



SCOV Pickleball Club Newsletter JANUARY 2023

<https://scovpb.org>

IN THIS ISSUE:

- Pickleball Rules You Should Know!
- What's New on the Courts
- Annual General Meeting
- Pickleball Float Test
- How to Avoid Slips, Trips and Injuries
- Tips to Improve Your Play
- Mystery Member



PICKLEBALL RULES YOU SHOULD KNOW!

RULE 2.G.1/2.G.4 Apparel



Current Rule:

- 2.G.1. Safety and Distraction. A player may be required to change garments that are inappropriate.
- 2.G.2. Depictions. Graphics, insignias, pictures, and writing on apparel must be in good taste.
- 2.G.3. Footwear. Shoes must have soles that do not mark or damage the court's playing surface.
- 2.G.4. Violation. The Tournament Director has the authority to enforce apparel changes. If the player refuses to comply with the apparel rules, the Tournament Director may declare a forfeit of the match.

2023 Rule Change:

Inappropriate apparel may now include apparel that approximates the color of the tournament ball. Section 1 encourages players to avoid wearing apparel that approximates the color of the ball. The Tournament Director retains the right to require an apparel change during a non-chargeable time-out.



WHAT'S NEW ON THE COURTS!

Congratulations To Our New 2023 Pickleball Board Officers

President: Michael Voellinger
VP Committees: Jim Steinmetz
Secretary: Tim Taschler

They Join Officers

Linda Dolsberry (VP Training and Orientation) and
Carol Murray (Treasurer)

We want to thank our outgoing officers Tony Masterjohn, Nancy Vander Ark and Doug Brown for their countless hours of dedicated service to our club.

If you are using the X-balls please DO NOT use them if the temperature is below 56 degrees as they will crack. There is a thermometer on the post where the clock is located to check the temperature. We also ask that you put these balls back in the bin when you are done using them.

PLEASE remember to sign in each time you play. The sign in notebook is located near the gray bin by court one.

The Copper Health Building Purchase voting is still in progress. We want to remind everyone to vote.

SCOV Cleaning Crew will clean courts 6 and 7 at least once a week.

The Aquatic and Fitness center will be having an open house to familiarize residents with the facilities and equipment available to use on January 9 from 12:30PM to 2:30PM. They will have residents familiar with equipment on hand along with swimmers, 2 physical therapists, and a personal trainer to answer questions.

There are two club T-Shirts available for purchase at \$20 each. One is a medium white and one a medium berry. Contact Sue or Bill Reibold at 520-609-3317.

SAVE THE DATE: 2nd Annual Pickleball Potluck Picnic on Saturday, March 18 with Chuck Moses!

PICKLEBALL ANNUAL MEETING
Friday, 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 for a donation wish list and bring an item or check to the annual meeting.

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.

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.

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.

THE FLOAT TEST By John McConnaughey

One windy day a couple weeks ago we were trying to play pickleball, and there was some discussion about which balls would be least affected by the wind. Some thought the X balls, others thought the Onyx balls. I thought this should be something that could be readily tested.



You've all seen it...the ball suspended by a blast of air from a fan. I used this principle as a simple test of the wind resistance of different pickleballs. I reasoned that the height the ball floated above the fan would be a function of the weight of the ball and the drag the ball had moving through the air. Light balls with more drag should float higher than heavy balls with less drag.

But this test could not directly sort out the relative contribution of weight and drag. The drag is probably affected by the number and size of holes, and the roughness of the balls. New balls are smoother than used balls, so that might make them less resistant to wind. The number and size of holes is certainly a factor, but I don't have a theory to explain how or why.

I used a shop vac to create a blast of air to float the balls with, and a carpenter's ruler to measure the height. A scale and micrometer were used to get the ball weight, and the diameter of the holes.

RESULTS:

Ball #	Ball Description	# Holes	Hole Dia mm	Grams	Float Height (IN)
1	X ball new yellow/green	40	7.3	25	11.8
2	X ball used yellow/green	40	7.2	25	14.3
3	Onyx outdoor used yellow	40	8.2	24	15.5
4	Orange quiet used	40	8.3	25	16.8
5	Orange quiet indoor used	26	10.9	23	16.8
6	Green indoor onyx sport 15 new	26	10.1	22	15.3

1. New X balls are least affected by wind. The roughness of the used balls creates more drag, hence they float higher, (compare Ball #1 & #2).
2. The used yellow onyx balls are more affected by wind than used X balls, (compare Ball # 2 and #3). They weigh 1g less than the X balls, and also have slightly larger holes, both factors appear to contribute to their higher float test result.
3. It looks like larger holes are more affected by wind than smaller, (Compare #4 with #2), these weigh the same and have the same number of holes, but #4 has slightly larger holes.

