



Kitchen Talk

Sun City Texas Pickleball Club Newsletter

FROM THE PRESIDENT

May



Barb Patterson

“Semper Gumby.” That’s the advice I was given when my son left for Marine Corps bootcamp back in 2005. What is “Semper Gumby?” It means “always flexible” and that is exactly what Marine Corps families, and all military families for that matter, need to be. We never knew if/when we’d get to see our son. When he was deployed to Afghanistan we were given a one-week “window” for when he might be returning home. So we grabbed a week-long stay at a VRBO near Cherry Point and waited patiently until finally, in the middle of that week, at 2:30 am, he and a busload of Marines arrived home to the cheers and tears of their families.

Why am I telling you this? Well, mainly because I’m glad I had that “Semper Gumby” training as a Marine Mom, because it’s come in awfully handy for being a Tournament Director (and also President) for the Sun City Texas Pickleball Club.

The week of April 14th was the perfect example. We had a lot of issues developing concerning the possible Capital Expense Projects for our club, coupled with the Rally ‘Round the Court spring tournament and dinner. It seemed as though every time I glanced at my phone that week, another player was dropping out of the tournament or another email was coming in from a board member. Then add in a pretty dismal weather forecast for the weekend and things were not looking good. I told myself to be “Semper Gumby” but even after years of training, I’m not perfect at it quite yet.

So, as those of you who played in the tournament know, Saturday, 4/20, at 6:00 am, the weather seemed ok and the forecast was for rain to arrive late afternoon. We decided to proceed with the tournament. When we drove to Northpoint at 6:40 for setup, it started misting and the courts were a mess. Semper Gumby indeed.



FROM THE PREZ (CONT.)

Fortunately we have Jerry Fronczak on our committee and he came up with the brilliant idea of having dink games instead of full court play. We heard a few grumbles, but the overwhelming majority of players were “Semper Gumby” and went with the program and had a great time. We had wonderful feedback from participants, many of whom said we made “lemonade out of lemons.”



The tournament was a huge success, mainly because we have club members who genuinely want to have fun and who are “always flexible.” They made the very best of what could have been an absolute mess of a day. Thanks to all of you, for being “Semper Gumby.” We appreciate you!

2024 Capital Fund Survey

The board and members of the Capital Fund Committee want to thank all the members who voted and provided input to the 2024 Capital Fund Survey. We have a great deal to review not only from the survey but also from the wealth of other ideas for general improvements. It is too soon to provide any details, but we will get information out to the membership in the near future.

A Few Important Reminders

For the Safety of all players, please remember to leave bags and coolers outside the courts.

Bikes should be parked in the bike racks at the courts and NOT chained to the fence or pavilion posts.

Warmer temperatures have arrived. Please remember to hydrate before, during and after your pickleball session!



CLUB ANNOUNCEMENTS

TREASURER'S REPORT SUBMITTED *BY D'LES LONGINO*

MARCH 2024 FINANCIALS



We began March 2024 with \$24,401.08 in our checking account. In the month ending March, we had income of \$4,625.00 from renewed and new memberships (\$555.00) and the spring special event (\$2,090.00) and social (\$1,980). After expenses of \$1,190.16, VBO expense for special events \$308, maintenance \$553.76, member relations \$51.71, Arlo cameras \$17.03, Court

Reserve \$231, Weds BYOB \$28.66 and sales tax \$28.05 on an expense item, we ended March with a balance of \$27,807.87.

WELCOME NEW MEMBERS!

FIRST NAME	LAST NAME
Becky	Brittain
Carlos	Bruciaga
Geri	Bruciaga
Joe	Bury
Robert	Cortez
Melissa	Cutrer
Francie	Dugan
Tim	Dugan
Melissa	Faver

FIRST NAME	LAST NAME
Janet	Field
Steve	Galloway
Susan	Galloway
Karen	Gleason
Scott	Gleason
Irma	Gossett
Steve	Gossett
Karin	Hart
Frank	Heckendorn
Richard	Meisel

FIRST NAME	LAST NAME
Cassandra	MelgarCDeBaca
Don	Murphy
Pix	Pixley
Claire	Sauder
Gary	Sauder
Lana	Stokes
Ramona	Taylor
Patricia	Walker
Teresa	Wolfe

At press time, total number of club members is 1610.



