



Santa Fe Pickleball Newsletter

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Message from the Board

Hello everyone!
Fort Marcy outdoor pickleball courts are as busy as ever!! A big thank you to Gaby Loy, Diane Reynolds, and Cindy Lawton, who hosted a Spring Fling pickleball event in May that was well attended and fun! Look for play time and events on the app TeamReach. Find "Santa Fe Pickleball Club" and use code 4119.

Santa Fe Pickleball Club applied to be a partner with the city in the Adopt-A-Park program, volunteering to maintain the Fort Marcy outdoor courts. A big thank you to the many club members that have signed up to help clean the courts and surrounding area. We will let people know when the clean-up dates will be. We see this as an important step for the Club to develop an ongoing relationship with the city.

The New Mexico State Parks Division is preparing its five-year outdoor recreation facilities update and they need your input. The Statewide Comprehensive Outdoor Recreation Plan (SCORP) is currently evaluating the outdoor recreation resources in all parts of the state. Please join me and attend this Zoom Town Hall meeting on **JULY 8, 5 PM** and let our voices be heard that we are in need of more outdoor designated pickleball courts in our area. Register at:
<https://zoom.us/join/zoom/register/tJESde6orjgtGtNr-OTNnptWxLRXBCyKovDg>

And lastly, a big thank you to Christine Wantuck for her efforts on being a part of the SFPBC board. She is so busy that she felt she couldn't put in the time she wanted for work on the board. However, I am sure you will continue to see her on the courts helping others learn to play pickleball or working on her own game!!! Thank you!

See you on the courts!
Jeff Holbrook
SFPBC President

AMBASSADORS' NEWS

By Cindy Lawton & Gaby Loy

May once again was a busy month for your Santa Fe Ambassadors. Here are the highlights:

Courts, Courts, Courts: We are continuing to work with the city to get dedicated courts and are getting closer all the time. We have two proposals we are working on – short term and long term

Short term: conversion of two tennis courts into 6 pickleball courts. This is truly becoming a reality with both a fundraising campaign and city money. We are working on an MOU with the city to make this happen.

Long term: There were several meetings with the city to look at the space north of the present tennis/pickleball courts at Fort Marcy. Jim Hile, an architect, met with me and drew out a plan for the city. This was great to have, as a picture is worth a 1000 words. We (Mike Jackson, Gaby and myself) laid out flags to show the city the potential for the 6 dedicated courts in this space. The city arranged for an engineer firm from Albuquerque to look at our flagged area, and specifically the drainage issue in the middle of the site. What we learned is it will fit and the drainage will be an extra cost but not exorbitant. The money will be a bond issue in the fall along with the possibility of an additional fundraising campaign by the club. This site has not yet been chosen for the courts but the city does know that it will work and it is our desire to have new courts located here.

Nets: The city has ordered four nets for the FM courts. They should arrive in June.

Team Reach App: The team reach app now has 106 participants. We have organized general open play, advanced play, and evening play on the calendar. It seems to be working well. Keep informed via the APP- our code is 4119. General instructions are now posted on our website. It is nice to know who plans on coming each day so please go to the calendar day you plan to play, select it on the calendar, and then select yes, no, or maybe for attendance. Click on the view —> which is found on the upper right to see who plans on attending.

We were able to get permission from the city to **paint lines** on the other tennis court at FM. We now have 6 courts. A special thanks to Ed Woodd, Bruce Panowski, Arturo Loy (with clean-up from Gaby and Jesse) and the leader Mike Jackson for their hard work. The new court lay-out is fantastic!!

NEWS/ UPDATES

Spring Fling

By Diane Reynolds

The brand-new Santa Fe Pickleball Club had the unfortunate fate to be born along the pandemic. We are finally off the ground! The inaugural intraclub competitive round robin took place at Ft. Marcy courts on May 27. Sixteen skilled players compiled as many points as possible in twelve-minute timed games, pairing up with six different partners. The men's high total went to Nicky Nichols; the women were led by Amy Alfrod. The games were hard fought; frequent laughter filled the air as the players hustled to win points. Ambassador Cindy Lawton ran a fun raffle at the halfway point with goodies including pickleball band-aids. Gaby Loy, also a Santa Fe Ambassador, organized and ran the round robin with help from Diane Reynolds. Nancy Mroz took pictures for the Team Reach App. Check out the photos and stay tuned for the next fun event!

