



# SCOV Pickleball Club Newsletter APRIL 2022

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## **PICKLEBALL RULES YOU SHOULD KNOW!**

### **RULE 11.1: Plane of the Net**



Crossing the plane of the net prior to striking the ball, is a fault. After legally striking the ball, a player, or anything the player is/was wearing or carrying may cross the plane of the net. The player may not touch any part of the net system or opponent's court, or the opponent while the ball is still in play.

**REASON-** The change clearly states that a violation of this rule is a fault. It further clarifies that touching the opponent's court, the net system, or the opponent is a fault only if the ball is still alive and in play. While there has been much debate over a player having an opportunity to "finish their shot" after they have crossed the plane, the opponents still maintains the Right of WAY to be anywhere on their side of the net at all times. While a player is allowed to cross the plane under certain conditions, the player crossing the plane does not have more "right" to the opponent's court space then the opponent has.



## WHAT'S NEW ON THE COURTS!

**Here is the latest information on use of the tennis courts for Pickleball Club play:** Tennis Court #4 will be taped into two pickleball courts the first week of April and we should have full access to use the courts on Monday, Wednesday, and Fridays. We have agreed if there are 4 or more tennis courts in use, we will not use Court 4. We will monitor and adjust as the busy season ends. There are still a lot of unknowns as this is something new and no doubt there will be additional tweaks in how all this works. Please, be courteous and respectful as you use the courts. If a tennis club member questions you being there say: Hi my name is \_\_\_\_\_. What is your name? If a confrontation occurs, please note the time, day and as much information as possible and report the incident to Nancy Vander Ark at [nvandra5@hotmail.com](mailto:nvandra5@hotmail.com).

Hopefully, the LONG RANGE PLANNING COMMITTEE will be rating the three proposals for additional pickleball courts in the near future. The SCOV Board agreed to taping tennis court 4 into two pickleball courts. The taping will occur sometime the first part of April. If you would like to volunteer to help tape the courts, contact President, Tony Masterjohn, 512-626-3532.

Great News— Our membership has increased to 386 with 35 new members so far this year.

We had 85 students and 30 instructors for the spring skills classes! Great to see such interest and enthusiasm from our members at all skill levels!

The Pickleball Board had a meeting regarding the Spring schedule. We realize that everyone will not be happy with the schedule. When the time comes for the new schedule to be revised, a notice will be sent out to the membership. If you have any comments to change the schedule, please come and share your comments. Your comments will be considered. Some of the comments made during this past meeting were

- Casual time needs more time to play.
- Tourney time does not need three courts to play.
- Competition is playing during Casual time when casual players are waiting. Go back to the overlap times with Competition and Casual.
- Be mindful of play during your scheduled time.
- Guests are playing during scheduled time which members are waiting. Members have first selection before guests. If guests are to play, you might want to reserve courts for them.
- Tourney level should be renamed to 4.0+ group. Lower levels play in tournaments also, so the name is misleading.
- Transitional should be renamed so it is not misleading.

The Board recognized these issues, but has decided to keep the schedule as is and next year change the schedule and terminology for the levels. When the other two courts are taped, we feel some of the pressure on the other five courts will be relieved.

# PICKLEBALL IN THE OLYMPICS??

The increasing popularity of Pickleball and the buzz around the 2021 Olympics has led many people to wonder whether Pickleball is, as yet, an Olympic sport. If not, the big question is: will it ever be?

For a sport to be considered for inclusion in the Olympics, the Olympic Charter demands that a sport be played by women in at least 40 countries and 3 continents across the globe. The sport must also be played by men in 75 countries and 4 continents. This is a pretty high demand, to begin with.

However, the prerequisites for a sport to be included in the Olympics don't stop there. The Olympic committee must also come to the agreement that the new sport will contribute 'appeal' and 'value' to the Olympics.

Finally, the sport cannot be a purely mental endeavor and it must not rely on mechanics. Car racing and chess, for example, cannot be included in the Olympics, despite being otherwise recognized as sports.

So, is Pickleball an Olympic sport? The answer is, not yet.

Just because Pickleball isn't classified as an Olympic sport yet doesn't mean it won't be in the future! In fact, there are many encouraging signs that Pickleball might be an Olympic sport in years to come.

For one thing, Pickleball already meets the requirement of being played on 3 or 4 continents. Pickleball is already played across the globe, with the exception of Africa. Admittedly, Pickleball is currently not played in nearly enough countries to be considered for the Olympics. When it comes to men's Pickleball, the sport would need to be played in an additional 38 countries. For women's Pickleball, an extra 2 countries would be needed.

It's important to note that both the men's and women's requirements need to be met in order for a sport to make it to the Olympics. Therefore, Pickleball will not be considered for Olympic inclusion until 38 more countries adopt the sport.

So, it's clear that Pickleball still has some way to go before it meets the Olympic prerequisites. Despite this, as we mentioned earlier, 3.3 million people are currently playing Pickleball in the United States. Given that the sport was founded in 1965, that makes Pickleball the fastest-growing sport in the U.S.

