



Kitchen Talk



Pickleball Association of Sun City Texas Newsletter

2015 PASCT Board Members

President Nancy Grafton	Vice President TBD	Treasurer Gary Pinkston	Secretary VA Miller	Player Development Director Richard Bradley	Communications Director Kathy Carr
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Volume 1, Issue 2

Fun, Friends and Fitness

February 1, 2015

INSIDE THIS ISSUE:

Note from Jack Warner	1
Our Friend, "Jack"	1
Fun, Friends, Fitness	2
Board Vacancy – Need VP	2
You've Been Pickled	2
This Month's Picklees	3
Congratulations	3
Getting Your Game Face On	3
Winter League Standings	4
From the Ambassador	5
Volunteer Spotlight	5
Rally Scoring	6
Player Profile	7
Tactics and Techniques	8
Best Part of the Game	9
Beginners' Training	9

To the Entire Pickleball Club Membership

By Jack Warner
PASCT President (Retired)

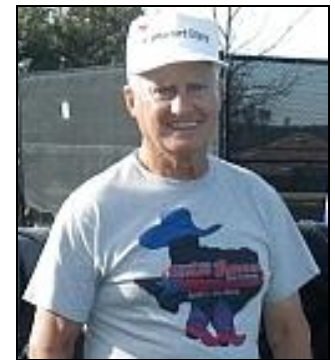
I want everyone to know that it has been a privilege and an honor to have served as president of the Pickleball Club. I appreciate all the help, support and encouragement that I received over the past two years. It has been very rewarding to meet and get to know many of you by your first names, even though I would repeatedly ask you to tell me your name again.

I do not need to tell you, but I feel that our club is

one of the best in Sun City. It is for this reason that I officially resigned as president of the club effective yesterday. I am having some health problems that affect my organizational skills and ability to plan and perform necessary tasks that are essential as president of the club.

I will still see you on the courts, so if you see me going over to the tennis courts, please let me know that I am headed to the wrong place. Thank you all for being as patient and

understanding as you have been during my time as president of the club.



Jack

Our Friend, "Jack"

By Nancy Grafton
PASCT President

The silver haired gentlemen with the big smile who is always dashing about the pickleball courts running down impossible shots, is our friend, Jack. He reminds me of the Energizer bunny – full of energy and always pounding the drum about Sun City pickleball.



Jack is also the individual who, during the past two years, has helped promote the growth of pickleball, while serving as the president of our Club. In addition to working with your Pickleball Board to address member concerns and promote

new activities within our Club, he represented our members and became a familiar face and voice throughout the community for pickleball. Jack attended CA Board and Sports Committee Meetings. His open dialogue with the CA resulted in the addition of two new courts, and the allocation of funds for lighting and poles on Courts 5 and 6.

Attendees at the grand opening of the new courts included the Georgetown Mayor, City Council Members, Jim Romine, Executive Director of Sun City CA and Brent Baker,

VP of Land Development for Pulte, and CA Directors.

After a demonstration by our own "Pickleball Trotters," honored guests were invited to play a few points with club members. Extra kudos to Jack for



Jack at New Court Grand Opening with Jim Romine, Brent Baker and Mary Payne.

his assistance with the club obtaining its own AED unit from the CA. Time truly matters when heart illness strikes.

Jack and his wife, Dorothy, have become my good friends during the short time I have known them. I tell him she's the reason he has taken home 11 Gold, 5 Silver, and 2 Bronze Medals. We look forward to the return of your good health, Jack!

Nancy

Fun, Friends and Fitness

By Nancy Grafton
PASCT President



Nancy Grafton

**It's all about Fun.
It's all about Friends.
It's all about Fitness.**

Whether you joined the Sun City Pickleball Club to make new friends, to get (or stay) in shape, or just to have fun, your Pickleball Board members welcome your suggestions on how to improve your on court experience. Email works best, but if we're not on the court playing, brief sideline discussions work too.

