



SCOV Pickleball Club Newsletter DECEMBER 2019

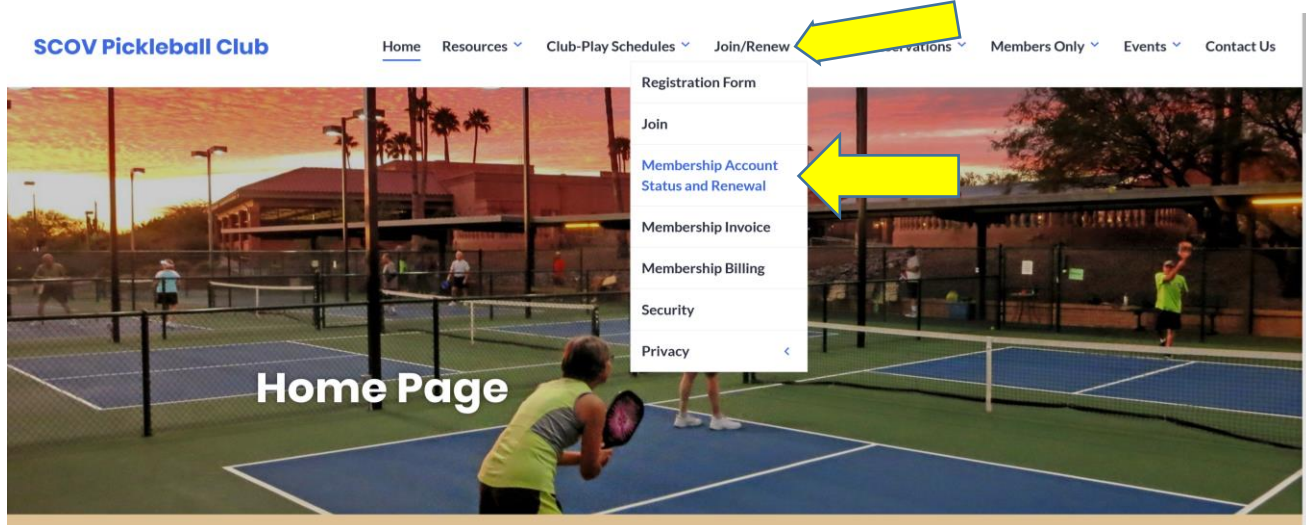
<https://scovpb.org>

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MEMBERSHIP RENEWAL!



Membership Renewal due dates have changed! In the past, club membership was based on the calendar year going from January 1 to December 31. This is no longer the case. For new members, your membership year is now determined by your Join Date. If you joined on October 15, 2019, then your renewal will be due on October 15, 2020.

If you are a current member, many of you have already received membership renewal emails. This is because you paid your dues last year during the months of October through December. Your renewal for this year is based on the date you paid your dues last year. If you haven't yet received your renewal email reminder, you should get one soon.

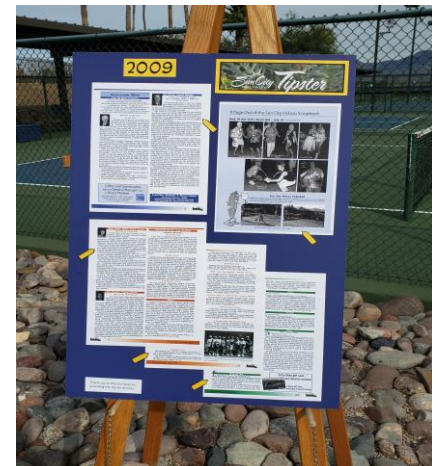
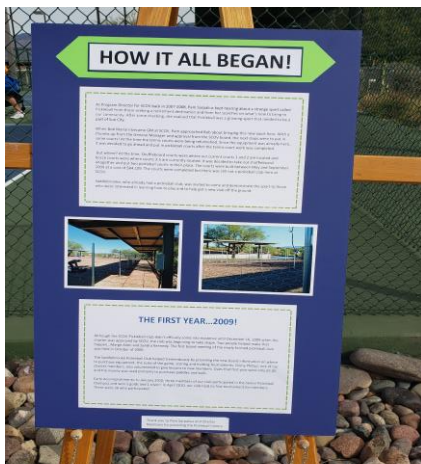
When you receive the email reminder all you need to do is log into the website and click on the **Join/Renew** tab at the top. Click on the **Membership Account Status and Renewal** page. In the box labeled **My Memberships** click on Renew. You will be directed to the page to pay your dues by credit card.

