



# SCOV Pickleball Club

## Newsletter DECEMBER 2022

<https://scovpb.org>

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

### **RULE 8.E Dead Ball Rules**



**Existing:** Other than non-volley zone violations, faults may only be committed when the ball is live and in-play. The penalty for a fault may be enforced after a rally has ended (e.g., NVZ, incorrect player/position etc.) Note: Technical warnings or technical fouls may be called at any time during the match including when the ball is dead.

**New:** Other than non-volley zone violations, faults may only be committed when the ball is live. The penalty for faults (other than not non-volley zone faults) are normally enforced the moment they are identified (e.g., incorrect player/position, distractions, double bounces, etc.) but may also be enforced any time before the next serve occurs.

**Reason:** This rule change removed the wording about calling technical fouls and technical warnings and the associated confusion that a TW/TF could be called during a live rally. It further clarifies the time parameters on when faults can be called and applied.

**Scenario:** During a rally, the serving player loudly utters a profanity. The rally continues for a few more exchanges with the server winning the rally. The referee awards a point to the serving team and then applies the appropriate verbal warning, technical warning or technical foul. A referee shall never stop a rally to issue one of these penalties. The rally must first be completed.

# WINTER COURT SCHEDULE

## Winter (December 4, '22 - Mar 4, '23) Pickleball Court Schedule

Court #	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday								
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5				
6:30-8:00	Open					Open					Open					Open					Open					Open					Open								
8:00-10:00	Casual					Competv					Casual					Competv					Casual					Competv													
10:00-10:30	Com/Cas					Com/Cas					Com/Cas					Com/Cas					Com/Cas					Com/Cas					Ladder								
10:30-12:00	Competv					Casual					Competv					Casual					Competv					Casual													
12:00-1:00	Open					Open					Open					Open					Open					Open					Open								
1:00-3:00	Trans- itional		Begin ner			Training					Trans- itional		Begin ner			Competv RR					Casual RR					Trans- itional		Begin ner			Club Resrv		Open						
3:00-5:00	Tourney		Casual			Mixed Women		Club Res			Tourney		Casual			League Women		Club Res			Beverage					Beverage					Club Resrv		Open						
5:00-7:00	Women		Club Res			Comp		Casual			C/ R		Women		Club Res			Casual		Begin ner			Club Resrv		Open			Women		Club Res			Comp		Casual			C/ R	
7:00-9:00	Open					Open					Open					Open					Open					Open					Open								

Here are some highlights from the 2022-2023 Winter Schedule  
(Schedule can be downloaded from the website).

- Morning start time for club play moves to 8:00am
- Beginner and Transitional players have three times available each week
- The Sunday ladder is open to all members
- Tourney players have two times available each week
- Competitive and Casual round robins and beverage leagues weekly
- A new "Mixed Women" time for Competitive and higher skill Casuals
- A new "League Women" time for those competing against other clubs
- Women's night play is from 5pm to 7pm on Monday, Wednesday and Saturday

### CALLING ALL MENTORS!

We are seeking volunteers to be mentors during the three beginner's time slots. If you are a casual (with at least a year's experience at this level) or competitive player, we encourage you to share your expertise with our newest members so they can build the confidence and skills to play at the casual level.

If you are willing to be a mentor and/or have questions about the mentoring program, please email Jerry Franklin at [jerryf782@gmail.com](mailto:jerryf782@gmail.com).

