



SCOV Pickleball Club Newsletter March 2024

<https://scovpb.org>

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PICKLEBALL RULES YOU SHOULD KNOW!

LINE CALL RULES



Rule 6.B. A ball contacting the playing surface completely outside of the court is “out”. A served ball that lands in the opponent’s non-volley zone, including on the non-volley zone line, is “out”.

CODE OF ETHICS FOR LINE CALLING

Section 1 of USA Pickleball Official Rulebook states “Players should not question or comment on an opponent’s call”.

TEST YOUR KNOWLEDGE!

What is the minimum number of circular holes that a ball should have?

24, 26, 28, or 30

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



WHAT'S NEW ON THE COURTS!

Please remember to avoid using a court if an injury has occurred where blood is present. Once the member is able to leave the court, please use a bucket, soap and brush found in the storage room to immediately clean up spatter. Allow the court to air dry, then resume play.

Skills Clinics are scheduled for every Tuesday in March. The first session starts at 1:00pm and the second starts at 2:00pm. All seven courts will be used during the clinics.

We currently have 526 Pickleball Club members! 30 new members this year!

We will hold our next club Board Meeting on Thursday, March 14th, at 1:30 PM in the Navajo Room of the Activity Center. Anyone is welcome to attend. If you can't make the meeting but have comments to share with the board, please send an email to the club by going to our website scovpb.org.

We will hold our quarterly court scheduling meeting on Tuesday, March 12, between 2:00PM and 3:30 PM in the Kiva Room. Please plan to attend if you would like to give input on the Spring schedule.

Cindy Gerk has agreed to be our new court schedule coordinator. Jim Locnikar has done this for over 5 years. Jim, well done and thank you!

How Do I Know Which Level of Play I Should Be In?

At the SCOV pickleball club, we are self-rated compared to some clubs that require a test of skill to determine your level of play. Playing in the correct level provides more enjoyment for you as well as your opponent. There is also a safety factor involved. The higher the level of play, the faster the game (and the expectation level) and the ball can be hit much harder.

LEVELS OF PLAY

We have a wide range of levels to meet the needs of Sun City residents:

- **Beginner** play is for those with less experience. Mentors may be on the courts during scheduled Beginner times to help players learn the game and improve basic skills. Rating 1.0 - 2.0
- **Transitional** play is for those who prefer a less vigorous game. Rating 2.0 - 2.5
- **Casual** play is for intermediate players who want to enjoy a moderately intense game. Rating 2.5 - 3.0
- **Competitive** play is for the higher skill level players who want to play a more active game. Rating 3.0 - 4.0
- **Tourney** play is for the highest skill level players. Rating 4.0 - 5.0

Please consider your skill level and that of your opponent's when you choose to play at a particular level.

HOLD THE DATES! April 5th and 6th

ANNUAL SUZY FOSTER POKER PICKLEBALL TOURNAMENT



The Annual Suzy Foster Poker PB Tournament will be held Friday and Saturday, April 5th and 6th. Up to 36 Competitive players will compete on Friday with volunteer Casual players helping. The Casual players will compete on Saturday with Competitive players volunteering. There will be 4 substitute/reserve players. Sign up will begin in March via online registration. Tournament will start at 9 am; registration at 8:15 am.

The event will be held in conjunction with a food drive for Community Food Bank of Southern Arizona. Boxes will be placed near the courts for non-perishable food donations.

Even if you don't play please consider a donation to the Food Bank in the form of non-perishable items or checks (Community Food Bank of Southern Arizona) or online at

<http://tinyurl.com/2xb4ff4y> Or

<https://donate.communityfoodbank.org/fundraiser/5150647>

Pack up that picnic basket and join your Pickleball friends for the 3rd annual outdoor picnic with Chuck Moses!

Saturday, March 23
3-6 PM

14080 N Desert Butte (same as last year)



Please bring your own chair; plates, utensils, beverages and a salad, main dish or dessert to share

And \$\$ for a 50/50 raffle to benefit the Community Food Bank of Southern AZ.
\$1 per ticket or 7 for \$5!

Limited parking. Please do not block driveways.

No restrooms will be available but short distance to Welcome Center

PICKLEBALL RELATED INJURIES ARE ON THE RISE

As pickleball's popularity has skyrocketed, so have the number of serious injuries among players. Bone fractures related to pickleball have increased 200% over the last 20 years, according to an analysis of a large government injury database presented at the annual meeting of the American Academy of Orthopaedic Surgeons on Monday.

Pickleball, which is played with a perforated plastic ball and wooden paddles on a badminton-sized court, is the fastest growing sport in the U.S., with the number of players rising from 4.8 million in 2021 to 8.9 million in 2023, according to USA Pickleball.

The overall rate of injuries is likely much higher. The new analysis only looked at fractures, not the most common soft tissue injuries like sprained ankles or debilitating knee injuries such as damage to the ACL, or anterior cruciate ligament. Other common pickleball injuries include rotator cuff injuries, worsening of arthritis, Achilles tendon tears/strains and foot fractures. The vast majority of the fractures found in the new study, 92%, occurred during falls.

"While pickleball is a great sport, nothing is without risk," said the study's lead author, Yasmine Ghattas, who is in her last year of medical school at the University of Central Florida College of Medicine in Orlando. The researchers aren't arguing for people to quit playing pickleball, just to be better prepared. "Well informed participation in any activity is key," she said.

Ghattas had a personal interest in the topic. "My fiancé and I play pickleball regularly and are both entering the orthopedic field," she said. "During our clinical rotations, we noticed more and more patients coming in with pickleball-related fractures, so we looked to see if there were any studies and there weren't, so we decided to take a deeper dive."

