



SCOV Pickleball Club Newsletter April 2024

<https://scovpb.org>

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PICKLEBALL RULES YOU SHOULD KNOW!

TYPES OF RETURNS



There are 2 types of returns when striking the ball:

3.A.15. Groundstroke - A strike of the ball after the ball has bounced.

- Forehand Groundstroke is typically the most powerful and most accurate shot; therefore, the most utilized from at or near the baseline.
- Backhand Groundstroke is used when a ball is approaching the side opposite the paddle arm. However, many players consider the backhand groundstroke as their “go to” shot and use it for up to 75% of their groundstrokes.

3.A.46. Volley - During a rally, a strike of the ball out of the air before the ball has bounced.

- It is often used when at the NVZ line to return a ball hit hard and low over the net.
- No backswing...hit in a blocking motion with the paddle face square to “push” the ball over the net.

TEST YOUR KNOWLEDGE!

When the team's score is even (0, 2, 4...), what is the correct position of the starting server on the court?



WHAT'S NEW ON THE COURTS!

The spring schedule has now started. On Thursdays we are going to offer a walk-up clinic from 9:00 - 10:30am on court 1. Come by and take the opportunity to work with an instructor and improve your game skills, ask questions about serving or strategy and more. Thanks to all our members who are willing to give their time to help others. That's what makes our club so welcoming.

Ever wonder why the courts look so nice when we show up to play and the nets are at the right height? We have Nelson Brown, Bob Shull & Jeff Rusch to thank. They blow off the player's area, courts and spectator's area regularly. The nets are measured for correct height; 34" high in the center. Thank you, gentlemen!

The Spring clinics are done for the season. We will start up again in the fall. Watch for clinic information in early Fall.

You will be receiving an email in the coming days with information to vote on the installation of cameras on our courts 1-5. These cameras will allow club members to view the courts to determine if there are players there so you don't waste a trip to the courts only to find them empty, to see if the courts might be too crowded for your liking, or if they are dry enough to play after a rainstorm (especially during OPEN times).

Beginners Mentoring Program Change of Focus

The beginner mentoring program, which started back in 2018, has continually evolved as the needs of our members has changed. The original purpose was to assist and support beginner players, providing a "bridge" to help those new to the sport move into casual play.

With the growth of our club and the addition of Transition play into our schedule, the mentoring program has shifted focus from mentoring to skills training.

Thursdays from 9:00 - 10:30am on Court 1, we now offer a walk-up skills training area for beginner, transition and casual players. No sign up needed. Phil Rose has assembled a team of instructors that will cover this time slot. If you'd like to improve your skills just show up and his team will help you with anything you need to work on. This is a great opportunity to get the help you need and we are so fortunate to have Phil and his team!

Look for the Green block on the Spring schedule on Thursday mornings at 9:00am.

SPRING COURT SCHEDULE

Spring (Mar 25 - May 12, 2024) 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	1	2	3	4	5
6:30-7:30	Open					Open					Open					Open					Open					Open					Open									
7:30-9:00	Casual					Competitive					Casual					Competitive					Casual					Competitive					4.0 Open									
9:00-10:30	Competitive					Casual					Competitive					Transitional					Competitive					Casual					Competitive RR									
10:30-12:00	4.0		Beg		Open	Transitional		Open		4.0		Transitional		Casual			4.0		Transitional			Transitional		Beg		Open	Comp		Casual		Open									
12:00-1:00	Open					Open					Open					Open					Open					4.0 Transitional					Open									
1:00-3:00	Casual					Mixed Women		Women		Open	Casual					Competitive RR					Casual RR					Open					Transitional					Beg				
3:00-4:30	Open					Open					Open					Open					Open					Open					Open					Open				
4:30-6:00	Open					Open					Open					Open					Beverage					Open					Open					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					Open				

The spring court schedule went into effect on March 25. You will find it on our website where you can download and print.

SUZY FOSTER PICKLEBALL POKER TOURNAMENT

April 5th and 6th



The Annual Suzy Foster Poker PB Tournament will be held Friday and Saturday, April 5th and 6th. Tournament will start at 9 am; court assignments will begin at 8:15am. Come watch and cheer on your friends!

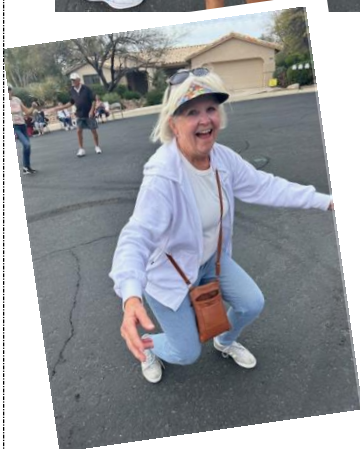
The event will be held in conjunction with a food drive for Community Food Bank of Southern Arizona. Boxes will be placed near the courts for non-perishable food donations.

