



SCOV Pickleball Club Newsletter March 2023

<https://scovpb.org>

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PICKLEBALL RULES YOU SHOULD KNOW!

SECTION 4: Serving Rules



4.A.4. The moment the ball is served:

- 4.A.4.a. At least one foot must be on the playing surface behind the baseline.
- 4.A.4.b. Neither of the server's feet may touch the court on or inside the baseline
- 4.A.4.c. Neither of the server's feet may touch the playing surface outside the imaginary extension of the sideline or centerline

4.B.6. Doubles Play:

- 4.B.6.b. When the team's score is even (0, 2, 4 ...), the team's starting server's correct position is at the right/even serving area. When the team's score is odd (1, 3, 5...), the starting server's correct position is at the left/odd court.
- 4.B.7. Partner Positions. In doubles, with the exception of the server (see 4.A.4), there is no restriction on the position of any player, as long as all players are on their respective team's side of the net. They can be positioned on or off the court. The correct server must serve from the correct service court, and the correct receiver must receive the serve.



WHAT'S NEW ON THE COURTS!

Have you ever reserved a pickleball court during OPEN time and when you get to the court, it's in use? Not to worry. We have placed 5 'court reserved' laminated signs in the beige bin that can be hung on the entry gate to your court with the attached carabiner. We have dry erase markers in the bin. You can place your name/date on the sign and hang it on the gate 15 minutes before your reservation. When you are finished with the court, simply rub off your information and place the sign back in the bin. Hope this helps! PS...Thank you to AJ Leane for designing the signs and Jack Anderson for getting the carabiners!

PLEASE DO NOT USE X BALLS BELOW 56 DEGREES. THEY CRACK!!

Remember to recharge the pickleball machine when you return it to the pickleball storage room.

Pickleball Suzy Foster Memorial Poker Tournament

Competitive plays 3/24/2023
Casual plays 3/25/2023



“Entry” fee is canned food in honor of Suze Foster to be brought at sign in. This is a Suze Foster Memorial Tournament.

Sign in and warm up 8:30am the morning of play and games begin promptly at 9:00am after a brief explanation of rules.

After pb play a poker hand is dealt to each participant. Prizes are awarded!
Ice cream is served afterward!
We are finished before noon.
Excellent fun and very low stress!!

All brackets are full but we are accepting substitute sign-ups: text or call Phil Rose, 541-660-3943 or Suzy Rose 541-660-3947.

We expect some late drop-outs which will free up spots from the sub list.
Questions? Just call or text.

SPRING IS JUST AROUND THE CORNER.... WE HOPE!

THE SPRING SCHEDULE GOES
INTO EFFECT MARCH 5th



Spring (Mar 5 - Apr 30, 2023) 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
6:30-7:30	Open					Open					Open					Open					Open					Open									
7:30-9:00	Casual					Competitive					Casual					Competitive					Casual					Competitive					Tourney	Open			
9:00-10:30	Competitive					Casual					Competitive					Casual					Competitive					Casual					Mixed	Round Robin			
10:30-12:00	Tourney	Beg	Open			Transitional	Open				Tourney	Open				Transitional RR	Beg				Tourney	Open				Transitional	Beg				Comp	Casual	Open		
12:00-1:00	Open					Open					Open					Open					Open					Tourney	Open								
1:00-3:00	Casual					Training					Casual					Competitive RR					Casual RR					Open					Transitional	Beg			
3:00-4:30	Open					Mixed Women	Open				Open					League Women	Open				Open					Open					League Women	Open			
4:30-6:00	Open					Open					Open					Open					Beverage					Beverage					Open				
6:00-7:30	Women	80	Open			Comp	Casual	Open			Women	80	Open			Casual	Open				Open					Women	80	Open			Comp	Casual	Open		
7:30-9:00	Open					Open					Open					Open					Open					Open					Open				

WHAT'S NEW THIS SPRING...

Courts 6 and 7 were added.

Transitional players have more courts (5) and more days (4), including a round robin on Thursdays.

A mixed round robin was added to Sunday mornings.

Evening time slots were added for players 80 and better.

The Spring Schedule is posted on the website...scoupb.org

PICKLEBALL POPULARITY EXPLODED LAST YEAR!

Did You Know...

- Pickleball now boasts the support of LeBron James, Tom Brady and more than 36 million other Americans.
- The rapidly growing sport is easy to learn and inexpensive.
- The pickleball restaurant-entertainment model is also gaining steam. From Chicken N Pickle to Camp Pickle, entrepreneurs are hoping to capitalize on the craze.

The pickleball boom is real. More than 36.5 million people played pickleball from August 2021 to August 2022, according to a new report by the Association of Pickleball Professionals released exclusively to CNBC. Earlier data pinned the participation rate of the sport at 5 million players in 2021.

The latest numbers unveiled in the 2023 APP Pickleball Participation report, via a study conducted by YouGov, shows that 14% of Americans played pickleball at least once in that 12-month period. And over 8.5 million people played pickleball eight times or more.

“When you look at participation rates alongside golf, and basketball and tennis. ... I don’t think anybody would have thought a year ago that pickleball would be right up there with those more traditional sports,” said Tom Webb, chief marketing officer of the Association of Pickleball Professionals, the group that represents professional, recreational and amateur players.

