



# SCOV Pickleball Club Newsletter November 2023

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

### **SECTION 9. Non-Volley-Zone Rules**

Is it a fault if my hat / visor falls off inside the Non-Volley Zone after I hit a volley (hitting the ball before it bounces)?



9.B. It is a fault if the volleying player or anything that has contact with the volleying player while in the act of volleying touches the non-volley zone.

- 9.B.1. The act of volleying the ball includes the swing, the follow-through, and the momentum from the action.
- 9.B.2. If the paddle touches the non-volley zone during the volley motion, before or after contacting the ball, it is a fault.

**TEST YOUR KNOWLEDGE!**  
The paddle length cannot exceed...  
15 in; 16 in; 17 in; OR 18 in

You'll find the answer on the last page of this newsletter!

# Pickleball Board Elections

Beginning January 1, 2024, our Board has openings for 3 of the 5 positions. These open positions will each serve two-year terms. We have 4 great nominees for you to choose only 3 from. Online voting begins on November 8 and ends on November 15. You will find bios of each nominee on our website under the Members tab; page titled: 2024 Pickleball Club Board Candidates and Ballot.

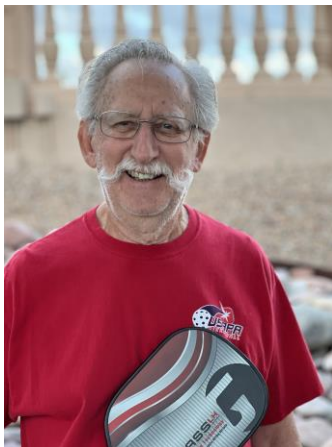
The nominees are:



**MaryAnne London**



**Carol Murray**



**Ralph Perillo**



**A.J. Leane**



## WHAT'S NEW ON THE COURTS!

We recently had what may be oil dripped on the courts. There have also been other liquids dripped or spilled on the courts.

The courts were power-washed this summer by club volunteers. In order to keep the courts clean please keep all food and drinks outside the court. We really appreciate your help with this.

We had great turnout for the clinic signup. A big thank you goes out to Dave Burnham, Laurie Brown, Denise Hartman and Jim Steinmetz for their leadership in running the program!



## Rockin' Rodeo Party on November 8 4PM - Auditorium This Party is Sold Out!!

- Don't arrive too early. Doors will not open until 4:00 pm.
- You will get a ticket for dinner when you check in. Reservations are under the first name of the person who signed up.
- You will also receive a ticket for a prize drawing when you check in.
- Dress Western. You're part of the décor!
- As usual, bring a beverage.
- Bring a dessert to feed 10.



Thanks for attending the dance clinics. We had a blast!  
Your Pickleball Club Social Committee

# The Top Two Reasons to Wear Protective Eyewear

**EYE INJURIES  
can be  
Devastating**



**EYE INJURIES  
are  
Preventable**

Direct hit to the eye. Was looking around at my partner and got a ball at high speed off a deflection. Gold medal tournament match. Was down for a full medical timeout but managed to continue with a pair of borrowed goggles. Check up with an eye doctor the next day and nothing permanent thankfully! Phew!

I've taken high speed direct hits to each eye. Each time I was protected by my goggles. Each time could have been a detached retina or worse. Each time I shook it off and played the next point. Just say no to bare eyeballs.

I had a detached vitreous a couple years ago. I have not stepped on a court without wearing glasses since that incident.

The American Academy of Ophthalmology reports there are about 30,000 sports-related eye injuries annually. While most occur among teenagers, young adults, and children, there is a growing number of pickleball incidents like those above due to the ever-increasing popularity of the sport. That's especially true among the 65+ players as visual acuity changes with age, as does the agility to avoid an incoming ball.

But it's not just the recreational players. This past summer, top pro Jessie Irvine took a scary shot to the eye area and ended up withdrawing from the tournament. The women's #1 player, Anna Leigh Waters, always wears eye protection now.

Give your eyes some love. Wear good protective eyewear!

# Tips to Improve Your Play!

## HOW TO WIN THE DINK BATTLE!



Dinking generally happens when all four players in doubles pickleball are at the Non-Volley Zone line. Assuming you have mastered the steps to hitting the perfect pickleball dink, how do you make the most out of your dink shot? You and your partner worked so hard to get to the Kitchen line (as most points are won there!), but now how do you win the point?

