

2018

APRIL NEWSLETTER



# Mountains & Meadows Pickleball Club

## EASTER SUNDAY PBALL AT MVHS

**A special note:** There will be Pickleball at MVHS on Easter Sunday. Wear your bunny ears!!

There will be NO Pickleball at MVHS on Thursday, April 5th.

### Spread the Word:

New members who join now receive a bonus - 2018 and 2019 membership PLUS a T-shirt. Great value!! Tell your friends!! Contact Laurie.

### Note new time at McCall

for Mondays at Elementary School **6.30/8.30pm**. Assistance is required in setting up and breaking down the courts - please arrive by 6.15pm.

### New Member:

James Collet - welcome!!

### For those off due to injuries and health issues

Get well soon - we want you back on the court - we miss you!!

### Other Tournaments & Events:

Check out the website:

[pickleballtournaments.com](http://pickleballtournaments.com)

**2nd Annual Lewis-Clark Valley Sunset Classic May 19/20.** Registration now open - go to: [PickleballTournaments.com](http://PickleballTournaments.com) Flyer can be downloaded from our website: [www.mmpickleball.club](http://www.mmpickleball.club) tournaments tab.

**Boise Awesome Pickleball Adventure 2018 and Open May 25/28** Tournament Flyer can be downloaded from our website: [www.mmpickleball.club](http://www.mmpickleball.club) tournaments tab.

**Lewis-Clark Summer Games June 16th-23rd** - further information on Page 2.

  
**SPRING**  
*into*  
**ACTION**

## MARK YOUR CALENDAR APRIL

### Weekly Events



### Sundays

**6.00/8.30pm**  
Meadows Valley High School

### Monday

**6.30/8.30pm**  
Barbara Morgan Elementary School

### Tuesdays

**6.00/9.00pm**  
Donnelly Bible Church

### Thursdays

**6.00/8.30pm** (except Thursday, April 5th)  
Meadows Valley High School

### Questions

Laurie Janssen - Secretary/Treasurer  
p: 208.315.5195

e: [fourpjs@frontiernet.net](mailto:fourpjs@frontiernet.net)

Kay Clark - Communications

e: [mandmpickleball@gmail.com](mailto:mandmpickleball@gmail.com)

w: [www.mmpickleball.club](http://www.mmpickleball.club)

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# MONDAY PICKLEBALL MCCALL

APRIL 2018

## Board & Coordinators

**Board of Directors and Venue Coordinators**

### Officers

**President**

Paul Christensen

**Secretary/Treasurer**

Laurie Janssen

**Communications/Webmaster**

Kay Clark

**Expert Consultant**

Jack Bonawitz

### Venue Coordinators

**The Club at Aspen Village**

Debbie Isley & Paul Christensen

**45th Parallel Courts**

Tootie Neeves & Max Muffley

**Lutheran Church**

Laurie Janssen

**Meadows Valley High School**

Art & Cynthia Peavey

**Donnelly Bible Church**

Laurie Janssen

McCall Parks & Recreation District Program

## Pickleball Open-Gym - Winter 2018



**Open Gym Pickleball Season**  
**February 26-April 23**  
**Barbara Morgan Elementary School Gym**  
**Mondays - 6.30/8.30pm**  
**Pay \$4 at the door OR \$25 for season 'punch pass'**

**Rules:**  
 Non-marking athletic shoes  
 Help with set-up or take-down of net & lines  
 Clean up after yourself  
 NO open containers; water-bottles with lids  
 NO food on courts

Need more information call Tara at 634-8968

Registration Status: Open  
 Regular Registration: Tuesday, September 19, 2017 - Monday, April 23, 2018  
 Program Duration: Monday, February 26, 2018 - Monday, April 23, 2018  
 Regular Registration Cost: \$25.00

**Save the Date**

## LEWIS-CLARK SUMMER GAMES

**20th Anniversary of the Games!**  
 Annual Fundraiser supporting the mission of the  
 WA-ID Volunteer Center  
**Open to anyone 40+ years of age!**

Mark your calendars and be sure to **Save the Date** for the  
 2018 Lewis-Clark Summer Games!

