

2016

JANUARY NEWSLETTER



Mountains & Meadows Pickleball Club

THE 2016 SNOWBALL SMASH

Hot Update: 18 players are currently registered for **The 2016 Snowball Smash**, leaving 6 openings before we cut-off registration.

Extended Deadline: With the holiday distractions, we're extending the registration cut-off period for the Snowball Smash one week, from Jan. 9th to Jan 16th.

Volunteers Appreciated:

Anyone interested in helping out to tape off our three courts and set-up nets, starting at 7:30am to 8:00am on Saturday morning January 23rd, please contact Laurie p: 315-5195.

Donnelly Bible Church 2016 Opening Night

Tuesday night Pickleball at the Donnelly Bible Church got off to a great start on January 5th as 15 players came out to play. (That's 45 person-hours of Pickleball play!)

Again we thank our members and the Donnelly Bible Church for their enthusiasm and positive actions. A special thanks to Laurie and Connie for their coordination efforts on the Donnelly Bible Church

Pickleball program, and another thanks to the many players who showed up early to help in the set-up of the courts.

From this point on Mountains & Meadows Pickleball Club has Tuesday nights reserved from 6.00 to 9.00pm at the Donnelly Bible Church. Play is free, however voluntary donations are highly appreciated to support the DBC Youth Recreation Program.

January 18th ... A Special Pizza & Pickleball Afternoon at Donnelly Bible Church

From 1.00 pm to 5.00pm on MLK Jr. Day (Monday, Jan. 18th) we will celebrate our 2nd Annual Pizza & Pickleball Outing at Donnelly Bible Church. Last year's venue was a blast and we hope to have even more fun.

Sunday Night Winter Play Continues at Meadow Valleys High School

The New Year started out great this last Sunday night as 18 players showed up to play Pickleball at

MARK YOUR CALENDAR
JANUARY

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

Questions

CONTACT

- Robert Sweetgall
p: 634.1491
e: robwalks@ctcweb.net
- Mountains & Meadows Pickleball Club
e: mandmpickleball@gmail.com
w: www.mmpickleball.club

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Reminder: The 2016 Snowball Smash - January 23

Meadows Valley High School. Per our normal play schedule, we'll be playing all Sunday nights at Meadow Valley High School from 6.00 to 9.00pm. As soon as Thursday nights open up for Pickleball play, we'll notify every one of the expansion for play. (Thursday night Pickleball is dependent on fitting into the MVHS varsity basketball play/practice schedule.) Typically the gym becomes available on Thursday nights in mid to late February.

Yellow Couch Mini-Court Pickleball

Thanks to The Yellow Couch administration, we have been given a great Pickleball play opportunity on Monday nights to play short-court Pickleball in games of soft dinking using the available space at The Yellow Couch. Play begins at 6.00pm and runs to 8.00pm. Besides having a load of fun, you'll be amazed at how much your short game will improve at The Yellow Couch. Again, play is free, but voluntary donations to support The Yellow Couch youth program are appreciated.

Friday Afternoon Core-Robics Pickleball at The Club at Aspen Village

Tune up your Pickleball skills and your overall fitness with continuing classes at The Club at Aspen Village. Classes are free and run from 4.00 to 5.15pm. All aspects of the game are covered, week after week. Contact Robert Sweetgall (p: 634-1491) if you have questions.

The 2016 Snowball Smash

Flyer and Registration Form on the next four pages of this Newsletter as well as on the website: www.mmpickleball.club

Tip of the Month

Think Low, Stay Low, Hit Low

Approximately 3 out of every 4 points scored in Pickleball result from errors made by your opponents, and many of these errors come from a kind of laziness in not getting your body and center of gravity LOWER to the ground to improve your: (a) quickness to the ball, (b) stability, (c) sighting of the ball on to the paddle, and (d) your striking sensitivity and accuracy. Just

The 2016 Snowball Smash
A Dink & Dine Winter Blast
Saturday, January 23, 2016
 Meadows Valley High School Gymnasium
 New Meadows
 9.00am/4.00pm

Schedule of Events
Saturday, January 23rd

- * 9.00am/12.00pm Tim Gleason's All-Skill Levels Clinic
- * 12.00pm/12.50pm Potluck Feast MVHS Cafeteria
- * 1.00pm/4.00pm Fun Round Robin Pickleball Tournament

FUN RAFFLE PRIZES AND AWARDS
 (see next page for further information)

Registration deadline - January 9th
 (max. 24 players)
 Registration Form & Liability Release attached

Questions? Contact:
 Laurie Janassen - 315-5195 or Robert Sweetgall - 634-1491

watch how many mis-hit balls occur when players swing their paddles from a tall erect posture or when they reach and lunge for balls without bending their knees to get lower-to-the-ground.

To improve your hitting consistency and accuracy and to reduce your mis-hit errors practice "the art of playing lower to the ground" either with a partner or by hitting a ball up against a wall. This involves bending your knees more, playing more off the balls of your feet, and when time and opportunity permit, waiting patiently on the ball to drop a bit lower, giving you MORE TIME to shuffle into a more stable, lower hitting position. Self-improvement will not happen overnight, and that's why repetitive practice drills are so important. Practicing these techniques 5 to 10 minutes on alternating days will help you over the long-haul.





