



SCOV Pickleball Club Newsletter JANUARY 2022

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NEW PICKLEBALL RULE YOU SHOULD KNOW!

NEW RULE 4.A8.b - DROP SERVE



RULE 4.A.8.B—NEW- Before bouncing on the ground, the ball shall not be propelled (thrown) downward or tossed or hit upward with the paddle. The ball can be dropped (and bounce) anywhere on the court. When you hit the serve, your feet must remain outside the baseline and between an imaginary extension of the center and sideline. Failure to DROP the ball properly will result in a fault. There is no restriction where the ball can land on the playing surface after it is dropped nor how many times within the 10 seconds after the score is called the server may drop the ball.

SCENARIO— THE SERVER (ILLEGALLY) propels the ball downward. The server relying on what he did would result in a fault when he serves. After the bounce, the server grabs the ball, raises it in the air, and then releases the ball legally. After the bounce, the server now serves the ball. The referee does Not call a fault. **NOTE-** It is not a fault for simply propelling the ball downward if there is no serve. A fault only occurs if the propelling ball is served.

2022 BOARD POSITIONS



We would like to congratulate the new Pickleball Club Board members Linda Dolsberry, Dennis Fisher and Carol Murray. They will join Nancy Vander Ark and Doug Brown. Our new board has met and decided on the following board positions:

PRESIDENT: Dennis Fisher

VP1-COMMITTEES: Linda Dolsberry

VP2-TRAINING: Doug Brown

TREASURER: Carol Murray

SECRETARY: Nancy Vander Ark

WINTER SKILLS CLINICS!

Winter skills classes will begin on February 15th and will run for four consecutive weeks with different skills each week. These classes will be on Tuesday of each week. From 1:00pm to 2:00pm we will have beginner and casual skills classes. From 2:00pm to 3:00pm we will have competitive classes. All of these classes will begin with great warm up drills to get our bodies and brains ready to play! The beginner group will focus on basic pickle ball skills such as stance, paddle grip, scoring and rules, and hand/eye coordination. The casual group will work on dinking, shot selection and execution, serve and return, and partnering. The competitive group will work on all of the above and how to put it to use in game situations with instructors giving incite and advice on how best to accomplish this.

If you are new to pickle ball you should sign up for the beginner/casual group and specify that you are a beginner. If you've been playing for a while and want to improve your skills you should sign up for the beginner/casual group and specify that you are casual. If you signed up as competitive for the fall classes, you should sign up for the competitive group.

Sign-up sheets for the classes will be at the courts on February 1st. The sign up is for all four classes. Please try to make all four classes if you can. It's ok if you have to miss one because of another commitment. Hopefully you will have the same instructors for all four weeks. We will take the first twenty signups for each group. If you have any questions please contact Doug Brown at (360) 772-9738 or at wizisland@comcast.net. Looking forward to seeing you on the courts!



WHAT'S NEW ON THE COURTS!

The Pickleball/Tennis Task Force have come to a consensus to make a recommendation to the SCOV board to stripe two pickle ball courts on court 4 of the tennis court. Moderator Mike Moyer will present the proposal at the SCOV general meeting in January. If the Board agrees to the proposal, striping the tennis court can proceed. There will be one pickleball court on each side of the tennis net. The tennis club requests this be a temporary fix until additional courts can be built. We are looking at three additional new courts between the Views Restaurant and our pickleball courts. Another task force will have to review this proposal. Time frame to have this happen will depend on the SCOV board and quotes from outside companies.

Ladder Play for competitive players appears to be popular on Sunday mornings. All five courts are used. Women's play in the evenings is also popular. If you have not participated in either of these events, check them out.

GUEST PLAY-According to the SCOV Owners/Resident Handbook, the following is the non-resident guest policy for using SCOV facilities: Guests of Owners or Residents of a Lot can use facilities if the number is no more than 4 at one time and the frequency does not exceed 12 times per year. Cases that do not meet the intent of this rule are not allowed. For example, residents collectively using this policy to jointly invite guests that will monopolize the use of a facility without first obtaining approval of the General Manager, Assistant GM, Activities Director or other staff authorized by management.