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

HAVE FUN, TAKE IT EASY

One thing to watch out for is not to do too much too soon. Warm up first, and take it easy out there!

“People go from doing nothing to playing pickleball five days a week, and they will get overuse injuries as a result,” says Nicholas Greiner, an osteopath who practices sports medicine in St. Louis. Greiner conducted a 2019 review of common injuries associated with pickleball. “The one thing I tell people is to go into it gradually.”

And while stressing the safety of pickleball overall, Greiner and others recommend that older participants take extra precautions against falls, which can be especially dangerous in this age group. One way to reduce the risk is to wear “court” shoes designed for pickleball and tennis, they say.

“There is a lot of side-to-side lateral movement” in pickleball, Greiner says. “We tend to be straight with our movements in our daily activities. We walk straight. We bike straight. We run straight. Sometimes we lose our mastery of balance with lateral movements, so falls can be a risk.”

While playing one day last fall, Robin Dobler, 66, a retired physical therapist assistant, ran wide to return a ball, planted her right foot and turned toward her opponents-and felt instant pain inside her right knee. She tried to keep playing, but it hurt. Later, she iced the knee, did strengthening exercises and got an injection to lubricate the joint. She improved quickly and wasted no time returning to the court.

D.C. podiatrist Sheldon Laps says he commonly sees inversion ankle sprains from pickleball, injuries that occur when the foot twists upward and the ankle rolls inward, often the result of inappropriate shoes.

Next month...Wearing the right shoes.

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 final questions and answers to help clarify this oft-misunderstood rule.

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.

Question: When volleying, can your partner hold you back so that your momentum from the volley doesn't take you into the Kitchen?

Answer: Yes. That is permitted. Your partner can, indeed, hold you back so that your momentum doesn't take you into the Non-Volley Zone as long as your partner is not in the Non-Volley Zone either.

Kitchen Rules and a Bouncing Ball

Question: Can I hit a shot that bounces first while I am standing in the Kitchen?

Answer: Yes, as long as the ball bounces first you can hit a shot while standing in the Non-Volley Zone. You simply cannot volley while in the Non-Volley Zone.

Question: You hit a groundstroke but your momentum from the shot carries you into the non-volley zone. Is this a fault?

Answer: Regardless of where the ball bounces on the court — as long as it bounces first — your momentum from hitting your groundstroke can, indeed, carry you into the Non-Volley Zone without penalty. Just don't hit a volley on your next shot while in the kitchen!

January Mystery Member ... Who Am I?

I was born and raised in St. Louis, graduated from college in Ohio, and then moved to Chicago to attend law school. In Chicago I got heavily involved in playing handball and squash. In 1986 I became a floor trader at the Chicago Board Options Exchange (CBOE/CBOT). My timing was impeccable (not) as I was on the floor for only a year before the 1987 crash took the Dow down 22.6% in a single day. Sadly, the trading business went into hibernation after the crash, which forced me to pursue other areas of the financial world, which included venture capital and institutional money management. Today I am a wealth advisor working with individual investors.

My wife and I moved to SCOV in June after spending 13 years living in the San Diego mountain region where we wrangled a large flock of chickens, 4 miniature silky fainting goats (adorable and smart) and two dogs while tending to 2.5 acres of gardens. I was the volunteer President of the local water utility for 5 years while my wife founded and ran a fire safe council when she wasn't performing musically or busy with her painting.

I was active in sports my entire life if you exclude the past 13 years. Moving to SCOV introduced me to Pickleball after having mostly focused on squash and tennis back in the early 2000s. I am having a great time learning the game and appreciate the patience of the better, more seasoned players that have helped mentor my game while I struggle with all the rookie errors of a newbie.

I have been lucky enough to live in a lot of great places and know that Oro Valley is the place I want to stay (and luckily my wife is in complete agreement). SCOV is great and the people friendly and welcoming. My wife is very active in clay, glass and wood while I try and figure out how to keep myself out of the kitchen (pickleball, not food). Now if there were only more PB courts...



Our Logo is Trademarked!

Our club logo is now approved by Arizona's Secretary of State, thanks to John McConnaughey, Lee Zinsli and Nancy Goodhue. It was a learning experience trying to figure out exactly what was required to get a logo trademarked. Astute readers might note that the logos we've used for T-shirts has the Sun City Pickleball Club logo on the paddle instead of "SCOV". This is because the Sun City logo is trademarked by the HOA and so including it as part of the Pickleball Club's trademark is problematic.

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