

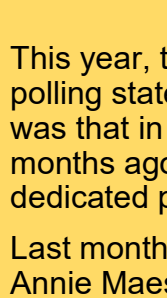


Santa Fe Pickleball Newsletter

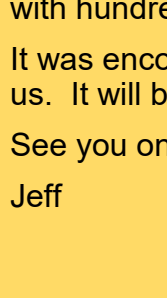
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Jeff Holbrook—Editor & President
jffholbrook@gmail.com



Bruce Panowski—Publisher & Vice President
bpanowski@gmail.com



Nancy Mroz—Contributing Editor
nancymroz@sc.com

Club web page: <https://santafepickleballclub.com>
Club email: sfpickleball@gmail.com

Message from the Board

This year, the New Mexico Statewide Comprehensive Outdoor Recreation Plan (SCORP) was polling state residents for their recreational habits and needs. Of concern in their messaging was that in all of the recreational activities listed, pickleball was never mentioned. A few months ago, we asked readers to respond to their survey with the need for more outdoor dedicated pickleball courts.

Last month, I attended their Zoom town hall meeting for the north central area of the state. Annie Maes, from the SFPBC also joined. Survey results were shared and in the questions both about what do you like to do and what would you like more of, around 40 people responded with "pickleball" (fourth highest of responses)!!!

We were also able to drive this point home when we had smaller break-out sessions and brought up the issue of no public outdoor designated pickleball courts in the Santa Fe area with hundreds of pickleball players.

It was encouraging to know that people responsible for outdoor recreation in the state heard us. It will be interesting to see what SCORP does with this information. I'll keep you posted. See you on the courts!

Jeff

AMBASSADORS' NEWS

By Cindy Lawton & Gaby Loy

- Milagro Middle School now has pickleball lines for their students. A special thanks to Melissa Clayton and Mike Nava for making this happen. I (Cindy) have been in touch with the superintendent to see if we will be able to use these for some summer programs in the future.



- We now have 6 nets at Fort Marcy. Thanks to all for assembling and the city for paying (close to \$10,000 for the nets). If you have a chance, consider writing to the city parks and recreation department to say THANK YOU! Write a note or email to Regina or Melissa.
- Look out for an announcement on team reach for our next summer event happening toward the end of August. Gaby and I will meet shortly to plan.
- We had a great mini round robin tournament with four teams, fun, laughs and good competition (see Caught on the Courts below).
- Working on having Scott Moore - senior pro do a clinic this fall and the Newmans this spring. More to come soon. Keep an eye on your email from the club to sign up. Participant numbers will be limited.
- City News: We continue to work on conversion of tennis courts to pickleball courts. The city plans to pay for this to occur.
- We have contacted St. John's college to consider offering pickleball - more to come as this develops.
- Cindy has recently given pickleball lessons to both City Councilor Sig Lindell and Santa Fe's mayor Alan Webber (See photos under Paraphernalia section below).

NEWS / UPDATES

Upcoming Tournaments

By Cindy Lawton

All tournament information can be found on Pickleballtournaments.com

Pro Sport tournament in Albuquerque, August 6- August 8

Rocky Mountain Championship, Denver August 11-15; with several Santa Fe players competing

New Mexico Games in Albuquerque: August 20-22

New Mexico Open in Albuquerque; Sept 1 - Sept 6 (Come watch the professionals play)

Albuquerque Pickleball Club Monster Mash: Oct 22-24

Beginner Classes at Ft. Marcy

By Kiki Hummel

The club began having volunteers conduct free informal classes for beginner players this past month. The players love it, regardless of their initial ability. Gaby, Mike Jackson, and I have been covering Tuesdays, and Jeff H. and Gaby have been covering Thursdays. We have about ten people show up each day. At least one player is starting to play with the regulars on other days as well. I created a handout based on my experience as a relatively new player myself. I remember Mary Ellen Richardson and a few others taught me how to play in the spring of 2018, and until covid, as new people would show up inside the Fort Marcy gym to learn to play, I would take them into one of the racquetball courts and show them what it feels like to hit the ball.

Extra balls and paddles are available, and no reservations are needed. So, if you know someone who would like to learn, we are (weather permitting) at the Fort Marcy tennis courts Tuesdays and Thursdays from 8-10.

Status on T-shirt Order

From Gaby Loy

The T-shirt order was placed on July 12th. Printers said it would be about four weeks for delivery...around mid-August.