We're going to be listening to your suggestions and concerns for improving our Club, but concerns and suggestions must go hand in hand. Our members

come from such diverse backgrounds; just imagine the good ideas that can be generated!

Jack, Gary, VA, Kathy, Richard and I have been meeting in workshops to discuss possible short and long-term solutions for maximizing court utilization, membership growth, social events, tournaments, volunteers, player development, member feedback, court maintenance and relationship building with the CA and other Sun City Clubs. We want to increase

our interaction with our membership, and we hope that you will become more involved in your Pickleball Club, both as a participant and as a volunteer. Watch for news of coming events in both the Pickleball Express and Kitchen Talk.

And remember...

**It's all about Fun.
It's all about Friends.
It's all about Fitness.**

Board Vacancy – Vice President

By Nancy Grafton
PASCT President

The Club has an opening for the Vice President position. The VP chairs the Board Workshops and Meetings when the President is unavailable. He/she tracks new members and renewals;

reports the number of residents in the beginner classes who join the club, and confirms that league participants are paid members.

The VP receives a weekly membership report from the CA and compiles data for the Pickleball Board to use for current and future planning purposes, and to prepare welcome letters

for new members. If you would like to be considered by the board for this position, please contact nancygraffon@sbcglobal.net as soon as possible.

You've Been Pickled

By Kathy Carr
Communications Director

If you see players on the court wearing a pickle on their hats, there's a reason. The Board of Directors introduced a program last month to recognize and welcome new members to the pickleball club.

Now, when a Sun City resident joins the club, Nancy Grafton, Club President, dispatches a

letter to the individual with a small green (plastic) pickle attached to it.

The greeting reads, "Congratulations, You've Been Pickled." The letter goes on to say that the attached pickle hat pin recognizes the individual's new membership and signifies his/her addition to the more than 435 other club members who are living our club motto of "Fun, Friends and Fitness."



Sample Welcome Letter

Introducing This Month's Picklees (New Members)

Here are our new members who have joined the Pickleball Club since the beginning of the year. Please welcome them when you see them on the courts. If they're wearing a hat, look for the little green pickle on it. They've been pickled.

January 2015 New Members

Michelle Augustine
 Greg Barber
 Colin Bludau
 Scott Brainard
 Debbie Brown
 Larry Buxbaum
 Fred Cippelle
 Bill Crist
 Ron Cunningham
 Kevin Eyster
 Sandy Gilmore
 Kay Griffith
 Daniel Groot
 Jay Gross

Ron Gross
 Sandra Guarino
 Pat Jefferson
 Don Kalal
 Karen Karl
 Donald Karl
 Rebecca Kelley
 Bruce Khoury
 Brenda LaPlante
 Zach LaPlante
 Ben McKenzie
 Mary Ann Molliver
 Harry Morrison
 Gerald Nicklen

Violet Nicklen
 Judith Philson
 Wayne Pravitz
 Mark Qualls
 Dawn Qualls
 Jim Ryan
 Dee Sams
 Randy Sigley
 Deborah Smith
 Roger Smith
 Lou Snead
 Maureen Theroux
 Cathy Tucker
 Allison Worley



Submitted by Pat Hall

Getting Your Game Face On

By Kathy Carr
 PASCT Communications Director



According to the Urban Dictionary, the term "Game Face" is defined as a confident swagger you bring out when you are about to get ready to tackle something difficult, or when you are about to take on a challenge.

This definition might be better explained, when used in a sentence. "Dat dude rite der must be really playing. He got his game face on."

Now that I think about it, a picture is truly worth a thousand words. If these dudes and dudettes playing in the Sun City Winter Pickleball League last week don't illustrate what a game face looks like, I just don't know how else to explain it.

It's all about focus.

