



SCOV Pickleball Club Newsletter MARCH 2020

<https://scovpb.org>

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CHECK OUT OUR WEBSITE!



Beginners...Did you know that there is a list just for you to use to contact other beginners? Posted under the Members tab (password protected for members only) is a page called *Beginner's List*. Click on this link and you will see a listing of our beginner members.

Why is this list on our website? We want our beginners to have an opportunity to play with other members of the same level who are also getting comfortable with the game of pickleball. You can get together during the beginner times slots on Wednesday, Saturday and Sunday from 1PM to 2:30PM or you can reserve a court during our Open/Reserve times in the afternoons. To reserve a court, look for the tab labeled Court Reservations on our website.

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.

Are you a Beginner, Novice, Casual, Competitive or Tourney Player at SCOV?

The International Federation of Pickleball (IFP) rates players from 1.0 to 5.5+ in skills. Here at SCOV Pickleball Club we allow our members to self-rate into four categories: Beginner/Novice, Casual, Competitive, or Tourney. Some have asked for guidance into which categories to play here at SCOV. Here is some IFP information to help you determine your rating:

1.0 - 2.0 This player is just starting to play pickleball and has no other sports background. Minimal understanding of the game.

2.5 This player has limited experience. Can sustain a short rally with players of equal ability. Basic ability to keep score.

3.0 This player has: Forehand - the ability to hit a medium paced shot. Backhand - Lacks directional intent and consistency. Avoids using a backhand. Lacks directional intent and consistency. Serve/Return - Able to hit a medium paced shot. Lacks depth, direction, and consistency. Dink - Not able to consistently sustain a dink rally. Not yet developed the ability to control this shot. 3rd Shot - Generally hits a medium paced ball with little direction. Volley - Able to hit a medium paced shot. Lacks direction/inconsistent. Strategy - Understands fundamentals. Is learning proper court positioning. Knows the fundamental rules and can keep score and is now playing tournaments.

3.5 This player has: Forehand - Improved stroke development with moderate level of shot control. Backhand - Learning stroke form and starting to develop consistency but will avoid if possible. Serve/Return - Consistently gets serve/return in play with limited ability to control depth. Dink - Increased consistency, with limited ability to control height/depth. Sustains medium length rallies. Starting to understand variations of pace. 3rd Shot - Developing the drop shot in a way to get to the net. Volley - Is able to volley medium paced shots thereby developing control. Strategy - Moves quickly towards the non-volley zone (NVZ) when opportunity is there. Acknowledges difference between hard game and soft game and is starting to vary own game during recreation and tournament play. Can sustain short rallies, is learning proper court positioning. Basic knowledge of stacking and understands situations where it can be effective.

4.0 This player has: Forehand - Consistently hits with depth and control. Is still perfecting shot selection and timing. Backhand - Has improved stroke mechanics and has moderate success at hitting a backhand consistently. Serve/Return - Places a high majority of serves/returns with varying depth and speed. Dink - Increased consistency with moderate ability to control height/depth. May end dink rally too soon due to lack of patience. Is beginning to understand difference between attackable ball and those that are not. 3rd Shot - Selectively mixing up soft shots with power shots to create an advantage with inconsistent results. Volley - Able to volley a variety of shots at different speeds. Is developing consistency and control. Starting to understand the block/re-set volley. Strategy - Aware of partner's position on the court and is able to move as a team.

Demonstrates ability to change direction in an offensive manner. Demonstrates a broad knowledge of the rules of the game. Has a moderate number of unforced errors per game. Solid understanding of stacking and when and how it could be used in match play. Beginning to identify opponent's weaknesses and attempts to formulate game plan to attack weaknesses. Beginning to seek out more competitive play.

4.5 This player has: Forehand - High level of consistency. Uses pace and depth to generate opponents' error or set up next shot. Backhand - Can effectively direct the ball with varying depth and paces with good consistency. Serve/Return - Serves with power, accuracy, and depth and can also vary the speed and spin of the serve. Dink - Ability to place ball with high success at changing shot types while playing both consistently and with offensive intent. Recognizes and attempts to hit attackable dinks. 3rd Shot - Consistently executes effective 3rd shot strategies that are not easily returned for advantage. Able to intentionally and consistently place the ball. Volley - Able to block hard volleys directed at them and can consistently drop them into the NVZ. Comfortable hitting swinging volleys. Hits overhead shots consistently, often as putaways. Strategy - Has good footwork and moves laterally, backward, and forward well. Uses weight transfer for more efficient footwork. Able to change direction with ease. Very comfortable playing at the non-volley zone. Communicates and moves well with partner - easily "stacks" court positions. Understands strategy and can adjust style of play and game plan according to the opponent's strengths and weaknesses and court position. Limited number of unforced errors.

