

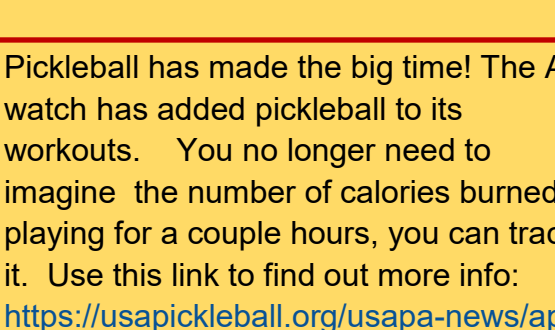


Santa Fe Pickleball Newsletter

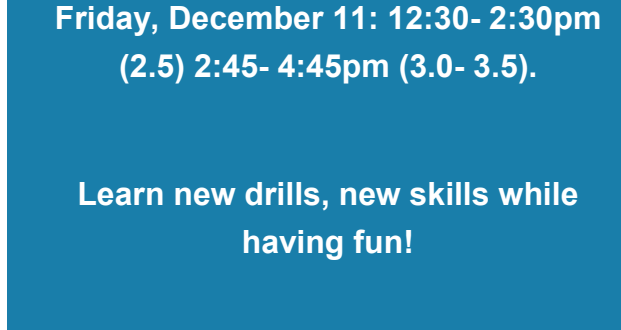
November 2020

Welcome to the November issue of the Santa Fe Pickleball Club Newsletter. Pickleball is my silver bullet for the slippery slope. I discovered the game eleven years ago while caring for my mama in a retirement community in Florida. The courts were right outside her door. I could play a ten minute game and get right back in time to check on her. After her death, Gail and I traveled the United States, playing in all 48 contiguous states and participating in countless tournaments. The National Senior Games, the USAPA Nationals and the Huntsman Games were my favorites.

Silver bullet = a magical solution for an intractable problem. Slippery slope = the intractable problem of growing older. Santa Fe pickleball is just beginning to get off the ground—outdoor venues and petitioning the city for dedicated courts. Since many of us in the club are on the far side of 70, let's work to make Santa Fe pickleball one solution to the "slippery slope". With joy!
Diane



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UPDATE—STAY IN THE LOOP

Notes from the Editor

News from Denise Hurtado, SFPBC Treasurer: The grant application for matching funds for dedicated pickleball courts in Santa Fe was rejected. She is going forward to contact the grant office to see if there is another avenue to pursue the funding. This is a great disappointment to everyone who has worked on this project. Of course, we will not give up until we have a dedicated place to play pickleball in the City Different.

Pickleball has made the big time! The Apple watch has added pickleball to its workouts. You no longer need to imagine the number of calories burned in playing for a couple hours, you can track it. Use this link to find out more info: <https://usapickleball.org/usapa-news/apple-watch-7-adds-pickleball-workout/>

Chavez and Ft. Marcy indoor facilities continue to be closed for pickleball. No worries! As the weather gets colder, consider extending outdoor play. Sunny days, calm winds and dressing in layers can prolong the season. You will work up a sweat and enjoy the cool temps. Snow?? It will melt. Keep pickling!

Consider asking your pickleball friends for their phone numbers and emails to keep in touch over the colder months. If there is a sunny, warmer day, grab your buddies and head to the courts. You only need four for doubles and just two for skinny singles

Las Cruces Clinic Announcement

2019 US Open and 2020 Nationals medal winners, Lindsey and Riley Newman are coming to Las Cruces to put on two clinics. This is a unique and exciting opportunity that you won't want to miss!

Friday, December 11: 12:30- 2:30pm (2.5) 2:45- 4:45pm (3.0- 3.5).

Learn new drills, new skills while having fun!

Win Selkirk and Takeya prizes!

ONLY 16 SPOTS AVAILABLE!

\$75 per person.

The Picacho Hills Country Club
Las Cruces, NM

REGISTRATION

Signups begin on October 1 at 9am!