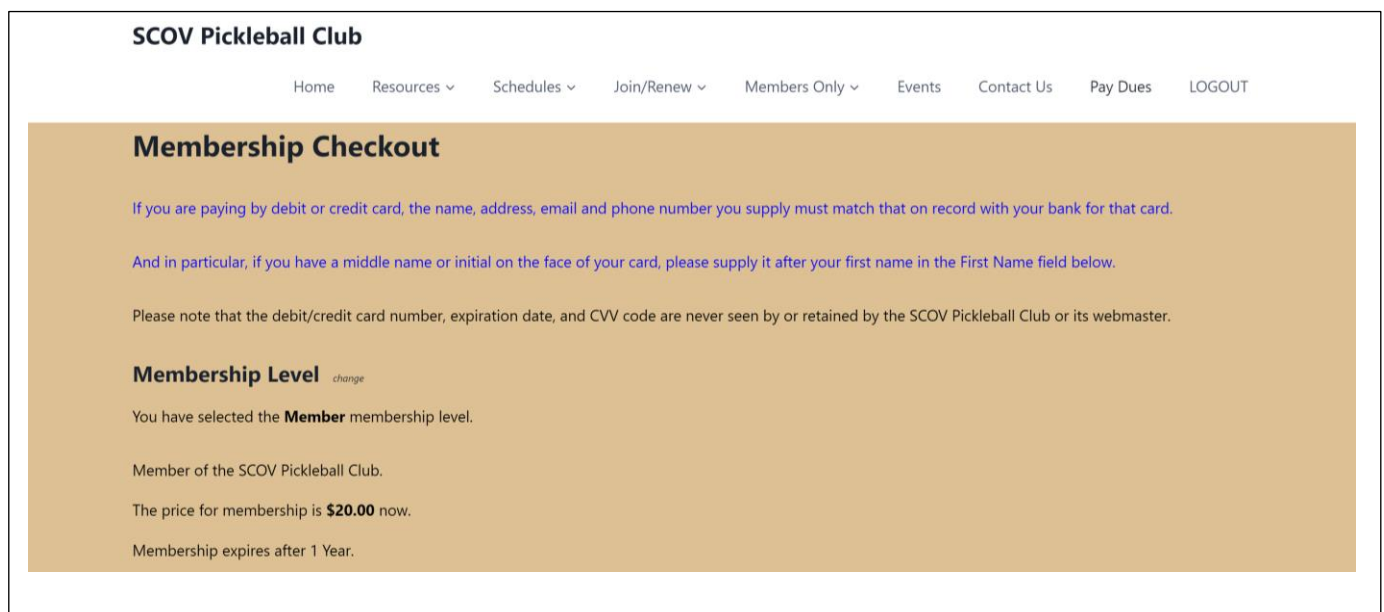
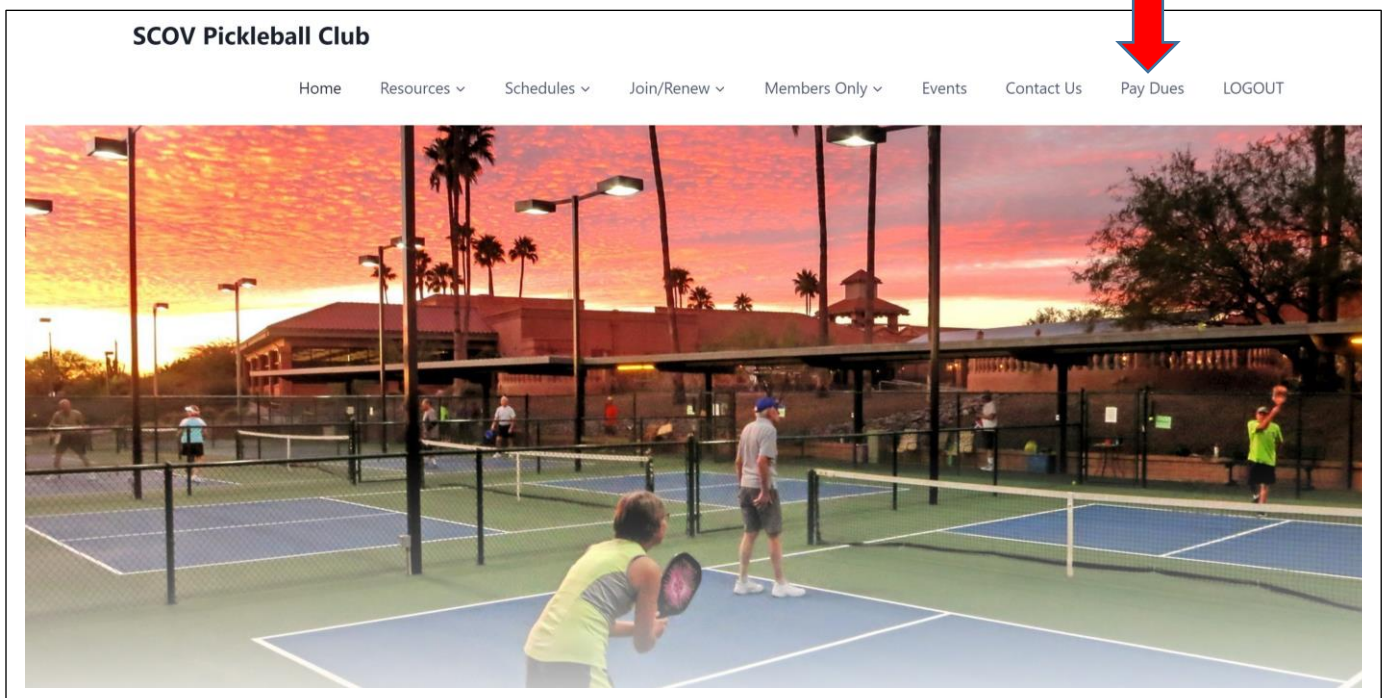
### BEGINNERS....JUST FOR YOU!

