



## Message from the President Val Volmin

As 2023 draws to a close let's have a look at where Pickleball Canada is heading - it was an interesting year for Pickleball Canada.

At this time last year, Pickleball Canada had about 43,500 members, and our active membership is currently 64,763. Fantastic growth over the last 12 months!

Pickleball Canada is in a period of change:

At our June 28 AGM, nine new Directors joined our Board. We have had two new directors join the Board since the last PC Scoop article. We are very pleased to welcome Chuck MacDonald and Wendy Pattenden to the team. Chuck has a wealth of pickleball experience. Wendy comes to us with a great deal of NSO experience and will be an invaluable asset as we move forward. Additionally, Luc Grenon has been elected as VP of Operations, and we are confident that Luc will do a great job in this role.

In October, we hired a new Executive Director. Bringing extensive sport administrative experience, Barry Petrachenko joined Pickleball Canada on October 16, and with his help, we will continue moving toward our goal of becoming a funded National Sport Organization.

We have a new Communications & Project Coordinator. Elizabeth Werner has been doing a great job on our website and social media. In September of this year, Pickleball Canada hired a new Sport Manager. Since that time, Gloria Wipf has been very busy working to standardize sanctioned tournaments across Canada, working with the Ratings Committee to improve the ratings system

and has also been working with the team from Halifax, Nova Scotia to make sure that the Nationals will be an unforgettable experience! Please join us in Nova Scotia from August 20-24 for the 2024 Myoflex® Pickleball Canada National Championship.

Earlier this month, the Global Pickleball Federation (GPF) was launched. The GPF aligns the Asian Pickleball Association, Confederation of African Pickleball, Oceania Pickleball Federation and the Pickleball Federation of the Americas. The national governing bodies across these four continents include American Samoa, Australia, Cameroon, Canada, Colombia, Costa Rica, Curacao, Dominican Republic, Egypt, Gambia, Ghana, Kenya, Mexico, Morocco, New Zealand, Nigeria, Panama, Peru, the Philippines, Rwanda, Samoa, Sierra Leone, South Africa, Tanzania, Tonga, Uganda, United States and Venezuela.

This Federation is a huge step forward in our goal of having one international governing body for the sport of pickleball. Their aim is to have pickleball included in the Olympics and other International Sporting Competitions. We wish to thank Tony Casey and the volunteers working on this project over the last 27 months.

Pickleball Canada appreciates your continued support and we are truly thankful for the amazing volunteers we have working across the country to develop our sport!



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**SPEAKIN'  
WITH  
DEAKIN**



## **Steve Deakin**

As the fall is slowly turning into the winter, we check in with Steve Deakin to how his preparation for the 2024 PPA season are going.

**You mentioned in the last Scoop that you're in intense training during the fall to prepare for the 2024 PPA season. How have your preparations been going?**

Yes, I have started a very intensive off court training program. I just started my 5th week Nov 6. I underestimated how challenging it was going to be. The first couple of weeks was not a lot of fun but have settled into the program and I am starting to see some gains.

**What does your daily routine look like during this training period?**

With cutting back the on-court training and adding more off court training, my routine is extremely simple. I wake up same time every day, in the gym for a couple of hours, eat well, try to sneak in a short on court drill session in the afternoon, and early to bed same time every day. Repeat. I do not take days off and am always doing something to keep active.

**Do you set goals for yourself at the start of each PPA season? If so, can you share some examples or touch on why you find it important to set these goals for yourself?**

I have always been a personal goal setter regardless of what sport I was playing. For example, coming back from injury in 2023 my goal was to hit 3 podiums on PPA Tour and retain my Canadian National Championships in the men's and mixed doubles main events. I fell one short on the PPA tour capturing 2 podiums but attained my goal on the national championships. It is super important to set

goals. I feel it helps me stay focused on getting better whether it be off or on court. It is also very important to set realistic goals based on age and abilities. My goal for 2024 PPA season will be 5 podiums as my body/wrist will be feeling much stronger and defend my Canadian National Championships in Halifax in the main events.