Want to contribute to the newsletter?

Have you got something you'd like to share with the group either about pickleball or yourself? Would you like to contribute an article to the Newsletter or just submit some ideas? Contact Nancy Mroz at 505-660-4600 or nancymroz@gmail.com

THE INNER GAME

Visualization Works!

By Jimmy Parker, USPTA Master Pro

Want to improve your pickleball without setting foot on a court? Sounds kind of far-fetched, but it's not. More than fifty years ago, Maxwell Maltz wrote a book entitled Psycho-cybernetics, in which he expounded on some recent research at the time. At the heart of it was the idea that the brain does not distinguish between real and imagined experience as much as you'd think.

An example is an experiment that was done among high school age students. They were divided into three equal groups according to basketball free-throw shooting skills. One group was told to practice at least ten free throws a day for thirty days. A second group was told to show up in thirty days for re-testing. A third group was told to vividly *imagine* that they were shooting (and making) at least ten free throws every day.

After thirty days and re-testing, it was no surprise that the group that did not practice, did not improve. The group that practiced every day improved by 24%. However, the group that imagined that they were practicing, improved by 23%!

These findings have been utilized in diverse fields since then including gymnastics, flying airplanes, chess, tennis, and many others. You can experience the link between your thoughts and your bodily responses simply by imagining that you just bit into a juicy lemon. Chances are, you'll feel yourself salivate.

You can harness the power of visualization in pickleball, including what techniques to use on certain types of incoming balls. Shape of swing, type of spin, footwork, and even shot selection can all be addressed. It adds to the reality if you actually have a paddle in your hand, and even more so if you watch your reflection in a mirror or a sliding glass door. But be careful not to wipe out the chandelier if you're doing all this in your living room!

Rainy day? Enforced injury lay-off? Traveling with no pickleball courts in sight? The way out is in!!

RULES & REGS

Kitchen Violations

By Christine Wantuck, Northern New Mexico's Southwest Regional District Ambassador

During a rally, a player in a moment of desperation, threw their paddle at a return. Amazingly, the ball hit the paddle and went back over the net for a winner. The opponent said that it was an illegal hit. Is that true?

Wish we could give points for style. It certainly sounds like a contender for one of the best shots of the year. Unfortunately, the opponent is correct. If you are not in possession of the paddle when it makes contact with the ball, you lose the point. It is a violation of Rule 11.O. USA Pickleball and IFP Official Rulebook (2021)

MEET THE MEMBERS

Jon, Cindy & Nancy

Last week I met with Jon Bernard, Cindy Lawton and their close friend Nancy Lesicka to ask them about their experiences at the Minto US Open Pickleball Championship held in Naples, Florida in mid-April where there were 2190 registered player ages 9 to 86! It was very interesting to hear the diversity of impressions from them about the experience.

Nancy Mroz

From Jon Bernard:
Jon reflected on the experience of watching the pros play Medal Games as part of the competition. Jon says, "The pros are massively better than even the high ranked amateur pickleball player and are a LOT of fun to watch. Most have obviously started playing at younger ages with diverse high level paddle, racket sports backgrounds including racquetball, tennis, squash and ping pong. Jon felt that it would be nearly impossible for a middle-aged very competitive pickleball player to compete at the pro level."
Jon has learned valuable lessons about himself as he has navigated tournament play. He is still 'trying' to like tournaments but he finds that his competitiveness can take away from what should be a fun game. Although he's working on being less critical of how he is playing, he does expect himself to continue to improve and play better relative to his peers. His goals include being a good solid 4.0 level with a longer-term goal of a 4.5 rating.

Going to a large tournament across the country is a different experience compared to regional tournaments where Jon knows a lot more people and wants to spend some of his downtime between matches watching friends play or grabbing a beer after competition is over for the day.

