



# Pickleball Press Fall 2018

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IN THIS ISSUE

## SSAC Players Bring Home Medals from 2018 BC 55+ Games

by Mary Davis

Joe and I noticed the BC plus 55 games were being hosted in Kimberley/Cranbrook this fall so thought it would be a good opportunity to visit one of our favourite hiking spots while enroute to Calgary.

But, wait a minute – that would mean competing in a tournament! Joe had experienced such events a couple times in the past but that would be a new venture for me. After great hesitation, I convinced myself that this may be a challenge I could endure – besides, nobody would know me there. Bravely, I joined Joe in registering. This process included requesting partners for the events that we signed up for. I chose 2.75 women's doubles and 3.0 mixed doubles while Joe chose

3.5 men's and 3.5 mixed doubles. Joe received confirmation that he would be playing with Zone 4 partners; Frank Cloutier from Sunshine Coast and Lillian McGraw from Burnaby. My partners were outside Zone 4 with Gloria Purger from Langley and Gerry Dreger from Cranbrook.

Prior the games, I met Gloria on two occasions at Edmonds Rec. Centre, Burnaby. During our initial meeting, Gloria advised me that we should be wearing an identical outfit – a 'skort' and a sleeveless shirt. I met this suggestion with significant dismay but Gloria assured me that such attire is 'the norm' when playing in a tournament. Imagine my surprise when the following day, Gloria found and purchased these items on sale, and in our sizes. Actually, I think this issue was my greatest angst about playing. I felt better after my team mates from SSAC, level 3 gave me colorful barrettes to match our outfit. But, Gloria was right; we looked the part and ended up with a bronze medal! (I wonder, was it the

skort or the barrettes that made the difference?)

I met Gerrie upon arrival in Cranbrook. He was very relaxed and fun to have as a partner. He started playing Pickleball only three months prior the tournament. But his skills are amazing: they were probably related to his many years of playing Squash. Although we didn't win, I'm sure Gerrie will be a strong competitor in higher levels next year.

The volunteers during the events were great – very friendly, accommodating and willing to help. The venue for the PB games was in a new recreation centre in Cranbrook. Consequently, the flooring was easy to play on, with very few lines outside the PB ones. Each day the tournament started at 8 am and finished around 5pm - it felt like being back at work! The predominant age of the competitors appeared to be from about 55 to 63. The bleachers were often filled with many families - from small children to grandparents. As well each day,

the students from the nearby high school were escorted by their teachers to watch and gain an understanding of the game. It was neat to meet Brian Humphrey (from SSAC) in the bleachers one afternoon. Although he wasn't competing in PB, he was supporting his wife in the swimming competitions.

Outside of Pickleball, we met numerous people competing in a variety of events such as tennis, horseback riding, running, darts and cribbage. On several occasions, we noticed a few seniors proudly wearing their medals as they sauntered down town or when they were in restaurants. Of course we, from the coast, were more discreet about our winnings.

A number of events were held throughout Kimberley and Cranbrook during this event, including an opening and closing ceremony. Joe, Frank, Lexa and I had a great time at the Casino and Dance one evening. The "pickleballers" were the last to leave!

Although I was certainly apprehensive about joining the games, I am very happy to have done so and was proud to have been a representative of the Sunshine Coast. Furthermore, this new experience gave me an opportunity to reflect on how grateful I am to have been introduced to Pickleball by John Stewart (from SSAC)! I have received outstanding guidance, support and patience from the SSAC coaches and equally important, I greatly enjoy the many players I've met – what a wonderful way to have made many new friends.



### 55+ Games Diary by Joe Davis

Sunday, Sept. 9 -8:40 ferry –make Kamloops in mid-afternoon –check in to Signature Sandman Hotel  
 -practice a bit on excellent outdoor courts in Riverside Park  
 -take a long walk up the hill to Earls for dinner  
 –food is good, beer is even better  
 -before turning in for the night check map for next day's drive and realise the turnoff to go south to Kimberley is at Golden, not Revelstoke –a longer drive than I had anticipated. Also we would lose an hour of time across the pass, not gain one. I used to know these things.