Even if you aren't participating in the tournament, 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

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

PICKLEBALL SPRING PICNIC FUN!

Thank you to MaryAnne London and her social committee for all their work putting on our annual Spring block party! Many thanks to Cindy and Gene Erickson for “donating” their cul-de-sac once again! And of course, Chuck Moses, who kept us all dancing in the street!



Tips to Improve Your Play!



HOW TO PLACE THE BALL AT YOUR OPPONENTS' FEET!



When you can develop the habit of noticing where your opponent is standing, and try to put the ball right at your opponent's feet, they can seldom return it well. Consider your opponent's shoes at the target. If you can smash the ball to their feet, it is an almost guaranteed win.

Aiming for your opponent's feet in pickleball can be an effective strategy to put them in a difficult position. Here are some tips on how to do it:

1. **Observe Your Opponent:** Pay attention to where your opponent is standing on the court. Notice their position relative to the net and the kitchen (non-volley zone).
2. **Target Their Shoes:** Consider your opponent's shoes as a target. When you have an offensive shot opportunity, aim to hit the ball right at their feet. If you can smash the ball to their feet, it becomes challenging for them to return it effectively.
3. **Adjust Distance and Direction:** Think about how far your opponent is from the net. Place the ball to hit the floor right at that distance. Also, consider the direction—whether it's to their left, right, or dead center—since opponents may have different abilities to handle forehand or backhand shots.
4. **Use High Shots:** Aiming for the feet is easier when hitting a ball that is considerably higher than the top of the net. You can also use a forehand shot with topspin for a lower ball.

Remember, precision matters. Occasionally, you might even get the shot so perfect that the ball bounces off their shoes!  

When does this technique not always work? Watch this video to find out!

[Pickleball misconception "Hit too your opponents feet" with Steve Paranto \(youtube.com\)](https://www.youtube.com/watch?v=...)

April Mystery Member ... Who Am I?

I made it through childhood without a cell phone, helicopter parents and by surviving a harrowing ride bareback on a runaway horse that inexplicably stopped a foot short of my anticipated decapitation by clothesline. My three younger siblings and I lived in a small neighborhood near a Benedictine monastery and University. Pick-up baseball games depended on how many players a professor on sabbatical delivered via his or her accompanying family on any given year. We had to make our own fun, and some of it was mischievous.

The first time I visited Arizona was as a college freshman taking a "Hiking in the Sonoran Desert" January Term. It was not only an opportunity to be somewhere warm rather than frozen Minnesota, but also to get an easy needed credit. The cast and crew making the movie "Used Cars" starring Kurt Russel happened to be staying in the same hotel our hiking group used as a base camp. I saw Mr. Russel in the lobby once, but partied with Al Lewis, AKA "Grandpa Munster," and the less famous in the hotel bar. Our new-found friends invited some of us students to play hooky from a hike one day to be extras in a car-race-across-the-desert scene in the movie. We didn't get paid, but we ate well and had fun. I discovered that I really like Arizona! The hiking was pretty good, too!

I met my spouse, Paul, at college. We've been married for forty-three years. Before getting my undergrad degree, I started my career in the world's oldest profession: motherhood. I stayed home with our four children while they were young and volunteered for things that they were involved in like: Sunday school, scouts, school-room-whatever's and Community Ed soccer coach. I started teaching religion in a Catholic school after earning a Masters in Theological Studies. When my parents needed my help navigating their health concerns, I found myself working in Special Ed, which was less taxing in all ways but physical. We have two girls and two boys who all avoided incarceration to grow-up into fascinating adults that not only do I love, but actually like! Two are married. The oldest came through with our four delightful grandchildren. Our youngest is the only one not living in Minnesota besides us.

In early 2020 we were renting at a different location in Oro Valley and looking for a place to rent the following year. On a lark, we went with a house-hunting friend to an Open House and surprised ourselves by purchasing our home here as a little winter get-away right before the Pandemic hit. Covid-19 didn't bother us at all when we were outside all the time doing our thing. Currently, our only home is here. We never thought we'd live in a retirement community. I certainly didn't need to be a SCOV resident to enjoy my favorite things like biking, hiking, reading and eating my favorite foods: cheese, chocolate and wine. I started playing pickleball here in 2022. I joined the Stained and Fused Glass Club in 2023. There is so much to learn here in SCOV. Most importantly, there are so many generous people here willing to share their time and talent in the various clubs, it astounds me. Maybe next I'll be able to solve some family-tree mysteries in the Genealogy Club. It wouldn't surprise me a bit if I find in the mix of mostly Norwegian, German, Slovenian and Polish ancestors that I am descended from snake-oil salesmen and fire-eaters!

Can you guess who this mystery member is?

OFFICIAL PICKLEBALL RULES QUIZ ANSWER!

Did you guess right?

When the team's score is even, the starting server should be positioned on the right/even serving area of the court.



Did you guess who our April mystery member is? Thank you, Mary Schoen, for sharing with us!