



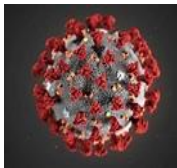
# SCOV Pickleball Club

## Newsletter SEPTEMBER 2020

<https://scovpb.org>

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## SUMMERTIME PICKLEBALL HEAT AND COVID 19!

Even with COVID 19 still raising its ugly head, SCOV Pickleball Club members who were here over the summer continue to play with safety in mind. With the heat index soaring in recent days players need to remain vigilant about keeping themselves and everyone around them safe, not just from COVID but from the heat as well. We are lucky that, at this time, no one in our club has come down with COVID 19.

Players are doing their best to social distance during and between games. While heat is something to be concerned about, it is always recommended to wear a mask if it's not possible to social distance, especially while off the courts waiting to play.

Bleach buckets are on each court and continue to be used. Thank You players for dunking the ball in the bleach water after each game!

Of course, players are asked not to come out on the courts if you do not feel well, especially if you are coughing, sneezing, or feel like you have a fever.



## WHAT'S NEW ON THE COURTS!

We now have a new water fountain with bottle filling option so players can stay hydrated.

The wind vane has been remounted on a pole, so it is now visible from all courts.

The next project awaiting funding are light pole safety pads.

HOA Maintenance staff hosed off some of the courts in mid-August so they should look cleaner.

The new neon colored Onix Fuse G2 balls will be introduced this fall once the yellow Onix Pure 2 court balls are used up. These new balls are easier to see in low light conditions (morning and evening).

## CALLING ALL VOLUNTEERS!

### NEW COURTS CARE COMMITTEE NEEDED!



We are in need of one or two volunteers to form a Courts Care committee. This would be a new committee to take over the job that Nelson Brown and Craig Jones have been doing for the past few years.

Tasks include cleaning the courts each morning, replacing balls, measuring the nets (weekly), renewing the bleach buckets, repairing bulletin boards, signs on fences, paddle racks, net tie-downs, loaner paddles, retrieving balls from the awnings, club bin items, etc.



We have been unable to get the HOA to help in cleaning the courts despite many requests. Please consider volunteering. If you are interested in being on this committee please email the board at [scovpb@gmail.com](mailto:scovpb@gmail.com).

Nelson and Craig deserve many kudos for the countless hours they have spent keeping our courts clean, in good repair and ready for use each day! Please say **THANK YOU** to them when you see them on the courts.

# CHANGING OF THE BOARD!



Nelson Brown, President and Dave Burnham, Membership Chair, will be stepping down from the pickleball board after two terms in office. We want to thank them both for their tireless service to our club!

The Nominations Committee will begin working in mid-September to find members willing to run for the two vacancies on the 2021 Board.

This vote will be scheduled for the second week of November. Any members interested in serving on the Board can email their desires to the "Nominations Committee" at [scovpb@gmail.com](mailto:scovpb@gmail.com). Make sure to put "Board Vacancy" in the subject line of your email.

## SCHEDULING COMMITTEE

**Winter (October '19 - April '20) Pickleball Court Schedule**

HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-8:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8:00-10:00	Competv	Casual	Competv	Casual	Competv	Casual
10:00 - 10:30	COM/CAS	CAS/COM	COM/CAS	CAS/COM	COM/CAS	CAS/COM
10:30 - 12:00	Casual	Competv	Casual	Competv	Casual	Competv
12:00 -1:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1:00-2:30	Open/Res 1-4	Training 1-4	Women 1-4	Competv:RR	Casual: RR	Training 1-4
1:00-2:30	Open/Res 5	Training 5	Beg/Novice 5	Competv:RR	Casual: RR	Beg/Novice 5
2:30-4:00	Tourney 1,2	Tourney 1,2	Tourney 1,2	Tourney 1,2	Tourney 1,2	Tourney 1,2
2:30-4:00	Com Women 3-5	Women 3-5	Open/Res 3-5	Open/Res 3-5	Open/Res 3-5	Open/Res 3-5
4:00-5:30	Open/Res 1-5	Open/Res 1-5	Open/Res 1-5	Open/Res 1-5	Open/Res 1-5	Open/Res 1-5
5:30-7:00	Women 1-3	Competv 1,2	Women 1-3	Competv 1,2	Open/Res 1-2	Open/Res 1-2
5:30-7:00	Open/Res 4,5	Casual 3-4	Open/Res 4,5	Casual 3-4	Open/Res 3-4	Open/Res 3-4
5:30-7:00	Open/Res 4,5	Open/Res 5	Open/Res 4,5	Open/Res 5	Open/Res 5	Open/Res 5
7:00-8:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

The Scheduling Committee will be reforming and meeting in mid-September to look at the Winter courts schedule which starts on or about October 1st. If you have a positive idea for change to last year's Winter Schedule, please email the "Scheduling Committee" at [scovpb@gmail.com](mailto:scovpb@gmail.com). Make sure to put "Winter Schedule" in the subject line of your email.

# Tips to Improve Your Play!

**SUMMER'S ALMOST OVER BUT THE PLAYING IS STILL HOT! PROTECT YOURSELF FROM THE HEAT WITH THESE SIMPLE TIPS**



## *Your Feet*

Hard courts trap heat sending it right up through your feet. Wearing quality court shoes will keep the bottoms of your feet and the rest of your body cool. Wear socks made of wicking material to pull sweat away from your skin and help prevent blisters. Stash an extra pair of socks in your bag for those extra-long days.

Cushioned Thorlo socks have padding that helps absorb shock. Your feet are worth the \$13 cost! Thorlo claims that their socks are designed to relieve problems - reduce blisters, moisture, pain and pressure.

## *Tend to your Neck*

Your body's pulse points, such as behind the ears, the temples and the wrists, are sensitive to the cold. Sticking your wrists under cold water, or placing ice on your neck, can produce a cooling effect. When you're on the court, use a bandana or wrist bands soaked in cold water to help you stay cool. Several companies make cooling bandanas, which are designed to stay cold longer.

## ***PICKLEBALL CENTRAL has you covered!***

Pickleball Central offers an array of great gear to help you minimize stresses the weather can bring so you can handle the warm weather and competition. Click on the link at the bottom to find out more about these products (and remember, you get a 5% discount and the club gets a 5% credit! Use code **CRSCOV** when ordering):

Gamma Tacky Towel

Chilly Pad Cooling Towel

Wilson ProGrip Lotion

Overgrips

<https://blog.pickleballcentral.com/2019/06/24/the-best-pickleball-gear-for-summer-2019/>

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

Born a long, long time ago in the Keystone State and living most of my life in the Garden State (Jousey), my wife and I managed to move to the Grand Canyon State about 23 years ago, the last 14 here in SCOV. I met my wife while serving in the Army in the Niagara Falls area, and my entire career was spent with AT&T, Bell Laboratories and various AT&T off-shoots. Starting as an electronics technician, I bumbled up the ladder a bit before retiring at 55 and moving to Oro Valley; following our two sons westward. Since then, I have been goofing off and fiddling around with my avocation—writing, and tormenting our four grandkids.

We both started playing Pickleball about eight years ago, after dabbling in SCOV tennis for a while. Tennis and ping-pong had long been sports of mine along with the pastimes of canoeing, skiing and birding. More likely to play casual in the evening, I have made many friends on the courts and enjoy the good-natured banter that goes along with Pickleball. It is a very social sport and we have lots of laughs. Alas, I have noted that over the years the competition has gotten tougher or I am getting worse. Probably both.

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

**SUMMER  
TIME**



**IN THE  
DESERT!**



**Did you guess who our September mystery member is? Thank you, John Smith, for sharing with us!**