10th Anniversary Celebration!

On Saturday, November 9 our club held an Open House and social to celebrate our 10th anniversary. After a short presentation by President Jeff Rusch, members and visitors gathered to eat, drink and play pickleball! We had a huge turnout of Sun City residents who wanted to find out what the game was all about. Thank you to all our trainers (Nelson Brown, Bob and Maribeth Lopez, Dave Burnham, and Jane Lutz) who volunteered to be out on the courts to introduce pickleball to all our guests. Many who came to try out the game are now new members!!



Our club came into existence in November of 2009. A brief history of our club's beginnings was on display during the 10th anniversary celebration. Thank You to Anne Rusch who created the beautifully designed display of our club's first year!





Thank You to our volunteers (Sigrid Flatness, Pat Norkooli, Becky Reiley, Renee Steinmetz, and Anne Rusch) who helped with food prep, set up and clean up and were available to answer questions about the club to all our guests.



Everyone who attended enjoyed a fun afternoon of food, play and comradery!



BOARD ELECTION RESULTS!

Congratulation to our 3 new board members

Sigrid Flatness

Tony Masterjohn

John McConnaughey



What's New on the Courts!

The Board has purchased a new Tutor Plus ball machine (which costs less than \$1000). This new model can do spin shots and everything better than our 4 years old model that needs to be renovated. Training will be offered soon on the new Tutor Plus and will be advertised by email.

One of the court light switches has been replaced as it would not turn off automatically. Please turn off the court lights when leaving after playing at night.

All courts now have two ball holders each, conveniently placed in the center on the back fences. Please place balls in the holders when leaving the courts.

The Lost and Found bin is filling up with clothing. Please check this bin on Court 4 if you are missing anything left on the courts.

Round 1. (1 plays 14, 2 plays 13, ...)						
1	2	3	4	5	6	7
14	13	12	11	10	9	8

DON'T MISS OUT ON THE ROUND ROBIN FUN EACH WEEK!

Round-Robins are held every Thursday at 1:00 for competitive level players and Fridays at 1:00 for casual level players. Come out and enjoy playing with your fellow club members in friendly competition play.

SAVE THE DATE!

ANNUAL GENERAL MEETING

Friday, January 17, 2020



This meeting will officially introduce the new board for 2020 and their agenda for the upcoming year.

Watch for additional information and registration in January



WANT TO IMPROVE YOUR GAME? WEEKLY SKILLS CLINICS ARE BACK!

Every Tuesday from 1PM to 2:30PM a skills clinic is offered to improve your confidence and competence on the court. Watch for the weekly email announcing the skill that is covered for the following Tuesday. Skills include:

SERVE AND RETURN OF SERVE

THIRD SHOT DROP

VOLLEY AND HALF VOLLEY

LOBS AND OVERHEAD SLAMS

PARTNERING SKILLS

Before attending a skills clinic, go to our website and review the videos and handouts on the skill being covered that week: <https://scovpb.org/skills-clinics-2/>

JUST FOR OUR BEGINNERS!

DID YOU KNOW....

A beginner's contact list is posted on our website under the members tab (password protected for members only). You can use this list to contact others of the same level to play with during the beginner's time slot or during open/reserve times.

If you would like to be added to this list please email Dave Burnham at dburnhampton@gmail.com. Make sure to include your name, email address and phone number.

BEGINNER MENTORING PROGRAM

During each beginner's time slot (**Wed, Sat and Sun at 1:00PM**), there will be an experienced player present to provide tips on serving, hitting and play strategy as well as providing assistance with scoring and answering general club policy questions.

If you are a beginner level player, we hope you will take advantage of this service to improve your game, gain confidence in your playing ability and meet other club members.

Tips to Improve Your Play!