Call Lindsey Newman

425 622 3462

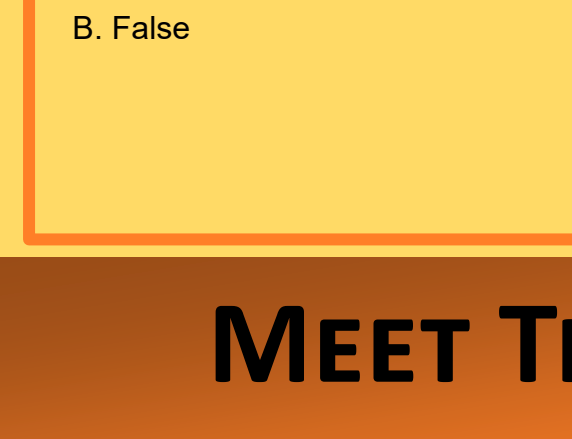
Message from the Board

'Tis the season
If you're like me, during this pandemic I've chosen to shop online more than ever before. Many of my purchases have been through Amazon. Now that the holiday season is around the corner, I'll probably purchase through Amazon even more. Here's the good news. If you shop through AmazonSmile, they will donate 0.5% to the charitable organization of your choice, and that can include Santa Fe Pickleball Club!!

On your first visit to smile.amazon.com, they will ask you to select a charitable organization and you can choose Santa Fe Pickleball Club. AmazonSmile will remember your selection and every eligible purchase will result in a donation. They will also contact you occasionally about donation amounts disbursed to Santa Fe Pickleball Club.

Since I tend to absentmindedly type in "Amazon" when I'm online shopping, I have now made smile.amazon.com a bookmark on my computer, to remind myself that every eligible purchase will also include a donation to the Santa Fe Pickleball Club.

Please consider shopping through AmazonSmile and help our club get the funds it needs to foster the sport of pickleball in the Santa Fe area.



Jeff Holbrook
President, SF Pickleball Club

Hello Santa Fe Picklers! 2020 continues to be the strangest year in most of our lives. The pandemic has changed the way we live and interact with each other. After a few months away from the courts, many of us have found a way back to pickleball.

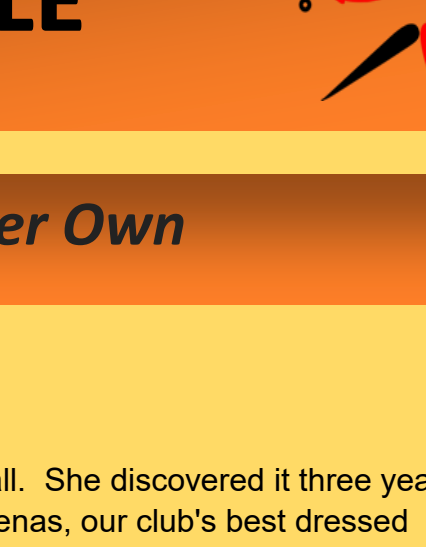
I really missed the game but what struck me during those quiet months at home was how much I have missed the people! My Pickleball friends in Santa Fe are all so interesting, diverse and accomplished. Pickleball has brought us together, Kiki is busy from first daylight birding...Grayson has an amazing singing voice...Carl is so much fun and really knows how to decorate and throw a party...Mary Ellen doesn't mince words and tells it like it is...Marty is open and ready for an adventure...Ken is just joyful...Diana loves and protects all living things, even bugs!...party on with Michelle!...learn more about the game and how to get better from Cindy...join an important cause with Cynthia, she has all the information for you...speak Spanish with Christine and Gail...crack a joke with Mary C... Yes, I could go on and on. The happiness and joy I feel is all about relationships that have been born playing and learning to play Pickleball these last two years! Thanks to all, I am so grateful! We WILL get through this very difficult time together because Pickleball isn't just a sport for us, it is SO much more! Pickle on!

Nancy Mroz
Board member-at-large
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QUIZ!