Winter League Standings

By Kathy Carr
PASCT Communications Director

This has been a glorious season for the Winter Pickleball Leagues. That is if you don't count Monday, January 12th, when Women's Doubles were cancelled due to freezing temperatures and misting rain; or... Tuesday, January 13th,



VA Miller, J Garon, J McPartland, and G Leslie



David Stout and Jim Brown - the team to beat in Division A Team Doubles

when our Individual Doubles players were layered in sweat shirts, hats and gloves to play in temperatures that hovered in the mid-30's; or .Friday, January 23d, when Team Doubles

were cancelled because of wet courts from downpours earlier in the day.

Hey, what did you expect? It's winter. Here are the winter league top standings at the end of Week 3. Detailed results for all league players are posted on the bulletin board outside the courts, and published in the weekly Pickleball Express.



Chuck Flanagan and Mary Perez bear down on the competition.

Women's Division - Individual Doubles (Mondays, 3 PM)							
Name	12-Jan-15	19-Jan-15	26-Jan-15	Total Points Won	Points Percentage	Games Won	Place
C Thomas	Cancelled	26	33	59	79%	5	1
D Schultz	Cancelled	30	29	59	79%	4	1
A Hunt	Cancelled	27	30	57	86%	4	2
B Kincheloe	Cancelled	25	32	57	86%	4	2
Individual Doubles - Division A (Tuesdays, 2 PM)							
	13-Jan-15	20-Jan-15	27-Jan-15	Total Points Won	Points Percentage	Games Won	Place
D Stout	33	26	33	92	93%	8	1
WR Helge	25	33	32	90	91%	6	2
J Lish	30	33	25	88	89%	7	3
Individual Doubles - Division B, Group A (Tuesdays, 1 PM)							
	13-Jan-15	20-Jan-15	27-Jan-15	Total Points Won	Points Percentage	Games Won	Place
A Hunt	24	33	29	86	87%	6	1
J Franczak	26	28	31	85	86%	6	2
R Liedeker	30	24	31	85	86%	2	2
Individual Doubles - Division B, Group B (Tuesdays, 1 PM)							
	13-Jan-15	20-Jan-15	27-Jan-15	Total Points Won	Points Percentage	Games Won	Place
C Alexander	30	33	33	96	97%	9	1
J Kabanek	28	19	32	79	80%	4	2
S Ruben	23	33	20	76	77%	5	3
Team Doubles - Division A (Fridays, 2 PM)							
	16-Jan-15	23-Jan-15	30-Jan-15	Total Points Won	Points Percentage	Games Won	Place
D Stout/J Brown	33	Cancelled	33	66	100%	6	1
P Straube/K Carr	33	Cancelled	31	64	97%	5	2
D Hunt/D Williams	33	Cancelled	30	53	80%	5	3
Team Doubles - Division B (Fridays, 1 PM)							
	16-Jan-15	23-Jan-15	30-Jan-15	Total Points Won	Points Percentage	Games Won	Place
J McPartland/G Leslie	33	Cancelled	30	63	95%	6	1
D Hayes/K Conahan	30	Cancelled	26	56	85%	5	2
J O'Toole/P'Otoole	15	Cancelled	33	48	73%	3	3

Kitchen Talk – February 1, 2015

From the Ambassador

By Chuck Flanagan
North Austin Pickleball Ambassador



Can you think of anything more fun than meeting up with friends and playing a few games of pickleball? If you enjoy our sport as much as I do, you look forward to cool sunny days with only a slight breeze...perfect pickleball weather and an opportunity to get some exercise here in Sun City. But what happens when you leave home for a couple of

weeks (or longer)? Do you start to get the shakes and suffer from pickleball withdrawal syndrome (PWS)?

The USA Pickleball Association can provide temporary relief. It's called, "Places to Play Pickleball", and can be found on the USAPA web site at this link... <http://www.usapa.org/places-to-play-pickleball/>

One of the ways to combat this ailment is to get out and play in some tournaments outside of Sun City. Here you will find a map of places to play, state/province/ country listings, site descriptions, detailed directions and contact information for thousands of pickleball

venues.