During the three beginner's time slots each week there will be an experienced player (mentor) present to provide tips on serving, hitting and play strategy as well as providing assistance with scoring and answering general club policy questions.

If you are a beginner level player, we hope you will take advantage of this service to improve your game, gain confidence in your playing ability and meet other club members.

# Renewing Membership Just Got Easier!

Good News! Paying dues is now easier than ever! When it is time for you to renew membership, you will receive an email reminding you to do so. Just go to the website, log in, and look for the Pay Dues tab at the top right. Click on the tab and you will be on the Membership Checkout page. Follow the simple directions, enter your credit card information and you are set for another year!





# WHAT'S NEW ON THE COURTS!

Our Annual PB General meeting is on Friday, January 20 at Catalina Vista from 5:00pm to 7:00 pm.

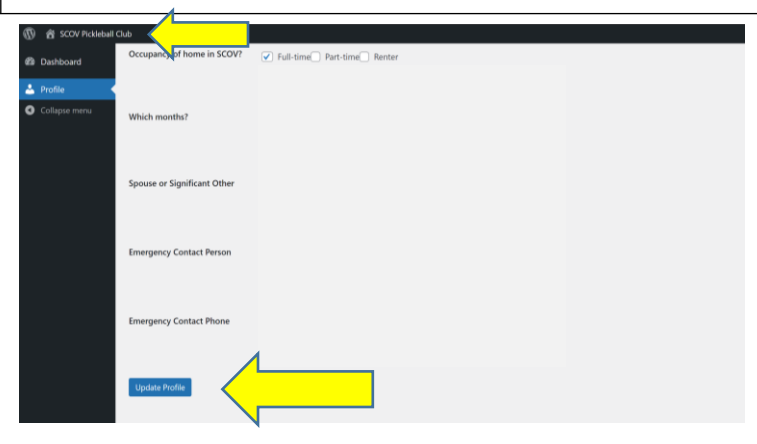
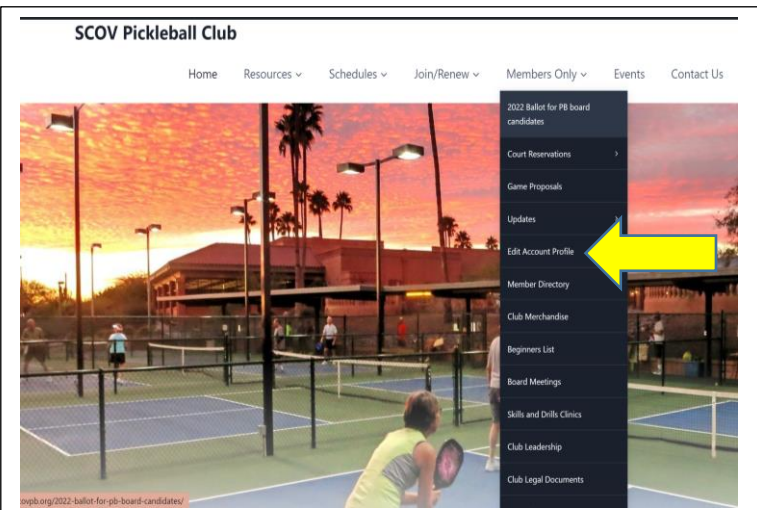
We can use courts 6 and 7 any time, even if we do not have all five courts in use. It is especially a good location if it is windy, the wall blocks the wind.