The non-receiving player can legitimately catch the ball after it hits the court service if the serve is to the wrong court.

- A. True
- B. False



MEET THE MEMBERS

Welcome New Santa Fe Picklers

Michael Barnard
Laura Pantano
Robert Helmholz
Donna Helmholz

Total Club Members to date: 175

During pickleball games, it is difficult to learn about other players while smashing an overhead. We will help with that by interviewing our members about their lives, pickleball or otherwise.

Ron Smith—Plays pickleball for the same reasons that we all do, exercise and mostly because it's a heck of a lot of fun. He is bent on playing more to improve his game.

Mark Miera—Is a native Santa Fean, born and raised. In the past he played basketball and softball, but after playing pickleball for 3 months, he is hooked.

Dee Givens—Still plays golf as well as pickleball. In his younger days, he was a speedster track All-American athlete at Oklahoma State University. He hails from Edmond, Oklahoma.

Janet Sobien—Born in the alien capital of the world, Roswell, NM. Her other sporting passion is mountain biking.

Rita Sena—Another Santa Fe native. While volleyball, softball, and bowling are in her past, she now has pickleball for exercise, the love of the game, and the socialization. Being a Great-Grandma (who could believe) is a 'best' experience.

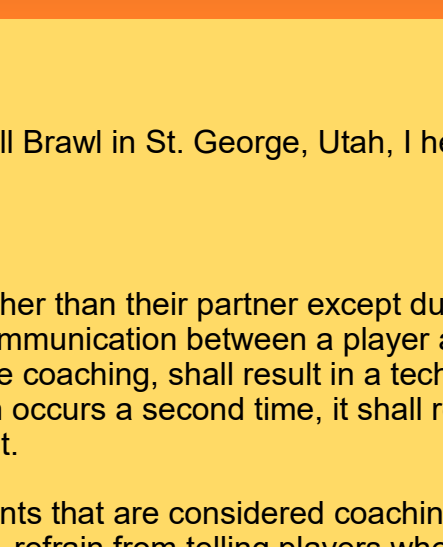
Sandy Arrighi—Born in Wisconsin (big Packer fan), biking is her other physical activity. In fact, a memorable experience for her was biking completely around the big island of Hawaii. Loves PB for the exercise and interacting with other SF Picklers.

Dick Silbar—Also a Wisconsinite (Milwaukee). Before Covid hit, Dick played a lot of squash. Although he considers himself a pickleball novice, he is fairly competitive (probably like most of us). A memorable experience for him was the 5 months he lived in Moscow (Russia, not Idaho).

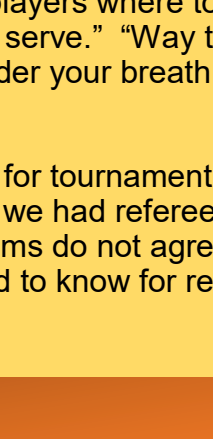
QUIZ!

If you hit a volley while standing outside the Kitchen but your partner is standing in the Kitchen at the time, it is a fault.

- A. True
- B. False



PICKLER PROFILE



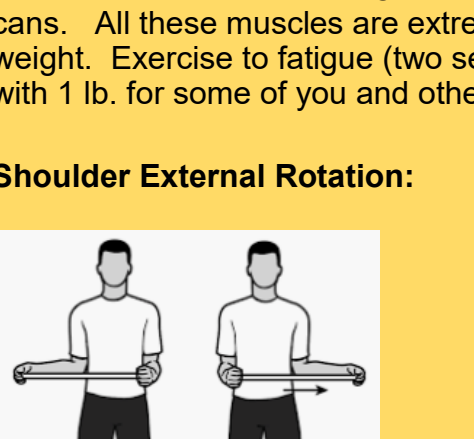
Michelle Schneider—A Court of Her Own

By Diane Reynolds

Michelle Schneider is in love with pickleball. She discovered it three years ago, introduced by none other than Karl Cardenas, our club's best dressed player. "Because of pickleball, I am more active. All my friends and family play." Michelle is a Santa Fe native retired from an IT career. The free time is a boon for maximizing her enjoyment of the game.