From Cindy Lawton:
Cindy's favorite things about tournaments are all about the people! She loves interacting with people from all over the country and routinely exchanges contact information with players in hopes that they will visit New Mexico and/or she and Jon will meet up with them in their home cities.
But Cindy's most poignant take away from this tournament and others is the joy of seeing people staying active and healthy with age not being a barrier to the fitness that she sees happening in the pickleball world. Men and women, teens and octogenarians are having so much fun and staying fit!
Cindy also truly enjoys playing against people that she has never played against. She has to dial up her focus, stay positive and play one point at a time. Playing mixed doubles, Cindy knows that she will get more balls because it is natural for the opponents to avoid the male partner. This is challenging and fun!
It was very exciting to win Gold at the US Open. Cindy does not check the bracket during the process of playing match after match, instead concentrating on each match and each point. She did not know that she was playing the gold medal match until they had won.
It is an exciting time in the young sport of pickleball. Pros are still so approachable, willing to share and interact with players at the tournaments. Even though this sport is evolving, pickleball is based on fun and social interaction and that spirit is still pervasive at the pro level.

From Nancy Lesicka:
The thing Nancy liked most about playing in the US Open was that it gave her a reason to travel somewhere she'd never been, combining the tournament experience and a visit with family, which made it extra special.
Playing in a large tournament gives Nancy the competition and focus to push herself a little harder and play a better game.
Playing with her bestie traveling partner (Cindy) was an added benefit... 'cuz at the end of the day relaxing with a beer, win or lose, was a must!
Naples was beautiful and Nancy enjoyed some beach time, a big plus for high-desert people. She enjoyed the weather even though there were rain-outs and the air was thick with moisture.
This was the first time she used the tournament info solely on her phone. It took a little getting used to, but overall was a good system and it will be utilized more and more for tournaments. Her biggest disappointment was that Center Court, where all the Pro Gold/ Silver matches are played, was blocked from view by most attendees.
At large tournaments, the energy of being at these matches is beyond comparison. The crowd and Pros all feed each other, and it's the same difference as watching the Super Bowl on TV or being in the stands. Nancy advises SFPBC members to do yourself a favor if you have a chance play or even just attend a Pro Match.

Santa Fe Pickleball Clubbers take Nancy's advice! Mark your calendars and plan on attending the New Mexico Open at Manzano Mesa Pickleball Center 9/1 to 9/6/21 where you can watch 3.0-4.5 players and Pro players 5.0 plus and attend clinics by these same pros to enhance your game. Go to pickleballtournaments.com.

Welcome New Members!

Provided by Gaby Loy/Kiki Hummel

Joan Vernick
Matt Surprise
Amy Alfrod
Karmella Miera

Sean Daniel
Beverly Martin
David Martin
James Moss

Reminder: Membership applications can be mailed to Gaby Loy at gabyloy@msn.com or P.O. Box 408, Tesuque, NM 87545
Monetary donations can be mailed to Chuck Stein, 41 Camino Botanica, Santa Fe, NM 87507

SWEET PICKLES

Member Recognition/Accomplishments

Congratulations to all the May tournament players!

Come Out of Your Shell 2.5-3.0 Tournament at Manzano Mesa

Wanda (Lobito) and Diana (Thatcher) 2nd place
Michelle (Schneider) and Melissa (Michelle's sister) 4th place
Michelle (Schneider) and Steve (Koch) 2nd place

ProSport Memorial Weekend Battle of the Paddles: The Canyon at Four Hills

Men's 4.0 Skilled Doubles
Chris (Chakeres) and Michael (Nava) Gold
Arturo (Loy) and Brandon (Garnaas) Bronze

Men's 8-49 aged doubles
Chris (Chakeres) and Victor (Avila) Gold

Women's 3.5 Skilled doubles
Julie (Bugg) and Nancy (Lesicka) Gold

Mixed Doubles Skilled 4.0
Julie (Bugg) and Stan (Sikora) Silver

CAUGHT ON THE COURTS

(For more May photos, visit the TeamReach App)