Sunday Ladder Play will now start at 10AM and end at Noon.

When the new board officers are elected, there will be a meeting of outgoing officers and incoming officers on December 13 at Nancy Vander Ark's home to help transition the new officers into their positions. More information to come once the officers are elected.

If you aren't aware, SCOV has submitted a bid of four million dollars to purchase the Copper Health building. If accepted, the Welcome Center and library along with some other amenities will be moving there. More information will be forthcoming in the future.

A message from Tony Masterjohn: Since this is my last month as President of the Pickleball Club, I want to thank all my officers for a great job they performed during the last two years. With your cooperation, we accomplished the unthinkable. It was stressful but enjoyable during these two years. I want to also thank the members of the club for their support. We could not have moved forward without your support. We raised the bar in pickleball and we have to continue the accomplishments in the future. We have 110 NEW members so far this year and 461 members on the roster. I will be still a member of the Hard Courts Task Force and hopefully we will be getting additional courts in the future.



## YOU CAN NOW EDIT YOUR PROFILE ON THE PICKLEBALL CLUB WEBSITE!

If your email, address or phone number has changed, you can now change this information in your profile.

- Log into the website
- Under the Members tab is a page titled EDIT ACCOUNT PROFILE
- Once you have changed any information on your profile, click UPDATE PROFILE at the bottom.
- To return to the website home page, click on SCOV PICKLEBALL CLUB at the top left of your screen.

# How to Avoid Slips, Trips, and Injuries on the Pickleball Court

Pickleball combines elements of tennis, badminton and table tennis. Some 4.8 million Americans played pickleball in 2021, according to USA Pickleball, and more than half of those considered “core” or regular players were 55 or older.

Experts stress that pickleball is a safe, all-ages sport - but it is a sport, so warming up, building up to longer play and using the right equipment are keys to heading off Achilles’ tendon injuries and more.

One analysis, using data from the National Electronic Injury Surveillance System (NEISS), used a sample of 300 emergency room visits for pickleball injuries to extrapolate that there were some 19,000 ER visits for pickleball injuries from 2001 to 2017, and that the pace of injuries rose as pickleball’s popularity grew. People over 50 and older accounted for nearly 91 percent of the patients, according to the study.

## **ACHING MUSCLES**

For older players, muscle sprains and strains from on-court slips and falls are common hazards. Most play is underhanded, but strains or tears in the shoulder rotator cuff can also result from overhead volleys or repetitive stretching for the ball, although such injuries occur more often in tennis where the force of the ball is greater and much more of the game involves overhead shots.

Bumps and bruises from falls, sprained ankles, wrist fractures and strained muscles and tendinitis from overdoing things are also part of the game.

A recent study compared annual tennis injuries with pickleball injuries between 2010 and 2019, tracking the most common injuries in both sports for people over 60. For pickleball, the study said, the older women were at higher risk than men for trips and falls leading to wrist fractures; men were at higher risk for lower-leg injuries, including to their Achilles’ tendon. (The study also relied on NEISS data).

Almost no one was playing pickleball at the start of the study, but as the sport exploded over the time period, pickleball play and corresponding injuries went from almost nothing to increasing rapidly over the decade, especially over the last few years,” says Herold Weiss, an adjunct associate professor of population health sciences at the University of Wisconsin at Madison School of Medicine and Public Health, who co-wrote the study. Weiss, a pickleball enthusiast, stresses that it’s not possible to calculate the rate of injuries per pickleball players because there aren’t enough data yet.

A former squash and racquetball player, Weiss, 71, took up pickleball when he found other sports were too hard on his body - although he, too, has suffered his share of twisted ankles and occasional pulled muscles in his back and leg.

“I switched overnight”, he says. “There’s not as much speed, you don’t have as much are to cover, no overhead smashes, a lighter racket and ball - and it’s fun, which is why I think people do it. It’s also an excellent workout.”

**MORE ON HOW TO AVOID INJURIES IN THE JANUARY NEWSLETTER!**

# 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? Here are some more questions and answers to help clarify this oft-misunderstood rule.**

**Question:** What if a player executes the volley, but his cap falls into the Kitchen?

**Answer:** This would be considered a fault. Something the player is wearing cannot touch the Non-Volley Zone or any Non-Volley Line during the volley.

