



**MESSAGE FROM
THE PRESIDENT**



Karen Rust

It has been my great honour and privilege to serve as President of Pickleball Canada for the past 16 months. Along with our dedicated Executive team, board of directors, and scores of volunteers all across Canada, so much has been accomplished. But there are things more important than pickleball, so I regret to advise that I am stepping away from this role to support my husband as he faces significant health challenges.

Pickleball Canada is very fortunate in that our Vice-President, Operations, Peter Milovanovic, has agreed to move into the President role, and our Treasurer, Leigh Bradwell has agreed to move into the Vice-President, Operations role. I will take on the Treasurer responsibilities, which will be a significantly lighter workload than that of the President. Pickleball Canada also welcomed new Board member Debra Downing of Shediac, NB, who fills the position that was vacated by Cara Button of Calgary, AB. These Board appointments are in effect until the next Annual Meeting of members which will likely be in May 2023. Read more on our website [here](#).

Peter brings to the role his extensive leadership experience at the club level, as past President of the Pickleball Association of Ontario, and as an educator. He also brings Board experience having served as a Director for the York Hills Centre for Children, Youth and Families and for United Way York Region.

It is a very exciting period of growth for pickleball – all over the world – and especially here in Canada where the number of registered members has passed 43,500! I look to you, our members, to help support the growth by continuing to welcome new members and volunteering locally, regionally, and nationally to ensure the continued success of our sport.

With my very best wishes to you all,
Karen Rust
Past President & Treasurer, Pickleball Canada





Steve Deakin

How has it been going? Is your return to competing as you expected? What are some of the challenges you've faced, and more importantly, some of the joys.

My rehab has been an ongoing endeavour. Realistically, I am 70% strong at this point which I am very grateful for. Getting stronger every week that goes by. My return to professional play has been an extremely gratifying experience. I set goals for every event and luckily, I have exceeded those goals. I often wondered would I ever see a podium again at this level and was thrilled to pop a bronze medal in my third event back with an extremely talented young gun James Ignatowich in a PPA event in Texas. My medical team was shocked as they didn't anticipate this until early next year. This was a huge weight lifted off my shoulders. The biggest challenge coming back was trusting the surgery repair is solid, my rehab is on point, and my game is able to keep up with the evolution of the sport. Not setting foot in the professional arena for 13 months due to injury could easily derail a career. Luckily, I was able to persevere and make my comeback a successful one to date.

How did you feel your first time back at the pro level? What advice do you have for the majority of us, who are amateurs, when we return to the court from an injury?

I felt extremely anxious when I stepped back on court for the first time. I knew I wasn't 100% and I knew I would feel the pressure from my opponents early on. I felt like a fish out of water my very first match back but that was to be expected. It has been getting progressively better every week and that is all I can ask for at this point. This is a long-term game for me and as long as I keep exceeding the goals I set for each event, I am happy.

Returning from injury can be an extremely difficult process. My advice is to return slowly and systematically. Listen to your medical team. We all want to return to play ASAP and from my experiences all I can say is do not rush it. Listen to your body. Some injuries can really linger and become more serious if you rush your return back to the sport we all love.

Were you nervous or did you easily step back into competitive play mode? Do you have any rituals or methods to help alleviate nerves that a recreational player might find useful?

Yes, I was nervous on many levels. Self doubt definitely crept into play. All I can say is that I am seeing progress every week and am starting to settle back in. Am I all the way back? Not yet. However, mentally, I am starting to believe I can compete again.

Playing during rehab is difficult but I needed to return when I did for many reasons. I am absolutely thrilled it has processed the way it has.

There are a few things I do to help with nerves. Listen to music while warming up, chew gum, and my favourite is having some laughs with my partner before a big match.

How did it feel to be playing in front of fans again?

I have always been motivated and fuelled by our fans. I typically play better when more people are watching so this was an easy part of my return and helped me lock back in.

You're playing with a lot of different partners these days; that must be exciting and challenging. How do you approach playing with different partners? Any tips for those of us who are always playing with new people?

When I had to stop playing Sept 2021, I had a full schedule with a lot of big name partners which I was excited about playing with. Unfortunately, this is a business and I lost these partners. However, I am extremely excited for my future partnerships. I will have a couple of steady partners in both the mixed and gender doubles in 2023. I am especially excited to have fellow Canadian and reigning National Champion Brad Chapman on my left at 4 big PPA events in 2023.