VOLUNTEER OF THE MONTH

nominated by Barb Patterson

Our Volunteer of the Month is Chuck Flanagan



Chuck Flanagan

“Volunteer of the Month” doesn’t seem like a strong enough title to thank Chuck Flanagan for all of the time and effort he has put into helping our club during the past decade or so. But we are awarding him that title anyway, since we’ve yet to develop a “Volunteer of the Decade” award!

Chuck will go down in club history as “the Rules Guy.” He’s the one who always knows the rules and will happily explain them to anyone who asks. Thanks to him, many club members now know that carrying an extra pickleball is allowed, but a fault if dropped during play. He explained that if you’re not sure about a line call, you can ask your opponent, but then must accept whatever he/she says. He spelled out what constitutes an illegal serve, as well as the imaginary boundaries of where your feet must be while contacting the ball for a serve. The list goes on and on. Suffice it to say that he is the master at knowing the rules and explaining them in a way we all can understand.

Thank you Chuck! We will miss your monthly columns and advice. But we still will come to you with quirky pickleball situations in our never-ending quest to “stump Chuck.” Somehow I don’t think we will ever win that game!

2024 10th Anniversary Cedar Park Paddle Battle

For people interested in refereeing at the tournament (all matches will have a referee), there will be two referee clinics just before the tournament: May 6th, from 6:00 pm - 9:00 pm and May 7th, from 9:00 am - 12: pm. Unlike previous years, these clinics will be conducted as practical exercises entirely on the court. If interested, call the Cedar Park Rec Center at 512-401-5516 to sign up for one of these FREE clinics.





CLUB ANNOUNCEMENTS (CONT.)

Did you see this??



This is the display in the activity center at 1 Texas drive. It was put together by Sandy Piland, Terry Howarth, Liz Blount Joe Gray. Next time you see them, give them a hearty thanks for showing off our club!





CLUB ANNOUNCEMENTS (CONT.)



Rally 'round the Court recap:

The spring tournament this year could not have been more different than last. The weather was not perfect, we did not have 256 players show up, lunch was canceled, and a sad, doubtful expression was shared by most of the participants. But not our Tournament Team! They were determined to make this happen.

Our Rally 'round the Court tourney, took place on Saturday April 20th. The day began with very soggy courts from the early morning rain with a little mist coming and going. While some optimistic players started drying courts right away, others milled around under the Pavilions, hoping their fellow team members would show up. When it was announced that we would be playing the dink game instead of full court play, the doubtful expressions returned. This decision allowed for competition but lessened the chance of falls on the wet courts.

Teams slowly made their way to their assigned courts and by the time the first game was over, the skies were a little less gloomy and you could hear comments like, "Hey, that was kind of fun!" or "Way to go team! You were great out there!" As the morning progressed, the voices grew louder and more excited. There were groans and cheers from the onlookers as the teams battled for a chance to go to the finals.

Many wondered how the teams would bond without the regular weeks of practice before the tournament, but team spirit was quite evident on every court. Members were cheered on by name, encouraging each other in between dinks and matches. In the end, there were smiles, hugs, and appreciation for those whose quick ideas and adaptability saved the day.

Thank you to Jerry, Barb, Allie, and Tori!



A FEW PICTURES FROM THE TOURNAMENT



Gold Medal: Pam Roach, Ron Longino, Mary Stolp, Barb Brandau



Silver Medal: Mike Murphy Diane Michel, Gay Ruggiano, Terri Klein, Mike Guggenbickler
James Sullivan (not pictured),





CLUB ANNOUNCEMENTS (CONT.)