Last summer my wife and I took a month long trip to the upper mid-west. This was a combined dulcimer festival, family visit, and kayaking trip. While Elaine played her dulcimer in St. Louis, I played pickleball in two nearby locations. The next week we were visiting her mom outside of Chicago and I played four days straight in two more locations. After that we spent a week kayaking at a lake cabin near Watersmeet, Michigan, and I found a brand new group just starting pickleball in Land O'Lakes, Wisconsin. One of the great things about our sport is how friendly everyone is and how willing they are to welcome new

players and visitors. I had a great time playing at each of these places and making new friends. We visit Elaine's mom a couple of times a year and I've been playing with the Chicago area groups for a couple of years. Opportunities I would not have had without the USA Pickleball Association "Places to Play Pickleball" link.



Chuck Flanagan on the move.

Volunteer Spotlight

By Nancy Grafton
PASCT President

Volunteers are not paid --- not because they are worthless, but because they are priceless

Volunteers are the backbone of most organizations here in Sun City. They give their time and labor freely, yet expect very little in return. Without their contributions, many of the amenities we enjoy here in Sun City would falter. The pickleball club is no exception.

The Club Board recently voted to begin a Volunteer of the Month program to express appreciation for the efforts of individuals who render outstanding service to the club within a calendar month. The winner receives a letter from the Club president, a framed embroidered

design commemorating the occasion, and recognition in the "Volunteer Spotlight" section of Kitchen Talk.

Recommendations and selection for volunteer of the month are based on the following demonstrated criteria: leadership skills, enthusiasm, creativity, and interaction with others during a club event or activity. Any club member can submit a nominee for consideration to VA Miller at vakmiller@yahoo.com.

Please congratulate Kim Stout as the first recipient of our Volunteer of the Month Award. Through her



**Kim Stout, February 2015
Volunteer of the Month**

efforts, our annual meeting at the Oaks in November was a great success. Her committee catered an incredible meal for more than 70 members and raised the bar for future events. And,

Kim recently coordinated the purchase and resale of club shirts - an effort to instill a common spirit among our members. Kim and her husband, Dave, moved to Sun City in June 2013. When she's not on the pickleball courts, she enjoys scrapbooking, card making, reading, and sharing time with all the friends she has made through pickleball.

We are fortunate to have such an enthusiastic volunteer as Kim. She contributes time and energy, and that has helped make the pickleball Club one of the fastest growing organizations in Sun City.

Test to Determine if Rally Scoring Improves Court Wait Time

By Kathy Carr
PASCT Communications Director

Since we are not likely to see any new pickleball courts in Sun City in the short term, and our membership is nearing 500, and the growing demand for court time will shortly exceed availability.

We need to pursue options that will optimize court space, while providing members with as much quality play time as possible. To this end, the club will conduct a test in mid-February of the Rally Scoring System.

In a nutshell, a game is played to 15 points. Each side gets a single service, as opposed to the two



serves under the current system. If the serving team's score is an even number (e.g. 0, 2, 4), the person on the right serves; if the serving team's score is odd, then the person on the left serves.

Every time there is a serve, a point is scored. If the serving side wins the rally, the serving side scores a point and the same server serves again from the alternate service court. If the receiving side wins the rally, the receiving side scores a point and wins the service.

This system is currently used in badminton and volleyball. It has also been employed on a limited basis in pickleball tournaments with a large number of registrants, but a small number of courts. It shows potential to reduce the amount of time required to play a game by 30-40%. This provides a faster throughput of players on the court, and consequently, reduces wait time for other players.

The Board will provide details on how the test of the Rally Scoring System will be conducted in the next Pickleball Express. After the test, member input will be solicited before a decision is made whether and when to adopt this system.

Proposed Rally Point Scoring System for Sun City Texas

Scoring System

- A game is played to 15 points.
- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score and wins the serve..

Change of Sides

- Players change sides when the leading score reaches 7 points.

Doubles

- A side has only one 'service'.
- At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their side is serving.