Monday, Sept. 10 –Decent weather and an easy, if long, drive, with crucial Starbucks pit stop at Revelstoke.  
 -Cruise in to Kimberley in early evening and check in to the Mountain Spirit Resort.  
 -Take out pizza for dinner

Tuesday, Sept. 11 –to Cranbrook in late A.M. to hook up with our mixed doubles partners for some practice at the pickleball venue.  
 -Late afternoon, back to Kimberley for registration at the Kimberley Alpine Resort.  
 Along with I.D. we get our games t-shirts. I gift my canary yellow t-shirt to Mary to use as a night shirt.  
 -dinner at the Pedal and Tap in the Platzl. Good food, good craft beer.

Wednesday, Sept. 12 –first day of pickleball competition

-women's 2.75 doubles start at 8:30AM but Mary has to be at the venue in Cranbrook by 7:30 to check in, warm up etc. Did we tell you we are not morning people?

-Mary and Gloria look fetching in their skorts and spiffy barettes.  
 -between bouts of crazed cheering Joe sneaks out and discovers a Starbucks in a Safeway only two blocks away from the venue...lifesaver.

-Joe (and Starbucks) somehow cheer Mary and Gloria on to a bronze medal in women's 2.75 doubles.  
 -back in Kimberley, too bushed to drive down the hill to a good place, we walk next door to the Buckhorn and Main restaurant for dinner. Mistake. We leave hungry. (You can read Joe's fair and only slightly bitter review on TripAdvisor –entitled B.Y.O.B.)

Thursday, Sept.13 –men's doubles 3.5 -10:00AM  
 -match one –blown off the court  
 -match two –blown off the court –talk about bangers. I've never seen guys hit the ball so hard. I'm just trying not to get killed. Sheesh!  
 -Match three –victory. Hooray.  
 -Match four –victory. Huzzah.  
 -Match five. Had a good lead on a team we should have beat, but caved and lost. Gloom. Ignominy. But wait, what's this? We are in the playoffs? Huh?  
 -first playoff match against the second banger team. It is closer than before but still not close. We lose.  
 -second playoff match, for bronze –we play the team we should have won against in match five. This time we win, decisively. Happy day. We win three, lose four and still get a bronze medal. Strange game, pickleball. We make dinner in our suite that night.

Friday, Sept.14 – mixed doubles 3.0 -8:30AM

-mixed doubles 3.5 -11:00AM  
 -only able to cheer on Mary and her partner Gerry for the first few of their matches because of my schedule. They are in tough because levels 2.75, 3.0 and 3.25 have all been consolidated into 3.0 due to low numbers.

-mixed doubles 3.5: Prior to the first match Lil takes Joe aside and says "Look, you have to hit at the woman. You can't be a gentleman. Hit at the woman! They will be hitting at me." 'Right. Okay. Got it', says I.  
 -match one –went out to a large lead then hung on to win  
 -match two – victory  
 -match three - victory  
 -match four – played well, very well at times, but lost  
 -match five – won a tense squeaker, 11-10. When we made the final point my partner yelled 'F'ing A!'.  
 -We had finished the round robin in second place in a field of eight, just behind the team we lost to in game four. We were in the playoffs and we waited to see who our opponents would be. And we waited. And we got cold. And when we finally played we bombed, in both playoff matches. We just weren't the same team and came away with nothing, zero, zilch. Pickleball can be a cruel sport.  
 -dinner at the Pedal and Tap. Lots of people wearing their gold medals – jerks.  
 -on to the casino and dance at the Kimberley Alpine Resort. A very good time. The band (The Corrections) was excellent. The pickleball crowd hang together.  
 -checking out a blackjack table I ask what the chips are worth. Someone hands me a colour-coded card. The green chips are worth \$1000. A guy loses six green chips on the next bet. I turn slightly green when someone asks if he would like to join the table and politely declines.

Saturday, Sept. 15 – Hearing that Calgary is expecting snow, we change our plan of going that way and spend another day in Kimberley hiking instead.

-Find a great place for lunch and craft beer just off the Platzl –The Shed.

Sunday, Sept. 16, 2018 –Head back to the coast after having a lot of fun and meeting a lot of nice people. The organizers deserve a huge amount of credit, especially when you remember that ten days before the games opened the town of Kimberley was under an evacuation alert due to the extreme forest fire threat.

## Want to live for longer?

### Pick up a Racket

Playing squash and other racket sports regularly could help you live longer a new study has found.

Scientists identified a link between types of exercise and lower odds of dying before people who don't do these activities.