Register in person @ the WA-ID Volunteer Center office,  
 print and mail your registration form to  
 1424 Main Street, Lewiston, ID 83501 or  
 utilize online registration!  
 Registration deadline is June 15, 2018

**JUNE 16TH - 23RD**

Website: [www.lewisclarkgames.org](http://www.lewisclarkgames.org)  
 E-mail: [info@lewisclarkgames.org](mailto:info@lewisclarkgames.org)  
 Phone: 208-746-7787

**Meadows Valley Pickleball**



Pickleball at The Club



Lutheran Church Pickleball



DBC PICKLEBALL

**45th PARALLEL PICKLEBALL COURTS**

# Robert's Tip of the Month

**A**s an ongoing tribute to Robert Sweetgall, we will continue to publish Robert's Pickleball tips ..

## The Third Shot Drop

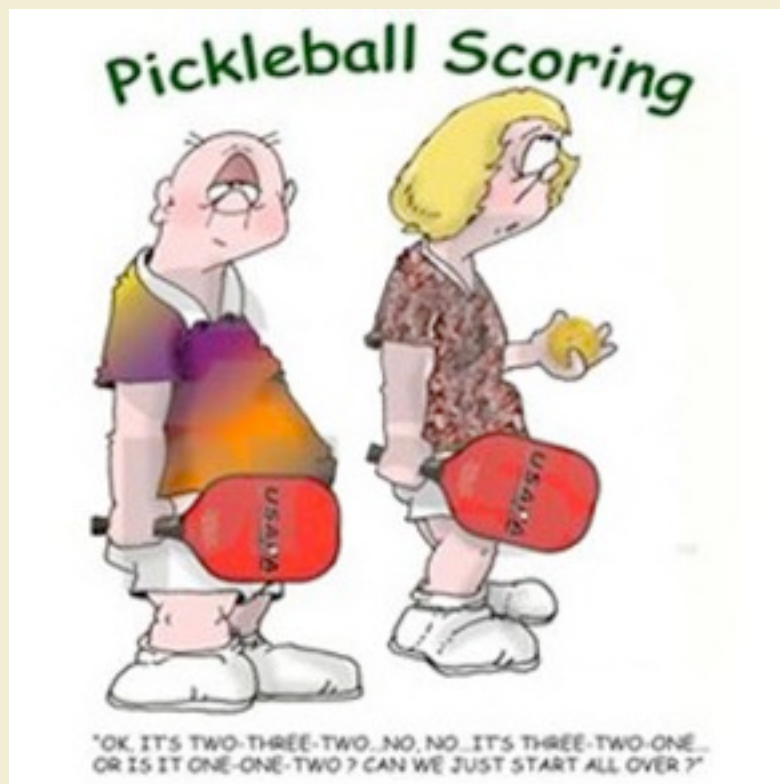
The team receiving serve has a distinct advantage in that their two players can approach and position themselves at the kitchen line, while the serving team must stay back at the baseline to let their opponents' return of serve bounce.

HOWEVER, with a soft, well-placed 3rd shot that drops into the kitchen, both players on the serving team have a valuable opportunity to approach the kitchen, creating much more of an equal opportunity to win the point. Without this strategic 3rd shot drop-shot, the serving team will usually wind up playing the entire point from the baseline area, with poor odds of winning the point. Hence, developing the skill to softly drop your opponents' deep return of serve into the kitchen is so important, even moreso when playing higher skill-level players.

## Skill Development Drills

To get better and better at making quality 3rd shot drop shots into the kitchen:

- **Drill A** - Practice throwing the ball with your paddle hand softly, so that the ball just clears the net, landing in the kitchen. This will give you a feel for the right touch and arc to take to clear the net. Done with a partner, this will eliminate a lot of ball chasing as you each make alternating throws.
- **Drill B** - Next, practice a similar drill, but this time striking the actual ball with your paddle from the baseline, trying to drop your shot in the kitchen. Again a partner repeating this drill with you on the other side of the net helps.
- **Drill C** - With a partner, start with a normal serve to your partner. Your partner's goal is to hit a deep return of your serve. Your 3rd shot goal is to



return your partner's 2nd shot with your best 3rd shot drop into the kitchen. Keep repeating by alternating who serves the ball, thereby giving each of you practice at deep serving, deep returning and finally soft 3rd shot drops.

Things to practice to improve your accuracy and consistency on your 3rd shot drop shots:

- Concentrate by watching the return of serve (2nd shot) come right onto your paddle
- Use footwork to get closer to the ball instead of being a "last-second leaning-reacher"
- Bend your knees to avoid hitting in an erect, tall position
- Before hitting your third shot drop, transfer more weight to your right side (assuming you are right-handed) and hit the ball with most of your weight supported on the right leg. This is basically similar to your right-leg-press-dink shot, except it's a much longer shot (baseline to over the net).

If you're having trouble hitting off your right leg, keep practicing as it represents a different weight transfer than most of us grew up with in tennis and racquetball. If ultimately you give up on the right-leg/right-handed hit, at least do one thing:

**HIT THESE 3rd SHOT DROP SHOTS AS CLOSE TO YOUR BODY AS POSSIBLE.**

The further away from your body that you strike the ball, the less accurate and more inconsistent your shots become!

One last thing, if you're the type who likes to admire your beautiful 3rd shot drop shot from the baseline without advancing to the kitchen, you've gained little to no advantage. You must advance quickly to neutralize the kitchen-line-position advantage of your opponents.

