



SCOV Pickleball Club Newsletter September 2024

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PICKLEBALL RULES YOU SHOULD KNOW!

**How Well Do You Know Your Drop Serve Rules
Let's Find Out!**



True or False

1. You can toss the ball up on the drop serve.
2. When you drop the ball, your arm may be extended no higher than the level of your shoulder and no lower than your waist.
3. You can hit the ball in a sideways swing.
4. You can apply downward pressure to bounce the ball.
5. You may not use a backhand swing.
6. If you start a game using the volley serve, you can switch to the drop serve, and vice versa.

Answers can be found on page 3 of this newsletter!



WHAT'S NEW ON THE COURTS!

New nets on Courts 6 and 7 are doing great with many positive comments; Courts 6 and 7 are only cleaned by the HOA on Thursday mornings, so we have to clean debris off them every day with our 3 leaf blowers. We also have to clean off courts 1-5 every weekend and holidays as the HOA only works Monday through Friday.

Our electric fans on courts 3, 4, and 5 have been moved out of position without permission; please request help from our Courts Cleaning Committee (Ralph Perillo, reperillo@hotmail.com).

We are still looking for early birds to volunteer to help us clean our courts, measure nets, and replenish balls.

ANNOUNCEMENTS FROM YOUR PICKLEBALL BOARD

Recent Changes to the Board

It was recently announced that Michael Volloenger has stepped down as club president. Nelson Brown has stepped in as interim President until the new board takes over in January.

In addition, AJ Leane is stepping down from the pickleball board as of December 31.

Pickleball Board Elections ...Interested in helping shape the future of the SCOV Pickleball Club? Think about becoming a candidate in this year's board elections. Three board positions are open. To throw your hat or visor in the ring, or for more information on what board members do, contact Nancy Vander Ark at nvandera5@hotmail.com or (602) 402-7191, chair of the nominating committee. Assisting Nancy on the committee is Laurie Brown and Bob Newman. Here are some important dates to remember:

- November 1: Announce the slate of board nominees.
- November 8 - 15: Online elections for new board members
- The 2025 slate of elected officers will be announced shortly after elections.

OTHER IMPORTANT DATES:

- **Board Meeting**...The SCOV Pickleball Club Board has been busy developing a club policy on code of conduct and conflict resolution for the purpose of promoting a safe, enjoyable, friendly atmosphere for players of all abilities. The draft policy will be sent to club members prior to the next board meeting along with the board agenda, with time allocated for public comment at the meeting. The next SCOV Pickleball Club Board meeting is Tuesday, September 17, at 11am in the Kiva Room in the Activity Center.
- **Court Scheduling Meeting**...The SCOV Pickleball Club court schedule is one of the benefits of club membership. It allows players to determine for themselves their level of play and

designates times when you know you'll find compatible players for a rousing game. The club schedules are determined every season by club members in a scheduling meeting, and the next scheduling meeting is Tuesday, September 17, at 4:00pm in the Hopi Room in the Activity Center. Want a say in when to play? Show up!

Jim Steinmetz was a valuable member of the Sun City Oro Valley Pickleball Club and we will miss him terribly. Donations can be made to the Sun City Vistoso Community Foundation in honor of Jim Steinmetz.

PAYING DUES EARLY.....does NOT affect your yearly due date. If your due date is November 1st and you pay your dues on Sept 1st, your yearly membership due date still remains the same. It does not change. Paying early is much appreciated by the treasurer and avoids getting a past due notice.

APPL League...For the past two winters, the SCOV Pickleball Club has had players participate in the Arizona Players Pickleball League (APPL). The first year we had one 3.0 women's team. Last year it expanded to two 3.0 women's teams and one 3.5 women's team. If you're planning on putting together an APPL team for the coming winter, please contact SCOV Pickleball President Nelson Brown at Lnelsonb@gmail.com or (520) 999-5611 to let us know, prior to the September 17th scheduling meeting.

WELCOMING OUR RETURNING SNOWBIRDS

SAVE THE DATE!

Saturday, November 16, 2024
Beginning at 4:30pm
Activity Center Auditorium



Pizza will be provided!

Watch for an email soon with additional information and registration details

Answers to Drop Serve Quiz on page one (Rules of the Game)

1 and 4. **FALSE** “The ball shall not be propelled (thrown) downward or tossed or hit upward with the paddle” (Rule 4.A.8 b.) Note: The “hit upward with the paddle” phrase refers to a one-handed ball release motion, not the actual serve motion.

2. **FALSE** “The server must release the ball from one hand only or drop it off the paddle face from any natural (un-aided) height.” (Rule 4.A.8 a) How high can you reach?? Or, how low do you want to go? Both are perfectly fine, as long as you drop the ball.

3. **TRUE** “The restrictions on the Volley Serve in Rule 4.A.7 do not apply to the drop serve.” (Rule 4.A.8.c) We all should know these restrictions by now: upward serve swing, highest point of the paddle below your wrist (NO sideways swing), contact with the ball not above your waist.

5. **FALSE** “The drop service is made by striking the ball after it bounces on the playing surface and can be made with either a forehand or backhand motion.” (Rule 4.A.8.)

6. **TRUE** The rules are silent on this, which means it a perfectly OK thing to do. So, if you feel more comfortable, say, using the drop serve on the even side and the volley serve on the uneven side, go for it.

Final Question, now that you’re a whiz on the drop serve rules...

7. If you see your opponent doing the drop serve incorrectly, you can call a fault on them.

Sorry, **FALSE**. Only a referee can. Actually, there are only two instances when you can call a fault on an opponent. But that’s another article. Stay tuned.

Tips to Improve Your Play!