In recent months, star athletes ranging from LeBron James and Tom Brady to Kevin Durant and Patrick Mahomes have brought more high-profile attention to the sport by investing in professional pickleball teams. What began as a way to get in on a professional sport early has become one of the hottest sports investments with the ability to own a team in the low seven-figure range.

The sport is also attracting a new wave of sponsors. Familiar names like Holland America, Anheuser-Busch, Skechers and Carvana have all signed recent pickleball deals.

“When you look at the number of people that are now picking up a paddle and playing for the first time, it is inevitable that the investment market is going to look at that and say, this is something worth us investing in,” said Webb.

More on pickleball’s popularity in next month’s issue.

Tips to Improve Your Play!

Pickleball Spin...The Basics



When someone is firing a spin, how do you know which one's coming?

It's actually surprisingly straightforward. Your opponent's paddle tells you what to expect.

If the paddle moves from up high down to the side, it's a **SIDE SPIN**.

If the paddle comes from under the ball and rolls up, it's a **TOP SPIN**.

The most commonly used spins in pickleball are the **SIDE SPIN** and the **TOP SPIN**.

PICKLEBALL SPIN: SIDE SPIN

Your opponent hits a side spin on a serve or return of serve. Which way will the ball go after the bounce? It's all about handedness. A right-handed player slices and the ball goes to your left after the bounce. A left-handed player slices and the ball goes to your right. The side spin balls tend to skip when they bounce.

The spin slice is mostly used from the back of the court rather than the NVZ. Top level players use it in a cross-court dink duel in hopes of forcing the opponent to strike the ball at a lower point.

PICKLEBALL SPIN: TOP SPIN

You see your opponent take the paddle from low to high. Get ready for the top spin. This ball tends to pop up after the bounce. The top spin is generally used between mid-court and NVZ, but is most effective only when or if the ball is within 4-8 inches from the top of the net. Any higher and it gives the opponent a chance for a slam. Don't use a top spin in a serve because the point of impact of your serve needs to be lower than your navel, which is difficult to do hitting a top spin.

SIDE SPIN and TOP SPIN So how do you hit these spin shots?

Any spin shot that comes your way gets hit in the same manner. Slow down. Bend your knees. Watch the ball pop high or skip to a side. After it reaches the peak and starts falling-that's when you strike. On the way down because the spin has spun itself out!

Once you've become comfortable with receiving and giving spins, move to the next level. Strike the ball right after the bounce-on a half volley or short hop. This early hit stops the spin action.

March Mystery Member ... Who Am I?

I was born in the smallest state in the US - Rhode Island, into a large Catholic family. I am the 3rd oldest of 6 children. Due to my father's health, we moved to Phoenix, Arizona, when I was 14. Apparently, it was a great decision as both parents are healthy and living independently in Scottsdale.

I met my future husband at 19 and was married at 21. Due to my husband's job, we moved six times the first five years of marriage. Hence, each of our sons (ages 24-41) were born in a different city (Grants, NM, Show Low, Az, Tucson, and Missoula). After the birth of our first child, I became very interested in health and fitness. Once we were we back in Phoenix permanently, I found my passion and started teaching fitness classes! I decided to pursue my college degree at ASU and earned a Bachelor of Arts degree in Physical Education. After teaching 1.5 years, my husband was offered a job in Montana, so we headed north to raise our sons in the Big Sky country! Once settled, I taught elementary PE for one year and decided the salary wasn't worth being away from three almost teenage boys, so went back to teaching fitness classes, as well as classes at the University of Montana as an adjunct instructor. As if I didn't have enough to do, I dabbled here and there into a few other part-time jobs: including bookkeeping for my husband's business on and off for many years, legal assistant, volunteered at the kids schools, and Chairman of the Board for a non-profit. After being laid off from my extremely stressful and short-lived career as a legal assistant, I decided to finish my Master's Degree in Health Promotion at the U of M. After graduating, I worked as a health coach for a few years.

Once our youngest son went off to college, we decided to buy a motorhome and travel south. Our plan was to make a big circle through Arizona and up the CA coast. However, when we arrived in Tucson, the weather was so warm and sunny, we stayed for 5 weeks (never made it up the coast). We reserved a spot for the following winter for 7 weeks. However, we started to get a bit cramped the 2nd year in the 33-foot motor home, so started looking for a house to buy. We discovered Sun City and took a leap of faith and bought a home! After spending one winter here, we went back to MT, did a lot of purging and sold our home of 28 years. We are now here permanently. I miss our friends, hiking and biking in the summer in MT, as well as the fabulous Farmer's Market! No regrets! We tell our kids it's "senior camp." I enjoy pickleball and do a few crafts, as well as cooking and entertaining our new friends here in Sun City! I hope to grow old (not there yet) along with all my amazing women friends!

Three of our 4 sons are married and all are off the payroll! We have 10 beautiful grandchildren and one due in August. They all visited Sun City last Thanksgiving and now know why we love it here! It's a great community - all the amenities with the friendliest and most amazing people!

Can you guess who this mystery member is?

**Annual Pickleball Potluck Block Party
with Chuck Moses!
Saturday, March 18
3PM to 6PM**

**Front of Gene and Cindy Erickson's home on
Crossbow cul-de-sac
14080 N Desert Butte Drive
No Restrooms Available**



**Bring your own beverage, plate, napkins, cup and utensils
and a Potluck appetizer, main dish, salad or dessert
We are taking RSVP's.**

Did you guess who our March mystery member is? Thank you, Patty Holman, for sharing with us!