The 2016 Snowball Smash

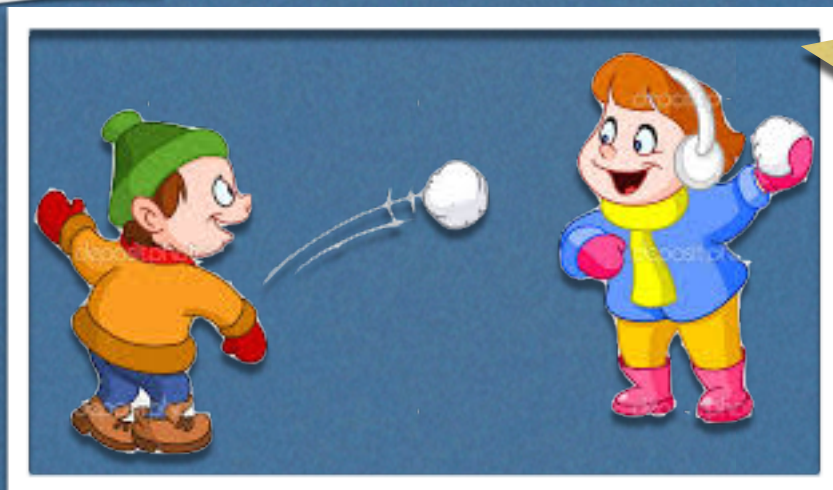
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Questions? Contact:

Laurie Janssen - 315.5195 or Robert Sweetgall - 634.1491



THE 2016 SNOWBALL SMASH

Saturday, January 23 - MVHS

Strategy:

Tim Gleason, one of the most respected and knowledgeable players in Pickleball today, will be traveling to our area to conduct a hands-on, practical, highly-participative clinic on Saturday morning. Tim's hope is that all participants put their newly learned skills from the morning into practice during the afternoon tourney.

"I have known Tim Gleason for years, and in fact, his mentoring has had a huge effect on improving my game in so many ways. Tim is a true gem in the Gem State." Robert Sweetgall

The Round Robin:

This format is becoming more and more popular across the entire nation because it takes the pressure off players to cherry-pick their perfect partner. Instead, we let a computer program randomly pick your partners. Plus you never get the same partner twice (saving a lot of marriages); and you're guaranteed to play a minimum of 5 games throughout the tourney. Eventually the players accumulating the most points after five games win the right to play in the single-elimination playoff brackets.

This randomized format gives all players a much better chance of advancing.

Flexibility:

We understand that some players may have a scheduling conflict not permitting them to stay for both the CLINIC and the ROUND ROBIN. This being, we are permitting "Half-day Split Registrations" in which you can sign up for EITHER the clinic or the tournament separately (see registration form). However, we strongly recommend that you participate in both these fun and worthwhile events.

Heartfelt thanks go to:

Tim Gleason for his willingness to travel to McCall/ New Meadows in sharing his knowledge,

Jack Bonawitz again, for coordinating the round robin tournament,

Bob Bacon for permitting us to use his computer model for random pairing of players, and for all the great and generous sponsorships of BAPA tournaments, **All our players** who generously volunteered their time in helping set up courts, providing potluck dishes, helping with registrations, etc., and,

Meadows Valley High School for permitting us to use their gym on a varsity away game day.

Sign-Up Now

Registration deadline - January 9th

(maximum 24 players)



THE 2016 SNOWBALL SMASH Registration Form

Full Name (please print)

.....

Mailing Address (street or PO Box)

.....

(City)(State)(zip).....

Email Address

Phone Contact (.....)..... or (.....).....

Tournament Fee (check applicable)

___\$25 (full day) ___\$18 (clinic only) ___\$18 (tournament only)

Forward this form, with your check payment and signed liability release form to:

**Laurie Janssen
PO Box 136 McCall ID 83638**

(Make your check payable to: M&M Pickleball Club)

Note:

- Your signature on the Liability Release is required as part of your Tournament Registration (refer next page).*
- Due to space issues, registration is limited to the first 24 players to send in their completed Registration Form and payment (checks only, no cash, no verbal registration).*



THE 2016 SNOWBALL SMASH

RELEASE, PERMISSION AND INDEMNITY

Each participant must submit a signed waiver form prior to actively participating in any events described in this Release, Permission and Indemnity Agreement.

Waiver: In consideration of being permitted to participate in any Mountains & Meadows Pickleball Club (M&MPC) event, such as but not limited to pickleball games, tournaments, clinics or classes/ lessons designed to teach the fundamentals of the game of pickleball, I, the undersigned, for myself, my heirs, or assignees, do hereby release, waive, discharge, or otherwise indemnify and further agree not to sue or otherwise attempt to hold liable the M&MPC, its/their officers, employees, clinicians/instructors, agents for any and all claims resulting in personal injuries, accidents or illnesses (which may include death) and any and all property loss arising from my participation in the aforementioned events.

Assumption of Risk: Participants in the aforementioned events carry certain inherent risks that cannot be eliminated regardless of care taken to avoid such risks. Such risks may include but are not limited to 1) bruises, sprains, dehydration, 2) major eye injuries, joint, bone, or back injuries, heat stroke, heart attacks and concussions, and 3) catastrophic injuries such as paralysis and/or death. I have read the previous paragraphs and acknowledge the risks mentioned and agree that they all are inherent in participating in any event of the M&MPC. I assert that my participation in these events is voluntary and that I knowingly assume all risks associated with previously mentioned events.

Indemnification and Hold Harmless: I further agree to indemnify and hold harmless any venue, Parks and Recreation entity, other organization and/or organizers assisting in previously mentioned event of the M&MPC from any claims, suits, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement or participation in any previously mentioned event of the M&MPC.

Use Permission: I also give the M&MPC, its agents or designees permission to use or distribute, without limitations or obligations, my image, name, voice and words for any purpose connected with any event of the M&MPC I participate in. This will also include promotional and/or marketing materials.

Signature of Participant

Print Name of Participant

Date Signed

(All participants must be 18 or older. Should a participant be under the age of 18, a parent or legal guardian must sign a **Release, Permission, and Indemnity Agreement** prior to any under age participant being allowed to actively participate in any M&MPC event previously mentioned in the document.)