HOW TO BEAT THE LOBBER ON THE PICKLEBALL COURT



The lob is becoming more and more prevalent on the pickleball courts. With the rise of the lob, it is more important than ever to know how to beat a lobber on the pickleball court. Generally speaking, there are three main strategies in beating a lobber or otherwise defending against the lob: (1) anticipating and avoiding the lob from your opponents; (2) hitting a strong overhead; and (3) effectively chasing down the lob to get back into the point. In our May newsletter we shared some strategies for Anticipating and Avoiding the Lob. Here's tip #2:

TIP # 2: Hitting a Strong Overhead

If you are unable to anticipate and avoid the lob from your opponents (for instance, if your opponents throw up an unexpected, effective lob from the transition area or off their backhand side), then the most you can do is to hit a solid shot in response to the lob. Once you recognize that your opponents are sending a lob in your direction, you have two options (assuming the lob will land within the pickleball court and not out of bounds): (1) try to take the pickleball out of the air with an overhead; or (2) let the pickleball bounce and hit the pickleball off the bounce.

Assuming that the lob is short, or you have enough of a jump to take the pickleball out of the air, then the best defense to a lob may just be a killer overhead. To crush the overhead

- Immediately rotate your body sideways to avoid backpedaling (which can be dangerous on the pickleball court). Also, be careful not to step forward when preparing to track down the lob. If you step forward too much, you could commit an inadvertent foot fault if you step on the Non-Volley Zone line;
- Raise your paddle up by your ear with your paddle laid back and elbow up and point your non-paddle hand at the pickleball out in front of your body. To note, this is important to help guide where you will make contact with the pickleball and can also help block the sun on sunny days;
- Move your feet-by moving sideways and not backpedaling-to make sure you are positioned to hit the pickleball out in front of your body. Also, if you are jumping into the air, it is important to correctly time your jump, so that you are making contact with the pickleball at the height of your jump;
- Bring your paddle square to meet the pickleball out in front of your body with full-arm extension (if you are right-handed, think about hitting at 1 o'clock; if you are left-handed, think about hitting at 11 o'clock). Also, to note, it is important to accelerate up to the point of contact, rather than accelerate down after contact; and
- Finish your overhead by following through the pickleball down and slightly across your body.

Also, be cognizant of your paddle angle, which will dictate where the pickleball will go. Be sure your paddle angle is down into your opponent's side of the court, so as not to sail the pickleball out of bounds, but also not so far that you hit the pickleball straight into the net. One reason your paddle angle could be down toward the net is that you could be collapsing your top half, or dropping your head or eyes at contact.

Lastly, consider adding angles to your overhead that take the pickleball off the court to the left or right in order to make a more difficult return for your opponents. A strong overhead-especially a strong overhead with angles-will certainly discourage future lobs against you.

September Mystery Member ... Who Am I?

I am the oldest of five brothers born and raised in the Sunshine State. Growing up I always wanted to either command a Navy combatant or fly fighters. Not able to afford college, I did well enough in high school to receive an Air Force ROTC scholarship and graduated from the University of Florida.

My first assignment was undergraduate pilot training in Lubbock, Texas. Driving there I noticed what looked like sand in the rows where cotton was normally grown. I was surprised to find out that it was snow...later on I would experience more than my share of ice and snow having lived in Ohio, West Virginia, and Pennsylvania.

From pilot training, I landed in Tucson to get checked out in the A-7D Corsair II and then sent to Thailand during the last 18 months of the war in Vietnam. The rest of my 8 years in the Air Force were spent flying the F-15 Eagle in Alamogordo, NM. This is where I met an AF nurse who has now been with me for 45 years.

Our daughter was born in Saudi Arabia where I was an F-15 simulator instructor. Our sons were born in Canton, Ohio where I flew corporate aircraft for Goodyear and BF Goodrich. I eventually retired from a major pharmaceutical company in the Pittsburgh area as chief pilot.

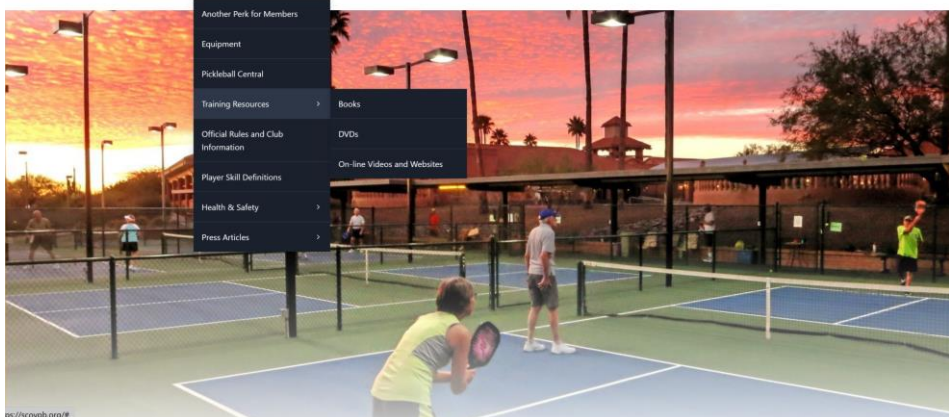
We wanted to retire in the Southwest since we liked the desert and the Sonoran is one of the greenest deserts anywhere. Of all of the over 55 areas in the Southwest, Sun City Oro Valley was the best bang for the buck. We have lived here over 9 years now.

I learned to play pickleball from my neighbor here and have been addicted to the game ever since!

Can you guess who this mystery member is? Look for their name at the bottom of this page.

SCOV Pickleball Club

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Don't forget to check out our website!

You'll find a variety of books and videos to improve your skills under the Resources tab.

<https://scovpb.org>

Did you guess who our September mystery member is? Thank you, Nelson Brown, for sharing with us!