



In The News

Pickleball has reached the world of animation — *The Family Guy*. Check it out.

https://www.youtube.com/watch?v=JqCA-K_Dnoc

If clicking on the link above does not work, copy & paste it into your browser.

Fuller Park Partiers



Coweta Pickleball Club Jingle

Coweta Pickleball Club held it's first "tournament" on Sunday December 17, however it wasn't actually a tournament. It was a "Jingle"! You may be asking, what is a Jingle? It was the idea of Billy Perkins, newly appointed USAPA Ambassador for Coweta County and Jill McKnight, President of the Coweta County Pickleball Club.

They wanted to get all the players from the different parts of the county who play at various venues together for organized play and a social. Perkins explained, unlike a tournament there would be no losers and unlike a social, there would be exercise and perspiration!



All players are encouraged to wear festive apparel with a prize given for the best. And, since one can't have a Jingle without a bell, bells were given to all the participants to wear on their shoes. The event was a huge success and raised over \$600, which was donated to Angel's House, a temporary foster home for young girls in Coweta County.

There were over 30 registered players and many spectators who came out

From the Kitchen

Happy New Year

Having more fun on the court in 2018

1. Learn the rules.
2. Work on your game. Remember you will play like you practice, but you have to practice.
3. Make time to play with novice opponents. You will develop a stronger game & competition for yourself.
4. When playing weaker opponents, practice your soft game rather than hitting winners on every shot. By extending the point, you and your opponents will have more fun while you are improving your game.
5. During recreational play try to work on making the best shot while not worrying about winning the point. Once proficient at making the shots the points will come.

Have a great 2018.

THE GPB

The GPB is produced for all our Georgia pickleball players to enjoy hearing about tournaments, tidbits, photos and fellow players throughout the state. The information herein is provided by readers, ambassadors & players like you.

So, talk to us.

You have news, tidbits or photos to share in our next GPB bulletin? Simply email your text and/or jpg files to the address below. See our submission guidelines on the last page of this bulletin. To subscribe to our bulletin, use the email below and feel free to forward this pdf to any of your friends.

Editor	Copy Editor
Bill Hess	Carole Hess
Georgia District Ambassadors	
USA Pickleball Association	

Graphics, Design & Layout
Fran Conn

Contributors & Photography
You and your fellow players

To submit an article, please read the submission recommendations on the last page and email it and photos to:
b3779@hotmail.com



to watch at the Coweta County Recreation Department on the cold, rainy day. The Jingle allowed players a chance to meet and play pickleball, all for a great cause. Everyone said they had a great time and plans are already being made for next year's Jingle.



Make the Right Call



The Play: Team A hits ball to team B, ball lands just outside sideline, team B hits ball back than calls it out. The out call is made before ball is hit by team A. Team A hits back a winning shot. Team B claims they had called ball out. Team A claims the ball was returned therefore it was still in play.

The Right Call: Team B is correct, ball was called out before it was returned by team A.

The Rule: Rule 6.D.7. All “let” or “out” calls must be made “instantly”; otherwise the ball is presumed good and still in play. “Instantly” is defined as calling “let” or “out” prior to the ball being hit by the opponent or before it has gone out of play.

Upcoming Tournaments & Events

Augusta



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DRIVE! DROP! DINK!

Wilson Family YMCA Pickleball Tournament

SATURDAY, MARCH 17

\$20 (tax deductible) All proceeds benefit our Annual Campaign.
Register at any area YMCA or online @ thefamilyy.org.
Door prizes, ping pong & corn hole for even more fun!

FORMAT:

Round Robin, Rotating Partners, Timed Games
8 brackets as follows:
Two age divisions: 49 & under / 50 & up
Four skill levels: 2.5 & below, 3.0, 3.5, 4.0 & up
49 & under begin at 8:30. 50 & up begin at 12:00.

CONTACT:

Anne Rheins 706 399 4958
arheins@thefamilyy.org

OPEN PLAY & SOCIAL:

For all registered participants
Friday, March 16, 6-9 PM



WILSON FAMILY YMCA

3570 Wheeler Rd

Augusta, GA 30909

thefamilyy.org

Alpharetta

ALPHARETTA ADULT ACTIVITY CENTER @ NORTH PARK presents:



SPRING DOUBLES



PICKLEBALL ROUND ROBIN

at the Alpharetta Community Center

WOMEN'S DOUBLES

MONDAY, FEBRUARY 5

9:30AM-12:00PM

MEN'S DOUBLES

WEDNESDAY, FEBRUARY 7

9:30AM-12:00PM

\$5 PER PLAYER

Includes lots of pickleball, drinks, snacks and giveaways.

REGISTRATION IS LIMITED. Registration will open for 12 men and 12 women to start. We are limiting this to 20 players per event.

