



Santa Fe Pickleball Newsletter

May 2021

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Message from the Board

Just some of the highlights:

Wouldn't it be great to play on public outdoor designated pickleball courts in Santa Fe???? That dream is coming closer to a reality as the Santa Fe Parks Department submitted a proposal to make that happen at Fort Marcy! We will let you know when we hear the final say on the matter, as well as our short and long-term goals for this project. See Cindy's article below in "Ambassador's News".

Want to look especially good when playing pickleball???? We are also working on a t-shirt plan for proudly displaying "Santa Fe Pickleball Club" on t-shirts. We will let you know of our plans when we have more details.

Want to feel more confident playing pickleball???? See Jim Parker's article below.

Enjoy!
Jeff Holbrook

AMBASSADORS' NEWS

Publisher's Note:
Christine Wantuck is Northern New Mexico's Southwest Regional District Ambassador.
Cindy Lawton is the USA Ambassador for the City of Santa Fe.
And from an email sent out earlier by Christine:

Please welcome our newest Northern New Mexico Ambassador **Gaby Loy**.

Gaby will be working closely with Cindy to bring more members into the USA Pickleball organization. Gaby has worked for years in HR and has the most welcoming spirit to all pickleball members here in Santa Fe. Gaby has lots of ideas on how to bring the 21-30+ crowd into the game as well as middle school aged children.

I (Cindy) have been in Florida this month and have learned quite a bit to bring back to our enchanted state. Ideas range from how clubs are set up, how to organize open play, and leagues. Most importantly, I learned how truly fortunate we are to have a parks department willing to work with us to bring free play for their citizens. I paid to play almost everywhere here, ranging from \$5 to \$15/day.

Communication continued with the parks and recreation department. The budget was submitted for the conversion of two tennis courts, and I believe the purchase of semi-permanent nets for Fort Marcy is moving forward. We discussed a long-term plan for more courts and they highly recommended that we move in the direction of fundraising to split the cost with the city.

Fundraising: I have gathered many ideas and costs from different facilities while in Florida. We will need a co-chairperson for the fundraising committee either from the board or from the membership. If you are interested in this or just helping with the fundraising for courts, please contact me at clawts@gmail.com. We will definitely need everyone's past experiences, ideas, and efforts for success. The goal for our portion of the fundraising will be between \$100,000 to \$150,000.

Christine and I have joined a team with pickleball players from around the country to help to write a guide for sportsmanship for USA pickleball. There are 17 people on the committee and we had our first meeting at the end of April.

Cindy Lawton

NEWS / UPDATES

Upcoming Tournaments

Remember: Rocky Mountain Pickleball (RMP) is putting on their inaugural **New Mexico Open** tournament at the Manzano Mesa Courts in Albuquerque, September 3-6.

Rocky Mountain Pickleball Director Don Siegel reiterates that RMP plans the New Mexico Open to be one of the elite tournaments on the annual pro schedule. Player registrations for these tournaments are expected to reach over 1000, including many of pickleball's best pro players and competitors from around the entire country.

In addition to the competition at the New Mexico Open, there are pre-tournament clinics available given by some of the world's best players including: Ben Johns, Riley Newman, Lindsay Newman, Corrine Carr and Adam Stone.

Tournament and other information is available at RockyMountainPickleball.com. Player registration for this tournament and the pro clinics are now open and available by visiting the tournament page on PickleballTournaments.com.

FYI: RMP will need about 150 volunteers for this tournament. Watch the RockyMountainPickleball.com website for sign-up opportunities as there is nothing better than being really involved in our great sport at this premier level.

The Peak to Peak Pickleball Club will be hosting a tournament in Salida, CO on Sept. 10-12, 2021. We know pickleball players have an ever-increasing number of tournaments to choose from, and we are committed to providing an exceptional experience for player participants and their guests! We've chosen a round robin format to ensure plenty of play! We'll have food and merchandise vendors, a silent auction with some AMAZING items to bid on, an organized social gathering, and awesome player swag bags! This is one you won't want to miss!

Registration for Peak to Peak Club members opens on May 1 and for everyone else on May 8. Spots are limited so be sure to register early! Register through our website:
www.peaktopeakpickleball.com (Click on the "Tournaments" tab)

Stephanie McDonald
USA Pickleball Ambassador, Buena Vista/Chaffee County, CO

Want to contribute to the newsletter?

Have you got something you'd like to share with the group either about pickleball or yourself? We'd like you 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

Developing Confidence

By Jimmy Parker, USPTA Master Pro

Playing with confidence, or lack of it, has a bit of the "chicken or the egg" quality about it. How can you develop confidence when you've been playing like a dog lately? In order to develop confidence in your shots, it sure helps to have been hitting them well, but in order to hit them well, you have to have confidence. So which comes first, the chicken or the egg?