Following the Tournament the club hosted a Garden Party Gala. Orchestrated by Cris Vallee and Laura Duty and assisted by a number of dedicated volunteers the gala came off with out a hitch. The attendees enjoyed a delicious meal prepared by Pok-E-Jos of chicken and vegetable fajitas with all the fixings and a hot peach cobbler for dessert. Music by DJ from Powell Party kept the room entertained during the meal and supported dancing for the rest of the evening. If you did not get a chance to attend, please consider joining us for one of the upcoming events.





CLUB ANNOUNCEMENTS (CONT.)

Upcoming Events - Next 6 weeks (or so)

May 1 - BYOBB&D at Northpoint

May 5 - New member Orientation

May 17 - New Member Orientation

Jun 1 -New Member Orientation

Jun 5 - BYOBB&D at Northpoint

Jul 3 – No BYOBB&D this Month



The Georgetown Tennis center held a Pickleball Family day on Saturday April 6th. They were looking for some instructors to help introduce pickleball and facilitate some game play. Several members of Sun City supported the effort to include: Doug Oliver, Jerry Fronzak, Barb Brandau, Dick Wells, Anne Buhls and Pete Nadolski. The smiling faces on coaches and players said it all.



TRAINING & DEVELOPMENT

By Ric Hutchinson, Director of Player Development

Significant Changes in May!!!

New Member Orientation Class (NMO)

In order to provide our new (and not so new) Club members with information about our Club we have developed a New Member Orientation (NMO) class. This class will be offered to all club members 1 to 2 times per month depending on demand. NMO is scheduled for approximately 60 minutes and includes a variety of topics including

- Club overview
 - Board Members and areas of responsibility
- Description of Club facilities
- Club Play Opportunities
- Emergency procedures
- Personal Safety Issues
- Pickleball equipment options
- Overview of the Pickleball Club webpage
- Log in and live walk through of New Member portions of the Club webpage
- Brief discussion of Court Reservation policies, Court hours and Club paddle rack system
- Training opportunities
- Differences between Sun City/Club website and CMARS
- Log in and live walkthrough of CourtReserve/Court Management and Reservation System (CMARS).
- Questions

New Member Orientation classes are currently offered on the following dates:

New Member Orientation Presentations - May & June 2024

Date	Room	Time
Saturday, May 4, 2024	Mesquite Room	1:15 - 2:30 pm
Friday, May 17, 2024	Mesquite Room	1:15 - 2:30 pm
Saturday, June 1, 2024	Mesquite Room	1:15 - 2:30 pm
Friday, June 28, 2024	Mesquite Room	1:15 - 2:30 pm



TRAINING & DEVELOPMENT (cont.)

To register for a NMO class:

- From the main page of the **Pickleball Club** website click on Calendar in the left navigation menu.
- Review the calendar for class dates, click on the New Member Orientation Class you wish to attend and complete the registration process. (The class will show closed when the maximum number of participants is reached)

Introduction to Pickleball has been Retired

On Saturday 13 April Peg O'Toole and Judy Blackman taught the last Introduction to Pickleball Class. Since these classes started in 2016 there have been 183 classes comprised of over 2,000 students.

The information provided in the classroom portion of the course has been incorporated into the New Member Orientation class, while the on-court portion of the course is included in our Beginner Training classes.

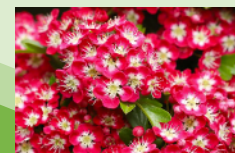
Peg and Judy have been instrumental in the success of this course over the years. Please take a minute to say thank you when you see them on the courts.

Esteban Espada has Also Retired

After almost 2 years as one of our teaching pros, Esteban has decided to retire from teaching in Sun City as of the end of April. He has been a huge part of our professional instruction program and has taught hundreds of our members. He and his smile will be missed and we wish him the best.

Ongoing Program Updates

Beginner Training.(BT). This month we completed Beginner Training Class 128. My thanks to all the volunteer instructors who give their time to make these classes possible. Between January 1 and May 1st of 2024, 74 members have completed our Beginner Training Classes. Here is the photo of the graduates of BT Class 128.



TRAINING & DEVELOPMENT (cont.)



