmallows when the test person returned. The test subjects have been

followed for 30 years, and there appears to be a significant difference in a person's overall life based on their ability to delay gratification from early childhood onward. We all know how tough it is to wait. We want everything right away.

Here is the connection to pickleball. We often want to take the winning shot too soon. We get anxious and antsy. We want that extra rush that comes with the "kill shot". We want endorphins added to our already rushing adrenaline. The adrenaline heightens our focus but also clouds our judgement. The bottom line is... wait until you get the perfect shot. Really

good players play like they could spend the entire day just dinking that ball. In fact, some pickleball strategy requires keeping the ball in play long enough for your opponents to make errors. Now those are the easy points! Next time your opponent whacks the ball into the net, just give a little smile and say "marshmallow".



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Pickleball Tournament Results

Parkland Pickleheads September Smash

Mixed 4.0+

Gold: Debbie Henwood & Butch March

Silver: Mike Cooper & Leslie Srogen

Bronze: Marg Ouimet & Chris Kay



Mens 3.5

Gold: Alvin Bourke & Troy Clochetti

Silver: Greg Srogen & Don Hunter

Bronze: Warren Bidlock & Doug Thomson



Mens 3.0

Gold: Bill Bossman Sr. & Joey Mitchell

Silver: Terry Smith & Dinesh Dwivedi

Bronze: Scott Paterson & Bob Frank



2015 PCO Tournament Points

September Smash, SpruceGrove, AB

Men

Bill Bossman Sr 400

Terry Smith 200

Dinesh Dwivedi 200

Bob Frank 100

Alvin Bourke 400

Don Hunter 200

Greg Srogen 200

Doug Thomson 100

Warren Bidlock 100

Chris Kay 500

Ric Klassen 200

Mike Place 100

Del Morris 400

Verlin Gwin 400

Phil Menard 200

Greg Karpo 100

Mike Cooper 200

Women

Debbie Henwood 600

Cindy Burton 400

Lynette Place 400

Connie Trynchy 200

Helen Thomson 200

Cathy Fuller 400

Cheryl Karpo 500

Ilsa Wong 200

Kaibree Drake 200

Jan Ardis 400

Leslie Srogen 200

Della Bass 400

Janice Menard 200

Upcoming Tournaments

Hamilton & District 2015 Pickleball

Championships

OCT 16, 17 - 18, 2015

16th 3.0 Men's & Ladies Doubles 6pm-10pm

17th 3.5 & 4.0+ Doubles & 18th Mixed 8am-8pm

ANCASTER ROTARY

CENTRE

385 Jerseyville Road West,

Ancaster, Ontario

info@pickleballhamilton.com

Vernon/Kelowna Indoor Fundraiser Tournament

October 24, 2015

Mens, Womens, Mixed Doubles 3.5, 4.0, 4.5+

Priest Valley Gym (Vernon Rec Centre)

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 (20 members minimum) contact:

president@pickleballcanada.org

Membership and Renewal

Please print and submit online completed forms and payment to:

**PICKLEBALL
CANADA**

10823 – 82 AVENUE,
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Pickleball Canada



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Rules Corner

Question:

I am a new player to pickleball and before I purchase my paddle, I was wondering: does the paddle have to be a certain size?

Answer:

Rule E.3.1

The combined length and width, including any edge guard and butt cap, shall not exceed 24 inches (60.96 cm). The most common paddle measurement is approximately 8 inches (20.32 cm) wide by 15¾ inches (40 cm) long. There is no restriction on paddle thickness.



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