

2017

OCTOBER NEWSLETTER



# Mountains & Meadows Pickleball Club

## SUMMER SEASON WINDS DOWN

Last night of outdoor play at the Lutheran Church venue will be **Thursday, October 5th**, after which we will move to the courts at Aspen Village. Note new start time for evening play at McCall venues - **5.30pm** (MeadowCreek - 5.00pm).

Outdoor play will continue until weather conditions dictate otherwise. At season end assistance from members for dismantling the courts will be appreciated.

Thanks to our outdoor court Coordinators for their assistance this past summer.

## 2017-2018 Winter Season

**Meadows Valley High School** - first evening for play will be **Sunday, November 19th** beginning at 6pm (players are requested to assist with set-up and marking of the courts).

**Donnelly Bible Church** - details will be provided when available.

**McCall Parks & Recreation** program at the school gym will be scheduled for Monday nights beginning in February.



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## MARK YOUR CALENDAR OCTOBER

### Weekly Events



#### Sundays

9.00/11.30am

45th Parallel Courts at MeadowCreek

#### Mondays

5.30/8.00pm

The Club at Aspen Village

#### Tuesdays

5.30/8.00pm

The Club at Aspen Village

#### Wednesdays

9.00am/12.00noon

The Club at Aspen Village

5.00/7.30pm

45th Parallel Courts at MeadowCreek

#### Thursdays

5.30/8.00pm

The Club at Aspen Village beg. Oct. 12

#### 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)

## ROBERT SWEETGALL SCHOLARSHIP

Committee members will be meeting with school officials in the near future to set up the Scholarship Fund in memory of Robert. Details will be provided when available.

Donations to the memorial scholarship fund can be forwarded to our Secretary/Treasurer:

Laurie Janssen

PO Box 136 McCall ID 83638  
make your check payable to:  
**M&M Pickleball**

note: *Robert Sweetgall  
Scholarship*



## Aspen Village renames pickleball courts for Robert Sweetgall

The Club at Aspen Village and Mountains & Meadows Pickleball Club have named the pickleball courts at the club in honor of Robert Sweetgall, who died in June.

Also, a bench with a plaque has been placed inside the courts in

Sweetgall's honor.

The naming honors Sweetgall's efforts to procure court space in Valley and Adams counties and the formation of Mountains & Meadows Pickleball Club.

A scholarship in Sweetgall's name will be awarded to a local school student who is considering a career in physical education.

OCTOBER 2017

## 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

## Robert's Tip of the Month

*As an ongoing tribute to Robert Sweetgall, we will be publishing some of Robert's Pickleball tips .. the tip below was first published in October 2015.*

It seems that many mis-hits occur so much more frequently when we fail to bend our knees to get down to ball-striking level. By just crouching a little bit lower we are able to get into a better ready position with an improved sighting of the ball. Also critical in this regard is leaning a bit forward transferring onto the balls of your feet. This speeds up your footwork and ability to move in anticipation to reach oncoming shots. Playing flat-footed or off your heels makes you SLOW TO THE BALL and ill-prepared to handle your next shot. Furthermore, staying a bit lower reduces your target size making you a less-likely Cobra target.

### Your Home Drill

In the garage, den, play room or wherever convenient, practice miming a lower play position by shuffling back and forth with a racquet in hand, bending your knees just a bit more than normal. When bending, keep your knees centered over your ankles, not protruding past your toes.

Be conscious as you shuffle from left to right and right to left with most of your weight on your balls of your feet. This will strengthen your legs, tighten your gluteal muscles (rear end), improve your balance, quicken your movements and significantly improve your play.



## 45<sup>TH</sup> PARALLEL PICKLEBALL COURTS



Pickleball at The Club



Lutheran  
Church  
Pickleball

Meadows Valley Pickleball