# Mental Health and Brain Benefits of Pickleball!

## Part 1

If you're one of those people caught up in the pickleball craze, you may appreciate its physical benefits. But did you know this popular sport also provides a host of brain benefits too?

### Improves blood flow to the brain.

Running around on a pickleball court gets your heart pumping, which boosts blood flow to the brain. This increases the supply of oxygen, glucose, and nutrients to the organ between your ears, enhancing overall brain health. In particular, heart-pounding exercise boosts blood flow to the **prefrontal cortex (PFC)**, an area of the brain involved with attention, planning, and impulse control. A healthier PFC means better focus, decision-making, and follow-through. Typically, these traits add up to a happier, more fulfilling life.

### 2. Enhances cerebellum function.

The footwork and hand-eye coordination required to play pickleball activate the **cerebellum**, an area at the back bottom of the brain involved in cognitive flexibility and processing speed. Heightened activity of the cerebellum boosts these mental functions.

### 3. Increases gray matter.

Research from Brazil shows that physical activity that requires planning—such as deciding whether to smash the ball or dink it softly over the net—and complex movements result in higher gray matter volume. More gray matter volume is associated with increased ability to evaluate rewards and consequences, according to findings in a **2012 study** in the *Journal of Cognitive Neuroscience*.

### 4. Strengthens the hippocampus.

Getting your body moving protects the hippocampus, structures located within the temporal lobes that are involved in the formation of memories. A **2011 study** in *PNAS* found that aerobic exercise like pickleball increases the size of the hippocampus and improves memory. Pickleball also gives your memory a workout by making players remember the score and whose serve it is. Sounds simple but scoring in this sport isn't as easy as it seems, and it can be a real head-scratcher for beginners. You can only score points while serving, and the server must call out 3 numbers: their own team's score then the other team's score, followed by a 1 or a 2 to indicate if they are the first or second server on their team. Learning to keep score challenges your memory.

Watch for more health benefits in next month's newsletter!

# Tips to Improve Your Play!

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## PLAYING DOUBLES PICKLEBALL! PART 1



When playing alone, everything depends on you, but when playing double pickleball, you have to cooperate with your partner and cover each other's weaknesses by playing double pickleball. This article will talk about double pickleball strategies that will boost your performance in-game to its fullest. These strategies will help you become a better and smarter pickleball player.

### Get To Non-Volley Line After Return of Service

The most important and easiest way to win is to reach the non-volley line in pickleball doubles as it's easy to score points when your partner and you are present 7-8 feet from the net. If you are 22 feet back or back of the court it will be harder for you to score points. So, get to the non-volley line following every return of service and you will have more odds of winning and scoring.

### Hitting Drop Shots

If your opponents take control of the non-volley line while you are away from it, it will be unfavorable for you. You can retake the positions by hitting drop shots, but they require skills and practice to perfectly hit drop shots. When you successfully hit a drop shot you will have a chance of reaching the non-volley line and closing the advantage gap.

The drop shot is usually played after the return of the service by the serving team to close the advantageous situation and that is why it is known as the "third shot". It is an important strategy as it neglects the advantage that your opponent has and gives you equal grounds to play at.

### Keeping Opponents Pinned to the Baseline

After the return of the service, if you and your partner are a non-volley line then you should try to retain that position to win the game. You can do it by keeping the opponents pinned to the baseline by hitting long shots or shots that make your opponent move back to the end of the court to play.

It is a better strategy to keep your opponents as far as away from the non-volley area to maintain the advantage you have in order to win the game.

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

I was raised in a small town in Massachusetts, one of five kids, me smack dab in the middle. After college, I joined the Army and was stationed at the hospital on Ft Huachuca, AZ. Living in the Sonoran Desert, in my 20s, and partying in Tucson whenever possible, I was determined to settle in the Tucson area one day. (You know how that plan worked out!!)

After one tour in the Army, I resigned my commission as an officer and took a civil service job. I loved working with soldiers and serving our nation, so I stayed on for 30 years. I worked in missile defense, which took me all over the world from Korea to Poland. I spent most of my career working at the US Army Space & Missile Defense Command in Colorado Springs, CO.

I have a 24 year old daughter who was born and raised in Colorado Springs and now lives and works in Denver. We travel together all over the world. She is my greatest joy, even more than pickleball!!

I bought my SCOV home in 2009, gutted it and did a total renovation in 2018, and moved here full-time in 2019. Best thing I ever did! I completely underestimated how fun it would be to live in this sweet community. Besides pickleball, I love to bike, garden, golf, and share food and fine wines with my friends.

Can you guess who this mystery member is?

## MARK YOUR CALENDARS FOR OUR UPCOMING SPRING SOCIAL!

Saturday, April 30<sup>th</sup>, 2022 – Pickleball Potluck Block Party featuring Chuck Moses from 4:00pm to 7:00pm at 13706 Lobelia Way. Watch for the email in early April with more details.

Provide your own chair, side table and drinks. If you do not want to participate in the potluck, please bring your own picnic basket dinner.

Did you guess who our April mystery member is? Thank you, Diane Paton, for sharing with us!