A love of pickleball translates to a commitment to improving her skills. Michelle traveled to Las Vegas to attend a clinic which opened up a whole new level of play. "I can employ some strategy now," she explains. Although some injuries set her back a bit, there is no daunting her enthusiasm and desire to realize her potential. She is a joy to observe on the courts, combining sportsmanship with a thirst to learn and be better than the day before.

Playing pickleball requires a court, inside or outside, hopefully near home. One thoughtful day, Michelle surveyed her backyard and acknowledged that much of it was dirt and rocks. Voila! "Why don't I build a court in my own yard?"



Research led Michelle to experts who leveled the property, laid a base, built a wall, and painted sharp contrast colors to define the kitchen (NVZ) and main court. Then the fun began! Michelle has close ties with her dad, six siblings, and extended family. The backyard court has become a mecca for gatherings and competition. Someone made sure there were lights for night play. Santa Fe Pickleball Club members occasionally drop by. Folks share food, perhaps a few "adult" beverages. The games are fast and furious. Even the neighbors are on board, the paddle pop noise generously tolerated.

Michelle's long term goal is tournament competition. She is working to raise her player rating and sharpen her skills. Involving family and friends on her home court is a way for everyone to join in the fun. A Court of Her Own—a dream come true right here in Michelle's backyard in Santa Fe, New Mexico.

COACHES CORNER

Tournament Tips

By Christine Wantuck

As a tournament player, I was requested to discuss tournament play. There is a lot of strategy involved in picking the right partner, choosing to serve, receive, pick the wind or sunny side, each requiring a separate article. Tournament play in pickleball can be a lot of fun and a great way to improve your game. If you decide to test your skills in tournament competition here are a few suggestions:

- Hydrate before and during the match. Do not wait until you are thirsty to drink. Bring fluid to the court. Quick hydration breaks are usually allowed throughout the match as long as you do not converse with anyone, including your partner. From the time your match is announced.
- Pay attention to announcements for your bracket. Hydration during time-outs is encouraged. If you miss the announcement and arrive after the time allowed you forfeit that match. Once your bracket starts play it will continue until a winner is finalized.
- Stay warmed up during the tournament day. Before your match do exercises that warm-up your large muscle groups. After a match stretch, hydrate and refuel. Between matches stay warm and limber so that your muscles do not stiffen up. If you are winning you may be there for 6 to 12 hours before getting on the medal stand.
- Play practice points before your match, with your partner, by playing skinny singles. Skinny singles is the game of pickleball played on half the court. Utilize this time to practice every shot used in a match: serve, return, drop, drive, overhead, lob, transition volley ... You want every shot in your arsenal warmed up before competition begins. Do not warm up with your opponent unless you are completely ready to play and are just checking out their game for weaknesses.
- Stay mentally tough. Tournament play requires physical and mental endurance. When your body tires you require mental toughness to carry you to the medal stand.
- Know the player and referee rules. Each tournament is different. You should have a different strategy if you are playing a round robin versus 2 out of 3 or one game to 15 or 21 points. Referees facilitate the match but are not responsible for line calls. They call illegal serves, foot faults, the score, players out of position but they do not tell you if you are standing in the correct position. You can ask if you are the correct server but not if you are the correct receiver.
- Use your time outs wisely. A general rule of thumb is to call a timeout to break the opponent's momentum when they have scored 3 points in a row. Utilize this time to refocus your strategy with your partner and your support teams. Coaching is only allowed during time-outs and in between games.
- Most of all have fun, you have worked hard to get here, and this is the best way to check out your game.

