

2018

AUGUST NEWSLETTER



Mountains & Meadows Pickleball Club

ASPEN COURTS RESURFACED

Aspen Courts Resurfacing work has been completed on the Aspen Courts.

The Club at Aspen Village paid for the majority of the resurfacing material and the textured paint. M&M Pickleball Club provided the labor plus some additional costs for the purchase of extra product and other materials.

A BIG THANK-YOU to the Mountains & Meadows and Donnelly Club members who volunteered their time - a total of over 150 hours of volunteer work carried out by:
Paul and Laurie

(Janssen), Steve and Margaret, Paul and Kristin (Christensen), Francis, Dennis, Susie, Craig, Diane, Scott, Larry, Lani, Rob, KJ, Barb, Karen and Jim.

An Open House is being planned for an early September Saturday morning with Pickleball and a continental breakfast. Watch for further details.

Paul Christensen and his crew have done an outstanding job! The courts look amazing!

Additional Play at the Aspen Courts

Morning play has been added for Monday, Tuesday & Thursday in addition to the usual Wednesday morning play (commencing at 9am).

Wow!!



*Pictured above - the refurbished courts -
more pics. of work in progress Page 3*

MARK YOUR CALENDAR AUGUST

Weekly Events



Saturdays/Sundays

9.00/11.30am

45th Parallel Courts MeadowCreek

Mondays/Tuesdays

9.00/11.30am & 6.00/8.30pm

The Club at Aspen Village

Wednesdays

9.00am/12noon

The Club at Aspen Village

7.00/9.30pm

45th Parallel Courts MeadowCreek

Thursdays

9.00/11.30am

The Club at Aspen Village

6.00/8.30pm

Lutheran Church (exc. August 2 - play temporarily moved to The Club at Aspen Village)

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MEMBERSHIP RENEWAL

Membership Renewals Due

2018/2019 Season - July 1st, 2018 through June 30, 2019
Contact Laurie Janssen (Secretary/Treasurer) p: 208.315.5195 or
e: fourpjs@frontiernet.net to renew your membership....\$15
(annual dues go towards equipment, balls, clinics, tournaments).
Membership Form & Release can be found on the website:
www.mmpickleball.club (membership tab).

Welcome New Members....

Eric & Joan Brundige
Lani J Delvaque
John & Terri Hanks
Steve & Karen Snow
Linda Thompson
KathyJo West

SUMMER VENUES



The Club at

Aspen Village

Monday, Tuesday
Wednesday &
Thursday

mornings - 9.00/11.30am
Monday & Tuesday evenings -
6.00/8.30pm as well as Thursday,
August 2nd - 6.00/8.30pm.
Reminder that there is a fee to
play on the Aspen Courts -
Season Pass \$45.00/single -
\$80.00/couple or \$5.00 per
person for drop-ins - please
check in at Reception.



Lutheran Church

Thursday evenings -
6.00/8.30pm
(except August
2nd when play
has been

temporarily moved to The
Club at Aspen Village.)



45th Parallel Courts

MeadowCreek

Saturday & Sunday - 9.00am/
11.30am and Wednesdays -
7.00/9.30pm.

On Tuesday, July 17th the 45th
Parallel Pickleballers hosted a
session for new players -
approximately 12 newbies
attended the session and have
indicated that they interested in
participating at the weekly
events. Free instruction,
equipment and refreshments
were provided.

Reminder - there is a fee to play
on the 45th Parallel Courts -
\$25.00/single - \$40.00/couple or
\$5.00 per person per day; please
check in at ProShop.

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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

Questions

Laurie Janssen - Secretary/Treasurer

p: 208.315.5195

e: fourpjs@frontiernet.net

Kay Clark - Communications

e: mandmpickleball@gmail.com

w: www.mmpickleball.club



Work on the Aspen Courts

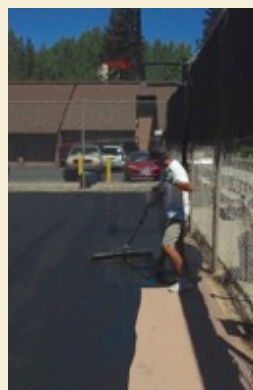
Looks like the M&M crew are professionals!



Pickleball at The Club



Before (above)



*Pic. above - Paul C.
applying the slurry*

Pic. R - halfway there



Progress is being made



The Courts today ..

Robert's 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 affects your posture, balance and quickness to the ball. 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!!!