



# SCOV Pickleball Club Newsletter OCTOBER 2022

<https://scovpb.org>

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

### **RULE 2.E: Paddle Specifications**



2.E.1 Material. The paddle must be made of any material deemed safe and not prohibited by these rules. The paddle shall be made of rigid, non-compressible material meeting the criteria located on the USA Pickleball website.

2.E.2 Surface. The paddle's hitting surface shall not contain delamination, holes, cracks, or indentations that break the paddle skin or surface.

2.E.2.a Reflection. The paddle's hitting surface shall not be adversely reflective, such that it has the potential to negatively affect the vision of opposing player(s).

2. E. 3. Size. The combined length and width, including any edge guard and butt cap, shall not exceed 24 inches (60.96 cm). The paddle length cannot exceed 17 inches (43.18 cm). There is no restriction on paddle thickness.

2.E.4. Weight. There is no restriction on paddle weight.

# CLUB T-SHIRTS ARE HERE!

Our Merchandise Store is now open!

To place an order for a T-Shirt, go to our website...

<https://scovpb.org>

Club Merchandise page is found under the Members tab.



Emblem can be printed on the front or back

A new heavyweight fabric option now available (\$23)

V-Neck options available

There is a size chart on the site where shirts are ordered. NO REFUNDS!

Only \$20 for round neck; \$24 for V-neck

In addition to club shirts, a variety of other pickleball-themed merchandise (shirts and jewelry) is also available.

If club members show an interest, we hope to offer hats, coffee mugs, and other items with our club logo. Let your board know if you would like to see these items available for purchase.



## WHAT'S NEW ON THE COURTS!

The Fall schedule will be out by October 16. A scheduling meeting will be at Tony Masterjohn's home (14367 N Green Meadow Lane) on Oct 6 at 1pm. If you want to provide some input for the Fall schedule, please attend. Your input is appreciated.

Fall skills classes are coming! They will be set up similar to what we did in the spring. Classes will be held on four consecutive weeks, working on a different skill each week. Look for sign up information in the coming weeks.

The courts are starting to fill up as more of our friends are returning to Sun City. The fall court schedule will go into effect October 17th. Due to the great response last year, we will again include the Competitive ladder play in the schedule on Sunday mornings. An email will be sent in early October with information on Ladder sign up.

Round Robin play will resume in mid-October! Watch for the fall schedule to see days and times.

The Hard Court Task Force (HCTF) has been established. The members of the committee are Tom Marks, chairman; Tony Masterjohn, pickleball; Mark Wheeler, pop tennis; Doug Grev, tennis; Steve Carlson, member at large. The SCOV Board has changed the committee to only five members. Tom has indicated we will work together and will try to establish a Racket Sports Alliance with the three clubs. Their mission is to identify the current and forecast needs for the hardcourt sports so to meet the long-term requirements, to work with Finance, Long Range Planning Committee, (LRPC) and Properties Committee so they can propose recommendations to the SCOV Board. They should provide these recommendations by June 30, 2024.

LRPC has identified two locations for possible hard-court construction, but the HCTF will have to determine if it is feasible to build any courts in those areas. Area 4 is located at the dog park and surrounding area. Area 5 is located across from the Welcome Center.

### PICKLEBALL HALLOWEEN MONSTER MASH POTLUCK

DON'T BE CREEPED OUT!

**Saturday, October 22, 2022 from 4:30 to 7:30PM**

**Catalina Vista**



**You must register to attend. Space is limited!**

**Dinner! Costume Contest! Music by Greg Whipkey!**

To register go to the Perfect Potluck website (<http://www.perfectpotluck.com>)

Sign in where it says **FIND**

Coordinator Name: **London;**

PW: **PBrocks!**

# Why Older People Love Pickleball So Much!

## Part 1

Chances are, you already know someone who's an avid pickleball player! America's fastest growing sport—a cross between tennis, badminton, and ping-pong—can be played as either a singles or doubles game, though doubles is typically more popular.

Invented in 1965 in Bainbridge Island, Washington, pickleball has gained popularity during the pandemic, growing 14.8% between 2020 and 2021. According to the 2022 Sports & Fitness Industry report, more than half (52%) of core players—those who play eight or more times a year—are 55 or older, and almost a third (32.7%) are 65-plus.

Jonathan Casper, an associate professor at North Carolina State University who has studied the benefits of pickleball for older adults, views it “as a public health tool in many ways, both for achieving physical activity and for getting the psychological and social benefits that are so important as we age.” Here's why.