BT 128

Bottom Row: Lori Backlund Instructor, Billy Myers Instructor, Bruce Epstein, Steve Scurlock, David Horwath, Alan Heinzke, Beth Sandman, Cody Graf, Meade Roberts Instructor
 Top Row: Bev Sborov, Becky Scurlock, Ginger Tuholski, Michelle Milligan, Addie Horwath, Karen Wilson, Allison Wolfe Instructor, Debbie Graf

Supervised Novice Play. (SNP) SNP classes continue to be very popular and to fill quickly. We currently have 65 active SNP players.

Skills and Drills (S&D) The Spring Skills and Drills classes were also very popular and filled quickly. If you have taken some of the classes, find someone who was not able to and become their drill partner.

Advanced Pickleball Strategy. (APS). May APS classes will be offered on 7 May and 21 May. Registration will be through CMARS and will open 14 days prior to each



Train the Trainer Classes.

We just completed our Spring 2024 Train the Trainer Class. We have 6 new Instructors who are joining the Player Development Team. Our next class is scheduled for 7 October. We have modified the training program this year to shorten the initial training time from 3 days to 1 day and to add specific on-the-job training for our instructors in training.

This program is a prerequisite for the progressive development of our volunteers who will apprentice as assistant instructors and potentially work their way to joining the Supervised Novice Play, Beginner Training and Skills and Drills programs. For more information or to register for this class, contact Ric Hutchinson, Player Development Director, at novicehutch@gmail.com.



TRAINING & DEVELOPMENT (cont.)

Club Pro Clinics. The response to the Pro Clinics continues to be amazing. Remember, if you like the clinic and it is full, please register for the wait list. If we get enough people on the wait list, we will schedule a repeat of the clinic from 1:00 - 2:30 the same day and move the people on the wait list to that clinic.

The updated schedule for May is included below.

May 2024 Pro Clinics

Pro Clinic #	Instructor	Pro Clinic Name	Date	Skill Level	Cost per Person	Courts/Time	Registration Opens	
24-24	Matthew Boyett	Pickleball Fundamentals	2-May-24	2.5	\$25.00	NP 14-16 11:30 - 1:00	18-Apr-24	5:00 PM
24-25	Matthew Boyett	Beat the Banger	9-May-24	3.0	\$25.00	NP 14-16 11:30 - 1:00	25-Apr-24	5:00 PM
24-26	Matthew Boyett	Transition Zone	16-May-24	3.5	\$25.00	NP 14-16 11:30 - 1:00	2-May-24	5:00 PM
24-27	Matthew Boyett	Volley Clinic	23-May-24	2.5	\$25.00	NP 14-16 11:30 - 1:00	9-May-24	5:00 PM
24-28	Matthew Boyett	Start to Dink	30-May-24	3.0	\$25.00	NP 14-16 11:30 - 1:00	16-May-24	5:00 PM

Please note - As we begin to expand these clinics to include all skill levels **IT IS EXTREMELY IMPORTANT** that everyone respects the specific skill level requirements of each clinic when registering.

Club Teaching Professional.

Available Hours. Our Teaching Professional, Matthew Boyett uses Court #23 at North Point, Monday through Saturday from 7 am - 10 pm. If you prefer evening lessons, please contact him. He also schedules make up sessions for inclement weather days on Sundays. For more information on Matthew, his contact information and rates, click on [Sun City Texas Community Association Private Lessons \(sctexas.org\)](http://sctexas.org) or head on out to Court #23, peak through the fence and see him in action.

Take Advantage of Our Pros. Many of you have asked me how you can continue to improve your pickleball skills after you have completed our Club training programs. The answer is to contact Matthew and take a lesson.