5.0 This player has: Forehand / Backhand / Serve/Return - Hits all shot types at a high level of ability from both the forehand and backhand sides including touch, spin, and pace with control to set up offensive situations. Has developed good touch from all court positions. Has developed a very high level of variety, depth, and pace of serves. Dink - Mastered the dink and drop shots. Ability to move opponents with shot placements. Exhibits patience during rallies with the ability to create an opportunity to attack utilizing the dink. Increased ability to change the pace of dinks strategically. 3rd Shot - Mastered the 3rd shot choices and strategies to create opportunities for winning points. Able to drop and drive ball from both the forehand and backhand side with high level of consistency. Volley - Able to block hard volleys directed at them and consistently drop them into the NVZ. Comfortable hitting swinging volleys. Hits overhead shots consistently, often as putaways. Strategy - Mastered pickleball strategies and can vary strategies and styles of play in competitive or tournament matches. Is successful at turning defensive shots into offensive shots. Has efficient footwork and effective use of weight transfer for improved quickness on the court. Easily and quickly adjusts style of play and game plan according to the opponent's strengths and weaknesses and court position. Rarely makes unforced errors.

5.5+ This player is a top caliber player. Performance and tournament wins speak for this player's ability to consistently perform at a high level.

Therefore, here at SCOV Pickleball Club we recommend the following skill levels for each category:

Beginners: 1.0 - 2.0 skill level

Novice: 2.0 - 2.5 skill level

Casual: 2.5 - 3.0 skill level

Competitive: 3.0 - 3.5 skill level

Tourney: 3.5 - 5.0 skill level

All members are encouraged to occasionally try to play a few games at the next higher level. For example, a Casual (3.0) should try to play a few games at the Competitive level. Or a Competitive (3.5) should try to play a few games at the Tourney level.



What's New on the Courts!

We had a caterpillar problem on courts 4 & 5 for about the last 3 weeks but were able to blow them off the courts each morning. We still need one or two people to help Nelson clean courts at 7:15am. Days after rain or high winds make the courts especially hard to clean so these times need extra hands. This cleaning start time will move up earlier every few weeks as the days grow longer.

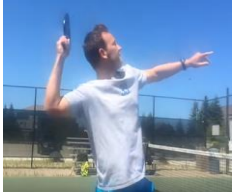
For players training for tournaments using the Dura 40 ball, there will be a small quantity in the club bin on Court 1. Please place the Dura 40 balls back in the bin when finished. We are still using the Onix Pure 2 ball as our standard court club play ball of choice. The Onix ball is durable and easier to play with for most skill levels. Unplayable balls should be placed in the "Bad Ball Bag" on Court 3: **please do not crush these balls** as we have other uses for them. For more information, see Nelson Brown.

Craig and Joan Ellen Jones have placed metal clips on the awning posts so you can hang up your paddle packs to keep critters from getting into your bags! Thanks to Craig and Joan Ellen who also help in cleaning the courts in the mornings!

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.



WANT TO IMPROVE YOUR GAME?

ANNOUNCING THE NEWEST ADDITION TO OUR PICKLEBALL EDUCATION SERIES!

We will be holding drills clinics each Tuesday from 1:00-2:30pm starting **February 18 to March 31**. We can accommodate the first 20 people. These clinics will focus on basic pickleball skills such as dinking, serving, warming up, 3rd shot drop and more.

Hope to see you on the courts!

PICKLEBALL POKER TOURNAMENT COMING SOON TO OUR SCOV COURTS!!!

Come join a fun club sponsored tournament and take a chance at winning prizes! Round robin format. Partners will be drawn from cards for each game. Participants will all play 5 games. Winners of each game draw 2 cards from the deck, non winners draw one card. At the end of 5 games with 5 different partners, you will have anywhere from 5-10 cards. Put your best poker hand together and see if your hand beats others! Prizes awarded for first - fifth place best poker hand. Ice Cream social to follow!