### **It's a low-impact way to get moving!**

Part of pickleball's appeal is that “while it does take coordination, and you have to be physically healthy to play,” it's not that hard to learn, Casper says. And because the court is smaller than a tennis court, the net is lower, and you play with a plastic wiffle ball, “it doesn't take too much out of your body,” says Arthur Kreiswirth, 80, a retired dentist in New Rochelle, N.Y., who started playing five years ago. “The running is in short sprints and the impact of smacking the ball is minimal, so it's easier on the joints.”

But pickleball is still a great workout. In a 2016 study published in *Medicine & Science in Sports & Exercise*, 12 middle-aged players burned 40% more calories during a 30-minute pickleball game than during 30 minutes of walking, increasing their heart rates to within the moderate-intensity exercise zone. A small six-week study of 15 people ages 40 to 85 who played an hour of pickleball three days a week showed improvements in cholesterol, blood pressure, and cardiorespiratory fitness.

Plus, regular practice can help improve balance, which is important in preventing falls as you age. Because pickleball requires both hand-eye and foot coordination, says Casper, “your balance, your movement, and your coordination all get better as you play more.”

# Tips to Improve Your Play!

## COME INTO THE KITCHEN



Confused over what to do and what not to do when it comes to the No Volley Zone? Read this article and you will never be afraid of coming into the Kitchen again!

### **Come Into the Kitchen [Pretty Much] Anytime - Just Don't Volley While in There!**

One of the primary differentiations between tennis and pickleball is that, unlike in tennis, in pickleball, there is a non-volley zone (most often referred to as a kitchen) in which players cannot enter and volley. Hopefully, the following provides clarification for this oft-misunderstood rule.

#### **What is the Kitchen?**

The Kitchen is simply the two-dimensional area on the pickleball court (7 Ft. x 20 Ft.) bounded by the two sidelines (including the lines), the non-volley line (including the line), and the net.

#### **When Can I Enter the Kitchen?**

You can enter the Kitchen at any time as long as you don't hit a volley while in there.

#### **What if my momentum carries me into the Kitchen?**

Momentum is the only exception to the rule that you can enter the Kitchen at any time. Rule 9.C. of the International Federation of Pickleball (IFP) Official Tournament Rulebook states the following: *A fault will be declared if, in the act of volleying the ball, the player's momentum causes the player or anything the player is wearing or carrying to touch the non-volley zone or touch any non-volley line... It is a fault even if the ball is declared dead before the player touches the non-volley zone.*

The very last line that says **“it is a fault even if the ball is declared dead before the player touches the non-volley zone”** can be confusing. Many assume that once the ball is dead (bounces twice, for example), it doesn't matter if your momentum subsequently carried you into the Kitchen. That's not correct, however. Momentum (stopping your body's forward motion and establishing full control) must be stopped outside of the kitchen, regardless of what has happened to the ball.

Next Issue...questions on playing in the No Volley Zone answered!

# October Mystery Member ... Who Am I?

I grew up in a suburb outside of Detroit. It was a wonderful place to be a kid - playing all day and night and not having to be home until the street lights came on. We played so many games in the street that we felt we owned it.

I graduated from Western Michigan University where I majored in Accounting. After nine months I realized this was not the career I wanted. So, what does a 22 year old do? I decided to "Be All That You Can Be".

I enlisted in the Army and the Military Police. I figured I could have a few adventures, be challenged physically, and stay in until I wasn't having any more fun. Basically, I was "winging it." I must admit that bootcamp was not hard for me. Who knew that all those tedious chores my mom made me do prepared me to succeed in the Army. Within a couple years I became a Special Agent with the Army's Criminal Investigation Division. The highlight was a four-year assignment where I provided personal security for DOD and Army senior leadership.

I spent over ten years in the Army. I had more adventures and experiences than I could have imagined. Prior to the Army I had not traveled much outside Michigan. In the Army I lived in Seoul, S. Korea, traveled to the USSR, Australia, Argentina and so many other places. I enlisted as a Private First Class and resigned as a Chief, Warrant Officer 2.

With my law enforcement experience and accounting degree I was hired as a Special Agent with the Federal Government in Minneapolis. I spent the next 20 years investigating all types of financial crimes - narcotics, mortgage fraud, Ponzi schemes, and tax evasion to name a few.

My spouse and I have been together for over 24 years. In 2015, we visited SCOV for the first time. We quickly knew that we wanted to spend more time in the Tucson area. We focused on SCOV because of all the great amenities. We bike, hike, play Pickleball, golf and are now trying our hands at pottery. We bought our home in 2020.

We value the friendships we have made here in SCOV. In fact, we saw a good number of you during our summer roadtrip. Just a warning: if you extend an invitation to come and visit, we will!

**Can you guess who this mystery member is?**

**Did you guess who our October mystery member is? Thank you, Kathy Klug, for sharing with us!**