Everyone will have a different partner and play against different opponents (hopefully) for each game. Experienced players preferred, but all levels welcome. Ages 50+.

All players will play 6 games to 11 points so bear that in mind when signing up. All games will be inside.

Top scoring woman and man will receive a great prize! The bottom finishing man and woman will also receive a great prize (or not so great).

You can register at any facility or online. For more information, please call Kevin McDonald at 678-297-6143 or email kmcdonald@alpharetta.ga.us

Cherokee County

Cherokee County Senior Olympics

This year the this event is moving to a new venue and has a new tournament director. It will be held on April 7 in the new Veterans Park on Highway 20 east of canton in Cherokee County.

Chip Hullender, Cherokee County USA Pickleball Ambassador, is the new tournament director. This new facility will have ten courts, lots of parking, and restrooms right next to the courts.

The round robin, changing partners format,

play one game with everyone in your bracket, which has been so well accepted will remain the same. With this format you do not enter with a partner, you will be grouped by skill and age. Medals will be award in all the skill and age divisions. Entry fee remains \$12 and all players receive a Senior Olympics t-shirt.

As in the past, this tournament has limited entries and fills up quickly. You can register at: cherokeecountyseniorolympics.com/index.html.

Registration is opening shortly.

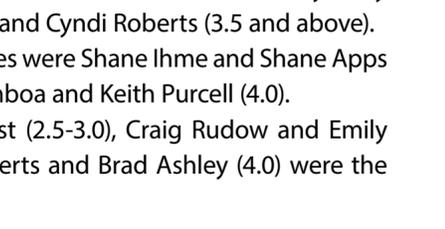
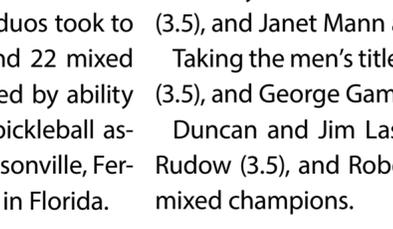
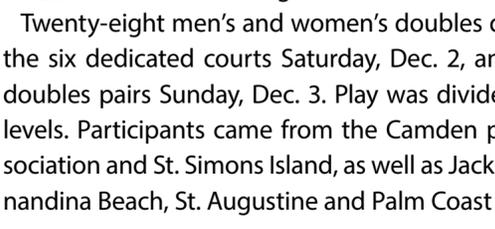
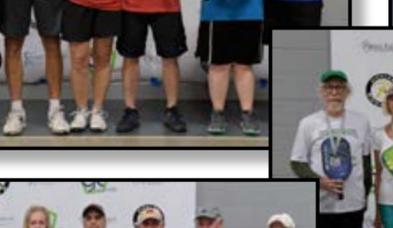
Marietta

January 5 and 6, 2018, GraceLife Church in Marietta, hosted their third invitational tournament. It was our 2018 New Year's Invitational with 67 players from all over North Georgia. We had 4 flights of mixed doubles on Friday and 4 flights of men's and women's doubles on Saturday.

We had a round robin format with 6-7 teams per flight. Medals were awarded to the top 3 teams in each flight. Each of our tournaments have been fund raiser's for GraceLife Church, the first one helped our youth attend their mission's project, the second one was to put in much needed new lights in the gym and this last one was to help with the re-model of the restroom facilities. Great viewing from the "Pickle Loft" during the two days was observed by all

while enjoying homemade soups and sandwiches. Thank you GraceLife ladies for preparing and serving the players each day. A huge thank you goes to the committee who have worked so hard to make this a success.

Committee members were: John and Kathy Todd, Lisa Gardner, David Jackson, Brian Olson, Christi Barter and myself. Again, thank you Bill and Carol Hess, our district Ambassadors for always being there to help us to put together our events at GraceLife and all of North Georgia. You are deeply appreciated and your devotion and passion for pickleball extends beyond many borders. Would also like to give a big thank you to Picture Perfect Photography for being there all day both days to take pictures of all of the participants.



Camden Winter Tourney

Camden's Winter Pickleball Tournament brought dozens of teams Dec. 2-3 to the Howard Peeples Park courts in Kingsland.

Twenty-eight men's and women's doubles duos took to the six dedicated courts Saturday, Dec. 2, and 22 mixed doubles pairs Sunday, Dec. 3. Play was divided by ability levels. Participants came from the Camden pickleball association and St. Simons Island, as well as Jacksonville, Fernandina Beach, St. Augustine and Palm Coast in Florida.

The winners:

The women's doubles champions were Shelly Duncan and Patty Sorensen (2.5-3.0), Trisha Francis and Cathy Foley (3.5), and Janet Mann and Cyndi Roberts (3.5 and above).

