

2015

DECEMBER NEWSLETTER



Mountains & Meadows Pickleball Club

THE 2016 SNOWBALL SMASH

Mountains & Meadows Pickleball Club is thrilled to announce our first annual **Snowball Smash ... a Dink & Dine Winter Blast!!**

This event is an outgrowth of last year's 2014 Fall Classic. Due to unpredictable weather patterns, we decided to transform this event into an indoor event at the Meadows Valley High School Gymnasium. Also, based on the high interest of our players to keep learning and improving their Pickleball games, we decided to add a "clinic component" to the tournament as described below.

Date:

Saturday, January 23, 2016

Schedule:

* 9am/12noon **Tim Gleason's All-Skill Levels' Clinic**
 * 12noon/12.50pm **Potluck Feast** - Meadows Valley High School Cafeteria
 * 1pm/4pm **Round Robin Fun Pickleball Tournament**
Location: Meadows Valley High School, New Meadows,

ID (just south of the 45th Parallel)

Strategy: Tim Gleason, one of the most respected and knowledgeable players in Pickleball today, will be traveling to our area to conduct a hands-on, practical, highly participative clinic on Saturday morning. Tim's hope is that all participants put their newly learned skills from the morning into practice in the afternoon tourney.

"I have known Tim Gleason for years, and in fact, his mentoring has had a huge effect on improving my game in so many ways. Tim is a true gem in the Gem State."
 Robert Sweetgall

The Round Robin: This format is becoming more and more popular across the entire nation because it takes the pressure off players to cherry-pick their perfect partner. Instead, we let a computer program randomly pick your partners. Plus you never get the same partner twice (saving a lot of marriages); and you're

MARK YOUR CALENDAR
DECEMBER

Weekly Events



Mondays

7.00/8.15am - CoreRobics Pickleball at The Club at Aspen Village

Fridays

4.00/5.15pm - CoreRobics Pickleball at The Club at Aspen Village

Sundays

6.00/9.00pm - Indoor Pickleball at Meadows Valley High School

Questions

CONTACT

- Robert Sweetgall
p: 634.1491
e: robwalks@ctcweb.net
- Mountains & Meadows Pickleball Club
e: mandmpickleball@gmail.com
w: www.mmpickleball.club

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The 2016 Snowball Smash - January 23

guaranteed to play a minimum of 5 games throughout the tourney. Eventually the players accumulating the most points after five games win the right to play in the single-elimination playoff brackets. This randomized format gives all players a much better chance of advancing.

Flexibility: We understand that some players may have a scheduling conflict not permitting them to stay for both the CLINIC and the ROUND ROBIN. This being, we are allowing "Half-day Split Registrations" in which you can sign up for EITHER the clinic or the tournament separately (see registration form). However, we strongly recommend that you participate in both these fun & worthwhile events.

Our Heartfelt thanks to:

- **Tim Gleason** for his willingness to travel to McCall/ New Meadows in sharing his knowledge
- **Jack Bonawitz** again, for coordinating the round robin tournament,
- **Bob Bacon** for permitting us to use his computer model for random pairing of players, and for all the great and generous sponsorships of BAPA tournaments,
- **All our players** who generously volunteered their time in helping set up courts, providing potluck dishes, helping with registrations, etc., and,
- **Meadows Valley High School** for permitting us to use their gym on a varsity away game day.
- **Robert Sweetgall** for all his hard work in coordinating this event.

Due to the limited space for courts, number of participants for the Tournament will be restricted to 24 players - SIGN UP NOW so as not to miss out!

Tournament Flyer, Registration Form and Indemnity are attached.



The 2016 Snowball Smash
A Dink & Dine Winter Blast
 Saturday, January 23, 2016
 Meadows Valley High School Gymnasium
 New Meadows
 9.00am/4.00pm

Schedule of Events
Saturday, January 23rd

- ★ 9.00am/12noon Tim Gleason's All-Skill Levels Clinic
- ★ 12noon/12.50pm Potluck Feast MVHS Cafeteria
- ★ 1.00pm/4.00pm Fun Round Robin Pickleball Tournament

FUN RAFFLE PRIZES AND AWARDS
 (see next page for further information)

Registration deadline - January 9th
(max. 24 players)
 Registration Form & Liability Release attached

Questions? Contact:
 Laurie Janssen - 315.5195 or Robert Sweetgall - 634.1491

More Pickleball Coming

Two expanded venues are to happen soon.

