



Kitchen Talk



Sun City Texas Pickleball Club Newsletter

2017 SCTPC Board Members

President Jack Warner	Vice President Bob Hutchins	Treasurer Kathy Goodall	Secretary Judy Blackman	Player Development Director Peg O'Toole	Communications Director Barb Patterson
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Volume 3, Issue 1

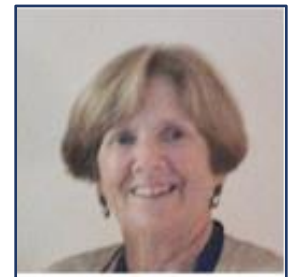
Fun, Friends and Fitness

January 1, 2017



From the Prezes

While Jack Warner, newly elected president, is recuperating from the complications of double pneumonia, Bob Hutchins "Hutch", will be serving as acting president beginning January 1st. If you would like to send Jack an email or card, please refer to your resident directory. For the address of the rehab facility, contact Nancy Grafton at nancygrifton@sbcglobal.net.



Nancy Grafton
Former SCTPC President

Nancy

Happy New Year y'all



Bob "Hutch" Hutchinson
Acting SCTPC President

Let me first give a shout out from the club to Jack. I know that all of us wish him a speedy recovery.

I would also like to thank the outgoing members of the board: Nancy, Clark, Kathy, Gary, and VA. As y'all know, without everyone stepping up and giving their time, this club wouldn't be as great as it is. Plus, let me welcome the new board members; Jack Warner, Bob Cleaver, Kathy Goodall, and Judy Blackman with the continued help of Barb Patterson and Peg O'Toole. This is going to be a wonderful year with our traditional Spring Tournament (April 1st - no fooling. I mean have I ever lied to y'all before — well maybe I lied to Al Panetta once and told him the ball landed out of bounds, but not to the rest of you, right?) and Fall Tournament (October 14th) already scheduled. This next year is also going to be exciting with the building of the new courts over at the Queens tract. So, let's hope for some great weather and get out there and play (pickle)ball.

Bob

Making New Year's Resolutions Stick

Submitted by Kathy Carr

Every New Year, one in three of us resolves to better ourselves in some way. Not surprisingly, a lesser percentage actually makes good on those resolutions. It's not so much that we don't want to succeed. It's just that sometimes we can't quite get to the top of the mountain before the avalanche rolls over us. So, here are 3 easy steps to make your 2017 New Years' resolutions stick.

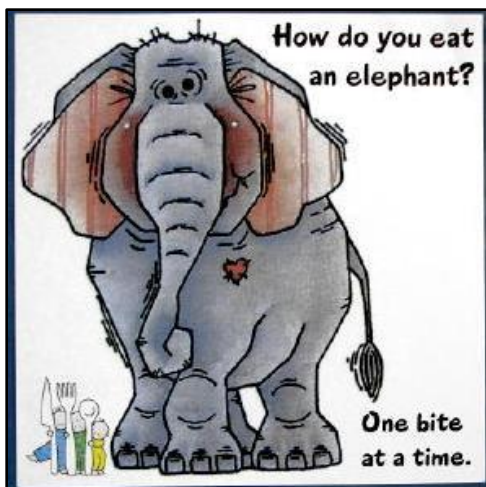
1. Be realistic about what you want.



Currently, there are 7.4 billion people in the world. By 2100, the United Nations expects that number to increase to more than 21 billion. As one individual in this sea of humanity, the likelihood that you will singularly be able to stop global warming is slim. So, make sure you are realistic about what it is you hope to accomplish. Start with something attainable like improving your pickleball game.