Regularly playing racket sports almost halves the risk of dying by any cause.

Racket sports, swimming and aerobics were also linked to a lower risk of dying from cardiovascular diseases such as strokes.

The study, published in the British Journal of Sports Medicine, examined information on more than 80,000 adults across England and Scotland who took part in national health surveys between 1994 and 2008.

Compared with the participants who said they had not done a given sport, they found that risk of death from any cause was 47% lower among those who played racket sports; 28% lower among swimmers; 27% lower among those who took part in

aerobics classes; and 15% lower among cyclists.

No such associations were seen for runners or joggers and those who played football or rugby.

The researchers said: "We found robust associations between participation in certain types of sport and exercise and mortality, indicating substantial reductions in all-cause and cardiovascular disease mortality for swimming, racquet sports and aerobics and in all-cause mortality for cycling."

But consultant cardiologist Dr Tim Chico from the University of Sheffield, said: "This study must not be misinterpreted as showing that running and football do not protect against heart disease.

"Although this was not 'statistically significant', many other studies have found that runners live longer and suffer less heart disease.

"If you enjoy running or football, do not let these findings put you off."

*ITV Report, November 30, 2016*

## Confront the Wall to your Pickleball Practice

by Viktor Kiss

The old adage "practice makes perfect" was expounded upon by Pickleball Coach Charles Neufeldt when he told me that "practice reinforces corrections, while playing games reinforces mistakes". When I heard these words, I thought he was being too critical, after all, a player who views themselves capable of self-analysis and correction should be able to do so during game play. Within a game, I have often blocked out the score and ignored any perceived or imagined impatience from my partner as I worked on skills

such as “the third shot drop”. However, as we hone our skills, the shot quality of the returned ball takes on increasing importance. We are not challenged if the returned ball is too easy and we are frustrated when the return is too hard or beyond our limits. Worse, the shot development opportunities may be few and far between and when it happens it can take us by surprise. Our reflex often results in reactive actions that tend to reinforce our mistakes rather than exercising our desired prescription of corrective actions.

It is wonderful to find a like-minded and like-skilled practice partner. Together, you can practice every skill and help improve each other’s game. As a complement or in the absence of a partner, a practice wall offers additional benefits. Volleying against a wall increases strength, accuracy and reflexes. Dinking instills rhythm, patience and

months, I finally found a ¾ inch granite slab (53 inches high x 35 inches across) at a garage sale. I mounted it in my garage a couple feet off the ground near the garage door for natural light. I taped a horizontal line at 36 inches for the net height and taped a kitchen line 7 feet from the practice wall. The Pickleball bounce off the granite wall is bright with enough speed to help me work on many skills.

As a development tool, the wall helps to build mechanical memory and consistency. And, unlike a partner whose patience may be tested, the wall never passes judgement. After all, “what happens at the wall stays at the wall”!

## Changes to SSAC Pickleball - Code of Conduct (2018)

1. Treat all players with courtesy and

- To return a shot a player may enter onto an adjacent court if done safely
- Do not celebrate points excessively or degrade the opposition or your partner when they miss a shot
- Rotate on and off the court in such a manner that everyone has equal playing time
- Finish playing when your session time ends even if you are in the middle of a game

2. Treat the facility and equipment with care.

- Wear clean court shoes that will not mark the floor
- Help to keep the courts and building as clean as possible
- Treat the balls, nets, and SSAC paddles carefully - they are all susceptible to damage

confidence. My current favorite wall drill consists of several dinks where the last dink is a little too hard and a little too high such that I can volley the next ball (from outside the kitchen) with sufficient power to setup the following volley where I’m practicing to take energy off the ball for a drop shot and a transition back into a dinking sequence. Depending on how I progress or feel on the day, I can control the power volley to adjust the speed and challenge of dampening the ball to maximize success rate. Strangely, it is quite satisfying to achieve a consecutive number of these volley/dink sequences.

Like finding a good partner, it can be surprisingly difficult to find a suitable practice wall in the Sechelt area. After having searched for several

respect.