**What is your favourite part of your planning process for play on the PPA tour?**

I will be honest with you that the planning process for play on tour is hard work. I don't think I have a favourite part haha. With the constant changing of tournament dates/locations, drama of tour wars, and the search for the perfect partner fit, it makes the planning part a bit chaotic. I am a very routine based athlete and I don't like unexpected changes. I have never been great at "rolling with the punches". However, in saying all that, I am extremely grateful to play a sport for a living and be a part of the PPA Tour.

**What does a typical competition day look like at a PPA event?**

For me, as mentioned earlier, I am a routine-based athlete. The first match of the day typically starts at 10am for us. I will wake up at 7am and have a huge breakfast. Head back up to my room and pack my bag for the day (always the same way at the same time). Then call the driver to grab me so I can be at the venue for 8:45am. It takes me 15 minutes to suit up and get comfortable in our lounge area before heading out to a practice court with my partner for 9am. A typical pre match warm up will be 30-45 minutes depending on who my partner is, weather conditions, etc. Then will head back to lounge, hydrate a little, maybe grab a quick snack and wait for a court assignment to start our day. I mostly keep

to myself throughout the day to stay focused and then when my day is over, I will head back to hotel and take care of any recovery that is required including a big meal to fuel me for the next day of competition. Keep it simple is the philosophy that works for me.

### **What keeps you motivated during competition days?**

I think for me, the fact that knowing in today's PB landscape, every single match at the pro level will be a battle regardless if first round or a medal match. Back in 2018-2021 it used to be a couple of easier rounds to start, a decent quarter final match, and then tough semi and medal matches. There have been so many young, talented, hungry athletes coming into the sport in 2022 with a chip on their shoulder and nothing to lose. I have played some first round matches in 2023 that would have been quality semi final matches in 2019. Knowing that every opponent today that is in front me has the skill to beat me, regardless of what round it is, keeps me extremely motivated and engaged. It becomes a mental battle and I like that part.

Paddle up and have fun everyone!

Do you have a question for Steve Deakin? If so, send it to [scoop@pickleballcanada.org](mailto:scoop@pickleballcanada.org) and you could see your question in the next issue of the Scoop.

### **How do I become a Credentialed Referee?** **Alan Thomson**

This is the question that we have received a few times since publishing the last Officiating article in SCOOP, which we welcome and will continue to answer, BUT we have spent a lot of time and effort writing the Officiating documentation and supporting material for the Pickleball Canada webpages. I will go through the steps and process here so that we have it documented in one article.



Start by opening the PC webpage and click on the Officiating button, or click this link....

<https://pickleballcanada.org/officiating/demo-officiating-program-information/>

Open the [OFFICIATING PROGRAM – OVERVIEW](#) document. It provides the **First Steps** all the way through to explaining the Certification and Evaluation process!

Open the link to the [OFFICIATING ORGANIZATION CHART & CONTACT INFORMATION](#). This will provide the email contacts for Officials in your Region who can assist you in your journey through the Officiating program.

The section dealing with [REFERENCE MATERIAL](#) includes links to all the documentation you need to start in the Referee Program. The **Rules** and **Officiating Handbook** being the two most important. Referees must know the rules inside out, and as I often explain it is difficult to teach the rules as every word in the rulebook is important. Which means that you must learn the rules through self-study and when a situation arises, review the pertinent pages, and apply them to that situation.

The [Officiating Handbook](#) is of equal importance in your Referee training experience. The Handbook contains the **“Best Practices”** that the Referees MUST follow and will be assessed and evaluated to when going for their Level 1 & 2 Credentials and Certification.

Hopefully at this point anyone interested and opening these pages will continue to explore the remaining documents in the Officiating pages.

It is worth mentioning that all the documents in these pages (other than the USA Pickleball Rulebook – International Edition) have been produced by the Officiating Advisory Council members. Annual changes to the rulebook then requires all documents to be checked and amended. Through continual discussions and requests USA Pickleball have now

agreed to allow the use of some of their most important documents! This has come about with the inception of the Pickleball Federation of the Americas organization and the closer relationships between Canada, USA, & Mexico. I cannot stress the importance of this step forward, as it will free up considerable resources annually when Rule Changes are made. We will be making the move to using the USA Pickleball Officiating Handbook very shortly... after it has been translated into French.