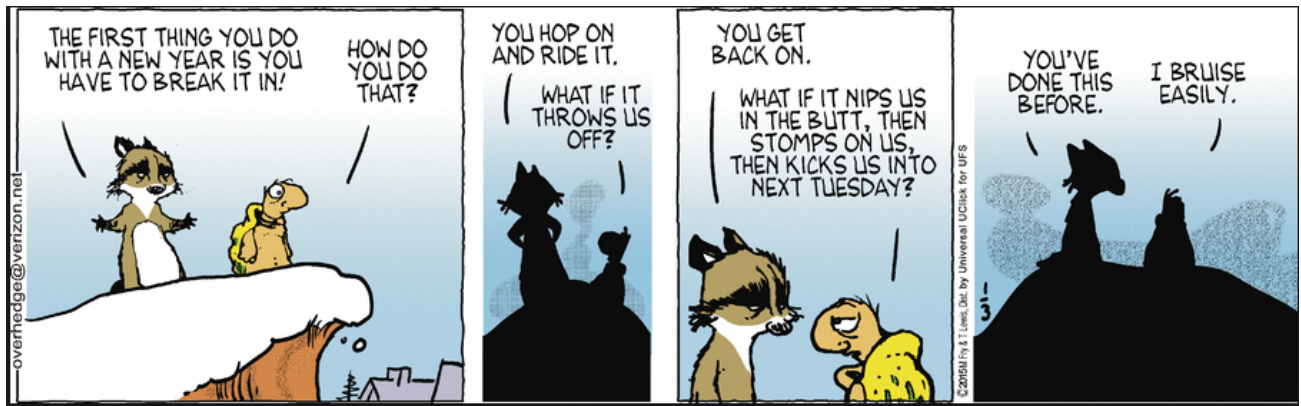
2. Be specific about what you want and how to accomplish it.

Alright, you want to improve your pickleball game, but what exactly is it you want to make better – your serve, your shot selection, court positioning maybe? Identify specific goals and develop an action plan to achieve them. As an example, say that among your goals is to develop a consistent drop shot. This is a shot that is hit off a bounce from deep in the court and, when hit correctly, the ball will drop just over the net and land in your opponent's non-volley zone. You might write out a plan that looks something like this.



- | | |
|-------------|--|
| WHAT | Consistently get 7 out of 10 drop shots into my opponent's NVZ. |
| HOW | <ul style="list-style-type: none">- Read Chapter 9 of Pickleball Fundamentals on the Drop Shot- Watch Pickleball 411 video on third shot drop- Go to courts and practice self-bounce drop shot until I can get 7 out of 10 into opponent's NVZ.- Reserve Simone and practice my drop shot from different positions on the court until I can get 7 out of 10 into opponent's NVZ 3 times in a row.- Practice alternating hard groundstroke and then drop shot with a partner.- Join a league and use the third shot drop shot with my partner. |

3. Be committed to the outcome.



After you pat yourself on the back for having written a plan, now's the hard part – execute it. To incentivize yourself, chart your progress. When you head to the courts to practice for the first time, you may not be able to get 7 out of 10 drop shots into your opponent's NVZ. It may not happen on your second or third trip. What's important is that you capture your progress and you work to improve. And as you do improve, it will drive you to become even better.

We have lots of support in this club to help you. We have Beginner and Intermediate Training, we have Skills and Drills with Simon and Simone, and we have a slew of great players with tournament level experience who would be more than willing to help diagnose your shortcomings and prescribe a remedy for success. Just reach out and ask.

As a final note, while I don't believe you will have to resort to this, BUT if you find that you tried, and the avalanche still rolled on top of you, call your best friend to remove the evidence.



You ate my New Year's resolutions. Good boy!!

Club Announcements

SCTPC Communications Director

Renew Your
Membership Today

2017 Annual Membership. This is a reminder that you have until the end of January to renew your club membership before being dropped from the rolls. The good news is that our dues have been reduced from \$15 to \$10 this year. Please note that each resident must log into the Sun City website under their own Member ID to purchase chartered club memberships online. You cannot purchase or renew a membership for another resident while logged into the website under your Member ID. To purchase your club membership online:

- Login to www.sctexas.org using your member ID and password (Each person must purchase memberships using their own member ID).
- Click on the orange Buy Tickets/Memberships button on the right side of the screen.
- Scroll down to find the 2017 membership for your desired club, click Buy Now.
- To purchase a membership for more than one Club, click the green button labeled Purchase Additional Tickets to Another Event on the order summary page.
- Club Memberships will be listed at the bottom of the purchasing page, so be certain to scroll all the way down.