COURT ACTIVITIES

By Terry Kennedy, Director of Court Activities

Weekend Round Robins are getting busy

Only register to play once per weekend – if your signed up twice and I have a waitlist with someone who has not played yet – you will be deleted from your 2nd play

Team Challenge League – Finished 4/22 – Congratulations:

Monday

1st place Tm7 – Teri McNamara, Debbie Dodds, Cathy Stateler, Steve Jefferson, Tim McNamara, & Tom McNamara

2nd place PLP's – Susie Stotland, Barb Aegerter, Margie Teetor, Dale Hoffman, Ken Bridges, & Jim Cokenour

Tuesday

1st place Salty-Six – Sue Weaver, Terri Wolcott, Vivi Hein, Jim Parker, Rod Jones, Tom Li

2nd place D & D – Rick Rickman, Bev Tanner, Sheila Quinn, Leslie Cabellos, Terry Kennedy, Bob Redden

Wednesday

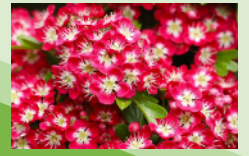
1st place Dinking Buddies – Dave & Renee Hewett, Dale Sies, Dave & Merleann Babyak, & Tonya Larsen

2nd place Gherkins – Cindy Forson, Nancy Guggenbickler, Pam Heige, Eric Allan, Dave Witter, & Ken Trumpfheller

Thursday

1st place Bangers and Smash – Steve Schmuker, Ron Sylvan, John Leezer, Paula Cox, Joan Jackson, Anne Diaz

2nd place High 5 Slammers – Cliff Seller, Kevin Donigan, Bill Gamble, Linda Herod, Sharon Seller, & Twila Gamble



COURT ACTIVITIES (CONT)

By Terry Kennedy, Director of Court Activities

Team Challenge League – Finished 4/22 – Congratulations:

Friday

1st place Team #3 – Don Hunt, Bill Leahy, Rick Ferri, Kathy Carr, Barb Patterson, & Tori Basque

2nd place Team #2 – Conley Giles, Charles DeSa, Brian & Donna Loynachan, Suzanne Musick, & Jannine Grant





COACH'S CORNER



Matt Boyett

Hey everyone, Matthew Boyett back again for another Coach's Corner. As your game improves, so will the amount of time you spend dinking. This month, let's talk about how you can improve your dinking with three easy tips. As you work on your dinking, remember to keep it simple and try not to do too much. Let's get to it!

Use both feet

As an easy target, hit to the left and right foot. By doing this, you will continually move your opponent around. This will also ensure that you are not missing wide too often. When you are dinking, you want to go for the highest percentage shot. Using the feet will make sure you do that while also moving your opponent around.

Avoid missing in the net

As you improve your dinking, the one hurdle you will constantly face is the net. To become better at dinking, work on giving some space between your shot and the net. Make your dinks high percentage by making sure we are not missing into the net or out wide.

Keep the ball going in the same direction

This will also make sure you are hitting a high percentage dink. If you constantly change directions, chances are you will eventually pop it up. Work on staying cross court in the beginning so the ball has the longest distance to travel and crosses the lowest part of the net. You can still move the ball around by hitting to your opponent's left and right foot, but keep it going in the same direction. Once you feel like you have mastered that, then you can work on changing directions more.



Nutrition Newsflash:

Pre-Tournament Fueling



Hello Sun City Pickleballers! I wanted to first introduce myself before we get into this month’s nutrition topic. My name is Mackenzie Boyett and I am a registered dietitian, and I just so happen to also be slightly

obsessed with pickleball! I own a nutrition consulting business called Thrive and Balance Nutrition, and I specialize in performance nutrition, weight management, and general healthy eating/living!

This month, I wanted to touch on **pre-tournament fueling** with a focus on what to do and NOT do the night before your big day. While ideally we would be focusing on our nutrition weeks ahead of your tournament weekend, but we can also emphasis dialing in your nutrition the **day before** for most ideal energy to play your whole day and boost your endurance. We need to be putting **premium fuel**

Tips for fueling your dinner the NIGHT BEFORE your tournament:

INCLUDE	AVOID
Lean proteins (think grilled, baked, broiled)	Fried foods
Adequate hydration (try including a pack of electrolytes with your H2O)	Spicy foods
Familiar foods that you’ve eaten before (now is NOT the time to try new foods!)	Fast food high in fats and oils
Quality carbohydrates (white rice OR whole grain rice, potatoes, quinoa, whole grain pasta, whole grain breads)	Too much fiber that may cause GI distress the next day (the last thing we want to be dealing with!)
Antioxidants and anti-inflammatory foods (ex: olive oil, avocados, berries, whole grains, fatty fish like salmon, whole grains)	Alcoholic beverages and sodas