**Question:** What if — in the act of executing a low volley (or any volley, for that matter) — the paddle touches the Non-Volley Line?

**Answer:** A fault will be declared if, in the act of volleying the ball, a player or anything the player is wearing or carrying touches the non-volley zone or touches any non-volley line.

**Question:** When can I enter the Kitchen?

**Answer:** You can enter the Non-Volley Zone at any time as long as you don't hit a volley while in there.

**Question:** Can I stand in the Non-Volley Zone while my partner serves or hits a shot?

**Answer:** While not recommended from a strategic perspective, you can nevertheless enter and stay in the Non-Volley Zone at any time as long as you don't hit a volley while in there.

**Question:** If I am in the Kitchen, when can I once again hit a volley?

**Answer:** You must establish both feet outside the Non-Volley Zone before you can once again volley the ball.

### Kitchen Rules and Momentum

**Question:** When volleying, can my *momentum* from the volley take me into the Kitchen?

**Answer:** No. A fault will be declared if, in the act of volleying the ball, a player or anything the player is wearing or carrying touches the non-volley zone or touches any non-volley line. The act of volleying the ball includes the swing, the follow-through, and the momentum from the action.

**Question:** Can the momentum from your volley carry you into the Kitchen subsequent to the ball bouncing twice on your opponent's side?

**Answer:** Your momentum cannot carry you into the Non-Volley Zone even after the ball is dead (or in this case, bounced twice). There is no time-limit to the momentum rule.

**Watch for more questions and answers on the No Volley Zone in the January Newsletter!**

# December Mystery Member ... Who Am I?

I grew up the eldest of 7 in West Virginia. My mother was determined to have a daughter. You guessed it, finally a girl after 6 boys. Dinner was promptly at 6:00PM and it was wild with loaves of bread consumed by hungry boys.

My parents both worked, in fact my mother started as a “curb girl “ at a Big Boy restaurant. During a promo at that restaurant I met a childhood idol, Johnny Weissmuller, AKA Tarzan. Dolly Parton also stopped in one day. After a stint in a boy band as a drummer I started working at that restaurant. I once made lunch for Kurt Russell (his favorite was the Slim Jim sandwich) and Strother Martin during the filming of ‘Fools Parade’ starring Jimmy Stewart.

Skiing with my friends was big since I lived in the Mountain State and we did trips to Vermont and Pennsylvania for great snow. I met my future wife when she was in nursing school and we liked to disco dance! I graduated from West Virginia University, earned a Chartered Life Underwriter designation and started working in financial services and she as an RN. Linda and I married in 1978 and have 2 children and now 4 grandchildren.

As a child, Linda was always interested in the desert southwest and wanted to live here. We came to Scottsdale in 1989 for our first visit and it somehow seemed Linda had been here before yet this was her first trip. So, we returned again and again until finally trying Tucson. In 2016, Linda and I bought a condominium in the Sabino Canyon area and were winter visitors.

In the spring of 2021, after returning to WV, my daughter announced that she and her family were moving to Arizona but were not exactly sure where. Since we were familiar with Sun City Oro Valley, we jumped at the chance to live here... and fortunately our children moved just off of Tangerine Road. We fell in love with the area and all the friendly people. I got reacquainted with pickleball once in Sun City and really enjoy the game and playing with all the great folks here.

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

**PICKLEBALL ANNUAL MEETING**  
**Saturday, January 20, 2023**  
**5-7 PM**  
**Catalina Vista**



**WATCH FOR YOUR EMAIL INVITATION**  
Please bring a finger food appetizer

We will be collecting photos for a new pickleball powerpoint.  
We will let you know where to send your favorite pics!

**NEW!** We are asking for donations for Sister Jose Women's Center, a community in Tucson where every woman experiencing homelessness has a safe harbor and a path to sustainable existence  
Please go to [www.srjosewomensshelter.org](http://www.srjosewomensshelter.org) for a donation wish list and bring an item or check to the annual meeting.

**Did you guess who our December mystery member is? Thank you, Michael Voellinger, for sharing with us!**