- Wear clothing that is inoffensive and suitable for playing sports
- Avoid the use of profanity and inappropriate personal comments as a player or spectator
- Do not hit the ball in the direction of someone in a manner that could cause injury
- Return the ball to an opponent by hitting it to them over the net
- Don’t kick a ball as it slows play and can interfere with other games
- Call “ball” loudly when the ball from one game enters an adjacent court and return the ball to the serving player when possible
- Immediately stop playing when you hear “ball” and replay the serve

3. Know and follow the rules of the game.

- Players are expected to make all the line calls on their side of the court
- Opponents should be asked for their opinion on a line call if they have a better view
- If an opponent’s opinion on a line called is requested, their decision must be accepted
- If a team cannot decide on a line call then the benefit always goes to the opponent
- Spectators should not be consulted on any line calls

4. Scoring

- Rally point scoring will be used for all games with the

exception that Classical scoring may be used when there are 4 or 8 players at the discretion of the first server in each game

- When there are more than 12 players all games will stop at 15 points
- Announce all numbers of the score (e.g. 7-4-1 or 7-4 for rally point scoring) loudly and clearly before starting the serve. If this is not done, play should be stopped for clarification by the person who is receiving the serve

Repeated violations of the Code of Conduct can result in a suspension from the pickleball program and/or a cancellation of a player's SSAC membership.

## No Christmas Party

Sadly, due to the delay in completion of the construction project at the SSAC there will be no end of year tournament and party which we had hoped for. We will plan for one to start the new year in late January

## Assessment Protocol Updated (2018)

When you feel that you are ready to play pickleball at a level of 2.0 or higher review the SSAC Pickleball – Skill Progression Chart and talk to your current coach if you have one. Then:

1. Complete a self-assessment form for the level you feel you might be ready for. You will find the forms in a binder marked "Pickleball Assessments".
2. If, once you have completed the form, you are ready to move up, give your completed assessment form to your coach. Your coach will then assess your skill set and complete his/her portion of the form and give you a written copy of the results. Your coach will then arrange for you to play at the next level. If you have no coach at your level proceed to step 3.
3. The coach at the next level will complete an assessment form. Where there is no coach available at that level, another assessor will be assigned.
4. If one or both coaches' assessments recommend that you move up to the next level, you will be invited back to that level to play or for additional assessments.

5. In any event, you will receive written feedback from the assessments.
6. If you are not moved to the next level you may ask to be re-assessed every two months. Assessments are dependent on coach availability.
7. If you move up but later decide at any time that you would benefit by returning to your former level, feel free to do so, just let the coaches know. You can only play in one level at a time.
8. Generally, players will move up one level at a time, however players who demonstrate the requisite skills and knowledge may move up two or more levels in a single assessment.
9. If in the opinion of the SSAC Pickleball Coordinators a player appears unable play at the minimum required skill level of his or her current designated Level the player will be notified and their situation discussed. At the discretion of the coordinators the player may be requested to move to the next lower level or undergo an assessment. After two months at a lower level the player may apply for an assessment under the provisions 1 -6 outlined above.

