



SCOV Pickleball Club

Newsletter December 2023

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PICKLEBALL RULES YOU SHOULD KNOW!

SECTION 4. Scoring Rules



4.B.6.b. Doubles Position

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.K. Wrong Score Called

If the wrong score is called, the referee or any player may stop play before the return of serve to correct the score. It is a fault to stop play after the return of serve to identify or ask for a score correction. It is a fault to stop play to identify or ask for a score correction when the score was correctly called.

TEST YOUR KNOWLEDGE!

Once the score has been called, how many seconds is the server allowed before the serve must be made:

3 seconds, 5 seconds, 8 seconds OR 10 seconds

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



WHAT'S NEW ON THE COURTS!

The club recently purchased four new ball baskets. These are being used during clinics and are available for members to use for drilling. They are kept in our storage area.

Please refrain from taking liquids on the courts, including water. Stay hydrated while playing but we need to keep the courts clean for the next group of players.

Club membership stickers for 2024 will be available at the annual meeting.

Holly Duck volunteered to place Band-Aids and gauze pads on each court. You will notice a canvas bag under the ball holder. Please use when necessary if you should cut or scrape your skin on the court. We have additional first aid supplies along with a new blood clean up kit in the beige bin. If you should use the last bandage it's extremely important that you grab a few strips from the first aid kit and replace them. Please pitch in to keep our courts clean and safe. Thank you, Dr. Holly!

Congratulations to our newly elected board members!



MaryAnne London



Carol Murray



A.J. Leane

The outgoing and incoming board will be meeting in December to start the transition process. The new board will be introduced at our

PICKLEBALL ANNUAL MEETING

Saturday, January 6, 2024
4:00 PM

Navajo-Hohokam-Hopi Rooms in the Activity Center

If your name begins with A-M, please bring an appetizer; N-Z, please bring a dessert
BYOB; Wine will be provided

Watch for the email in late December with registration information

ROCKIN RODEO FALL SOCIAL!

Thank You to the social committee for the tremendous amount of coordination that went into the Rockin'Rodeo Fall Party. Both the core committee and the on-site volunteers did an awesome job.

Core Committee: Nancy VanderArk, Mary Crenshaw, Joan Ellen Jones, Linda Dolsberry, Pat Orchard, Beth Nuveen, Bonnie Grant-Baird, and Sue Newman.

Dance Clinic Leaders: Caroline Chambasian, Pat Orchard, Sue Newman, and Renee Steinmetz.

And to the picklers that had the courage to take the line dance clinics, kudos to you. It all added up to a pretty great party!



IS PICKLEBALL GOOD EXERCISE?

Five Health Benefits of Pickleball

Improves Heart Health - Current physical activity guidelines for adults recommend at least 150 minutes of moderate-intensity exercise per week. Moderate intensity means you're at about 50% of your maximum effort. Pickleball can help you meet these guidelines. One study of adults over the age of 50 found that more than 70% of their playing time was in the moderate to vigorous heart rate zone. Heart rate and breathing are up and you're burning calories. That translates to better heart health, lung health and weight management.

Enhances Muscle and Bone Strength - Sports like pickleball stress your muscles and bones. Your body responds by making them stronger. Routine pickleball play can help you improve muscle strength and prevent osteoporosis.

Increases Balance and Coordination - Balance is a key measure of being physically fit. Good balance reduces your risk of falls, a serious health threat to older adults. Exercise is one of the best ways to improve your balance. To succeed at pickleball you need to 1. Move forward, backward and side-to-side around the court, 2. Navigate your play around the "Kitchen" (the no-volley zone on either side of the net), 3. Place your shots strategically so your opponent can't hit the ball, and 4. React quickly to balls coming at you. These movements sharpen the connections between your body, brain and eyes. Over time, you develop better balance and coordination.

Boosts Brain Health - Exercise is not only good for your body-it also boosts brain health. The benefits of routine physical activity on your brain include better sleep, improved cognition (ability to think, remember and process information) and reduce risk of depression and anxiety. According to a review of 13 studies on pickleball and mental health, players also report improvements in Happiness, Life Satisfaction and Well-being.

