elcome to our new newsletter. In this issue we would like to draw attention to our new web site designed to meet the needs of our member community across Canada.

A GAME FOR ALL UN SPORT POUR TOUS

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DOUS Thomson | president

Don't you wish we all still had 20/20 vision? The Pickleball Canada Board certainly has it, and is clearly focused on the future of pickleball in Canada.

By the year 2020, our goal is to become a formally recognized National Sports Organization in Canada. This is a critical step in the development and funding of our sport across Canada. This designation will facilitate the delivery of new opportunities for ALL players and clubs. It will also allow your provincial organization to achieve Provincial Sports Organization status and thereby access the benefits of that designation.

So, what's happening in the near term? The simple answer is LOTS, including:

The new website and membership management system was rolled out in January. Take a look. Garry Wolfe, with the assistance of many, has toiled many hours to get this done. Translation, led by Robin Grant, has been a huge undertaking. Thanks Garry and team!

- Jim Parrott developed, organized and, in January, presented a cyber "roadshow" for provincial and territorial organizations to discuss initiatives surrounding Coaching and Player Development. I participated to discuss the affiliation process and benefits. Lots of good feedback was received and further action steps will be taken. Our goal is to have all provinces and territories represented in some manner on the Pickleball Canada Board. Thanks Jim!
- Marcel Latouche has spearheaded work on finalizing the Business Plan to support the Strategic Plan. This is putting "meat on the bones" to turn vision into action. This initiative involves many, with Carolyn Stevens supporting the financial aspects of the plan and Karen Wallace providing the policies. Kelli McRobert has stepped up to lead the Marketing & Communications area. Identifying and pursuing additional sources of funding will be a critical component to successfully achieving the plan. We'll leave no stone unturned including grants, sponsorships, merchandising, advertising, donations, programming, etc. as potential sources of revenue. Big job! Good team! Thanks!
- Other initiatives involve, among others, Alan Thompson and Marcel Lemieux (provincial relations), Gary Marcellus (parapickleball), Colin Caldwell (organizational matters) and Richard Chambers (moving rapidly from Director at Large to HR director and now VP Operations). Superb efforts!

While we pursue our future goals, we know we need to address several near-term issues as well. This will be done. As we move forward, we need your input and support. I look forward to serving as President. Thanks to all.

elcome to the new website

Our mission is to assist and promote the growth of pickleball as a game for all ages and to establish rules, policies and standards for the good governance of the game in Canada.

(click below to view)

Pickleball Canada

Pickleball Canada

https://pickleballcanada.org





My name is Kevin Rogers, I am originally from Pickering, Ontario, now living in Sarnia, Ontario. I am currently the membership chair of Pickleball Canada. My role is to process the members coming into Pickleball Canada thru clubs, provinces, and online on our website.

I recently started playing Pickleball in the summer and realized why so many people are playing the game. It's a great game because it can be played by anyone at any age. I like the mix of racquet sports in the game in which I really like.





After graduating from St. Lawrence College in the Office Administration – Legal program, I went to Algonquin College in the Sport Business Management Program to pursue my sports career. After I finished the Sport Business Management program I went to Auckland, New Zealand in which I did an internship for a basketball team. While there I was able to help out with game day operations and office administration.

One of my goals is to contribute to the growth of Pickleball in Canada. As the membership chair, I have seen the numbers keep growing every month, which shows the popularity of the sport. I hope to continue with Pickleball Canada in the future when it officially becomes a National Sports Organization. I can't wait to see what the future is for the sport and I hope to continue contributing to Pickleball in Canada.



Recognizing that pickleball is the fastest growing sport in North America, Pickleball Canada has become the national governing body for pickleball in Canada. This is significant for several reasons:

- Pickleball Canada will apply to become the governing body (National Sports Organization (NSO)) for pickleball in Canada by 2020
- Once established as the NSO, Pickleball Canada will be able to endorse the provincial/territorial associations for Provincial Territorial Sports Organization (P/TSO) status which has, as one of their mandates, to provide support for shared and/or dedicated facilities through community grants and infrastructure programs
- Advocating to adopt pickleball as a standard sport in the education system in Canada
- We provide a comprehensive national insurance coverage plan that covers both the player and the club.
- We are developing and will manage the national certification of officials for pickleball in Canada in coordination with the USAPA.

