

2017

MARCH NEWSLETTER



# Mountains & Meadows Pickleball Club

## Thursday Nights added to MVHS

**S**pring is on the way - we hope!!

### Meadows Valley High School ...

**Sunday & Thursday** nights 6.00/9.00pm. We've already had great attendance on Sunday nights. Clean, dry, non-marking shoes *a must!*

Early set-up at 5:40pm - assistance appreciated.

**Cost ...** Voluntary donation of \$5.00 to the Meadows Valley High School Athletic Program.

It was literally a "lights-out" game on February 5th - MVHS gymnasium lights were out due to the leaking roof.

### Donnelly Bible Church ...

Note: Assistance appreciated in court set-up if you can make it 15 to 20 minutes early on any Tuesday night.

Please change into clean, dry, non-marking shoes before stepping onto the two marked gym courts.

**Cost ...** Voluntary donations appreciated - proceeds to go the DBC youth group.

**Directions ...** from McCall take Hwy 55 south to the south end of Donnelly - turn LEFT at the Stinker Station intersection -

then take a quick right; one block on west-side will lead you to the front parking lot of the DBC.

### USAPA Membership



Annual dues for membership in the USA Pickleball Association have been reduced to \$20 for a 1-year membership. Click on this link for further information:

<http://www.usapa.org/usapa-membership/>



*Who's the Teddy Bear here?*

MARK YOUR CALENDAR  
**MARCH**

## Weekly Events



### Sundays

**MARCH 5th, 12th, 19th, 26th**

6.00-9.00pm at Meadows Valley High School

### Tuesdays

**MARCH 7th, 14th, 21st, 28th**

6.00-9.00pm at Donnelly Bible Church

### Thursdays

**MARCH 2nd, 9th, 16th, 23rd, 30th**

6.00-9.00pm at Meadows Valley High School

### Other Venues

#### Sundays & Wednesdays

4.00-6.00pm **Cascade** (further information on website [NEWS](#) tab)

#### Mondays

6.00-8.00pm **McCall** Barbara Morgan Elementary School (further information on Page 3)

### Questions

Laurie Janssen - Secretary/Treasurer

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Kay Clark - Communications

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## Strategy Tips from Prem Carnot (Pickleball Guru)

**I**f you want to improve your game (and not just keep beating the same people you always beat) you HAVE to get up to the kitchen and play from right behind the no-volley line.

You life-long tennis players — Yes, I'm talking to you!

You're not playing tennis anymore, and although the racket-skills you developed in tennis will serve you well, the physics of a pickleball game are simply different.

### **You. Must. Get. To. The. (No-Volley) Line.**

Not ON the line, of course, but RIGHT BEHIND it. I mean, plant your feet 1-2" from the line and don't move back. Move side to side as needed. Step one foot into the kitchen to take a ball on the bounce, but play from RIGHT BEHIND the line.

### **Reason #1: You Can Hit the Ball DOWN**

First of all, a pickleball will never bounce as high as a tennis ball, and will rarely bounce as high as the net, so anytime you take it off the bounce, you'll have to add some loft to your return shot and effectively hit the ball on an upward trajectory.

**Reason #2: You Drastically Reduce Your Opponents' Options (And Have Less Court to Cover)**

### **Reason #3: It Puts You On the Offensive**

Why run around trying to get balls your opponent hits past you when you can stay at the net and practically force them to hit a great shot or hit the ball right to you?

The farther you move back from the net, the less of a view you have of the other side of the court.

The farther you are from the no-volley line, the easier it is for your opponent to drop a ball very short. I'm not saying you can't run around like a headless chicken, make amazing defensive shots and potentially, eventually win the point. I'm just saying it's not particularly "smart" pickleball and you'll never take control of the point when you're hitting from mid-court or behind.

**Lie #1:** I am "at the line" if I am within 36" of the line.

No way, jose! Plant your feet about 2" from the line, and get in the habit of never stepping forward except to hit a ball off the bounce in the kitchen, and then quickly stepping back out. (Drill on that so you

don't get called on foot-faults, or worse, NOT get called on them & marvel at the excellent shots you're hitting, only to find out in a tournament that they weren't actually so legal as you thought.) At the most, you might step back 8" or so to take a ball before it bounces, but being 2' from the line is NOT considered playing at the line.

**Lie #2:** Getting up to the line at all is the same as staying at the line.

I always tell my students, never, ever, ever back up from the line to take a ball. Because once you back up, it's hard to come back, and it's more likely your opponent will just keep hitting them at your feet to push you back from the line, shot by shot.