Court Sign In notebooks are located at the seating area. Remember to sign in when you arrive at the courts and sign out when you leave. This information is being used to monitor court usage throughout the day and in case of a COVID exposure.

Logo Design- The logo design committee, headed by John McConnaughey, met on December 20. They will be looking at different designs to use for T-shirts and other equipment. Once the final logo is determined, they will present it to the membership for review.

Tips to Improve Your Play!

Beyond the Basics



Implement Spin

Being able to manipulate your service returns with different types of spin will keep your opponents unsure and give you a huge advantage. The first kind of spin that is common is topspin. Often used in tennis, this technique is much easier on your forehand side and requires changing your swing from a flat one to one that is a low-to-high arc with your paddle face angled slightly forward. The advantage of topspin is that it travels lower and faster off the bounce which can keep your opponents stuck at the baseline while you move up.

The opposite of topspin is backspin and similar concepts apply for creating backspin. Angle the top of your paddle slightly back and make the arc of your swing more high-to-low. This backspin shot, also known as the slice, makes the ball move unexpectedly slow and could be compared to a changeup pitch in baseball. It is a good change of pace shot that can force your opponent into a poor position and allow for more time to move up to the net. Here is a similar video on how to slice.

Advanced Doubles Strategies

In more competitive environments, players often plan to use poaching and stacking techniques to gain an advantage. Poaching is when the stronger player may come across the court and hit a ball that was originally going to their partner. If your opponents are hitting predictable shots often, you should be able to anticipate it and step across to poach the ball. Make sure to communicate with your partner about this and ensure that they are ready to cover the empty space you leave behind you as you poach.

Stacking is a simple strategy and means that one player is right-handed and the other is a lefty. The advantage in this that both players will be able to take shots down the middle with their forehand, which is a higher percentage shot for most players. Once again it is important to communicate about who will be taking shots hit over the middle to avoid collisions or missed returns.

January Mystery Club Member...Who AM I?

I was born and raised in Minneapolis, MN. I attended the Univ of Mn and received my Bachelor's Degree in Nursing. I worked at the Veteran's Administration Med Center at Fort Snelling for 4 years before doing a VA transfer and moving to Phoenix, AZ. After 1 year in AZ. I decided to join the Air Force, and spent the next 25 years traveling the world and enjoying my AF career. I was fortunate in being able to earn my master's degree in nursing while in the AF. I am still working part-time and have been a nurse for almost 47 years.

When I retired in Jan 2004 I settled in Vancouver, WA to be closer to family, which is where I spent the next 17 years enjoying the Pacific NW, soccer (Go Timers, Go Thorns), and hiking. I spent several years as a snow-bird in Tucson before deciding to sell my house in Vancouver, WA and moving to Tucson permanently in Aug 2021.

My passion is traveling and I've been fortunate to have traveled to many parts of our wonderful world experiencing a variety of cultures. I just signed up for my 2nd Habitat for Humanity trip in Armenia in May 2022. Hard work but warms the heart.

I discovered pickle ball when I came to Sun City and am now an impassioned player eager to learn more and get better. I believe in being involved in my community and volunteering which is why I volunteered to serve in a leadership role in the pickleball club.

Can you guess who this mystery member is??

MARK YOUR CALENDARS FOR THESE UPCOMING SOCIAL EVENTS

Saturday, January 8th, 2022 – Social and Annual Meeting at Catalina Vista from 6:30pm to 8:00pm for social hour and meeting. Desserts will be provided. The new board will be introduced, and board positions announced.



Saturday, April 30th, 2022 – Going Away Picnic at Catalina Vista from 5:00pm to 8:00pm where we say goodbye to those leaving us for the summer. Food, Fun, games and a few ants!



Did you guess who our January mystery member is? Thank you, Carol Murray, for sharing with us!