Taking the men's titles were Shane Ihme and Shane Apps (3.5), and George Gamboa and Keith Purcell (4.0).

Duncan and Jim Last (2.5-3.0), Craig Rudow and Emily Rudow (3.5), and Roberts and Brad Ashley (4.0) were the mixed champions.



Aging & Pickleball by Dr. Alan Bragman, Atlanta Chiropractor

Continued from December issue of the GPB.

Upper-Body Exercises

Bench Press (chest, arms). Lie on your back on a bench with hands on the barbell shoulder width apart and feet flat on the floor. Lower the bar to mid chest and slowly push it back to the starting position.

Upright Row (shoulders, neck). Stand straight with feet a few inches apart. Hold the barbell in front of your thighs with your hands a few inches apart and facing you. Pull the bar straight up toward your chin with elbows out until it's at mid chest. Hold for 2-3 seconds before slowly lowering.

Bent-Over Row (upper back). Bend from the waist with your back straight and grasp the barbell palms rearward with a wide grip. Feet should be at shoulder width and knees should be slightly bent. Pull the bar up toward the waist while keeping the back straight and elbows pointing up. Hold for 2-3 seconds, then lower slowly.

Biceps Curl (arms). Do this with a barbell or dumbbell while standing upright with palms facing away. Curl the weight to the chest while keeping elbows close to your side.

Triceps Extension (arms). Use a barbell with both hands or a dumbbell with one. Stand straight with the weight over your head. With a barbell, your hands should almost be touching. With a dumbbell, your palm should be facing inward. Lower the weight by bending your elbow(s) so it goes behind your head. Keep your arm(s) close to your head.

Dumbbell Fly (chest, shoulders). Lie on a bench face up with dumbbells held over your chest by straight arms and hands facing each other. Lower your arms to the side with elbows slightly bent until the weights are even with the bench, then bring the weights back to the starting position.

Pull Ups (arms, shoulders, back). Grasp the pull-up bar with arms at shoulder width and hands facing you. Pull yourself up till your chin is even with the bar, then lower slowly. Also do it with hands facing away.

Push Ups (arms, chest, abdomen). Keep your body in a straight line from head to heels. Hands should be at shoulder width.

Lower-Body Exercises

Squats (quadriceps, buttocks, hamstrings). Stand tall with the barbell resting on your shoulders behind your neck and feet shoulder width apart. Slowly bend your knees until your thighs are parallel to the floor, keeping your weight on the heels. Going beyond a 90-degree bend may cause injury.

Heel Raise (calf). Put the barbell in the same position as when squatting. Keep your legs straight and go up on your tip-toes, raising the heels high. For a greater range of motion, stand with your toes on a 2x4.

Leg Press (quadriceps, buttocks). Adjust the leg press machine so that your knees are bent only slightly less than 90 degrees at the starting position. Grip the machine's side handles and push until your legs are almost fully extended, then lower slowly.

Leg Curl (hamstrings). Lie face down on the leg-curl bench with the curling pad on your ankle. Your knee should be just off the bench. Slowly bring your heel toward your butt, hold 2-3 seconds at full contraction, then lower slowly. Do each leg individually so that strength gain is equal.

Leg Extension (quadriceps). Sit on an extension bench with the pad against your ankle and your knee bent at 90 degrees. Slowly straighten the leg until it's in full extension, hold for 2-3 seconds, then lower slowly. Do each leg individually so that strength gain is equal. Note: Be careful with this exercise if you've had knee injuries. Instead of full-arc extensions, limit the range of motion to the final 15 degrees.

Forward Lunge (quadriceps, buttocks, calf). Hold a light dumbbell in each hand. Take a step forward until the front knee is at a 90-degree angle and the back leg is straight. Step back, then repeat with the other leg.

Abdomen and Core Exercises

Abdominal Crunches (stomach). Lie on the floor with your hands crossed over your chest, knees bent and feet flat. Slowly rise up to 35-40 degrees and go back down. Alternate between rising straight up and twisting to one side and the other to work the obliques.

Back Extensions (spinal muscles). Lie face down on the floor or use a Roman chair. Raise your head and arch your back as high as possible, and then go back down.

Diet and Supplementation

As we age our dietary needs do not change significantly, but maintaining a healthful diet becomes even more important to overall well-being and athletic performance. Older athletes need more time for recovery and their digestion is not as efficient, particularly when it comes to wheat and dairy products.

Food is divided into three broad categories: fats, proteins and carbohydrates. An athlete's diet should provide roughly 40% of daily calories from carbohydrate and 30% each from fat and protein.

