

SCOV Pickleball Club Newsletter MAY 2022

<https://scovpb.org>

IN THIS ISSUE:

- Pickleball Rules You Should Know!
- Website Dues Payment
- What's New on the Courts
- How Pickleball Improves Mental Health
- Tips to Improve Your Play
- Mystery Member



PICKLEBALL RULES YOU SHOULD KNOW!

RULES 4.A5a-c: Service



Did You Know...

4.A5a: The server's arm must be moving in an upward arc at the time the ball is struck and may be made with either a forehand or backhand motion.

4.A5b: The highest point of the paddle head must not be above the highest part of the wrist when it strikes the ball.

4.A5c: Contact with the ball must not be made above the waist.

DROP SERVE:

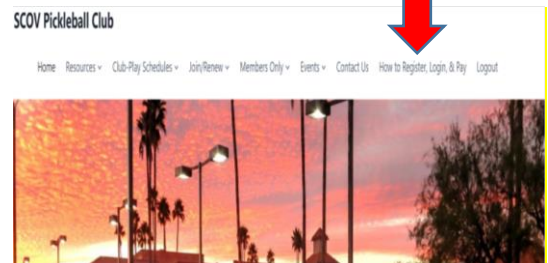
If the drop serve is used, the ball may be struck with either the forehand or backhand motion without any other restrictions. The above rules DO NOT APPLY.

HOW TO REGISTER, LOG IN AND PAY DUES ON OUR WEBSITE

Our website administrators often get asked to assist members with logging into the pickleball website and dues payment. If you have questions or are having difficulty logging in to our website or paying dues, there is a helpful document posted on the website HOME PAGE to assist you. Below are some excerpts.

Overview:

- Registration is a one-time process for folks who want to join the Sun City Pickleball Club. After registering, our webmaster will manually “activate” the account to enable logging in. The webmaster will notify the registrant via email when their registration is activated.
- Logging In occurs after the registrant successfully completes registration and the webmaster activates the account. Logging in is required to pay dues, access member-only content on the website, reserve courts, and renew memberships.
- Paying Dues is done initially to join the club and every 12 months afterward (determined by your join date). It is done online with a debit or credit card. Logging in is required prior to paying dues.



To help you in the future, please write down the email address and password you use for our website. The image above shows the SCOV Pickleball Club home page. Everything starts from the home page. If you haven't already bookmarked our home page, go to the website and create a bookmark.

DUES PAYMENT:

Whether paying dues for the first time or subsequently renewing, navigation starts from the home page. You must be logged in to pay your membership dues. From the home page (after logging in), first select Join/Renew, then select Account Status and Renewal to bring up the Membership Account Status and Renewal screen.

The Membership Account Status and Renewal screen appears different to folks with and without an active membership. If there is an active membership, the membership expiration date is displayed. It's useful to check your expiration date periodically to keep your membership from lapsing. Also, it doesn't hurt to renew early. Renewing extends your expiration date by 365 days. Time to renew? Select the Renew link to go to the Member Checkout screen.

For more details on logging in and renewing, download and save the Help document found on our website home page.



WHAT'S NEW ON THE COURTS!

Tennis Court 4 has been taped into two pickleball courts. Thanks to all who worked so hard in the hot sun to tape the courts.

The Tennis Club does not feel we can fit four pickleball courts in one tennis court because of the angled corners. An expert may need to resolve this issue.

The temporary nets have been set up for use on Tennis Court #4 and are stored on the entry way to the tennis courts. They are assembled and chained to the fence. For the combination to open the locks, contact one of the pickleball club board members. Hopefully we will be able to play on the courts on the designated days when tennis does not have 4 or more courts in use. A schedule for usage is posted on the pickleball courts.

Great News— We just passed 400 members and have gained 48 new members for this year. We need more pickleball courts now!

Thanks to Bob Shull, Nelson Brown and Tony Masterjohn for installing hooks on the walls in the storage room to hang the ball racks. This gives us more space for additional equipment.

Ken Sandrock, Facilities Supervisor, has informed us that parking your bikes in or near the runway ramp to the pool or by the rails is a hazard. From now on, park your bikes at the bike rack near the storage area. Thank-you for your cooperation.

A **HUGE THANK YOU** to all the trainers who volunteer their time and talents with the Tuesday Skills Clinics and help us become better players:

Dave Burnham, MJ McIsaac, Doug Brown, Laurie Brown, Jim Young, Lola Schlapkohl, Carol Murray, Nancy Vander Ark, Linda Dolsberry, Kathy Klug, Pam Curren, Nelson Brown, Bill Brown, Phil Rose, Suzy Rose, Diane Paton, Anne Garlinghouse, Jerry Franklin, Judy Cornelius, Roxanne Klas, Dean Klas, Tom Kreutner, Wendy Kreutner, Beth Nuveen, Tony Masterjohn, Bill Stulbarg, Linda Stowman, Santino Antonucci, and Barb Hoffman.