Lengthens Lifespan - Research shows that exercise can help you live longer. One study of adults ages 40 to 85 found that a small increase in physical activity could reduce annual deaths. Adding just 10 more minutes of daily exercise could prevent 110,000 deaths each year. Other studies link regular exercise to longer life expectancies. According to a recent report, the life expectancy of tennis players is nearly 10 years longer than people who don't exercise. The researchers noted that activities involving more social interaction showed the greatest longevity effects.

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 #4!

Don't Go For Too Much When Your Opponents Hit an Aggressive Dink

A dink can be offensive or defensive, purposeful or non-purposeful. If your opponents hit an aggressive dink to you and your partner that puts you in a compromising position (whether due to spin, speed, angle, and/or placement), then you may need to hit a more passive or defensive dink back to your opponents in order to try to relieve pressure. With that said, the goal of your passive or defensive dink is to still hit a shot that is unattackable by your opponents. In other words, keep your dinks low, so that your opponents have to hit up on the pickleball to get the pickleball back to your side of the pickleball net.

When hitting a defensive dink under pressure, do not go for too much. Rather, focus on hitting an unattackable dink that (a) lands relatively close to the pickleball net on your opponents' side of the pickleball court; and (b) has a low bounce off of the pickleball court. These short, low dinks will require your opponents to let the pickleball bounce (rather than be able to volley the pickleball out of the air) and will be more difficult for your opponents to hit another offensive shot off of.

More tips to come in next month's newsletter!

December Mystery Member ... Who Am I?

I was born in St. Paul Minnesota. In the summer of 1971, my family moved from Minnesota to Lake Oswego Oregon. That fall I attended Lakeridge High school as a freshman. I joined the Diving team and Gymnastic team where I eventually qualified for the State Tournament. During High school, I pumped gas for a Chevron station. After high school, I started working at the local Thriftway Store. After 10 years at the store, I joined Dreyer's Grand Ice Cream for 20 years where I worked as a salesman and later became the Transportation/Facility manager for the Portland distribution center. Later I joined Kellogg's Snack Division as the Transportation Manager for the Portland office, until I retired in September 2017.

She was born in Oregon City Oregon. In 1973 she started her freshman year at Lakeridge High. She was on the track team and played on a city league fast pitch softball team. In her early high school years, she worked at a soda fountain in the local Village Drug store. Her junior year of school, she started working for Farmers Insurance part time, and remained there 27 years. She then went to work for a small office, which she retired from in 2017.

In 1974 we started dating. After 5 years of dating, we decided to tie the knot. After buying our first house and a boat (which was our marriage agreement) our first son was born in 1985 and our second son arrived 15 months later (OOPS SURPRISE). Through those early years while raising two boys we enjoyed numerous camping trips, boating and riding four wheelers in the sand. Boys are now all grown and have given us three gorgeous grandchildren, 2 granddaughters and 1 grandson.

After retiring in 2017 we traveled to Tucson, Arizona in our motor home and stayed at the same RV park my in-laws did 20+ years prior. At that RV park we actually ran into people who knew and remembered my in-laws, small world! At that time, we had absolutely NO plans on living in AZ. However, we fell in love with SCOV and five weeks after arriving in Tucson we bought a house. The summer of 2018 we sold our house in Oregon and moved our stuff to SCOV. Currently we still continue to snowbird back to Oregon. Since our arrival in SCOV we have joined a number of different clubs (pickleball was the first). We absolutely love SCOV and all it has to offer. We give thanks every day to be living in such a great community and for the wonderful friends we have made here.

See you on the courts.

Can you guess who this mystery member is?

OFFICIAL PICKLEBALL RULES QUIZ ANSWER!

Did you guess right?

Once the score has been called, the server is allowed 10 seconds to serve the ball.



Did you guess who our December mystery member is? Thank you, Tom and Deb Cooksey, for sharing with us!