Instead, take the ball in the air. Many people think that if they are standing at the kitchen line and the ball is bouncing at or near their feet, they HAVE to back up to take it off the bounce. In fact, this is just because they are taking the ball later than they should be. If the ball is going to bounce at your feet, then the trajectory is such that you probably could have taken it in the air.



## Strategy Video

<https://youtu.be/x5ceh-7DI1Y>



## Surgeries, Injuries & Recoveries

**Paul Janssen** is recovering from heart surgery which took place on February 14th - Valentine Day - Heart - Dr. Love - why not!!

**Laurie Janssen** is recovering from shoulder surgery - diligently working at PT and looking after Paul.

**Fred Sanders** is *back* playing about a 2-month hiatus due to a *back* injury.

**Kris Christiansen** is recovering from a recent surgery and illness.

**Diane Dobson** is recovering from knee replacement surgery.

**Ralph Hawes** continues to deal with broken ribs and back pain resulting from a fall around Christmas.

***Wishing you all a speedy recovery! We hope to see you back on the court soon!!***

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## INDOOR COURTS McCALL FEBRUARY 27/MAY 22



### 2017 Open Gym Pickleball Season



February 27- May 22

Barbara Morgan Elementary School Gym

Mondays, 6:00-8:00pm

You pay \$4 at the door each time **OR** \$40 for the whole season

#### Rules:

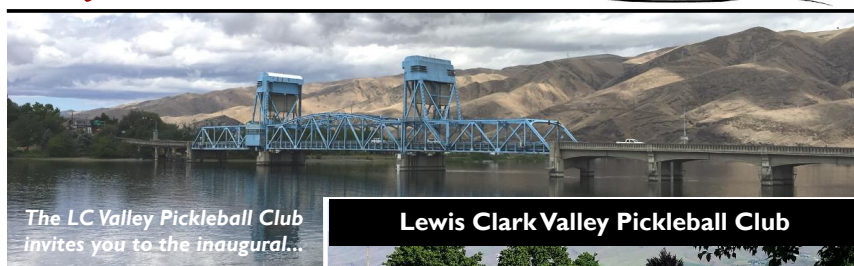
- Non-marking athletic shoes
- Help with set-up or take-down of net & lines
- Clean up after yourself
- NO open containers; waterbottles with lids
- NO food on courts

Need more information call Tara at 634-8968

Lewis-Clark Valley

## Sunset Classic

Pickleball Tournament



The LC Valley Pickleball Club  
invites you to the inaugural...

Lewis-Clark Valley  
*Sunset Classic*  
Pickleball Tournament!

May 6-7, 2017  
Sunset Heights Park  
2602 11th Avenue, Lewiston, ID

Registration Available  
PickleballTournaments.com

#### Tournament Contacts:

Tom Seale and Cary Dingman  
Email: tandcpickleball@gmail.com  
Tel: (208) 413-4605  
(Email is the best form of contact)

Special Thanks to our Sponsors:



#### Lewis Clark Valley Pickleball Club



#### TOURNAMENT SCHEDULE:

Friday, May 5th	Open Play
Saturday, May 6th	Men's Doubles and Women's Doubles
Sunday, May 7th	Mixed Doubles

#### TOURNAMENT DETAILS:

- Round Robin Format | Maximum of 100 participants
- Skill Levels: 3.0, 3.5, 4.0, 4.5 and 5.0 | Non-Sanctioned
- Tournament committee may group skill levels if needed

#### REGISTRATION INFORMATION:

Registration Fee \$35.00 (one event) (Includes T-Shirt)  
\$ 5.00 (second event)

Final Deadline Wednesday, April 26th  
No partner changes or refunds after 4/26

#### LODGING INFORMATION:

A group block is available at the Quality Inn & Suites in Clarkston, WA at a reduced rate of \$105 (single) or \$115 (double) which includes breakfast. Rooms MUST be reserved by **April 5th** by calling (509) 758-9500 and asking for the **LCV Pickleball Tournament** block. **PLEASE NOTE:** this is **WSU** graduation weekend and hotel rooms will be very limited.

MARCH 2017

## Board & Coordinators

Board of Directors and  
Venue Coordinators

### Officers

#### Co-President

Robert Sweetgall & Paul Christensen

#### Secretary/Treasurer

Laurie Janssen

#### Communications/Webmaster

Kay Clark

#### Expert Consultant

Jack Bonawitz

### Venue Coordinators

#### Donnelly Bible Church

Connie Heinzmann & Laurie Janssen

#### The Club at Aspen Village

Debbie Isley & Paul Christensen

#### Meadows Valley High School/45th Parallel Courts

Tootie Neeves, Cynthia & Art Peavey

#### Lutheran Church

Laurie Janssen