2017 Winter
Pickleball
Leagues

Upcoming Leagues. The **2017 Winter Leagues** begin the third week in January and will run for 8 weeks. Just as we did in the Fall, these will be drop in leagues, where the first 24 players to show up at the courts for their respective ability group (based your own self-rating) get to play. Here is the schedule.

Beginner	Mondays	1 – 2 pm	16 January thru 6 March 2017
Intermediate	Wednesdays	1 – 2 pm	18 January thru 8 March 2017
Advanced	Fridays	1 – 2 pm	20 January thru 10 March 2017



Beginner Mentoring Program. The 2017 Beginner's Mentoring Program starts again on 14 January. This program is designed for beginner players who have completed the Introduction to Pickleball class, joined the Club and wish to improve their basic pickleball skills. Before completing the program, players will demonstrate *basic* shot strokes – forehand, backhand, volley, overhead, and serve; be able to conduct a short rally with players of equal ability, and be familiar with court positioning in doubles play. Training is conducted on Courts 5 and 6. There is a minimum of 8 and a maximum of 16 in each class. Pickleballs and qualified instructors

are provided for the training. If you are interested in this program and can commit to attending class on 4 consecutive Saturdays (14, 21, 28 January and 4 February) from 1 - 3 pm, contact our Club's Player Development Director, Peg O'Toole at jgml0@yahoo.com to register. Note: this class is almost full, so sign up soon.

*Learn from yesterday, live for today, hope for tomorrow. –
Albert Einstein*

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New Intermediate Training Program. Our first Intermediate Training Class, which starts on 11 February is full, however, Peg O’Toole is accepting names for the standby list. This program consists of 3 two-hour sessions held on 3 sequential Saturday afternoons (11, 18, 25 February) from 1 - 3 pm. Contact Peg O’Toole, Player Development Director at jgmlo@yahoo.com for more information. Intermediate Training introduces competitive tactics for various scenarios and strategies for doubles play. Advanced shots are addressed for the serve, volleys, return of serves, dinks, drop shots, soft third shots, half volleys, overheads and lob returns. Additional court positioning and ball placement tactics are introduced. Lessons and drills from USAPA endorsed *Pickleball Fundamentals* and Prem Carnot’s *Smart Pickleball* are used to further game performance. **Prerequisites:** Participants must have completed the Beginner’s Mentoring Program (waiverable), been a Club member and played pickleball in Sun City for at least 6 months, and participated in one of the Club’s Intermediate Leagues. Based on self-assessment, candidates should:

- know 100% of the basic rules;
- execute basic shot strokes (serve, forehand, backhand, volley, dink, lob, overhead smash, drop shot);
- maintain slow-paced rallies with players of equal ability;
- routinely get to the non-volley zone to hit volleys;
- try to be strategic about how and where to hit the ball
- understand court coverage;
- work with their partner to win the point



2017 Skills and Drills. Last year, the Club introduced Skills and Drills with Simon. Our goal was to familiarize members with Simon’s capabilities and present some drills that folks could practice on their own to improve their skills. We found that while some members have contacted Lee Miller, our Pickleball Machine Coordinator, to use Simon, a surprising number of players prefer to attend the weekly group sessions that we started. Due to its popularity, the Club has since purchased a second machine, aka “Simone”, and, in one of its final actions, the old Board voted to add a second weekly session of Skills and Drills. Starting 17 January, we will hold Beginner sessions on Tuesdays on Courts 5 and 6 from 1 – 2 pm. Starting 19 January, Intermediate sessions will be held on Thursdays on Courts 5 and 6 from 1 – 2 pm. Here’s the schedule of skills to be addressed during these sessions.