The database the researchers used to explore the topic, the Consumer Product Safety Commission's National Electronic Injury Surveillance System, contained a representative sample of injuries gathered from 100 U.S. emergency departments. Ghattas and her colleagues found descriptions of 377 pickleball-related fractures in the database between 2002 and 2022, which, when extrapolated to the entire U.S. population, totaled to approximately 5,400 pickleball-related fractures annually.

Women, especially those ages 65 and older, were more likely than men to experience a fracture. Most of those fractures were in upper-body bones, such as those in the forearms and hands. The researchers suspect they were related to osteoporosis or other bone-thinning conditions.

Even though women had more fractures overall, men were 2.3 times more likely to be admitted to the hospital after breaking a bone. Ghattas and her colleagues suspect that's because men's fractures tended to be in bones of the lower body, such as the hip and femur, which are more likely to result in a hospital stay than fractures in the upper body.

While the rise in injuries may mostly be tied to the growth of the sport, other factors may be coming into play, said Dr. Eric Bowman, an assistant professor of orthopedic surgery at Vanderbilt University Medical Center. For example, some of the people taking up the sport may not have learned enough about it in advance, said Bowman, who was not involved in the study. "It's not enough to just pick up a paddle and get out there," he said. "As with any sport, you have to learn the mechanics and the form that leads to better performance and injury prevention. Some people may not have learned enough, or be physically prepared in advance."

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? Here are the last of the 7 pickleball strategies and tips to help you win the dink battles on the pickleball court!

Exercise Patience

Dink battles require patience in order to be successful. As the dink battle goes on, the pressure will mount, and it is easy to want to relieve that pressure by going for a winner or otherwise speeding up the point and getting out of the dink battle. However, if you speed up a shot that is unattackable, you will likely lose the rally by hitting the pickleball into the net, hitting the pickleball out of bounds, or hitting the pickleball at your opponents for an easy counterattack. Only attack shots that are attackable. Avoid the urge to attack an unattackable shot from your opponents. Rather, be patient and continue to build the point by hitting quality shots that put pressure on your opponents to hit a less than ideal shot.

Work with Your Partner as a Team

When playing doubles in pickleball, you must work with your partner as a team. If you do not work with your partner as a team, then you will not win. To work as a team, there are two critical things that you and your partner will need to do:

1. **Stay in Tandem** - When you and your partner are dinking at the Kitchen line, you and your partner will follow the pickleball in tandem. Generally, you and your partner will always be about six to eight feet apart at the Kitchen line. Think about it as if there were a six- to eight-foot string attaching you to your partner. If you move, your partner should move. If your partner moves, then you should move.
2. **Communicate** - If your opponents' hit the pickleball down the middle of your side of the court, both you and your partner could go after the pickleball. However, you and your partner will have the potential of crashing into each other and smashing paddles. In light of this, communication is essential to winning doubles pickleball. Communicate with your partner on the pickleball court—"Mine." "Me." "You." "I got it." "Yours." Also, since forehand shots are generally stronger and more consistent than backhand shots, the rule of thumb is for the player with the forehand down the middle to take the shots that are down the middle.

Make the most of your dinking, and win more dink battles, with these pickleball dinking strategies!

March Mystery Member ... Who Am I?

I was born and raised in Iowa in a family with one older brother and three younger sisters. This generation of kids were sent outside to play, so plenty of front yard football, driveway basketball and baseball at the nearby school. Dad even flooded the backyard to make a skating rink in the winter.

The summer between high school and college I started dating my eventual wife, Judy. We married while I was finishing my college degree. We celebrated 50 years married last May. We have two children and two grandsons.

We spent our honeymoon moving from Iowa to Denver, Co. where I received my BS degree in business from the University of Denver with a major in Hotel and Restaurant Management. My hotel working life began in Chicago, IL. and we had stints in St. Louis, Indianapolis and Keystone, Co. over a six-year period. We decided that the hotel business meant moving too much and crazy hours so we moved back to Iowa and I started a 40 year career in real estate. I retired in 2022.

Sports and related activities were important in my life, mainly as weight management. While in St. Louis I started jogging to lose weight. I lost about 65lbs and have tried to maintain that loss through running, bicycling, and about 10 years of swimming. I have competed in running races (10k, 1/2 marathons, and 1 marathon, several triathlons), bike rides and races and masters swimming events. Bicycling has been the go-to activity since my mid 40's.

After a couple of years going to Florida to bicycle in the winter, we decided to check out Arizona. We came down to check it out in Nov. 2018. We started in Scottsdale and then drove down to the Tucson area. We came the back way and when we got to Oro Valley the first place we saw was the bike shop on Rancho Vistoso and Oracle Rd. We stopped in and they were very friendly, visited with us, and gave us a map of the roads and trails. We spent several days investigating the area and felt this was what we were looking for in a winter getaway. While here we heard about 55+ communities and saw that there was a Sun City community nearby. We came to Sun City and checked it out and all of the amenities and liked what we saw. We found a two month rental for Feb. and March of 2019. Two months was all it took to know this was a place we wanted to spend our winters.

During those two months we happened upon the pickleball courts. Never heard of this sport so we watched and could not figure out what it was all about. Sort of put it out of our minds. The summer of 2021 my cousin came to Iowa to visit from Florida and told us about pickleball and how much fun he had playing the game. He taught us the rules and how to play and we were hooked. Both Judy and I are club members and have enjoyed making friends and taking lessons that are a part of membership each year. The courts are nice and the members friendly. I must say that Sun City is a really great place for active seniors.

OFFICIAL PICKLEBALL RULES QUIZ ANSWER!

Did you guess right?

A ball should have a minimum of 26 holes.



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