

# Pickleball Press

## May 2018

## Snow Storm fails to Deter Pickleballers

by Bert Carswell

Slippery roads, power outages and a leg injury failed to put a damper on another fun pickleball tournament. On a cold Sunday afternoon in February, twenty-three players from levels 2.5 to 3.5+ took to the SSAC courts in a round robin format of eleven point games. Each competitor played with a different partner for every game. The total points accumulated for each player determined the winners.

The results are as follows:

Level 2.5 – Aldo Tachi (gold), Doris Piper (silver) and Johanna Tachi (bronze);

Level 3.0 – Jack Young (gold), Lynette Robinson (silver) and Martin Hendriks (bronze);

Level 3.25 – Irene Jankovits (gold), Joanne Rykers (silver) and Sylvia Hockley (bronze);

Level 3.5+ - Dave Marsh (gold), Bert Carswell (silver) and Ross Miller (bronze).

Unfortunately, no photographs are available as the photographer (me) forgot ...again.

Refreshments and socializing rounded out the day. Thanks to Gillian for organizing the score sheets, Dave for bringing them and Kay and Audrey for helping.

Thanks also to Trail Bay Sports for donating a \$25 gift certificate.

\*see back page for results of April 2018 tournament

## **SERVE** **SUGGESTIONS**

From the OSG (old slow guy aka Serge)

### **THE SERVE**

This deals with the serving motion.

The serve must be made with an underhand stroke so that contact with the ball is made below waist level (waist is defined as the navel level).

#### **Under Hand Defined:**

The arm must be moving in an upward arc and the paddle head shall be below the wrist when it strikes the ball (paddle head is that part of the paddle excluding the handle. The highest point of the paddle head cannot be above any part of the line formed where the wrist joint bends).

#### **Some things to consider when you are the server:**

- 1) Take your time and make sure your partner is in position behind the Base Line.
- 2) Make sure your opponent is ready before you call the score.
- 3) Before you start your serving motion the score must be said, e.g. 0-0-1.
- 4) Before you hit the ball, decide how you will hit the ball. Do not change

your mind mid swing.

- 5) Know if your opponent is right or left handed.
- 6) No matter what speed you hit the ball, make sure it bounces at least at  $\frac{3}{4}$  court (within 5' of the Base line).
- 7) Do not move inside the Base line before the opponent has hit the ball. Watch how the opponent's body is positioned as he/she hits the ball, as this will give you a clue as to the direction and speed of their return.
- 8) Vary the speed and height of your serve. Occasionally try a drop (short) serve, but not when the score is near 11.

### **Pickleball Strategy: Pre-game warm-up**



So the other night at pickleball I re-introduced myself to some newbies to pickleball, and asked how they were enjoying themselves. They remarked that they liked the game but are feeling more and more sore after pickleball. I asked them if they were warming up before playing, and astonishingly...they weren't. Dynamic warm-up and flexibility training is an essential element of any pre-practice or pre-competition routine and helps prepare the body for the demands of today's pickleball game. An effective warm-up does five very important things for pickleball players.

1. Increases body temperature allowing muscles to work more efficiently.
2. Gets the heart and lungs ready for vigorous activity.
3. Stretches muscles actively, preparing them for the forces experienced during pickleball.
4. Engrains proper movement patterns and the coordination needed in pickleball.
5. Wakes up the nervous system and gets the brain talking with the muscles.

A dynamic warm-up, which involves stretching with movement, accomplishes all of these tasks.

Warming up for pickleball is an important part of your routine. Research suggests it can speed nerve transmission, increase blood flow to the muscles and assist in injury prevention. The aim is to increase your breathing and warm up the specific muscles to be used in each stroke and court movement. Start with low impact movements and gradually build to more dynamic movements that contract and stretch the muscles through their full range of motion. Start at the baseline and move forward to the net, then repeat each movement backwards to the baseline:

- Walk on heels
- Walk on toes
- Right leg lunge, then

rotate upper body to the left. Repeat on left leg, and alternate

- Lift right knee to hip level, then straighten knee, repeat on left leg and alternate
- Lunge sideways
- Skip
- Jog
- jog with knees high in front
- Jog with heels to buttocks
- Side steps
- Side step crossovers.

On the spot with racquet: Split step then shadow forehand, repeat for backhand 10 times each side

- Split step then shadow forehand volley, Repeat for backhand volley 10 times each side.

*\*Reprinted from Pickleball*

## International

*Editor's note:* If you arrive after play has started you should go to either the Farish or Craft Room to warm up and stretch before playing. This would eliminate delays while you have a rushed and ineffective warm up with those who have already played a game.

## Playing Tips

- If you feel the need to give a suggestion to your playing partner, do it after the game is over.
- Never dispute your opponents' line call on their side of the court or worse make the call before they do.