Player Profile

By Kathy Carr
PASCT Communications Director

This month's player profile provides a two-for-one special with Joe and Peg O'Toole, who moved to Sun City from Atlanta a little more than six months ago. They can best be described as a couple who, when they see what they want, they go for it.

A couple of years ago, Peg got a call from her sister, Judy, who lives in Harker Heights, just outside of Fort Hood. Judy reported that she had started playing a game called "pickleball" at the senior center and needed to buy a new paddle. She was tired of the plywood paddles the center provided.

Peg and Joe had no idea what Judy was talking about, so they turned to Google and looked up pickleball. They scanned web pages, looked at videos, and both bought paddles. When Judy and her husband, Billy, came to Atlanta to visit, they taught Joe and Peg how to play pickleball at a local tennis court. Armed with their tennis backgrounds, a basic knowledge of pickleball and new paddles, Joe and Peg needed a place and other people to play pickleball.



Joe and Peg O'Toole

They canvassed recreation centers, YMCAs and senior centers. Nobody had heard of pickleball. They stuffed suggestion boxes with recommendations that these facilities offer pickleball, but again, nothing happened. Finally, they brought their pickleball stuff to a senior luncheon at the local YMCA, and pleaded their case to the new manager. They got a bite.

The couple volunteered to tape the courts, conduct demos and teach classes if the manager would just buy the nets. They were all excited when the nets arrived in a box. Yep, the nets arrived, but that's all that was in the box. Joe went to Home Depot and bought PVC piping, tape and 5 gallon buckets. He constructed his own net stands. The couple lined a court with tape and invited their tennis friends to learn the game. Word of mouth spread quickly, as they expanded play to 4 courts and their mailing list grew to include 150 pickleball players.

Joe and Peg became USAPA Ambassadors for the Atlanta Metro NE, and earned a grant from the organization to establish pickleball programs at other YMCAs in the area. They introduced pickleball to the Gwinett County Senior Golden Games with a demonstration in 2012 and conducted tournaments for the games over the next two years. In October, 2013, they received and accepted a request from the Georgia State Senior Games to organize and run the first ever pickleball tournament for the games.

Peg and Joe's efforts have earned them much deserved recognition. They received the YMCA of Metro Atlanta's 2013 Volunteers of the Year award for their service at the Robert D. Fowler Family YMCA in Peachtree Corners. Their work was honored at the annual volunteer recognition dinner with more than 1300 attendees in November, 2013. They were also recognized at halftime at an Atlanta Hawks game "for improving the lives of others".

So, how does a couple that has it all going in Atlanta end up in Sun City Texas? Remember, we're talking about a couple who, when they see what they want, they go for it.

In April of last year, I invited my friends Judy and Billy from Harker Heights to come to Sun City and play pickleball on a Saturday morning. They showed up to the courts with none other than Joe and Peg, who were visiting from Atlanta. We played pickleball, ate lunch at Putter's, and Joe and Peg looked at the models.

Two weeks later, Judy called and said that Joe and Peg fell in love with Sun City. When they got back to Atlanta, they put their house on the market. They had two offers in two weeks. They closed on the Atlanta house on July 31st and closed on a pre-owned house here in Sun City on August 1st.

Since arriving in Sun City, the O'Tooles have been spreading pickleball love all over the courts. Besides playing in both the Individual and Doubles Winter Leagues, they teach beginners' classes and are volunteer mentors.

Peg's in two women's tennis leagues, joined the Women's Team Tennis of Austin, plays mahjong, works out with weights and is on the social committee for her neighborhood. Joe does yoga and weight training. Together they constitute one dynamic Sun City duo.



Joe O'Toole (center) teaches a Sun City Beginner's Class



Peg O'Toole (center) instructs beginners.

Tactics and Techniques

This month's input to "Tactics and Techniques" comes from the Prem Carnot, author of "Smart Pickleball, the Pickleball Guru's Guide". He offers 5 tips on how to play against Slammers.