The Pickleball Board officers would like to thank all those who supported our journey for additional courts. We could not have done it without all of YOU. We fought a hard battle. The journey is not done yet, but this is a start. The task force will be investigating other possibilities for more permanent pickleball courts. Thanks again!!!

Your President, Tony Masterjohn

Mental Health and Brain Benefits of Pickleball!

Part 2

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? Here are more reasons that pickleball is more than a sport! See last month's newsletter for Part 1 of this article.

Produces mood-boosting neurochemicals

Playing heart-pumping sports like pickleball allows more of the natural mood-enhancing amino acid L-tryptophan to enter the brain. L-tryptophan is the precursor to the neurotransmitter serotonin that helps balance moods. Decades of research show that physical activities such as pickleball also help alleviate depression and anxiety. A study in *The International Journal of Psychiatry in Medicine* states that “exercise compares favorably to antidepressant medications as a first-line treatment for mild to moderate depression.” The researchers also say that physical activity is an effective treatment alternative for anxiety disorders.

Reduces cognitive impairment

Physical exercise of any kind, such as pickleball, helps protect against cognitive decline and dementia, according to decades of research. A 2017 review suggested that potential mechanisms of this brain benefit may include the production of brain-derived neurotrophic factor (a sort of Miracle-Gro for the brain), along with improvements in insulin sensitivity, cardiovascular health, inflammation, and stress response.

Keeps the brain younger

The social bonding that comes with playing a group activity like pickleball helps combat loneliness and boosts mood. That's not all. Animal research from The Ohio State University in *Frontiers in Aging Neuroscience* shows that social connections preserve the mind. In this study involving older mice—the equivalent of post-retirement age in humans—animals that lived in groups not only had better memories than mice living in pairs, but they also had younger-looking brains. If you're thinking about picking up a pickleball paddle to enhance your physical, mental, emotional, and brain health, check with your healthcare provider before starting any exercise program.

Tips to Improve Your Play!

PLAYING DOUBLES PICKLEBALL! PART 2



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.

Hitting at Opponent's Feet

The shots that are aimed at feet are hard to play and there is less chance of a short shot as the only way to play is by sending the ball up high. Hitting at your opponent's feet is the most basic strategy to win points. If your opponents are at the baseline, hitting at the feet will make them play a soft shot and you can hit drop shots easily and neglect the advantage they have. When they are in between the baseline and non-volley line you can pin them to the baseline by hitting at their feet. It will help you greatly in retaking the points and win the game if you can master the drop shots and hit at the opponent's feet.

Hit Deep While Serving

When serving your priority should be to hit deep. By hitting deep, you are preventing your opponents from advancing to the non-volley line and giving you a chance at reaching before your opponents. It's a counter to get the advantage at the start of the game. Moreover, it is always better to hit a high or long shot that lands deep in the opponent's court instead of hitting the serve at the baseline even if you can't get to the non-volley line.

On Serve-Return Don't Stand Too Close To The Baseline

Most players stand at the baseline and even a foot or two inside the baseline when returning the serve. You should stand 2 to 3 feet behind the baseline and get to the non-volley line as soon as you return the service, however if you know that the service is likely to hit short then you can stand close to the baseline. This way you will not get pinned or jammed or give your opponents points easily when they serve the ball deep.

May Mystery Club Member...Who AM I?

I was born and raised in Brooklyn NY. My one sister Tony is a professor at the University of Michigan. I had a Catholic upbringing and loved all sports. I spent many summers at camps in the mountains where I loved everything about the outdoors. It wasn't until I was in college that I started to ski on weekends.

I received my BS in Education from Wagner College in Staten Island, NY which is right at the foot of the Verrazano Bridge. My first teaching job was in NYC and from there I moved to Vermont and taught elementary physical education and coached and officiated numerous different sports. From Vermont I moved to Lancaster, Pennsylvania where I taught middle school math. On weekends I would teach skiing and be back in the classroom on Monday mornings.

My wife and I met at Franklin & Marshall College where we were taking the same graduate course in a Master's of Education program. We have been married 39 years and have 2 daughters and 2 grandsons in the Lancaster area.

I retired after a total of 31 years of teaching in Staten Island, Brooklyn, Vermont and Lancaster Pennsylvania. Upon retirement, I secured my dream job of teaching skiing in Colorado. Teaching others is in my blood and brings me great joy and fulfillment. Last year I retired once again, this time from 25 years of teaching skiing.

My wife and I rented in Sun City for a few months for several years and bought a home here in the fall of 2021. As a former tennis player, it was a natural transition to the game of Pickleball. The Sun City Pickleball players are the most welcoming and fun-loving people around. Who could not fall in love with Sun City Oro Valley!

Can you guess who this mystery member is?

SUMMER SCHEDULING MEETING

There will be a scheduling meeting for the summer schedule on May 5 at Tony Masterjohn's home (14367 N Green Meadow Lane) at 2pm. If you can't attend the meeting, please provide him with your input. All input will be considered. Tony's email address is tmasterjohn15@gmail.com.

Did you guess who our May mystery member is? Thank you, Santino Antonucci, for sharing with us!