The first is expanded play, we hope on Thursday evenings at Meadow Valley High School (note: historically, we haven't started mid-week play at MVHS until the close of the Varsity Basketball season in late-Feb/mid-March).

Starting in December will be a great addition!!

Donnelly Bible Church

Additionally, we will open the 2016 season at Donnelly Bible Church beginning on the first Tuesday night of January. Stay tuned for more specifics - no formal charge - however, voluntary donations are encouraged to support the Donnelly Bible Church's youth recreation program.

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DECEMBER 2015

Tip of the Month

Playing On the Balls of Your Feet

So many players are caught sitting back on their heels through the various stages of Pickleball play.

This hurts one's posture, balance and quickness to the ball. If you'll consciously shift your weight forward, especially when dinking at the kitchen line, you'll immediately notice how much your readiness to get to the ball improves, not to mention the consistent/accuracy of your shots – and how many less unforced errors you commit.

Also, playing on the balls of your feet will strengthen your legs, tune up your rear end muscles (gluteal maximus), and help you burn more calories.

Best practice drill: Hit either a foam or regular Pickleball up against a wall from approximately 7-foot distance, consciously keep trying to shift more and more weight onto the balls of your feet as you slide/shuffle right to left and left to right to position yourself closer to the ball coming off the wall. Translate this technique right into your next Pickleball doubles game and watch how many more good shots you're returning!!!

OTHER NEWS***Hobble Creek Update***

The great and worthy project to build 14 courts at Hobble Creek community in West Boise has been delayed due to government funding timing. However, in a positive light, the green light is still on for the project as the Boise Area Pickleball Club is still moving ahead with promotional materials, fundraising and marketing.

For more info, Google *Boise Area Pickleball Association* and search Hobble Creek.

Salmon River Pickleball

Looking to get out of the snow to play OUTDOOR Pickleball? Consider playing in Lucile ID (just north of Mile Marker 204 on Highway 95 approx 60 miles north of McCall).

Call Robert Sweetgall to make sure the weather is suitable and the court (Robert's private court) is available for play. No charge!

Core-Robics Pickleball

taught by Robert Sweetgall is now entering its second month. M&M Pickleball players are welcomed to attend classes on Mondays (7am) or Fridays (4pm) to work on skill development and fitness improvements in all areas of the game.

Classes are free thanks to The Club. M&M Pickleball Club will be assisting The Club by putting up a new practice hitting wall this coming spring; and in return The Club is not charging fees for the indoor training Core-Robics classes. A total Win-Win for all, especially for those taking advantage of the classes.

The 2016 Snowball Smash

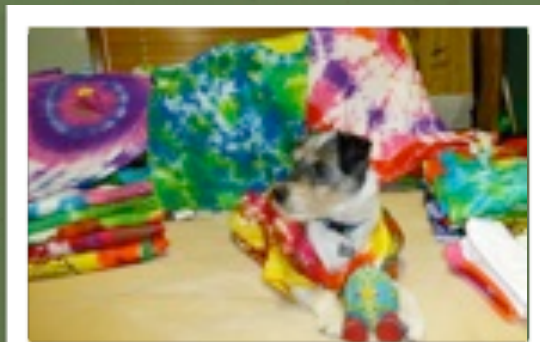
Flyer and Registration Form on the next four pages of this Newsletter as well as on the website:

www.mmpickleball.club

Tess's Tie-Dye Tee Sale***Holiday Gift Idea***

Treat yourself, a family member or a Pickleball friend, to a great, custom-screened M&M Pickleball T-shirt for the holidays and throughout January 2016.

Special offer - Only \$9 while supplies last! Contact Laurie Janssen (Tess's Mom) - p: 315.5195.