It can be challenging playing with multiple partners. Partner chemistry is very important. When I am selecting a partner or making a decision to play with someone who asked me, I always ask myself, "Will I have fun with this person?" A team that gets along off court will have a better chance of excelling on court and being able to problem solve/communicate while competing together. I also find having a like minded strategic mind helps with success as well.

And the final question is once again from one of your young fans who wants to know if you have any pets, and if so, do they ever travel with you? And if they don't travel with you, how excited are they to see him when you return?

I love these questions. I have 2 miniature long hair wiener dogs (Peter and Oliver). They do not travel with me. They would be a handful, haha. They are definitely super excited when I come home. It will take them 15 minutes or so to calm down but they are a ton of fun!



What I Learned in California

Mark Renneson

I recently attended a pickleball coaching conference in California. It was hosted by the *Professional Pickleball Registry* and was made up of coaches with varied backgrounds and histories in pickleball. There were classroom sessions that explored things like team pickleball events, the role of volunteers in successful clubs and the business of coaching. There were on-court sessions that introduced different drills and games and how they can be incorporated into practice.

As it is with any conference, some sessions were more interesting than others. I enjoyed listening to pro player Collin Johns discuss advanced tactics and technique, and I found expert coach Jason Jamison's ideas about working with kids and other new players to be quite progressive (incidentally, we use a very similar approach in Canada's Instructor Certification Program).

What struck me as I watched and listened to these speakers was that **my level of interest wasn't really connected to the topic of discussion**. Instead, it was the speaker themselves that captured (or not) my attention. How drawn into the presentation I was wasn't based on the subject matter but had almost everything to do with the person delivering the message.

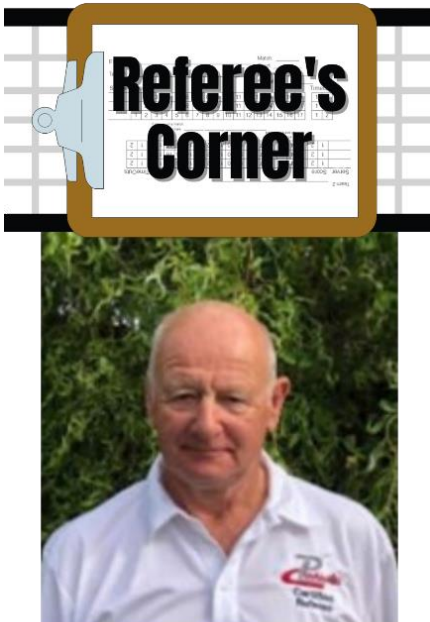
If the speaker was vibrant, engaging and told great stories, I was captivated. It didn't matter if they were talking about liability insurance or how many courts you need to run a 500 person tournament, their charisma drew me in. And if the speaker was monotone and seemed less than enthusiastic, I found myself drifting away pretty fast.

The best presenters could have been talking about virtually *anything* and I think they would have had me.

This translates directly to coaching pickleball. Every time we step on the court, we as instructors, have a choice to make: what kind of *presenter* will we be? Will we be the person who is happy, excited and paints pictures with words? Or will we be the coach who is just trying to get through the hour while hitting all their teaching points? Will we invite our players to try hard, learn and have fun? Or will we think of ourselves as a fault-finder whose job it is to point out the myriad mistakes our players are making?

Coaching can be tough, especially if you're doing it all day. But the more that you can see yourself in the role of a leader – yes, even as a presenter or entertainer – the more likely you are to capture and maintain the attention of your players. And from that starting point, the sky's the limit for what you can teach them.

Mark Renneson is Tennis Canada's Head of Pickleball Coach Education. He oversees Canada's National Pickleball Instructor Certification Program which is a joint project between Tennis Canada and Pickleball Canada. He can be reached at mrenneson@tenniscanada.com



2023 Proposed Rule Changes Alan Thompson

The rule change process was slightly different this year with the International Federation of Pickleball (IFP) not being involved. The process has been fully transparent and well documented by USA Pickleball. There were 78 submissions made, of which 23 passed and 58 identified as failing. (If you do the math that is 3 more than the total. This a result of some showing as partially passing.) There are not a lot of substantive changes for 2023, but certainly a few worth commenting on.

As this article is being written, the USA Pickleball Rules Committee and Board of Directors have both reviewed, commented, and approved these changes. I would still caution, that USA Pickleball has not yet released the 2023 Rule Change Document nor a draft copy of the 2023 Rules. While doubtful any further changes would be made, it is always possible, so the following needs to read with that information in mind.