Both having confidence and lacking confidence become self-fulfilling prophecies. For instance, if you're afraid that your backhand is going to fold when you get into a match, it's harder to relax and hit it properly. Then as soon as that causes you to miss a couple, you say to yourself, "See, I knew it was going to let me down in competition." As you worry about it, it gets worse and you become more uptight; you are now caught firmly in the throes of a vicious circle.

But if it's any consolation, you're not alone! Sooner or later, every competitive athlete will have to deal with the experience of losing confidence. And since you're the pilot of your own ship, there *are* ways to steer your way out of these rough seas.

First, make sure you're hitting your shots with proper technique. Improper technique sows the seeds of its own destruction. If you're not sure about how to hit the ball, take a lesson from a pro. That will shortcut a lot of mistakes you'd have to make on your own!

Once you understand proper technique, use visualization to reinforce the neural pathways that lead to the ability to play with instinct. Picture it vividly in your mind's eye. Research shows that as you learn to "see" it correctly, you are actually training your muscles to perform that movement. Then, practice, practice, practice!

Reinforce this picture with a brief positive statement about the shot that you can repeat to yourself – e.g., "My backhand is getting stronger and stronger." As you change your mind about your sick backhand, it will respond much like a child who starts hearing praise instead of constant criticism. You are thus approaching the problem from both sides – the physical and the mental/emotional.

Growing your confidence is the underpinning of everything you do on-court. It enables you to stay relaxed and calm in the face of emergencies. It allows you to stay focused and alert, to be automatic and instinctive, and to enjoy the challenges that the game presents. Have confidence that you can develop confidence!

COACH'S CORNER

Stacking in Pickleball

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

The stacking approach is often utilized when a doubles team has a right-handed and a left-handed player. For the right/left-handed combination the left-handed player plays from the even (right) side of the court and the right-handed player plays from the odd (left) side of court. The rationale for this approach is a desire to keep the team's strength in a position to cover the largest area of the court, the middle.

Nowadays, stacking has become much more common place at every level, in tournament and recreational play. In a doubles match, with two same-handed players, (right/right or left/left) there is an advantage to keeping the more mobile, dominant player, on the left (odd) side of the court to cover the player with the weaker shot. Stacking gives your team the advantage of playing to its strengths. It is very useful in causing confusion for the opponents or just changing the pace of the game. If you start stacking and it is not working to your team's benefit you can switch back to the conventional style of play.

Stacking involves teammates switching court positions when using a partial stack (only stacking on the serve) or a full stack (used in serving and receiving). The score in pickleball governs from which side of the court each player needs to serve and return. After the serve or return of serve, the players can freely move anywhere on or off the court. **Do not stack** if you are confused about scoring. If your team serves or receives on the wrong side it is a fault.

To view stacking in action I recommend the Pickleball 411 Channel on YouTube: <https://www.youtube.com/watch?v=Cxdmtr6rdic>

Go out and give stacking a try. It is lots of fun and gives your brain one more thing to think about while allowing your team to play to its strengths.

As always, have fun!

RULES & REGS

Kitchen Violations

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

I received a question from a Santa Fe player, after the Albuquerque tournament in March.

Question: In a doubles match, player A clashes paddles with their partner player B while hitting a winning volley. The result of clashing paddles causes player B's paddle to fall into the kitchen. The referee for the match said it was not a fault because player B did not execute the volley.

Answer: As long as B's paddle dropped into the NVZ as a result of A's momentum from the volley, it's a fault, just as if A's momentum might cause A to bump B and B stumbles into the NVZ. This is a perfect example of the referee aphorism that "Two become one".

Referees are only human and make mistakes, which is why it is important that players know the rules. (IFP Rule 9.B.)

MEET THE MEMBERS

Christine McHugh

By Nancy Mroz

Christine McHugh and I met at Ft. Marcy playing indoors in 2019 and also shared some Spanish classes at SFCC. Last Month Christine shared with me some of her thoughts about life and Pickleball, and I asked her to share her reflections with all of you in the Santa Fe Pickleball Club. So much of what she has written here resonates with me, Pickleball and my journey. Thanks Christine!

A Constant Meditation

I bounce the ball twice and I say "bounce", each time it hits the court. I then tap my ball four times on my paddle and focus on the sound before I drop the ball and swing back to serve. I'm experiencing my second bout in two years of the "service yips"... the experience that no matter what you seem to do you can't make your serve land in the box. After my last bout, my serve came back and was consistently deep to the baseline for about a year. I remember having the thought, "I'm glad that's over and that I'll never have to go through that again!" But just as baseball players and golfers have their slumps and seasoned actors suddenly develop stage fright, I get the chance again to experience just what a mental exercise it is playing Pickleball.

