

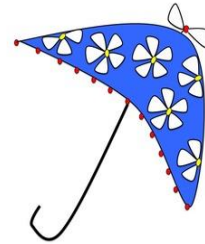


# SCOV Pickleball Club Newsletter APRIL 2020

<https://scovpb.org>

## ***IN THIS ISSUE:***

- Pickleball and Coronavirus
- What's New on the Courts
- Poker Round Robin Tournament Winners
- Tips to Improve Your Play
- Mystery Member
- Cancelled Events



## **PLAYING PICKLEBALL SAFELY A NEW CHALLENGE!**

Here are some suggestions for keeping pickleball as safe as possible during these challenging times. The following steps do not replace the requirement for general caution or vigilance. Each of us needs to take personal responsibility to help reduce the spread of the COVID-19.

Play normally but avoid direct contact with other players. Remember the 6-foot rule. No paddle taps, high fives, fist bumps, hugs, etc.

BUT...This leaves the shared and constant hands-on contact with the balls. Coronavirus can last up to 2 to 3 days on plastic surfaces.

**BLEACH BUCKETS FOR CLEANING PICKLEBALLS...**To help prevent the spread of Coronavirus by contact with pickleballs, a bucket of bleach water will be provided in the South corner of each court. Bleach degrades in sunlight so shaded locations are preferred. Per CDC guidelines for disinfecting with bleach, a concentration of 1/4 cup bleach per gallon of water will be used. Throw the balls in the bucket at the end of your game. To maintain the bleach concentrations, users are asked to recharge the solution by adding 1/4 cup bleach to each bucket first game of the morning, again at noon and around 6:00pm in the evening.

A pickleball's plastic construction with multiple large built in drain holes is well suited for being cleaned in a liquid. Using Clorox wipes is also an option, but it doesn't always get at the inside edges of ball holes or inside the ball where sweat and droplets could land.

Of course, there is always the option of deciding not to play at all until things become relatively normal again.

**Please follow the recommended guidelines so our courts stay open and those who want to play can do so.**

- Paddles in the rack should only be moved by the owner; please do not move others' paddles.
- Please do not touch paddle handles at end of your game.
- Please maintain the six feet personal spacing and refrain from gathering in groups of 10 or more when not playing a game. Spread out along both the north and south sides of the courts. Remind members of the social distancing rules if you see anyone not following them.
- Chairs have been moved to help in maintaining safe personal space.
- Wash your hands between games if not wearing gloves.
- All group activities like Socials, Round Robins, Drills Training and Club tournaments are cancelled until further notice.



## WHAT'S NEW ON THE COURTS!

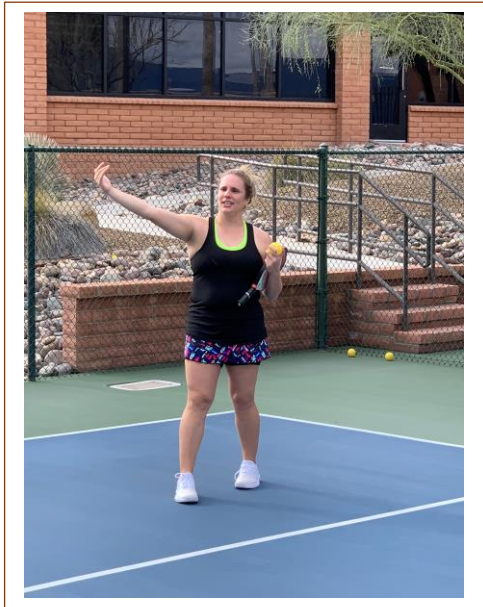
We have asked for a new water fountain with bottle filling option and safety padding for light poles in court playing area. We have offered to pay 30% if cost to HOA. Hopefully we will have a decision soon.

We have some new Dura 40 practice balls for people preparing for outside tournaments. These balls will be in the bin by court 1. Please put these balls back in the bin when finished practicing. Do not leave on the courts where our Onix Pure 2 balls are stocked.

Wind Vane has been temporarily removed until we can get HOA approval to mount it in the center of the courts. The prior positions made the wind vane unreliable due to light pole blocking the wind.

Chairs have been moved to both north and south sides of the courts to help maintain personal spacing due to COVID-19 situation.

A wood loaner paddle had disappeared from the blue bin on court 1. Guests should not take these off courts.