- We will create and manage coaches/instructor certification programs and database for community sport, competitive playing and instructors
- We have established a national player database for player registration for insurance, ratings and potential partner locate/contact. This database will be valuable whether you are playing at the club, provincial, national or international level
- We are establishing and will monitor policies on code of conduct, dispute resolution, discrimination, equity & access, conflict of interest and anti-doping
- We will manage a high performance athlete development program as well as those at the recreational level.
- We provide a single voice for Canada at the international federation to approve new rules and regulations which affect all play at all levels
- We are overseeing the development of para-pickleball at all levels throughout Canada.





insurance (click here for more info)

One of the many benefits in joining Pickleball Canada is the insurance coverage it provides to both the club and the individual.

- National Coverage Plan Summary
- Current List of Approved Pickleball Sporting and Social Activities (See FAQ's)
- Certificate of Insurance Request form
- Release Agreement Waiver [Draft]
- Athletic Accident Claim Form
- Frequently Asked Questions
- Become a member and be part of the growing sport of Pickleball in Canada. A Game For All.



Pickleball Canada Memberships includes many benefits and privileges as well as the support of the initiatives listed above:

- Each member receives a membership number and a membership card produced electronically for immediate use
- E-newsletters to all Pickleball Canada members
- Updated rules, policies and information on the National website and newsletters
- Promoting clubs and groups, and places to play
- Tournament advertising and information on our websites/ newsletters
- Member discounts in many Pickleball Canada sanctioned tournaments
- Member voting rights at the Annual General Meeting.(make an impact)
- Official Player Ratings accepted in Canada and the USA

There are no paid volunteers, and no one receives any remuneration, except occasional preapproved out-of-pocket expenses. All Directors (click link) are unpaid volunteers, who also enjoy the sport of Pickleball.

Pickleball in the Yukon

Under the ElderActive Recreation Association (ERA) banner, the third pickleball tournament took place on October 7th. Twenty participants in the recreational and competitive division enjoyed a day on the courts at the Canada Games Centre (CGC). Joining us and sharing their knowledge of the games were Keith and Linda Brown of Salmon Arm, B.C.

Winners in the competitive division:

- 1st-Keith Brown and Dan Shorty
- 2nd- Michel Gelinas and Brent McLaren
- 3rd-Ken Kiemele and Terry Markley

Winners in the recreational division:

- 💠 Jan Klippert
- 💠 🛛 Jan Brault
- 🔶 Linda Profeit
- 🔶 Ev Pasichnyk

Richard Chambers, Director-at-Large for Pickleball Canada, delivered beginner workshops this fall, with the classes well subscribed. Tom Hastie of White Rock, B.C. was in Whitehorse in November, and did skill development sessions. With the 55+ Senior Games on the horizon, possible playdowns will take place in February, so Tom's help is timely. Yukon will have a much larger contingent than last year, and expect that other territories and provinces will as well.

by Ber Buckway







We would like to send a big welcome to the Pickleball Association of Ontario as this 1400 member group joins Pickleball Canada.

PAO Mission

The PAO is a non-profit association of volunteer pickleball enthusiasts who are



committed to supporting the growth of the game along with participation and development of both recreational & tournament players throughout the Province of Ontario.

The PAO maintains a close affiliation with the **Pickleball Canada Organization (PC)**.

Pickleball is strengthened through the collaboration of PC and PAO. This level of collaboration and co-operation works to:

- Increase communication amongst representatives at all levels
- Establish yearly initiatives for joint projects and activities
- Define roles and responsibilities for all levels of governance in the game of pickleball in Canada
- Reduce costs and share funding on joint projects and activities
- Collaborate on aspects of the game in Canada including all operations and development of the sport in Canada

arm-up | snooze & loose

To stay safe and get the most out of your pickleball game, you must always include a pre-workout warm-up before you begin.

During a game we can all go from zero to hero and push hard but the safe way to train is to bring the body's temperature up slowly and loosen up the muscles before we get to do anything serious. That's what warm-ups are designed to do. Stretching, on the other hand, is done in order to improve overall flexibility. Once muscles have worked they are at their most compliant state and they let us stretch further than we normally would gaining more ground while we are at it.

A short video of a pre-workout warmup was produced exclusively for PickleBall Canada by Elite Training. Click on the link below to start your way to better performance and fewer injuries.











"Just say Yes"

"There's a terrible temptation to say "no" to stuff as we get older. It's a hassle to do this or that. We don't really need to. Except of course, that we do. We need to do almost anything that gets us involved with other people. Because, as you know, connection saves lives. So, until you fill your life up again—and maybe after that as well default to "yes" when anyone suggests doing something or asks for help."

a quote from "Younger Next Year", (page 281) by Chris Crowley and Henry S. Lodge, M.D.

Please contact:

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We would like to send out a huge thank you to the previous newsletter editor/designer, **Wanda Cassidy** from BC, for all the hard work and effort that you put into this.

Thank you