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

Where the Action Is

By Jimmy Parker, USPTA Master Pro

When we watch great athletes perform in their respective sports, we're struck by their talent, co-ordination, grace, and many other visible examples of their impressive skills. LeBron James, Simone Biles, Roger Federer, and their counterparts across the athletic spectrum astound us with what they can do. But what we don't see is what is going on inside their heads. And what's happening there may be just as important as their physical skills!

Unseen by us is their will to win, their ability to screen out the distractions in order to focus, their ability to handle pressure, to remain present-centered, and so forth. Even their will to practice and improve is important! We may certainly be able to see what the outward manifestations of these inner skills are that enable such exquisite performance. But too many people think of these mental and emotional skills as something to push air around in one's head - they have kind of an airy-fairy quality to them. But it is much more than just positive thinking!

Make no mistake: if you are going to play up to your potential, what's going on between your ears is critical. And the nice thing about the emotional and mental skills is that they are learnable. There may be a few athletes who are preternaturally talented in those respects, but most veterans in their sport will tell you that there was a learning curve involved. Will Rogers once said, "Good decisions are often based on experience, and a lot of that experience was based on bad decisions!"

We tend to lump what's going on under the moniker of "mental toughness." But there is a whole array of factors that ultimately result in mental toughness. Nowhere is the mind-body connection more apparent than in competitive sport. That's part of what engages us, both as spectators and as competitors. Why are thousands of fans willing to pay substantial sums of money to watch athletes perform essentially unnecessary tasks? My answer would be that under the heightened circumstances that sport provides, we get to see the play of life unfold before us - mind, body, spirit, and emotions, are all a part of the continuum of life.

Sport, and pickleball is no exception, allows us to test ourselves in a self-made crucible. We get a chance to have fun and also to practice skills that will indeed be valuable off the court. Patience, self-forgiveness, willingness to undergo discomfort, to learn, to fight through adversity, and much more is there for us to challenge ourselves with. And at the end, no one dies, no significant harm is done, and the magic of games has once again engaged and enlightened us!

COACH'S CORNER

Pickleball Spin

By Dr. Mike Jackson

The further we advance in maturity (chronologically and in game skill levels), the more valuable becomes the possession of the understanding and use of ball spin. Basically, two types of spin are useful: topspin and slice spin (with apologies to side-spin and oblique-spin). In each type the paddle travels from low to high, with topspin creating a forward rotation to the ball, and slice producing backspin or underspin.

Topspin imparts a forward jump to the ball when it lands in your opponent's court, and the slice produces a tendency for the ball to skid when it hits the surface, i.e. a lower trajectory. Both shots are executed using primarily shoulder muscle action, with a softly fixed elbow and wrist.

There is not a chopping motion; as my Pro mentor Scott Moore is wont to say: "We are not lum-berjacks". That being said; one of the most effective winning shots you will see is that chop-drop volley, perfected and popularized by our club Veep, and the publisher of this letter. You must see Bruce Panowski execute this feat to believe it, and possibly to learn it.

Use topspin to keep your opponents at the baseline and to require them to hit a higher bouncing ball. If you find them at midcourt, try a soft slice to their toes; it will not likely be returned. A deep topspin serve is most effective, especially when landing in the back two to three feet from your opponent's baseline.

To execute the spin shot, focus on hitting at, or slightly above the equator for top spin, and under the ball for slice. Be sure to follow through low to high for each shot. The topspin finish is somewhat higher than the slice finish. (Remember: no wrist). An oblique, or slightly sidespin serve is especially effective with a bit of wind assistance. If a sidespin serve is executed in the direction of windflow, the ball takes an exaggerated bounce away from your opponent, and can result in a weak return. Spin into the net can stop the ball in its tracks when it hits the court surface. When serving, be sure the paddle is traveling low to high, and is below the wrist and belly button (unless you are using the now-legal bounce serve where you may gyrate to your body's content as long as you just drop the ball; don't throw it up or down)

Practice spins in a drill situation where you can utilize maximum experimentation and effort without the risk of point loss. The spin is effective in every aspect of the game: serve, service return, dropshots at the net, dinking and drives to keep your opponent back. Develop spin perfection and paralyze us all. HAPPY SPINNING! drmkie

MEET THE MEMBERS

Julie Bugg and Mark McDaniel

By Nancy Mroz



Julie and Mark are professors at Washington University in St. Louis, Missouri who have been living in Santa Fe continuously for the past 14 months throughout the COVID epidemic. They are both in the Psychology Department and have conducted classes, meetings and research remotely throughout the pandemic.