Casual Tournament - Saturday, Feb. 29th from 2-5 PM

Competitive Tournament - Sunday, March 1st from 2-5 PM

Sign up sheets are posted at the courts above where we line up paddles, which will help us determine how much ice cream to buy. This event is free to club members! We have volunteers in place ready to help run the tournament on Saturday. We are looking for 3-4 volunteers to help on Sunday. If you would like to volunteer or have any questions, please contact the tournament committee: Jerry Tovatt: 616-824-1811 Lindsay Turnquist: 406-548-7300 Karen Burnham: 360-798-9919 or Tony Masterjohn: 512-626-3532

Tips to Improve Your Play!



GUIDE TO CHOOSING A PADDLE

Part One

You can't play pickleball without a pickleball paddle. However, not all paddles are created equal. Paddles can have a large impact on your body and your style of playing, so you have to pick an ideal paddle in order to have a more enjoyable playing experience.

Factors to Consider Before Choosing a Paddle

Before we get into the nitty-gritty, we first have to look at a few factors that should be taken into consideration before deciding which pickleball paddle you're going to go for. These are general factors that apply to all types of pickleball paddles, not just graphite and composite models.

Weight of the Pickleball Paddle

Weight is arguably the most critical factor to keep in mind when buying a new paddle because it plays a major role in your performance and how the paddle will feel in your hands. A wide range of paddle weights is available on the market, from 6-ounce models to 14-ounce models.

Lightweight pickleball paddles weigh under 7.3 ounces, mid-weight paddles can weight from 7.3 to 8.4 ounces, and heavy pickleball paddles will be the one weighing 8.5 ounces or more. Again, the weight of a pickleball paddle can affect how you control the ball and how it feels to swing it.

Generally, a heavier pickleball paddle will allow you to drive the ball much easier, but that comes at the expense of control as they'll allow for less control than a lighter paddle. In order to get the best of both worlds, it is recommended you buy a paddle that falls somewhere in between so that you get adequate control and still be able to drive the ball with ease.

Grip Size of the Pickleball Paddle

There's nothing worse than playing with a pickleball paddle that has too large of a grip perimeter for your hands. Your hands may slip when hitting the ball if you're playing with a paddle that has a grip that's too large for your hands, which can easily cause some elbow injuries over time.

On the other hand, it's actually recommended to start with paddles that feature smaller grip size because they allow for greater action. You can move up from there until you've found the proper grip size for you. Smaller grips also allow for powerful serves, better spin, and more control over the ball, so it makes sense to start your pickleball journey with a small-grip pickleball paddle.

If you measure at under 5'2", you should go for a 4" grip. If you measure anywhere between 5'3" and 5'8", a 4 1/8" to 4 1/4" Grip should be ideal for you. Lastly, if you're 5'9" or taller, a 4 1/2" grip should be your best bet.

March Mystery Club Member...Who AM I?

I came to SCOV with my husband 5 years ago. We had never seen Pickleball until we arrived here. We walked by the courts one day and thought it would be a fun sport to try. Since then I have been a regular on the courts most days. We were of course attracted by the friendly people and the fun of the game.

We have lived in Illinois and Iowa in our lives before Arizona. I have worked in a Steel Mill and Health Spa before starting my teaching career while raising our two boys. After returning to our home town, I spent the last 20 years teaching Family and Consumer Sciences in the schools that I attended as a child in the middle and high school level. My father was a teacher in the same school system and at one time 3 of my siblings also taught there.

We had been coming to Tucson for spring break for several years while we were working and fell in love with this area. We feel very lucky to have found such a great community to live in now that we have retired!

Can you guess who this mystery member is?? Their name can be found at the bottom of this page.

SPRING SOCIAL Save the Date!



Saturday, April 4th 5-8 PM
Activity Center Indian Rooms

Are you a little bit country and a little bit Rock and Roll?

Join your fellow Picklers as we celebrate spring with an old-fashioned picnic featuring the music of Chuck Moses!

Bring a picnic basket with a tasty dinner and we'll top it off with decadent desserts.

Picnic attire encouraged.

\$5 per person

Watch for email with registration details the first week of March

Did you guess who our March mystery member is? Thank you Becky Reiley for sharing with us!