BEGINNER/NOVICE (2.0 – 2.5 LEVEL PLAYERS) SKILLS AND DRILLS WITH SIMON AND SIMONE

WEEK	DATE	SKILLS
Week 1	17 January	Forehand Groundstroke, Backhand Groundstroke, Service Return
Week 2	24 January	Volley
Week 3	31 January	Dink
Week 4	7 February	Lob
Week 5	14 February	Smash, Defending Against the Smash, Drop Shot

INTERMEDIATE (3.0 – 3.5 LEVEL PLAYERS) SKILLS AND DRILLS FOR SIMON AND SIMONE

WEEK	DATE	SKILLS
Week 1	19 January	Serve, Return of Serve
Week 2	26 January	Drop Shot, Third Shot
Week 3	31 February	Dink, Volley, Playing the NVZ
Week 4	7 February	Lob
Week 5	14 February	Smash, Defending Against the Smash, Drop Shot

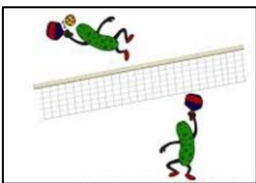


Table Tennis Club Invite. The Table Tennis Club extended an invitation to Pickleball Club members to try their hand at table tennis on 7 January – no experience necessary, to just come and have some fun. The offer was overwhelmingly received by our club members as the 20 allocated spaces filled up within 24 hours. The Table Tennis folks have graciously offered to set up a second session, contingent upon our interest. If you'd like to have some fun and learn more about another "paddle" sport, contact Vicky Riddle at vriddle28@yahoo.com.



Lee Miller

Need Simon/Simone Operator Volunteers for 2017 Training. As we prepare to roll out a robust training schedule for 2017, it has become evident that we need more volunteers to help operate Simon and Simone. Starting the week of 14 January, we have Beginner Mentoring and Intermediate Training scheduled for **Saturdays from 1 - 3 pm** and Skills and Drills for Beginners on **Tuesdays from 1 - 2 pm** and for Intermediates on **Thursdays from 1 - 2 pm**. If you can help as an operator on any of these times, please contact Lee Miller, the Club's Simone/Simone Coordinator, at mtime1952@gmail.com.



Sun City Tournaments

Tournament Dates to Put on the Calendar. At its last meeting in 2016, the Sun City Pickleball Club Board approved dates for the 2017 Spring and Fall Tournaments. Take the time to annotate these on your calendar now. The Spring Tournament will be held on 1 April and the Fall Tournament will be on 14 October. Both dates will include pickleball competition during the day and a themed social event in the evening.



Club Hours Effective 1 January – 31 March 2017. Here are the revised Club Hours between now and the end of March.

- Club Time is 10:00 am – 4:00 pm for all 6 courts, and 7:00 – 9:00 pm on Courts 5 and 6. Please make sure the lights are turned off NLT 9 pm.
- League Play is Mon/Wed/Fri from 1:00 - 2:00 pm. Monday is Beginner League Play, Wednesday is Intermediate League Play and Friday is Advanced League Play. Depending on the number of participants who show up for these drop-in leagues, all courts may be in use during this period.
- Skills and Drills with Simon is scheduled on Tuesdays for Beginners from 1:00 – 2:00 pm and Thursdays from 1:00 – 2:00 pm on Courts 5 and 6.
- Beginner Mentoring and Intermediate Training classes are conducted on Saturday afternoons from 1:00 – 3:00 pm on Courts 5 and 6.
- Introduction to Pickleball will be presented twice a month from 3 - 5 p.m. Check the Club's website for actual dates.



Chuck Flanagan

From the Ambassador

By Chuck Flanagan

Texas Central and South Central Pickleball Ambassador

One of the biggest challenges pickleball tournament directors face is getting players to volunteer to referee matches. This is somewhat ironic since most complaints directors receive involves waiting time between matches, usually brought on by want of referees. The USA Pickleball Association (USAPA) recognizes this problem and has taken strides to remedy the issue by implementing a Certified Referee program. This is an intensive training program involving rules tests, classroom instruction, practice in actual tournaments, and evaluation by USAPA Referee Evaluators.

We recently offered the classroom portion of the training at the Cedar Park Recreation Center. Thirteen local USAPA members from Sun City and the Austin area attended the 3-hour session and eight indicated a desire to continue and become certified. This is a good start. It shows that there is a real desire to contribute to our sport and raise the level of professionalism in our pickleball community.