|                     | 1.5   | 2.0  | 2.5   | 3.0  | 3.25   | 3.5+   |
|---------------------|---|--|---|--|--|--|
| Serve               | Serves occasionally show variety or depth and are often in      | Serves show some variety or depth and are usually in               | Serves show some variety and depth, are consistently in         | Serves often show depth and variety, are consistently in     | Serves are usually deep or have spin, are consistently in          | Serves are rarely out. Depth, placement or spin force some errors  |
| Service Return      | Consistent contact is made, most simple serves are returned     | Consistent contact is made, some difficult serves are returned     | Most serves are returned, some shots are deep with pace         | Serves are usually returned, many with good depth or pace    | Serves are returned consistently, most with good depth, pace       | Returns are rarely missed, consistently deep or have spin          |
| Court Coverage      | Covers centre of court, plays safely in a balanced manner       | Covers main areas of court, reaches at least a few perimeter shots | Covers main areas of court, sometimes gets to well-placed shots | Covers most of court, can often reach well-placed shots      | Covers court quickly to reach most well-placed shots               | Covers all areas of the court quickly to return difficult shots    |
| Forehand            | Player is beginning to develop proper shot technique            | Strokes are somewhat reliable, occasionally have depth or speed    | Strokes are fairly consistent, have some depth and speed        | Shots are becoming consistent and have medium depth, speed   | Shots are consistent using a variety of depths and speeds          | Shots are highly consistent, vary both depth and speed             |
| Backhand            | Player is beginning to develop proper shot technique            | Strokes are somewhat reliable, occasionally have depth or speed    | Strokes are somewhat consistent, have some depth and speed      | Shots are becoming consistent and have medium depth, speed   | Shots are consistent using a variety of depths and speeds          | Shots are highly consistent, vary both depth and speed             |
| Directional Control | Shots show basic control, some are intentionally directed       | Shots show some control and ability to direct the ball             | Shots show fairly good control with some use of angles          | Shots are often well controlled with some good use of angles | Shots are usually well-controlled, make good use of angles         | Shots are consistently controlled, are often angled or with spin   |
| Shot Making         | Overheads, lobs, and volleys are occasionally tried             | Overheads or lobs or volleys are sometimes accurate                | Overheads, lobs, and volleys are occasionally accurate          | Overheads, lobs, and volleys are sometimes accurate          | Overheads, lobs, and volleys are often accurate                    | Overheads, lobs, and volleys are all frequently accurate           |
| Net Play            | Dinks or drop shots are occasionally attempted                  | Some dinks or drop shots are attempted with occasion success       | Dinks or drop shots are regularly tried, sometimes effectively  | Dinks or drop shots are often tried, are sometimes effective | Dinks or drop shots are played regularly and are often effective   | Very effective dinks or drop shots are used regularly              |
| Court Play          | Court position often correct, learning to stay out of "kitchen" | Court position usually correct, forgoes many obvious "out" shots   | Position consistently correct, forgoes most obvious "out" shots | Position consistently correct, plays few obvious "out" shots | Rarely out of position, shows good teamwork, plays few "out" shots | Rarely plays any "out" shots, shows advanced teamwork <sup>1</sup> |

|          |  |  |  |   |  |   |
|----------|--|--|--|---|--|---|
| Strategy | Knows basic rules and scoring, shows a little strategy | Sometimes gets to net and tries to hit to a variety of locations | Often gets to net, accurately plays some balls to open spots | Uses some 3 <sup>rd</sup> shot strategies <sup>2</sup> , gets to net, plays to open spots | Often uses a 3 <sup>rd</sup> shot strategy, tries to hit to opponent's weakness <sup>3</sup> | Regularly uses 3 <sup>rd</sup> shot strategies, hits to opponent's weakness |
|----------|--|--|--|---|--|---|

## Rules of the Serve

By Serge Planidin

As there have been some enquiries about the service technique of some players at the Senior's Centre, the following is taken from the Official Rule Book of the IFP: Section 4, The Serve.

- The entire score must be called before the server begins his or her service motion.
- The serve must be made with an underhand stroke whereby the server's arm must be moving in an upward arc.
- The paddle head must be below the server's wrist when it strikes the ball. The highest point of the paddle head cannot be above the highest part of the wrist (where the wrist joint bends)
- Contact with the ball is made below waist level (waist is defined as the navel level).

The above seems to be mostly put in question when a player is serving with a backhand motion, although people serving with a forehand stroke sometimes hit the ball at a point at or above the waist.

As a player, playing without the benefit of a Referee, when you see a violation of the service rules, I would suggest that you wait until the rally is over and then, politely ask the serving player to come to the net and remind him/her of the violation that you noticed.

## Kelowna Nationals 2018

We have hosted the Nationals for 4 continuous years. This year 800 registered for the event, of which we hosted 450 competitors, running 275 matches per day on 12 permanent courts plus 16 temporary courts on the adjacent tennis facility. Skills range from the beginner to the professional levels. We bring 700 visitors to Kelowna for an average of a week long stay. Approximately 500 people per day embrace the venue each of the three days of the tournament. Competitors this year travelled from across Canada, the United States, Mexico and England. We draw from 200 volunteers to assist in the event.

Photos can be found on [pickleballkelowna.com](http://pickleballkelowna.com) website.

Heard from the sidelines . . .and my thoughts on them

Groans from some ..... applause from some, upon announcement that the 2019 / 2020 National Tournament has been awarded to Kingston, Ontario. Not unanticipated given that the last five Nationals have been held in BC and that most participants were Westerners. However, PCO is a NATIONAL Sports Organization and the sport is universal. The selection process was by way of responses to a comprehensive Request for Proposal that was reviewed by the Selection Committee and unanimously recommended to the Board of PCO. There were three strong bids and the strongest one was selected.