Strategy is so important in the game of pickleball, as pickleball is not only a physical game, but also a mental game. This is particularly true when you are engaged in a dink battle with your opponents in doubles pickleball. What pickleball strategies should you use to win those dink battles with your opponents? The next few newsletters will present 7 pickleball strategies and tips to help you win the dink battles on the pickleball court! Here is Tip #3!

### **Be Aggressive and Apply Pressure When Possible**

There are several types of dinks when you are at the Kitchen line. You have non-purposeful dinks, which are simple dinks to get the pickleball back over the net. You also have purposeful dinks, where you are trying to be more aggressive and put pressure on your opponents. These aggressive dinks can be in the form of dinks with spin, extra pace, or strong angles, or dinks with strong placement.

Your shot selection and placement will be determined by the shot that your opponents hit to you. For instance, if your opponents hit a non-purposeful dink, then you may be able to hit a more aggressive, more purposeful dink back to them. If your opponents hit an aggressive dink to you and your partner that puts you in a compromising position, then you may need to hit a more passive dink back to your opponents.

When you have the chance, try to be aggressive and apply pressure with your dinks. As noted above, you can do this by adding spin, whether it be slice or backspin, top spin, or even side spin. The slice or backspin dink will have backspin on the pickleball, which tends to cause the pickleball to skid or skip upon contact with the pickleball court. On the other hand, the top spin dink will have spin toward your opponents, which will cause the pickleball to generate some pace and take a bigger bounce off of the pickleball court. Also, side spin will cause the pickleball to travel in the direction of the spin, and may cause funky bounces off of the pickleball court. Other ways to apply pressure is to hit your dink with additional speed or pace, which is easiest when hitting a dink with top spin, or by hitting your dink to have a strong angle to take your opponents off of the court, or some other aggressive placement, like hitting your dink down at your opponents' feet.

More tips to come in next month's newsletter!

# November Mystery Member ... Who Am I?

I was born and raised in Madison, WI, the second oldest with three brothers. Family vacations were spent camping in northern Wisconsin combined with a visit to Grandma. My great uncle played on the first Green Bay Packers team so I grew up watching, and sometimes playing, football. But my main sport was tennis. I lettered on my high school tennis team but didn't know it until I got a fundraising letter for "E" Club members 20 years later.

Went to college at the University of Wisconsin-La Crosse, graduating in 1975 with a double major in English Lit and Mass Communications and a severe case of wanderlust. Bought a 1971 baby blue VW that came with the Idiot's Guide to Volkswagen Maintenance and a set of metric sockets. Learned to do a tuneup and change the oil and armed with that information I packed up 50% of my earthly possessions and headed west, taking my baby brother age 16 along. Got as far as Yellowstone before he had to fly home for his senior year. I stayed in the park and worked and left when the season ended in October acquiring along the way a husband I would spend the next 29 years of my life with.

We settled in Helena, MT, and raised a daughter who is now working on a World Health Organization initiative with the Peace Corps in Malawi. I spent my career in a variety of state administrative jobs, the most recent one being a project manager helping organize a constituent advisory council and establishing administrative procedures to implement recently passed legislation. I have highly refined skills of nagging, pleading and begging.

I played competitive USTA league tennis for years, captaining nearly a dozen teams. Then I discovered pickleball in 2018. I learned as many newbies do—by showing up at the local courts—then continued to work on my game by attending coaching clinics taught by professional players. I earned my PPR coaching certification in 2019 in Oshkosh, WI, and started teaching at the Helena city parks and the YMCA. One day this past summer I looked around at the eight courts and counted former students—almost half of the players. As much as I like to see improvement in my game, it is even more gratifying to help others improve theirs. Until they hit winners against me. Unless they say you taught me that. Then it's OK.

I feel so lucky to be part of the SCOV pickleball community, playing every day on dedicated courts in a beautiful environment with great people.

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

## OFFICIAL PICKLEBALL RULES QUIZ ANSWER!

**Did you guess right?**

**Paddle length cannot exceed 17 inches**



**Did you guess who our November mystery member is? Thank you, Anne Wolfinger, for sharing with us!**