- Player positions and correct server questions - "REF, Am I good" has become a common question asked by players to ensure that they are not violating one of the service rules. Being out of position, or not the correct server. In 2023 the players will only have to ask this question and the Referee can then respond with, "You are", or "You are the correct Server, but not in the correct position." Meaning that if a player recognizes that there may be something incorrect, they ask the question, and the Referee can then provide the appropriate response to ensure that they are not in violation of the service sequence rules.
- A replay can be called by the Referee when a player's serve is questionable. This means that the Referee has not clearly seen it as a fault, but anyone of the many conditions that would lead to an illegal serve appear to be in violation of the rules may be called, and a re-serve to take place. E.g., Ball struck with paddle above the waist, ball struck by paddle, which is above the wrist break, no upward motion with arc, etc.
- Elimination of the spin serve - When hitting a volley serve, no spin is to be applied to the ball prior to making the serve. Minor rotation of the ball as part of a natural

toss should not be considered a fault. If the Referee is unsure of the manipulation or spin being applied to the ball, a re-serve is to be called for.

- Incorrect score called - The Referee and players can correct an incorrect score that has been called until the return of serve is made. But again, if a player stops play to make a correction when no mistake was made, a fault will have been made. (Yes, this is going back to where we were two years ago).
- Time Outs for apparel change will not be charged against the player or team. They are to be treated as a non-chargeable Referee Time Out, and a reasonable amount of time permitted to rectify the situation.
- Equipment time outs - Players are no longer required to have used their time outs prior to being granted time to make equipment changes.
- Tournament Directors (TD) may require players to change their clothing if they determine them to be inappropriate or the colour to be a distraction to the opposition. This is NOT a new rule. The wording has been modified to make it clear that TDs have this authority.
- Degraded or cracked ball. If all players agree that a ball has been degraded, i.e., soft, out of round, or near cracking, the Referee can change the ball. If the ball is not obviously broken and not all players agree that the ball should be replaced...the current ball will be used.



Momentum: Use it or Lose it Opinion by Wayne Kerr

What is momentum? In Physics or Newtonian Mechanics, linear momentum, translational momentum, or simply momentum (pl. momenta) is the product of the mass and velocity of an object. It is a vector quantity, possessing a magnitude and a direction.

In sports, it isn't quite as quantifiable. Momentum is used to describe being on a roll, everything is clicking, you and/or your team are making positive things happen, etc. Momentum is a great thing, unless the other side has it.

In Pickleball momentum is built by scoring points. Scoring multiple points when your side is serving and holding the other team to one point or less when they serve gives your team momentum and robs your opponents of theirs.

Momentum can be elusive. Oftentimes neither team has it. Maybe both teams are making errors or both teams are playing equally as well. Sooner or later one of the teams will gain some momentum and start scoring multiple points. If this is your team, that is good, ride the momentum as long as possible. This is

sometimes easier said than done. One shot can stop the momentum. A great shot made by an opponent is only one of the momentum killers.



All too often we halt our own momentum by making avoidable errors. Momentum fosters confidence which is a good thing unless it makes you overly brave. Driving (over-hitting) a ball into the net or back fence is the number one momentum killer that I see on the court. Missing your serve will often crush any momentum you have going on. Don't change your game

plan or style of play to avoid making errors, just do your best not to give away the momentum with rash errors. This is pickleball, mistakes happen, shake it off quickly. Nothing gives away momentum like two or three quick errors in a row.

Suppose the other team has the momentum, what can you do to slow or stop this? If you are in a tournament, take a 'Time Out'. A break between points will often cool a hot team down or give you and your partner time to regroup. If you can't take a time out during rec play, try changing things up. If you usually return cross-court, try going down the line. If you and your partner have been stacking or switching, don't for a point or two. If you haven't been, try switching for a point or two. Do something different to get your opponents out of rhythm. Of course, make sure your partner knows your plan.

Another way to take back momentum is by winning a long point. Focus on keeping the ball in play. If you get a ball you can attack downwards, keep your target large, don't go for the lines. If you give up an attackable ball scramble, scrape and dig back as many balls as possible. Every time the ball gets back over the net gives you or your team a chance to win the point. If one of your opponents makes an error that may slow their momentum. When one of my opponents makes an error I make it a point to get the ball back onto their paddle right away, especially if they were upset. A couple errors in a row will usually stop their momentum, giving you the opportunity to build some of your own.

