

2018



# Mountains & Meadows Pickleball Club

## ASPEN COURTS RESURFACED

**A**spen 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](mailto: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](http://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

**Pickleball at The Club**  
 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.

**AUGUST 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

**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)



# Work on the Aspen Courts

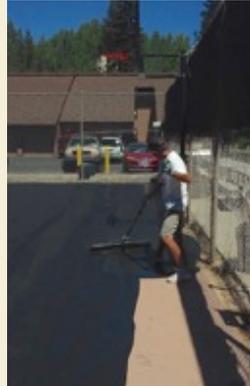
*Looks like the M&M crew are professionals!*



**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 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!!!