Larry Honeycutt leads the Certified Referee Class in Cedar Park, Texas

On another note, last month Austin pickleball hit another milestone. Tennis Grand Slam Champion, Andy Roddick, held an Andy Roddick Foundation fund raiser at the Austin Tennis Center (ATC). While this was held at ATC, it was set up as a pickleball event and Andy was taught to play our game by national pickleball champions Scott Moore, Kyle Yates, and Christine Barksdale. Several Sun City club members were there to witness his first efforts and were impressed with how quickly he picked up the game. But, then again, he was and remains a world class athlete. There's a short article about the event in the December issue of "Pickleball Magazine". I've included a link to my copy below. There's a picture of Andy on page 16 with one of our club members in the background. Can you identify him?

<https://www.joomag.com/magazine/pickleball-magazine-1-6/0650481001481739302?short>

Pickleball Rule: Ball Hit My Foot Out of Bounds

Borrowed from www.rvpicklers.com



Pickleball Scenario

During a game the other day, we weren't sure if we won or lost the point. Our opponent was serving to my partner. My partner was standing behind the baseline. The service ball struck my partner's foot before it hit the court. Again, her foot was beyond the baseline...i.e. out-of-bounds. Our opponent said they won the point. We contended it wasn't a good serve, so she lost her serve. What is the right call?

What's the Call?

The serving team earns a point. Frankly, it doesn't matter if your partner was struck by the served ball in the head while standing 10 feet behind the baseline. A ball is not "out" until it bounces twice or hits the ground out of bounds. Even though your partner's foot was beyond the baseline, he/she has interfered with the ball while it was still in play. Ergo, the serving team is awarded the point.

What Does the Rulebook Say?

Rule 8.B of the IFP Tournament Rulebook states that the ball is not declared dead until it has bounced twice or has violated one of the fault rules (See Section 7).

Section 7 defines the Fault Rules. Among them is 7.B which states it is a fault if one hits a ball out-of-bounds. 7.F goes on to stipulate:

The ball in play strikes a player or anything the player is wearing or carrying... If the ball strikes a player standing out-of-bounds before a fault has occurred, that player loses the rally. In doubles, if the serve strikes the receiver's partner, it is a point for the serving team, providing it is not a let serve or a fault serve. This rule also includes balls that appear to be hit out-of-bounds: during play, if you catch the ball or try to stop it from heading out-of-bounds, you lose the rally.

In support of the above are the rules related to Interference which are spelled out in Section 4.C.2:

Interference. *If the serve clears the net and the receiver or the receiver's partner interferes with the flight of the ball on the serve, it is a point for the serving team.*



Sun City Texas Pickleball Club



"Dink Duos and Dogs" Tournament

On December 12th, a new kind of competition was held on the courts at Sun City Texas. Two-player teams signed up to test their dinking skills against the clock. Each team got two minutes (in front of a sometimes boisterous audience!) to see how many times in a row they could successfully dink back and forth. For extra donations, teams could get additional attempts. The record for the day was 99 dinks in two minutes. Afterwards everyone ate a hot dog lunch by the courts. All proceeds benefited the local Georgetown, Texas "Blue Santa" program to help disadvantaged families at Christmas.

Dinks and Dogs Winners

Novice Division

1st Place Alan Adler and Tom Werlin
2nd Place CA Wolf and Gladys Jeffrey

Potpourri Division

1st Place David Persilver and Bob Hutchins
2nd Place John Steele and Clark Grafton

Intermediate Division

1st Place Bob Cleaver and Diane Cleaver
2nd Place Sandy Piland and Kim Stout

Advanced Division

1st Place Pocket D'haeseleer and Nancy Grafton
2nd Place Kathy Carr and Scott Brady

Thanks to all who participated in the Dinks & Dogs competition on a day made for pickleball. Forty-four players entered and together with those who came to watch, or purchase a ticket for "dogs" and drinks, the event raised \$157.00. Will Saunders added a personal donation of \$43.00 to round out the Club's donation to the Georgetown Blue Santa program to \$200.00. Major thanks to Pat Hall for donating cookies, crackers, cheese, and fruit; Dave Manley, Ronnie D'Entremont and John Sena for grilling the "dogs"; Bev Wilson for restocking the food table and assisting Maggie Manley who registered players and handed out tickets; Larry Hudson, Chuck Flanagan, Barb Patterson and Kathy Carr who acted as timers or scorekeepers, and to VA Miller and Pocket D'haeseleer, who kept the players moving from the warm up to the timed areas. And finally, to Nancy and Clark Grafton for shopping for the groceries, set up, take down, and in general, anything else that needed done!