I grew up in a family that was incredibly competitive. My father had played tennis all his life and while he hoped that we would succeed academically, most of his focus went to making us good tennis players. My siblings and I all had private and group lessons and then were signed up for the club ladders and meetings. I felt a strong pressure to play in the #1 slot on my high school tennis team and held it intermittently for the two years that I played until I found the world of theatre and transferred to an arts high school. Of course, my competitive nature carried on into the acting world, but it never made me lose the love of it, like the need to win tainted playing tennis for me.

When I discovered Pickleball two years ago I was in heaven! I found a sport whose learning curve was so addictive, because of the incredibly rapid rate you could improve, that I would play 5-6 times a week. My attitude in every game was simply to play better than the last one and try to hit one or two great shots. I could not have cared less about the score because I was in the present moment of loving myself in the game. Add to that the fun of meeting and playing with all the other people in my rec play, and I had found my new social community!

Then Covid hit and the nature of how we play had to change. Instead of the three rec locations that I would rotate between, I now had one place and I could only play singles. I found my skinny singles partner and then, after a couple of months, we added another doubles team. With the occasional sub my Pickleball world has now pretty much narrowed to three other players playing three times a week. My partners are all very good players, and I would say my level of play has increased since we have become a regular foursome quite evenly matched with many of our games going 12-10 or 13-11. But that old competitive programming has begun to rear its ugly head, and I'm pulled back into the win at all cost mindset. I'm starting to swear and occasionally hit myself on the thigh with my paddle (realizing immediately how stupid that is because it really hurts!) I don't know what I'd do without the exercise, camaraderie and mental focus that my regular Pickleball game has provided in this upside-down world of the pandemic shutdown. It truly is the main thing keeping me sane and happy. It's also the constant opportunity to know myself better in relationship to my mind playing with me. I know that I'll move off this plateau in time, maybe by taking lessons or expanding the group play as things start to feel safe. Change is as constant as the thoughts my mind generates, and I'm reminded (as the tattoo on my arm that I got after the 2016 elections says), "This Too Shall Pass".

So, I put my head down as I bounce the ball, tap it four times on my paddle and then swing it back to serve...

Christine McHugh is a writer, director and performer in film and theatre as well as a life coach with a focus on leadership presence and transforming identity through spoken memoir. Her solo show, *Parents Must Be Dead*, about the life passage that is dealing with the death of parents, toured around the country to various festivals and performance venues in 2018, and she looks forward to presenting in front of live audiences again in the future. She has just become the first certified *Intimacy Coordinator* for film and television in New Mexico and is dedicating herself to this new profession providing for the emotional safety of actors filming scenes involving nudity or intimacy.

Welcome New Members!

Provided by Gaby Loy

<p>MARCH</p> <ul style="list-style-type: none"> Peggy Appeldorn Allan Benitez Julie Bugg Mark McDaniel Alex Vidal Wayne Seifert 	<p>APRIL</p> <ul style="list-style-type: none"> Skip Forrest Laurie Hofmann Ann Maes Karen Kirst-Millspaugh Susan Kirst-Millspaugh Bernadette Sanchez Wiegel Philipp Wiegel Bruce Cousins Ed Wood Deborah Rethemeyer
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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

New Team Reach App
By Gaby Loy

With the days getting longer, the temperature slowly warming up, and after being quarantined for most of the year, the sweet song of the Pickleball Court calls. Members are vaccinated, snowbirds have returned. Those of us who have been playing all winter long at Fort Marcy have noticed an influx of players looking for games. Throughout winter, games had been set up through text messaging. It worked well when we had less than 20 people on the feed. Players had one another's cellphone number and you knew who you were asking to play. As the number of players looking for games to play increased, we had to have multiple text feeds. Net carriers were placed on each text feed, which gave them more access to players. Each new player being added required a new text feed. Creating new feeds meant people were accidentally left off. I knew we needed something more manageable, and thus I began my search for an app...anything to make the process easier.

When looking for an app, wording was key. I typed in "meet up" and ended up with multiple dating sites...figured that would be extremely inappropriate for "pickleball" connections. After many failed attempts to find something suitable for everyone, I turned to my son Jesse. I gave him the criteria I was looking for and two minutes later he found Team Reach. The first review was a woman whose Pickleball group used the app and were pleased with how well it worked. Team Reach has a feed where net carriers can let the masses know they are available for play. Direct messaging will allow for players to set up games with other players without speaking to the group. My goal was to find a platform that would allow all players to be on one feed. I will generally facilitate play at Fort Marcy, but the feed can be used to facilitate games at all locations.

We currently have 40 players on Team Reach. I expect the number will grow as new players (who have become members) continue to show up at Fort Marcy's courts.

Want to join Team Reach?

Download the Team Reach app
Enter Code : 4119
See you on the courts !

SWEET PICKLES

Member Recognition/Accomplishments

Congratulations to the husband/wife team of Jon Bernard and Cindy Lawton who won gold in 3,5 Mixed Doubles (50-54 age group) in the Minto US Open Pickleball Championships in Naples, Florida.

CAUGHT ON THE COURTS