RULES & REGS

Coaching

By Christine Wantuck

Several times throughout the most recent tournament, the Fall Brawl in St. George, Utah, I heard referees reminding the spectators of this rule:

Rule 11. N
Pickleball. Players may not receive coaching from anyone other than their partner except during time-outs and between games. Once play has begun, any communication between a player and any person not on the court, if determined by the referee to be coaching, shall result in a technical warning to the offending player or team. If the communication occurs a second time, it shall result in a technical foul and a point will be awarded to the opponent.

Friends in the stands, sometimes accidentally, make statements that are considered coaching and the result is their team is penalized. When watching a match, refrain from telling players where to stand or make comments that can be construed as coaching such as "Great deep serve." "Way to keep them back." "Nice hit to the middle." Overall, it is best to keep comments under your breath as referees are listening to the crowd for illegal coaching during play.

Pickleball has one set of rules, they are the same for recreational play as they are for tournament play. Due to COVID restrictions, we had non-officiated sanction play, which means we had referees only in the medal rounds. Without an official to call faults, I learned that if both teams do not agree that a fault was committed, then you need to play a let (i.e. replay the point). Good to know for rec play.

PICKLEBALL PARAPHERNALIA

Tennis Elbow

By Cindy Lawton

Although it is not really equipment, I see so many people wearing tennis elbow braces it feels like equipment. Proper usage is quite important.

How they work: The tendon (shown below in yellow) becomes irritated where it attaches into the bone by overuse of the forearm muscle. This location becomes inflamed. The brace acts as the new attachment point for the muscle when it contracts allowing the bone/tendon junction to heal. Thus the brace should be placed below the elbow (about 2 fingers from the joint line).

Is your Placement right or wrong? If you put your palm on the table and raise your fingers up toward the ceiling, you should feel some pain at your elbow if you have tendonitis. Place your brace on, and repeat. The pain should be reduce by at least 50% if the brace is in the proper position.

QUIZ!

If a let serve hits the non-receiving player standing in the non-service court, this is still considered a let serve.

- A. True
- B. False

THE FITNESS GURU

Pickleball Strengthening Exercises: The Shoulder

By Cindy Lawton

The most likely injury to the shoulder is the rotator cuff. The rotator cuff is made up of four muscles that need to be healthy and strong for pickleball. Often, the elbow becomes irritated because the shoulder isn't strong enough.

The following three exercises should be done approximately 3 times per week. The exercises can be done with Thera bands OR with free weights. If you don't have weights, improvise with soup cans. All these exercises are extremely small so you do not need perform these with a lot of weight. Exercise to fatigue (two sets) and that is good enough. Fatigue may occur in 5 repetitions with 1 lb. for some of you and others it may take about 30 repetitions. Don't over do it.

Shoulder External Rotation:

OR

Shoulder Internal Rotation (I have a preference for bands for Internal rotation)

OR

Shoulder Supraspinatus Strengthening

Note – the thumb is toward ceiling in this exercise.

This YouTube video demonstrates some of these plus a great set of shoulder exercises. https://www.youtube.com/watch?v=6u8OpNmQv_g

CAUGHT ON THE COURTS

Ft. Marcy / Salvador Perez

SWEET PICKLES

Member Recognition

Kudos to our two USA Pickleball Ambassadors, **Cindy Lawton** and **Christine Wantuck** for winning a bronze medal at the Fall Brawl in mid October. This annual tournament normally precedes the prestigious Huntsman Games which was canceled due to the pandemic. **Christine** and her husband, **Paul**, took silver while **Cindy** and her husband, **Jonathan Bernard** won a gold. **Jonathan** also earned a gold with his men's doubles partner. Congratulations!

QUIZ! ANSWERS

The non-receiving player can legitimately catch the ball after it hits the court service if the serve is to the wrong court.

- A. True
- B. False

If you hit a volley while standing outside the Kitchen but your partner is standing in the Kitchen at the time, it is a fault.

- A. True
- B. False

If a let serve hits the non-receiving player standing in the non-service court, this is still considered a let serve.

- A. True
- B. False (Rule 4.A.9)

I want to play too!