Mark's area of specialty is Memory and Learning. He has been at the University for 17 years. Before Washington University Mark taught at UNM for ten years. He is a graduate of the University of Colorado in Boulder. Julie's field is Attention and Aging. She is a graduate of Colorado State University in Fort Collins.

They have been coming to Santa Fe often since 2006. Mark serves on the Board of the Witter Bynner Poetry Foundation whose many worthwhile poetry causes have made the experience unique and satisfying.

Three years ago they bought a home very near Fort Marcy. Santa Fe was their get away from St. Louis and offered an amazing climate and spectacular mountain scenery to explore with their two dogs. In March, as the pandemic shut our world down, they came to their home in Santa Fe and decided to try pickleball with their neighbors. They bought a net and wandered over to the newly painted courts at Fort Marcy.

Soon they were playing 3-4 times per week and meeting so many interesting people. One day Cindy Lawton approached them and offered to give them a lesson that she said would quickly set them apart from their neighbors. Yes...dinking drills, drop shots and lots of pickleball strategy....real pickleball was born for Julie and Mark!

Why do they love pickleball so much? Julie has been an athlete all of her life. She was an elite college soccer player. She has loved finding a new sport that she can learn, play and compete in successfully. She loves tournament play because she has always loved competing. By playing tournaments she also can evaluate what she needs to work on and compare what she has learned to where she would like to take her game. Mark loves the competition. He comes from a tennis background. A good day on the courts makes for a great day at work and in life. For both Mark and Julie their pickleball journey is so very special because of all of the amazing, interesting people that they have met playing the sport.

Sadly, they will be returning to St. Louis next month. We look forward to seeing both Mark and Julie on the courts next summer!

Welcome New Members!

Provided by Gaby Loy

Jim Gleason
Jeff Levine
Kathy Irvine
Russel Oosthuizen
Mary Favaro

Carol Curry
Steven Koch
Susan Spruise
Barbara Ellis
Willie Bahn & Janna Tuck

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

Ed Woodd, Youth Program Coordinator for New Mexico



In Conjunction with USA Pickleball and its ongoing commitment to teaching the youth to play pickleball, Ed Woodd became a Youth Development Coordinator for pickleball in New Mexico in 2020. The program provides age-appropriate curriculum for youth in public school and nonprofit programs with the goal of developing pickleball programs. Assistance with equipment purchases, and painting of courts are also services offered through the program.

This summer, for the second year, Ed, fellow ambassador John Roach, and a host of volunteers assisted the City of Albuquerque Parks and Recreation Department in training their summer staff to teach pickleball. The City of Albuquerque reserves courts at Manzano Mesa for "Intro to Pickleball" lessons. Ed has also worked with Technology Leadership Charter High School in Albuquerque, teaching their physical education students to play pickleball. Regional Ambassador Larry Lite, Ed and other volunteers initiated a "Train the Trainers" program at the Boys and Girls club.

Ed says the program in New Mexico is in its infancy. Ed and fellow ambassador John Roach are spearheading efforts to establish pickleball in schools and nonprofits throughout New Mexico. Their long-term goals include establishing and growing pickleball competition at the middle and high school level and eventually hosting city and state-wide tournaments.

Would you like to get your school or non-profit involved? Contact Ed at worldwidewoodds@gmail.com or 505-660-2058.

PICKLE PARAPHERNALIA

Introducing Pickleball to City Officials

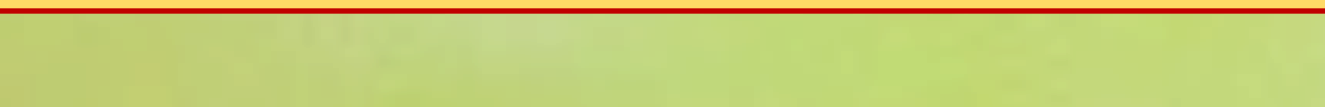


Cindy Lawton has recently used her considerable expertise as an instructor to introduce both Mayor Alan Webber and City Councilor Sig Lindell to the game we all love so much. Both Dr. Mike and Nancy Mroz assisted Cindy in some practice games.



CAUGHT ON THE COURTS

July 15th Fun Round Robin Doubles Tourney



Team A Winners: Marc Stess, Vicki Brown

Wayne Siefert, Wanda Lobito, Vicki, and Bruce Panowski (not pictured)