## SSAC AGM APPROVES EXPANSION

The vote to approve funding for the expansion of the Sechelt Seniors Centre passed by a large majority at the annual general meeting held on March 8. The \$800,000 renovation to the north side of the building will enlarge and modernize the kitchen and office space and provide a permanent cafeteria. This will put and end to the daily setting up and taking down of the tables and chairs in the gymnasium and should free up more time and space for recreational activities such as pickleball. Construction is scheduled to start about June 1 and will take about 4 1/2 months to complete. There will be some periodic disruption to pickleball court time during this period. Players will be informed by email as soon as this information is provided by the contractor.

\*Volunteers are needed during the last week of May to move items at the centre in preparation for the construction. If you are available give your name to the person on duty at the front desk before May 24.

## **Some Instructional Videos**

Go to: [www.pickleballchannel.com](http://www.pickleballchannel.com)

The following are the locations, titles and the length of the video's in minutes and seconds.

Page 1: 5 reasons to slow the game down (1:19)

Page 2: 3 secrets to improve dinking strategy (4:16)

Improve mid-court deep volley (drill/ball machine (1.30) (good drill)

Racquet position at NVZ line (2.28) (good video)

Page 3: Return of serve drill (1.49) (ball machine) (good drill)

Page 4: Third shot drop (1.35) (ball machine)

Page 5: Improve volley skills (2.14) (ball machine / with group)

Page 7: Forehand (slow motion) (2.16), no voice, text only

An effective lob (1.35)

Drill to improve drop volley (1.49) (simple drill)

Page 8: Defend against hard hitters (3.28)

Page 9: Doubles point with strategy (4.51) (good)

Slice with slow motion (2.20)

Improve drop shot with drill (1.15) uses two nets

Page 10: Use soft game to set up kill shots (2.55)

Page 11: Three mistakes to avoid when volleying (3.48) (good demo)

Page 14: Play at NVZ (3.24) (benefits of)

The Back Hand in slow motion (2.36) (video only) (good)

Page 15: Dinking 101 – 5 steps (4.50)

Page 16: Improve dink shot (4.14) (good visuals)

Ball picker-upper (how to make) (same as SSC)



## First Tournament of the Ages Held on April 22

Our most recent tournament held on April 22 was significant for two reasons. First, players were grouped by age rather than level and second, *The Rally Point Scoring System* was used instead of the standard scoring method. The participants had to divulge their age for the tournament convener to create five groups by age rather than by skill level. The convener was sworn to secrecy and as the records have been expunged and his memory poor, no one will ever know the ages of the players. This change gave many participants a chance to play with and against others whom they not normally meet in the round robin format or regular level play. With 28 players there needed to be 34 games. Using the standard scoring system would have required about four hours to complete the tournament. By using *Rally Point Scoring* instead all the games were completed in under three hours!



The Players of the Tournament of the Ages



Group A: 1<sup>st</sup> Martin Candlish, 2<sup>nd</sup> Laurie Anderson (right), 3<sup>rd</sup> Gail Tyson (left)



Group "B": 1<sup>st</sup> Peter McKenzie, 2<sup>nd</sup> Gill Poulten & Doris Piper (missing), 3<sup>rd</sup> Steve Clifford



Group "C": 1<sup>st</sup> Ivan Citerneschi (right) & Bert Carswell (left), 2<sup>nd</sup> Laurie Creek, 3<sup>rd</sup> John Stewart (missing)



Group "D": 1<sup>st</sup> Joanne Rykers, 2<sup>nd</sup> Brian Humphrey (right), 3<sup>rd</sup> Serge Planidin (left)



Group "E": 1<sup>st</sup> Elaine Claydon,  
2<sup>nd</sup> Ann Watson,  
3<sup>rd</sup> Heather Waddell (missing)

The draw prize of a pickleball tote bag won by  
Ann Watson (r) was created and donated by Evelyn  
Harker (l)

## Explanation of Rally Point Scoring

A point is scored every rally. The server continues serving until that side loses a rally. An even score is served from the right hand court (the **even** court) and an odd score is served from the left hand court (the **odd** court) no matter who is serving. In the scenario below, we have partners **A** and **B** opposing **C** and **D**. Team **A** and **B** will serve first. Player **A** will serve first and call the score 0-0 (there is no server number). Since their score is 0, **A** will serve in the **even** (right) court. If **A** and **B** win the rally, they get the point and player **A** then serves in the **odd** (left) court. **A** continues serving until their side loses the rally. If **C** and **D** win the rally, they get the point and player **C** now serves from the **odd** court on their side since they have 1 point because they won the previous rally. The game goes to 15 points with a minimum 2 point spread to end the game and a cap of 21 points. Games last about 10 minutes. This ensures that all players on a given day get the same amount of court time with shorter wait times between games. Rally point scoring forces you to be more accurate with your shots because every out of bounds or net ball gives a point to your opponent no matter which side is serving. It takes a couple of games to get used to the scoring system. Try it. You will like it.

<b>A</b> (Even)	<b>B</b> (Odd)
<b>C</b> (Odd)	<b>D</b> (Even)