



Mountains & Meadows Pickleball Club

NEW PLAY FORMAT

New Play Format will be piloted on Sunday Nights at Meadows Valley High School.

In an effort to provide a variety of play options suited to each individual's needs and desires, on Sunday night Pickleball we have come up with a new creative format to try on a pilot basis throughout February.

Here's the new format:

- First 90 minutes of play (6 pm to 7:30 pm) ... mixed round robin play just like we've always done on all 3 courts – north, south and middle courts – in the usual rotational format.

A fourth mini-court with net and ball machine will be set up on the stage area. This 4th play area is being given a new name – the **Skills-Practice-Area** (aka The **SPA**). Players can work out, drill, warm up in a variety of ways throughout the night, anytime from 6/9.00pm at **The SPA**.

- Second 90 minutes of play (7.30pm/9.00pm) players choose their favorite and most desired courts as follows

(A) North Court (adjacent to the stage) ... this becomes the **PYBO** ("Play Your Butt Off") court for fairly advanced play. The North Court is also known as the **NO MERCY** court of Quick Cobras and Soft Dinks.

(B) Middle Court ... this becomes the fun-social recreational court (aka the **FS** court) dominated by more smiles and less smashes

(C) South Court (under the immovable basket) This court is the **FLEX** court, meaning that it can used in a variety of ways depending on the number of players waiting to play and on how those players wish to match up.

Basically the **FLEX** South Court will function on the style of the 6.00/ 7.30pm block with waiting players deciding fairly how to rotate. Of course, when a game finishes on either the north or middle court, any players waiting on these courts can rotate in. If on some nights after 7.30pm, there are not sufficient players to fill a game of doubles on any of the three courts, players can improvise accordingly.

MARK YOUR CALENDAR FEBRUARY

Weekly Events



Mondays

6.00/8.00pm - Mini-Court Pickleball at The Yellow Couch

Tuesdays

6.00/9.00pm - Donnelly Bible Church

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 (except February 7th - Super Bowl Sunday 1.00/4.00pm)

Questions

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After all, when we were all kids in elementary school, we somehow figured out how to play fairly and have fun. Then came all the leagues, and rules, and regulations, and adult supervision, and organizational regulations, and soon after, we spent more time trying to figure things out than playing.

Summary:

Starting at 7.30pm, all players should go to their favorite of the four areas –

PYBO north court

FS middle court

FLEX South Court or

The SPA.

Have fun - keep your paddles in the ready position, and play on the balls of your feet. And don't forget to keep your eyes on the ball.

Super Bowl Sunday

Play on Sunday, February 7th at MVHS will be from 1.00/4.00pm to cater to football enthusiasts.



The 2016 Snowball Bash a Huge Success

The Snowball Smash was a huge success!

Here are the results:

1st Dan Olsen and Tom Seale

2nd Robert Sweetgall and Steve Lisenbee

3rd Paul Christensen and Dennis Edwards

There were 24 players total:

15 from our Club (Dan Olsen came the furthest from Seattle)

6 from Lewiston

3 from Boise area

Special thanks to:

- Everyone who showed up early and helped tape off the courts and set up – Art, Jim Moran, Scott and Susie Christie, Scott Clinger
- Cynthia for organizing the potluck
- Those who brought food
- Tim Gleason!!!
- Jack Bonawitz for organizing the tournament

- Robert for arranging Tim Gleason, and obtaining permission to use MVHS gym, raffle prizes, etc.
- The MVHS for providing the facility for our event
- The out-of-town players for traveling the distance to come play.
- And last, but by no means least, our super-Secretary/Treasurer, Laurie Janssen who coordinated the registration and supplies and who arrived super early to get everything setup and organized.

Thank you one and all!!

Videos of the event can be viewed on the SPECIAL EVENTS page our website:

<http://www.mmpickleball.club>

To view a larger version of the videos click on the YouTube logo.



2016 SNOWBALL SMASH

Tournament Prize Winners



1st Dan Olsen and Tom Seale (C)

2nd Robert Sweetgall and Steve Lisenbee (R)

3rd Paul Christensen and Dennis Edwards (L)

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Tip of the Month and Tim Gleason's Clinic



Less Errors = More Wins

When Tom Gleason presented his excellent clinic to us on January 23rd, one of the most emphatic points he made after analyzing the play and results of hundreds and hundreds of matches was this:

"In any pickleball match the team that makes the most errors pretty much always loses; and the team that makes the fewest errors pretty much always wins. It's that simple."

Taking this point one step further, Tim clearly demonstrated a host of techniques and playing tips that will minimize errors, giving all of us better performance in our games. His tips include:

- Playing on the balls of our feet to quicken our readiness to get to the ball.
- Avoid reaching and lunging for wide shots; instead move to center the ball between your shoulders.
- Play all balls in front of you instead of reaching back in an awkward stance to swipe at the ball.
- Avoid taking the long arcing swing with a big wind-up; instead take a shorter, compact, block-swing, punching at the ball in front of you.
- Swing your paddle in a more underhanded arc taking advantage of the longer 10-inch length of the paddle for hitting the sweet-spot instead of swinging sidearm which gives you a much narrower sweet-spot for hitting the ball.
- On balls that bounce to your backhand, try running around them enabling you to hit these balls on your forehand (unless you are one of the rare players that has a better backhand than a forehand).
- Play low, bending your knees, keeping your eyes focused on the ball.

- In the dinking game, practice hitting the ball so that it drops closer and closer to the front of the net where it becomes almost impossible for your opponents to drive a hard line drive (The Cobra) at your body or a passing shot around you.
- From a safety standpoint, never back-peddle to retrieve a lob; either side step or turn around and run straight forward to catch up to a lobbed ball.

Tim's other critical points of emphasis covering the things top elite players do that less skilled players do not do and need to practice include:

- **Using the forehand as a weapon**
- **Hitting the backhand volley**, especially at the kitchen line
- **Returning the serve** consistently deep and immediately progressing to the kitchen line, even if you have to make it in several advancing stages to the kitchen line. (Note: a short return of serve typically results in you losing that point.)
- For the serving team, **mastering the third shot drop**, enabling you and your partner to consistently hit your opponent's deep return of serve into the kitchen area, thereby giving you and your partner the time and opportunity to advance to the kitchen line (because the team that plays back at the baseline typically loses the point).

Again, we all appreciate the time and teachings of Tim Gleason who traveled north from Boise just to help all of us improve our Pickleball games. Thank you Tim!