Thank-you to our Pickleball Canada Pickleball Federation of the America's (PFA) Representative, Tony Casey, Jim Price USA Pickleball Officiating Representative with PFA and USA Pickleball for this gigantic step forward. This will continue to assist Canada in meeting the high standards set for Officiating by USA Pickleball and allow us to be a part of this reciprocal program. Canada was the first Country to have recognized Certified Referees outside of the US, and again the first country to Certify their own Referees. We must continue to work together at maintaining this standard as Pickleball continues to grow and expand to other countries in the world.

Alan Thomson  
PC National Leader of Officiating



**Better Footwork – A Three Part Series**





## **Wayne Kerr**

### **Part Three – The Shuffle-step**

The shuffle-step is arguably the easiest of the footwork methods to master. It is probably the most important, as well. The shuffle-step is used for lateral movement on the court, most notably along the kitchen line but can and should be used for most lateral movement.

The starting position for the shuffle-step is exactly like the ready position discussed in my article on the split-step. This is great since we should be in the ready position each and every time our opponents are about to strike the ball. Paddle out front, knees slightly bent, feet roughly shoulder width apart with our heels slightly off the ground.

From this position, when you move sideways, make small skipping-like steps, keeping your head, shoulders and hips facing forwards. Avoid taking any cross-over steps with the trailing foot as this will turn your hips and shoulders.

Pickleball is a sport filled with rapid exchanges, rewarding quick reactions. We can win more of these exchanges by being ready for them. Directly facing the ball as much as possible is paramount. Each time our body is turned away, hips and/or shoulders not facing the ball, it takes us extra time to recover to the ready position.

Practicing the shuffle-step is easy. Simply pick a line, stand behind it, get into the ready position, and move back and forth along the line keeping your hips and shoulders parallel to the line. Begin shuffling along the line in one direction then the other. Get comfortable moving this way.

Many will find that they can widen their feet apart as they perform the shuffle-step. This helps lower their center of gravity which is great for balance and playing low balls. The most important thing is to be comfortable and remain balanced as we move from side-to-side.



Once you are comfortable, begin adding a shadow stroke at the end - after each shuffle. It is important to come to a complete stop then perform the stroke. We need to train ourselves to be stopped and balanced before we stroke the ball, whenever possible. Next add a ball to practice the shuffle-step technique. Remember to be stopped while you hit the ball. The sequence for this method is this: ready position, shuffle to the ball, strike the ball, shuffle back, ready position, repeat.

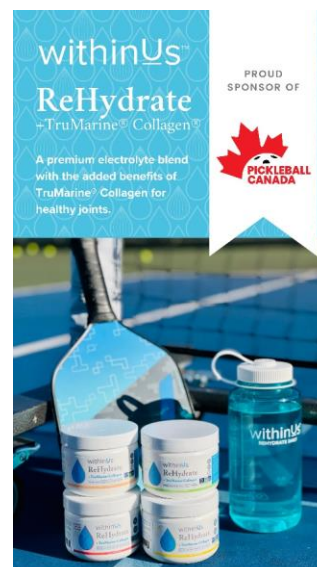
Get comfortable using this method to get into position for both forehands and backhands. Backhands generally take more practice because for many of us it feels comfortable to perform a cross-over step prior to striking the ball.

Once you've mastered the shuffle-step you'll find that adding a lunge-step for difficult to reach balls feels very natural. Following your split-step with lateral shuffle-steps will keep you balanced as you make quick adjustments to balls off to the side.

The footwork methods described in this three-part series: split-steps, shuffle-steps and lunge-steps are designed to work together and will help make your movement on the court more efficient. Keeping yourself balanced while stroking the ball will help cut down errors and provide greater accuracy to your shots.

Most of us won't get quicker as the seasons pass by, however, we can become more efficient.

Party on, my pickleball friends!





## **Canadian Tournament Player Rating's (CTPR) Breakdown**

The CTPR system has been in effect since January 1, 2022, and is a very reliable, objective and dynamic system.