Kelsey Stulbarg, a 5.0 player and daughter of club members Bill and Margaret Stulbarg, was here visiting in March. Kelsey, representing Sweet Spot Skirts, an athletic clothing company for women, held a mini bazaar at the tennis patio area on March 11 for the women pickleball players to try on and purchase Sweet Spot skirts.

In addition, Kelsey held a drills clinic for the women players to help them improve their skills.

Thank You Kelsey for providing this opportunity for our players!

## DRILLS CLINIC PARTICIPANTS!





**COMPETITIVE ROUND  
ROBIN POKER  
TOURNAMENT  
WINNERS!**

**Judy Cornelius  
Barry Brodsky  
Dave Burnham  
Becky Reiley  
Art Wickersham**



**CONGRATULATIONS TO ALL OUR  
WINNERS OF THE POKER ROUND ROBIN  
TOURNAMENT!**

**CASUAL ROUND  
ROBIN POKER  
TOURNAMENT  
WINNERS!**

**Jackie Fowles  
Pat Orchard  
Jerry Franklin  
Pat Norkooli  
Doug Brown**



# Tips to Improve Your Play!



## GUIDE TO CHOOSING A PADDLE

### Part Two

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.

### Power Paddles and Control Paddles

When choosing between pickleball paddles, you have to choose between power and control. It's important to know whether you want to drive the ball with more power or would you prefer to get better control of your shots. We're not saying that you can't have both, but one usually overrides the other.

Depending on your playing style, a lighter paddle with a smaller grip can give better control over the ball but your shots will lack power. Heavier paddles with larger grips, on the other hand, tend to give more power than their counterparts but don't allow for much shot control and accuracy.

Ideally, you want to keep things right in between so that you can achieve a great balance of both power and precision. However, you don't have to stick to a certain criteria. Your playing style and your physique can dictate your choice of paddles, so there aren't really any wrong answers here.

### Graphite Pickleball Paddles

Graphite paddles are very lightweight and much easier to control than composite models. Most graphite paddles weigh between 6 to 9 ounces and they're constructed with aluminum, polymer, or Nomex honeycomb cores. A graphite paddle will have a graphite face on both of its sides, which is very thin but super strong. Graphite paddles are used by professionals and competitive players due to their ability to make great shots with superb accuracy.

### Composite Pickleball Paddles

These models tend to have carbon fiber or fiberglass surfaces and are constructed with composite cores that can consist of many different things like aluminum, polymer, or even Nomex sometimes. Composite paddles allow for great spins, thanks to their textured surface. Further, these models are also lightweight and allow for great control and shot precision.

### Conclusion

All materials used in the construction of pickleball paddles have their positives and negative. It all really boils down to your needs and play style.

## April Mystery Club Member...Who AM I?

I was born in Idaho Falls, but spent most of my younger years in Richland Washington. My dad was a nuclear engineer and worked at Hanford. I graduated from Richland High School. We were the Bombers. Our mascot was a bomb casing and part of our emblem contained a mushroom cloud. We were very proud of our contribution to the war effort and being able to help bring about the end of World War 2. My college summer jobs included: fighting forest fires in Northern Idaho, canning peas in Milton Freewater, Oregon, and building snow skis for K-2 on Vashon Island, WA. Needless to say these jobs were so horrible I decided that staying in college was important. I earned a teaching degree from Washington State University, and met my wife there my last semester. Go Cougs!

After college my wife and I started our teaching careers in Victoria, Australia. This launched our life long love of traveling. We have been able to travel the world, both before raising our two sons, and again when we became emptynesters. I would have to say one of our craziest experiences was traveling to see our son twice in India. Some of our favorite spots are Switzwerland, Croatia, Fiji, Bali, Dubai , and New Zealand.

Our love of pickleball began in 1997 when we built a sports court for our sons on our 5 acre property. What started out primarily as a basketball court quickly turned into pickleball court. Pickleball was one of the major reasons we moved to Oro Valley and we have never regretted that decision. I love to bike, hike, golf, repair bikes, but most of all play pickleball. After 35 years of playing competitive volleyball, pickleball has allowed me to stay active and not destroy my body! We love living here and love our pickleball friends. They are the finest folks on the planet!

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

## CANCELLED EVENTS...

SPRING SOCIAL ON APRIL 4<sup>TH</sup>

TUESDAY DRILLS CLINICS

BEGINNER'S MENTORING PROGRAM

Did you guess who our April mystery member is? Thank you Dave Burnham for sharing with us!