Source: Doug Thompson, President Pickleball Canada in Pickleball Canada Magazine

Ed. Note: the 2019 BC 55+ Games will be in Kelowna Sept. 10-14.

Website Suggestion: *Pickleball Magazine*: [thepickleballmag.com](http://thepickleballmag.com)

**SSAC PICKLEBALL SCHEDULE – NOVEMBER 2018**

| Sunday                                    | Monday   | Tuesday  | Wednesday   | Thursday                          | Friday   |
|---|--|--|---|-----------------------------------|--|
|   |  |  |   | 1<br>2.5- 3pm-5pm<br>3.5-5pm-7pm  | SPAL- 7:45am-9:45am<br>Beg – 1:30pm-3pm<br>2.0 – 3pm-5pm<br>SPAL – 5pm-7pm |
| 4<br>NO PICKLEBALL                        | 5<br>3.25- 3pm-5pm<br>3.0 – 5pm-7pm<br>Adv. – 7pm-9pm  | 6<br>SSAC General Meeting 1:30<br>3.5 – 3:30-5:00<br>2.5 – 5pm-7pm | 7<br>SP-Int-Adv<br>7:30am-9:30am<br>3.0 – 1pm-3pm<br>2.0 – 3pm-5pm<br>3.25-5pm-7pm  | 8<br>2.5- 3pm-5pm<br>3.5-5pm-7pm  | SPAL- 7:50am-9:50am<br>Beg – 1:30pm-3pm<br>2.0 – 3pm-5pm<br>SPAL – 5pm-7pm |
| 11<br>SP-Beg-Int- 3-5pm<br>SPAL – 5pm-7pm | 12<br>3.25- 3pm-5pm<br>3.0 – 5pm-7pm<br>Adv. – 7pm-9pm | 13<br>3.5 – 3pm-5pm<br>2.5-5pm-7pm                                 | 14<br>SP-Int-Adv<br>7:30am-9:30am<br>3.0 – 1pm-3pm<br>2.0 – 3pm-5pm<br>3.25-5pm-7pm | 15<br>2.5- 3pm-5pm<br>3.5-5pm-7pm | SPAL- 7:50am-9:50am<br>Beg – 1:30pm-3pm<br>2.0 – 3pm-5pm<br>SPAL – 5pm-7pm |
| 18<br>SP-Beg-Int- 3-5pm<br>SPAL – 5pm-7pm | 19<br>3.25- 3pm-5pm<br>3.0 – 5pm-7pm<br>Adv. – 7pm-9pm | 20<br>3.5 – 3pm-5pm<br>2.5-5pm-7pm                                 | 21<br>SP-Int-Adv<br>7:30am-9:30am<br>3.0 – 1pm-3pm<br>2.0 – 3pm-5pm<br>3.25-5pm-7pm | 22<br>2.5- 3pm-5pm<br>3.5-5pm-7pm | SPAL- 7:45am-9:45am<br>Beg – 1:30pm-3pm<br>2.0 – 3pm-5pm<br>SPAL – 5pm-7pm |
| 25<br>SP-Beg-Int- 3-5pm<br>SPAL – 5pm-7pm | 26<br>3.25- 3pm-5pm<br>3.0 – 5pm-7pm<br>Adv. – 7pm-9pm | 27<br>3.5 – 3pm-5pm<br>2.5-5pm-7pm                                 | 28<br>SP-Int-Adv<br>7:30am-9:30am<br>3.0 – 1pm-3pm<br>2.0 – 3pm-5pm<br>3.25-5pm-7pm | 29<br>2.5- 3pm-5pm<br>3.5-5pm-7pm | SPAL- 7:45am-9:45am<br>Beg – 1:30pm-3pm<br>2.0 – 3pm-5pm<br>SPAL – 5pm-7pm |

New to Pickleball ? – Beginners are welcome on Fridays 1:30-3 – Coaching & equipment are provided

SPAL – Social Play All Levels (must have basic skills and know the rules)

SP – Beg-Int - Social Play for Beginners to Intermediate Players // SP- Int-Adv – Social Play for Intermediate to Advanced Players

Everyone is entitled to play 2 times at their Level per week, plus Social Play

\$3/session -regardless of how long you play. You may play once without being a member (still pay \$3 activity fee)

Any questions – email Bert and Gill at [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com)