### **What is Pickleball Brackets?**

- A Pickleball software solutions provider for player ratings based upon captured game results data from tournaments anywhere in the World.
- Canada, USA and Australia are examples of Countries are using this software system.
- Currently the most used and advanced software able to produce '*performance-based*' ratings.
- Uses algorithms to first assess the probability of the higher rated TEAM (combined partners rating) winning over a lower rated TEAM in every game.
- Uses algorithms to predict probable point spreads based upon team ratings.
- Uses the actual outcome of each game to calculate rating points won or lost.
- Is a very transparent performance-based system (actual win/loss results) available for all to see, game by game, tournament by tournament.

### **What happens to your Canadian Tournament Player Rating (CTPR) in a PCO sanctioned tournament?**

- Your CTPR will move up and down, based on the results of each game.
- Every game point matters. Results are calculated based the on probability and actual sores based on overall team ratings.
- Each game will result in each player going into the very next game with a new rating.
- Over 9400 active Canadian players are in the CTPR system.

- We are on track to have 70 sanctioned tournaments in Canada in 2023, and game data is being amassed at a record rate.
- We are well beyond requested ratings changes and resets and need to allow the system to provide reliable ratings over time and frequency.
- Players are better positioned to move their ratings higher by playing in the skill level of their current CTPR, or by playing up .5 skill level.
- The CTPR will start with a self-rating **only** **if** you do not have game results first recorded in a non-sanctioned tournament. If you have a PBR rating, then that will be the rating used in your first CTPR event.
- Results are uploaded based upon the tier level of the sanctioned tournament. Smaller tournaments results are uploaded at 70% or 80% while Nationals, Regionals and Provincials are all at 100%-point results. <https://pickleballcanada.org/tournaments/sanctioned-tournaments/>

### **Pickleball Canada's CTPR Policy:**

All participants in a sanctioned tournament must have a Canadian Tournament Player Rating (CTPR).

- PCO policy on the use of CTPR must be followed for all Sanctioned Tournaments. Should both players choose to, they may play up ONLY a 0.5 rating level from their current CTPR. The only exception is for 4.5+ or Open events, where all players must have a minimum 4.5 CTPR rating to play in that event. Tournament Directors will ensure this policy is adhered to.
- If a tournament has a 4.0, 4.5 and 5.0(Open) event, a 4.0 player can play up into the 4.5 event but not into the 5.0/Open event. 5.0/Open events are for 4.5 and above skill level players only.
- If a tournament has a 4.0 and 4.5+ event without a 5.0/Open event, a 4.0 player cannot play up into the 4.5+ event as it is for 4.5 and

higher skill players only. In this case, the 4.5+ event acts in the same way as the Open.

- Open Category – is only open to advanced players with a minimum skill level of 4.5. It is acceptable to substitute “5.0” terminology instead of “Open” if tournament directors choose to.
- PCO implemented this CTPR to standardize sanctioned tournaments across Canada.
- All Sanctioned Tournaments are now being reviewed to ensure all sanctioning criteria are being followed, all pickleball brackets events are setup to adhere to CTPR policy & sanctioning criteria, proper silos are used in tournament setup, and ensuring all tournament directors are on the same page.
- The end goal will see all players playing in their proper categories based on their accurate skill level, will create more competitive events and ensure CTPR’s move up or down more effectively.
- PCO is standardizing all its sanctioned tournaments to ensure they are well-organized, consistent, fair, safe, and provide an overall better player experience.



## **Comox Valley Pickleball Association Food Bank Drive**

### **Comox Valley Pickleball Association**

September 9, 2023 - The Comox Valley Pickleball Association (CVPA) gave a jump start to the 2023 Thanksgiving Food Drive with participation from Cumberland, Courtenay, and Comox pickleball players.

Over 100 players gathered at the Comox Rotary Highland Courts bringing bags of non-perishable items and



monetary donations for this very worthy cause. Executive Director of the Comox Valley Food Bank, Dave Reynolds, was on hand to collect all the donations, thanking everyone for their generosity and expressing his warm appreciation on behalf of the Comox Valley Food Bank for this overwhelming show of support. CVPA members stepped up as we continue to give back to the community in so many ways. THANK YOU!



## Contributors

Val Vollmin	Comox Valley Pickleball Association
Steve Deakin	Barry Petrachenko
Alan Thomson	Gloria Wipf
Wayne Kerr	Elizabeth Werner

## 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 Elizabeth Werner at [scoop@pickleballcanada.org](mailto:scoop@pickleballcanada.org)

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