The 2016 Snowball Smash

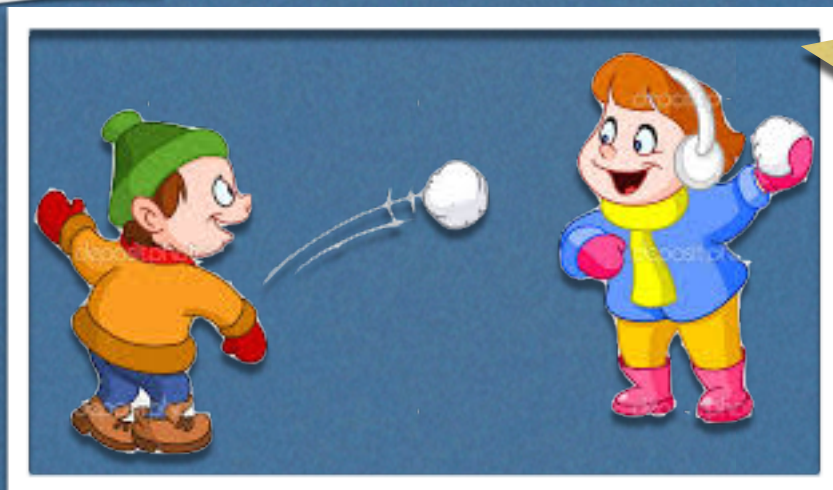
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Meadows Valley High School Gymnasium

New Meadows

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2016

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Sign-Up Now

Registration deadline - January 9th

(maximum 24 players)



THE 2016 SNOWBALL SMASH

RELEASE, PERMISSION AND INDEMNITY

Each participant must submit a signed waiver form prior to actively participating in any events described in this Release, Permission and Indemnity Agreement.

Waiver: In consideration of being permitted to participate in any Mountains & Meadows Pickleball Club (M&MPC) event, such as but not limited to pickleball games, tournaments, clinics or classes/ lessons designed to teach the fundamentals of the game of pickleball, I, the undersigned, for myself, my heirs, or assignees, do hereby release, waive, discharge, or otherwise indemnify and further agree not to sue or otherwise attempt to hold liable the M&MPC, its/their officers, employees, clinicians/instructors, agents for any and all claims resulting in personal injuries, accidents or illnesses (which may include death) and any and all property loss arising from my participation in the aforementioned events.

Assumption of Risk: Participants in the aforementioned events carry certain inherent risks that cannot be eliminated regardless of care taken to avoid such risks. Such risks may include but are not limited to 1) bruises, sprains, dehydration, 2) major eye injuries, joint, bone, or back injuries, heat stroke, heart attacks and concussions, and 3) catastrophic injuries such as paralysis and/or death. I have read the previous paragraphs and acknowledge the risks mentioned and agree that they all are inherent in participating in any event of the M&MPC. I assert that my participation in these events is voluntary and that I knowingly assume all risks associated with previously mentioned events.

Indemnification and Hold Harmless: I further agree to indemnify and hold harmless any venue, Parks and Recreation entity, other organization and/or organizers assisting in previously mentioned event of the M&MPC from any claims, suits, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement or participation in any previously mentioned event of the M&MPC.

Use Permission: I also give the M&MPC, its agents or designees permission to use or distribute, without limitations or obligations, my image, name, voice and words for any purpose connected with any event of the M&MPC I participate in. This will also include promotional and/or marketing materials.

Signature of Participant

Print Name of Participant

Date Signed

(All participants must be 18 or older. Should a participant be under the age of 18, a parent or legal guardian must sign a **Release, Permission, and Indemnity Agreement** prior to any under age participant being allowed to actively participate in any M&MPC event previously mentioned in the document.)



THE 2016 SNOWBALL SMASH Registration Form

Full Name (please print)

.....

Mailing Address (street or PO Box)

.....

(City)(State)(zip).....

Email Address

Phone Contact (.....)..... or (.....).....

Tournament Fee (check applicable)

___\$25 (full day) ___\$18 (clinic only) ___\$18 (tournament only)

Forward this form, with your check payment and signed liability release form to:

**Laurie Janssen
PO Box 136 McCall ID 83638**

(Make your check payable to: M&M Pickleball Club)

Note:

- Your signature on the Liability Release is required as part of your Tournament Registration (refer next page).*
- Due to space issues, registration is limited to the first 24 players to send in their completed Registration Form and payment (checks only, no cash, no verbal registration).*



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