Whether I do or don't have the momentum, I try to stay loose and positive. I always try to encourage my partner after an error. In most cases, it is next to impossible to build or regain momentum if you or your partner are angry or upset. The exception being a partner who is a McEnroe type that gets fired up by adversity. I don't recommend that you or your partner start questioning line calls or arguing with your opponents or the referee. However, rather than using calming words like: 'nice try' or 'that was the right shot', try switching to phrases that pump up the intensity such as: 'Let's go!', 'Come on!', 'Fight for it!', etc.

As I mentioned earlier, momentum can be elusive. It can't be forced and it can vanish in an instant. Ride it while you have it and do your best to wrestle it back from your opponents when they do.

Momentum is just another fun aspect of this incredible game.

Party on, my pickleball friends!



Therapeutic Pickleball for All **Ernie Pallot**

Ernie Pallot, pickleball instructor and member of Pickleball Canada, Pickleball British Columbia, and OPC Oceanside Pickleball Club, wants to promote the fitness and therapeutic value of the sport.

The Parksville resident and a team from the OPC Oceanside Pickleball Club conducted a pilot project involving a group of people with Parkinson's disease. The success of this program has demonstrated the versatility of pickleball. It is not only recreation, it is physiotherapy.

"This sport provides life-extending exercise and temporary relief from tremors and other symptoms of this debilitating disease," said Pallot. "It also provides the mechanism to have fun and increased social contact."

“These courses stress the ‘FUNdamentals’ of the game,” said Pallot. “In other words, having fun is a major objective of the program. Equipment is affordable, all you need is a paddle, balls, and a pair of athletic shoes. Age is not a limiting factor. Kids and seniors are all capable of playing pickleball.”

Pallot and the team hope the information and data logged and collected during the pilot program can help other pickleball clubs to facilitate similar initiatives in their communities. With information including lesson plans and assessment forms, Pallot is happy to share this insight with other groups interested in running the program in their own communities.

Pallot highlights some of the advantages of pickleball over other paddle, racquet, and team sports. “Pickleball can be played individually or with a partner. It can be played indoors and, in our climate, outdoors year round, even on wet courts.” Plus, pickleball is fun!

The Regional District of Nanaimo pickleball courses, Pallot said, have people playing the game with only six hours of instruction. Pallot believes the therapeutic value of pickleball is not limited to Parkinson’s and he looks forward to working on this program with other groups.

In the September issue of Scoop, Pickleball Canada shared Cathy Kaczmarek’s story of pickleball playing a role in her recovery and management of a vestibular imbalance that is a result of a surgery to remove a brain tumor in her acoustic canal. Pickleball, it seems, provides much more for participants than the satisfaction of a game well played.

Pallot pointed out that pickleball benefits healthy people as well.

“Given the state of our health care system, responsible individuals need to adopt a healthy lifestyle,” said Pallot. “Physical and mental fitness is vitally important and pickleball contributes to both. The fitness and therapeutic benefits of pickleball are real.”

Pickleball is Calling

Don Hamaliuk

It’s 9 in the morning and the courts are filling fast
That hollowed call for players has come again at last
Pickleball’s an active sport and you will get no rest
This game is so inviting but will put you to the test

The service comes in easy and your backhand comes across
The ball goes back with authority to show them who is boss

It comes back as a spinner and your retrieval is in vain
Your partner asks accusingly if you always play that lame

You blame it on the wind, it's gusting from the north
So you go into a dinking game and volley back and forth
Waiting for the opportunity to force it to their feet
And hear their growling effort, a sound of sweet defeat

I'm trying to serve a twister and get it on the line
And why the ball defies me seems like such a crime
It seems so very easy but it's not mastered yet
Going for that kill shot, I mostly hit the net

Put it in the middle is what the experts say
Move them to the back then dink the game away
They will make mistakes when you wear them down
And when the game is over, they can wear that silver frown



Contributors:

Karen Rust
Steve Deakin
Mark Renneson
Alan Thompson
Wayne Kerr

Don Hamaliuk
Ernie Pallot
Carla Anderson
Kaitlyn Green



On the lookout for Contributors

We would love to share your stories, club events, photos, news, etc. Let us know if you have any ideas for content that would serve our membership.

We invite you to contact Kaitlyn Green at scoop@pickleballcanada.org

We know you are out there, and we are looking forward to hearing from you!