



SCOV Pickleball Club Newsletter April 2025

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PICKLEBALL RULES YOU SHOULD KNOW!

FAULT RULES...DOUBLE HITTING



DID YOU KNOW...

Carrying the ball on the paddle, where the ball sticks to the paddle face and is not bounced off, is a fault, regardless of intent.

What constitutes a carry? A carry occurs when the ball doesn't bounce off the paddle face but instead sticks to it and is moved along with the paddle.

Previously, a carry was only a fault if determined to be intentional. However, as of 2024, any carry, regardless of intent, is now a fault. This change simplifies the rule enforcement, removing the need for referees to determine a player's intent.

DOUBLE HIT VS CARRY:

A double hit is when the ball contacts the paddle twice in the same motion, which is legal, while a carry is when the ball is held or scooped on the paddle.

CLUB NEWS

The next Pickleball Board of Directors meeting will be April 16th at 3:00PM in the Kiva Room. The BOD will review the recommendations of the APPL Task Force and discuss new policy for APPL play. Members are welcome to attend.

Medical ID Tags: In light of our friend Mark Kowalski's recent on-court stroke, the Pickleball Board of Directors has decided to make Emergency Medical I.D. Tags available to all registered members. These tags are designed to be fastened to the outside of your pickleball bag along with your current membership sticker. Tags will be available at the Spring Luau Social. They will be available at the April 12 party, during new member orientation and then through individual board members.

ALOHA!

You're invited to the Pickleball Club's Spring Social Hawaiian Luau Saturday, April 12th from 3:00-5:00 p.m. at Catalina Vista (inside and back patio). Please wear a name tag if you have one.

Get out those great Hawaiian shirts and dresses and join us for an outdoor Hawaiian Luau and Potluck in the parking lot at Catalina Vista. Each participant will be provided (at no charge) with a tropical Lei, fun games, dancing, music provided by Chuck Moses and contests, including "prizes", to be presented to winners of the "Best Hawaiian Costume", Pin-the-Tail on the Flamingo Game, Hula Hoop and Hula Dance Contests.

Participants are requested to bring to the event your favorite beverage and a Hawaiian themed dish (that feeds 8-10 people) to share. **If your last name starts with the Letters, A-N, please bring a main dish, side dish or salad. If your last name starts with the Letters, O-Z, please bring a dessert. Water and Ice will be provided.**

To provide the Social Committee with an accurate count of those attending, please register your attendance and what food item you will be bringing on the sign-up sheet posted on the Pickleball Court Bulletin Board starting March 17th. Registration ends on April 7th.

ARE YOU HULA READY??

There will be a Hula Dance Contest at our spring social. The contest is open to all members attending the event and prizes will be awarded for 1st, 2nd and 3rd place winners.

Our social committee has arranged the following two opportunities to get you ready with the help of dance instructors. These impromptu dance lessons will provide you some very basic Hula moves as well as boost your confidence on the day of the event. Please wear casual clothes and arrive promptly at the specified times.

- 1) Wednesday, April 2nd at Catalina Vista's Mt. Lemon and Mt. Kimball rooms from 5 5:30 p.m.
- 2) Saturday, April 5th at the AFC (Aquatic and Fitness Center), Studios #1 and #2 from 3-3:30 p.m.

Tips to Improve Your Play!

Shot Selection: Making the Right Choices in Different Situations



Shot selection is a critical component of pickleball, influencing both the outcome of points and the overall strategy. Whether you are a beginner looking to build a solid foundation or an advanced player aiming to elevate your competitive edge, understanding when and how to execute different shots can significantly enhance your performance on the court.

2. Sticking to the Basics: Dinks, Dropshots and Deep Returns.

In the fast-paced game of pickleball, strategic shot selection play is key. Beginners and seasoned players benefit from mastering the fundamental shots that form the backbone of a solid pickleball strategy. Dinks, dropshots and deep returns are essential tools in your arsenal, each serving a specific purpose during play.

Dinks are soft shots played just over the net, usually in a cross-court fashion, to keep the ball within the non-volley zone, or “kitchen”. They are a strategic way to move your opponents and create openings for more aggressive plays. Dropshots, on the other hand, are slightly more aggressive. They are hit softly enough to land just over the net but with enough backspin to make the ball drop quickly, ideally forcing your opponent to hit an upward return.

Deep returns are your safety net, keeping the ball in play and pushing your opponents back to the baseline. This not only buys you time to get into position but also limits their offensive options. Here’s a quick rundown of when to use each shot:

- Dinks: When you’re close to the net and want to keep the rally going.
- Dropshots: To transition from the baseline to the net or to exploit a gap in your opponent’s court coverage.
- Deep Returns: To reset the point and gain a defensive advantage.

Remember, while these shots are basic, they require practice to execute with precision. Consistency in these shots can often outperform the flashier, more complex plays.

By focusing on these fundamental shots, you can maintain control of the game and keep your opponents guessing. Strategic shot selection in pickleball is key. Avoid common pitfalls by limiting lob shots, sticking to dinks and drops, and keeping returns deep to maintain control and prevent errors.

Watch for more shot selection tips in next month’s newsletter!