Charles DeSa and Bob Hutchinson warm up their dinks.

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CA Wolf and Gladys Jeffrey are awarded 2nd Place Novice by Nancy Grafton.



Bob and Diane Cleaver are awarded 1st Place Intermediate by Nancy Grafton.



Sandy Piland and Kim Stout are awarded 2nd Place Intermediate by Nancy Grafton.



Barb Patterson and Pocket D'haeseleer are awarded 1st Place Advanced by Nancy Grafton.



Pocket D'haeseleer and Nancy Grafton practice their dinks.



Ronnie D'Entremont and Dave Manley grill and dish the dogs.



Kim Stout and Sandy Piland focus on their dinks as Larry Hudson watches the NVZ line for foot faults and Chuck Flanagan watches the 2-minute timer.



Kathy Carr and Scott Brady win 2d Place Advanced



The pressure mounts and Joyce Cadwallader and Barb Patterson race the clock.



Players check out the competition as they await their turn to dink.



Will Saunders presents his \$47 donation for Blue Santa to Bob Hutchins, Acting Club President

January 2017 Volunteer of the Month

Nomination by Nancy Grafton

Pat Hall

With an email address that starts with “lvpickleball@”, you might guess that Pat Hall has a special affinity for pickleball – and you’d be right. Throughout 2016, Pat assisted the Pickleball Club Board in many of its social events to include the Fall Tournament and Shrimp Boil, the 2016 Food Drive, the Pickle“Ball”, and the Dinks and Dogs food donation collection. She also helped create the holiday wreaths for the court gates. Pat has epitomized the true meaning of volunteering by giving of her time without ever having to be asked. She jumps into each project with enthusiasm and unending energy. Her love of the sport of pickleball has benefited our membership immeasurably.



Pat Hall at home in her winter wonderland.

Pat moved to Texas from California in December 2003 to be closer to her daughter and grandson. She likes to tell the story that she was raised on the East coast; moved to the West coast, and now lives in the middle of nowhere. While she still misses the beaches that she grew up at and lived on throughout her life, she considers Sun City Texas a pretty great place to be.

Pat is among the last of the original group of folks that taught people how to play pickleball when the courts opened in 2009. She conducted the orientation classes for the 1st couple of years after Don Wampler. She still loves playing every day, has played in some tournaments and has won medals. She admits to being a pickleball fanatic and enjoys all the fun and friends that she has made over the last 6 years.

Did You Hear the One About...IRISH OR ITALIAN?

Jokes submitted by Leon Hananel

There were two Catholic boys, Timothy Murphy and Antonio Secola, whose lives paralleled each other in amazing ways. In the same year, Timothy was born in Ireland, Antonio was born in Italy.

Faithfully they attended parochial School from kindergarten through their senior year in high school. They took their vows to enter the priesthood early in college, and upon graduation, became priests.

Their careers had come to amaze the world, but it was generally acknowledge that Antonio Secola was just a wee cut above Timothy Murphy in all respects.

Their rise through the ranks of Bishop, Archbishop and finally Cardinal was swift to say the least and the Catholic world knew that when the present Pope died, it would be one of the two who would become the next Pope.

In time the Pope did die, and the College of Cardinals went to work.



In less time than anyone had expected, white smoke rose from the chimney and the world waited to see whom they had chosen.

The world, Catholic, Protestant and secular, was surprised to learn that Timothy Murphy had been elected Pope!

Antonio Secola was beyond surprise. He was devastated, because even with all of Timothy's gifts, Antonio knew he was just a bit better qualified.

With gall that shocked the Cardinals, Antonio Secola asked for a private session with them in which he candidly asked: "Why Timothy?"

After a long silence, an old Cardinal took pity on the bewildered man and rose to reply.

"We knew you were the better of the two, but we just could not bear the thought of the leader of the Roman Catholic Church being called,

(wait for it,)

POPE SE-COLA !