So how DO you return those hard shots—let alone even take back control of the point and force them to play YOUR game?

#1 – Keep Your Paddle Up

You have no chance of returning those fast balls if your paddle is below the net, or, worse, down by your knees. Bring your paddle up (at least as high as your sternum) after EVERY shot you hit.

#2 – Learn to Anticipate the Slam

Watch for when your opponent pulls their paddle way back behind them for the wind-up before the slam. This is your cue that they are going to hit the ball hard, which can give you those extra milliseconds to get yourself ready and in position.

#3 – Modify Your Ready Position

In general, I am not an advocate for one ready position being the "right" way. I always like to say that if you take 10 of the top players in the country, you'll see a number of different ready positions based on their sporting background. My stance is usually, "Do what works for you."

But, when it comes to playing against slammers, one way does seem to work better for most people, so if what you're doing DOESN'T seem to work for you, then try holding your paddle parallel to the net in the backhand position, aimed slightly downward.

(Remember, no matter what position you prefer in general, as soon as you see the person winding up to hit their shot, you can switch to this modified ready position.)

If you are holding your paddle perpendicular to the net, like the tennis ready position, when the ball comes, chances are you're rotating your elbow out to hit a forehand but you'll hit the ball while your paddle face is still pointing about 45 degrees from the net, which is what causes the ball to go out of bounds.

#4 – Loosen Your Grip

Loosen your grip on your paddle. This is my first tip for how to absorb the momentum of the ball, but it is one that may seem counter-intuitive. Often, the second you know you're playing against a slammer your body tightens up, you white knuckle your paddle a little bit, and put yourself on guard. But all THAT does is mess up your shot and give your opponent a rock-hard backboard to take aim at. When you loosen your grip you are, firstly, reminding yourself to relax and loosen up in general. Even more importantly, you can "aikido" or "judo" the shot (apologies to any black-belts reading this). When the ball hits your paddle, the vibration and momentum will be deadened upon impact, so you can absorb most of the energy of your opponent's shot, then use what's left to direct the ball where you want it to go.

#5 – Retract Your Paddle Slightly at the Moment of Impact

Back when I used to play cricket (and I imagine it's similar in baseball), we were always taught not to catch the ball out at arm's length but to reach all the way out and then bring the ball in toward our body as we caught it. This is the same principle. It's subtle and maybe suited only for the more advanced players, but if you can manage to pull your paddle toward you an inch or two at the moment of impact, you'll go a long way toward deadening the ball.



Best Part of the Game

For some, the best part of pickleball comes at the end of the game, when players raise their arms and give the Sun City high five fist pump. No matter how bad a game anyone has had, everyone finishes with a smile.



Some take longer to catch on.

Power Outage

A gentleman from the Winter League Team Doubles reported the following:

"I had a power outage at my house this morning and my PC, Laptop, TV, DVD, iPad and my new surround sound music system were all shut down. Then I discovered that my iPhone battery was flat.

To top it off, it was raining so I couldn't go play pickleball.

The garage door opener needs electricity so I couldn't go anywhere in the car.

I went into the kitchen to make coffee and then I remember that this also needed power, so I sat and talked with my wife for a few hours.

She seems like a nice person.

Beginner's Pickleball Training

By Richard Bradley
Player Development Director

If you know an individual, club or neighborhood that would like to learn how to play pickleball, here is the upcoming training schedule for the first quarter of 2015. Please advise interested folks to contact the club's Player Development Director, Richard Bradley at rbradley1963@aol.com to schedule a class.



Beginner's Pickleball Training Schedule

Beginner's Pickleball Training Schedule		
February 21, 2015	Saturday	3:00 - 4:30 pm
February 25, 2015	Wednesday	3:00 - 4:30 pm
February 28, 2015	Saturday	3:00 - 4:30 pm
March 18, 2015	Wednesday	3:00 - 4:00 pm
March 21, 2015	Saturday	3:00 - 4:30 pm