THIRD SHOT DROP

What is the third shot and why is it so important? The “third shot” is the serving team’s next shot after the serve and the return of serve (two bounce rule: ball must hit court once on each side before you can volley ball out of the air). Since the receiving team has one person at the Non-Volley Zone (NVZ) line at the time of the serve, the person returning the serve should advance to the NVZ line quickly. The serving team will now see both opponents at the NVZ when their next return (“third shot”) happens. This “third shot” has three options:

- Option 1: Hit a hard return low over the net at the two opponents standing at the NVZ line. This is a powerful ground stroke (forehand or backhand) hit low and just over the net. New players usually default to this shot but find out quickly that they either hit the net or their opponents return this shot equally fast and usually at their feet which is difficult to handle. Option 1 is difficult to do and a low percentage shot.
- Option 2: Hit a lob shot over the heads of the two opponents standing at the NVZ line. The lob shot is a high arching ball over your opponents’ heads who are standing at the NVZ line. This shot is rarely effective because it is difficult to hit over their heads and still be shallow enough to land in bounds and high enough to keep them from smashing the ball back at your feet. Your opponents will many times return your lob with a lob of their own keeping you back from the NVZ line. Most lob shots are hit out of the court. Option 2 is a very low percentage shot.
- Option 3: Hit a drop shot just over the net into the NVZ (commonly called the “Kitchen”) in front of the two opponents standing at the NVZ line. The drop shot that is just over the net into the NVZ is the best option when your opponents are at the NVZ line. This shot forces them to wait until the ball bounces in the NVZ(Kitchen) before returning the ball back at you. They will be forced to hit the ball softly or risk hitting the net or outside of the court. This third shot drop also gives you time to join your teammate at the NVZ line; then to continue hitting soft short shots over the net until a mistake is made. The “third shot drop” is the most difficult shot in pickleball but is the most effective way to play the game at the NVZ.

Make sure to visit our website-Members Tab; Skills Clinics page-for videos on how to correctly implement the Third Shot Drop. <https://scovpb.org/skills-clinics-2/>

December Mystery Club Member...Who AM I?

Education: BS Degree, Biology University of Oregon. MS Degree, Fisheries Biology, University of Alaska at Juneau. Thesis work was on the growth and regeneration of the Rockweed kelp *Fucus distichus* in Bristol Bay Alaska following a harvest. Herring lay their sticky eggs on several species of kelp, and eggs-on-seaweed is a delicacy in Japan. My work looked at the recovery of the kelp, in order to develop a management plan for this fishery.

PWS (Professional Wetland Scientist) Certificate, Society of Wetland Scientists.

Professional Career Highlights: After getting my Masters, I worked for the Alaska Department of Fish and Wildlife for several years. My work took me to some very remote areas, and I enjoyed a lot of adventures fishing, hunting, hiking, skiing and exploring some wild and remote places. I met my wife in Juneau.

In 1992 my wife and I decided we had enough of Juneau's rain and I took a job in American Samoa as a Giant Clam Hatchery Manager for the Department of Marine and Wildlife Resources. American Samoa is an unincorporated territory of the United States, and consists of 7 islands about 2,500 miles SSW of Hawaii. We stayed there about five years.

There are about 7 species of Giant Clams, all grow in shallow tropical reef environments and get most of their food from photosynthesis much in the way that many corals do, by growing an alga in their tissues. The largest Giant Clams weigh in at around 500 pounds, all are endangered due to overfishing. We produced baby Giant clams, which were given out to farmers to raise in protected reef areas, and we also seeded reefs with baby clams in hopes of re-introducing them.

Returning to the US, I worked in Washington on some Salmon recovery projects, and then went to the private sector to work on wetland projects, eventually earning my PWS certificate. After moving to Sun City I am still working part time doing consulting work on wetland projects and permits in Oregon and Washington. I had feared that moving to the desert would be the end of my career in fisheries and wetland science, but finding there is much to be done by telecommuting.

We moved to Sun City last year to be closer to my wife's mother, who is one of Sun City's original settlers. Besides pickleball, we enjoy traveling, camping, hiking and biking.

DID YOU REMEMBER TO REGISTER?

HOLIDAY SOCIAL

MONDAY, DECEMBER 16

5PM TO 7PM



Did you guess who our December mystery member is? Thank you John McConaughy for sharing with us!

A Correction: Our November Mystery Charter Member was Alicia Kelly, not Alicia Keys!
Alicia...please accept our apologies!