For nutrition coaching inquiries, send an email to

thriveandbalancenutrition@gmail.com



TOURNAMENT NEWS

Horse Shoe Bay Spring Open

Men's Doubles

Kobus Pieters & Bob Knowles	3.5	Gold	70 - 74
Joe Gray & Steve Dulle	3.5	Silver	70 - 74
Kobus Pieters & Bob Knowles	3.5	Gold	50 - 79 Combined
Terry Luttrell & Dan Dick	3.5	Gold	75 - 79

Women's Doubles

Sharon Campbell & Dana Padula	3.5	Silver	60 - 65
Sammy Klein & Jan Geiger	3.5	Gold	70 - 74
Sammy Klein & Jan Geiger	3.5	Silver	65 - 74 combined
Kathy Goodall & Patty Avery	3.5	Gold	65 - 74

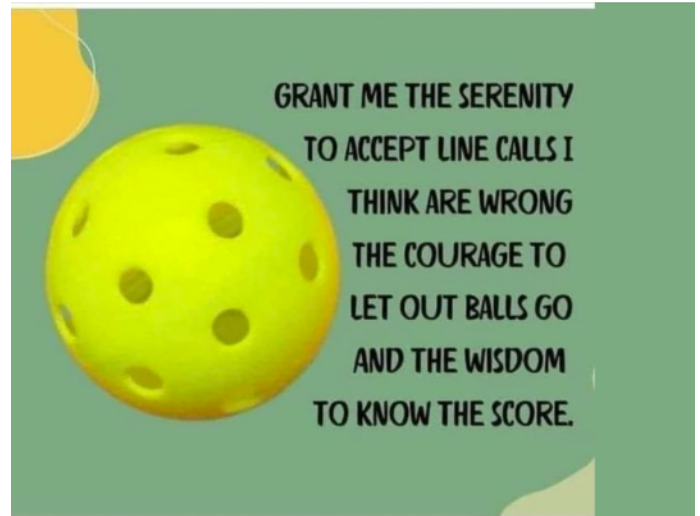
Mixed Doubles

Margo Chase-Wells & Kobus Pieters	3.5	Silver	68 - 74
Sharon Campbell & Joe Gray	3.5	Gold	68 - 74
Jan Geiger & Steve Dulle	4.0	Gold	75 - 79
Jan Geiger & Steve Dulle	4.0	Bronze	65 - 79 Combined
Kathy Goodall & Dan Dick	3.0	Gold	70 - 74

Men's Singles

Kobus Pieters	3.5	Gold	70 - 74
Bob Knowles	3.5	Silver	70 - 74
David Persilver	3.5	Gold	75 - 79
Kobus Pieters	3.5	Gold	70 - 79 Combined
Bob Knowles	3.5	Bronze	70 - 75 Combined
David Persilver	3.5	Silver	70 - 79 Combined
Steve Dulle	4.0	Silver	65 - 84
Dan Dick	3.0	Gold	70 - 79

Remember: Please send tournament results to the club e-mail:
SCTXPICKLEBALL@GMAIL.COM.



2024 SCTPC BOARD MEMBERS



Barb Patterson
President



D'Les Longino
Treasurer



Tim Schutte
*Maintenance
Director*



Liz Blount
Vice President



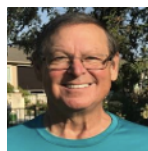
Ric Hutchinson
*Director of Player
Development*



Terry Kennedy
*Director of Court
Activities*



Peg O'Toole
Secretary



Pete Nadolski
*Communications
Director*





PARTING SHOT

**Welcome Spring! Even the Butterflies want to play
Pickleball!**



Photo Courtesy of Tony Kawashima

I am always looking for photos
for the parting shot. If you
have something, send it to me
at sctxpickleball@gmail.com