Dietary Fat; There are good fats and bad fats. Good fats actually reduce the risk of heart disease and atherosclerosis. They're comprised of poly- and monounsaturated fats that are beneficial because they increase levels of high-density lipids, which reduce plaque formation on blood vessel walls and lower the risk of heart disease. Examples of good fats include deep- and cold-water fish, olive and sunflower oil, peanut butter, walnuts, almonds and wheat germ. Bad fats are known as saturated fats or hydrogenated oils and they increase levels of low-density lipids. These fats can accumulate on the walls of blood vessels, increase cholesterol and triglyceride levels and even increase the incidence of certain cancers. Examples of bad fats include hydrogenated vegetable oils, trans fatty acids, saturated fats, butter, cookies, potato chips, meat and dairy fats.

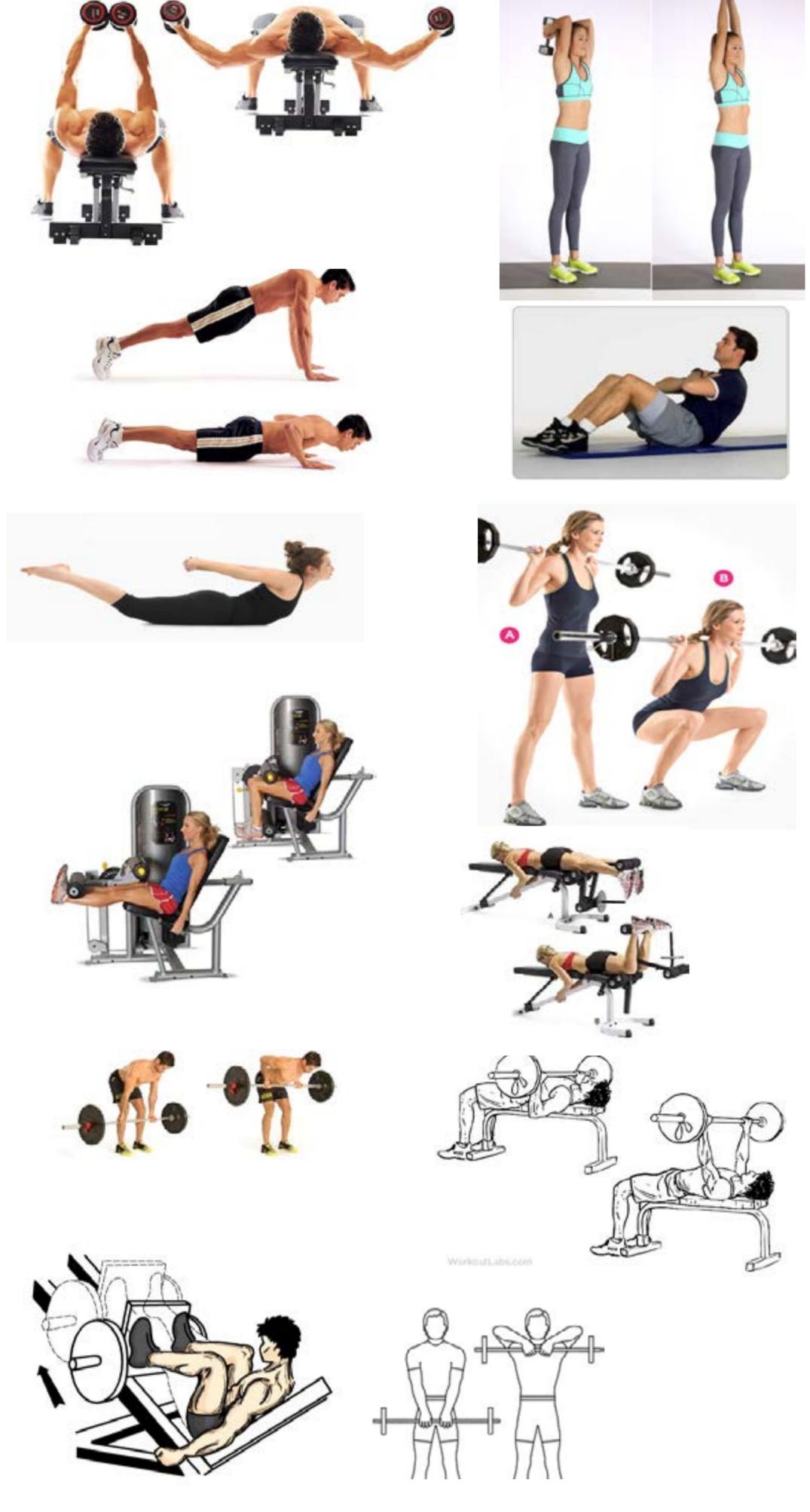
Fats are an important part of a balanced diet and they provide a tremendous energy reserve. In addition, they comprise part of cell membranes, help produce hormones, store and transport the fat-soluble vitamins (A, D, E and K). Breaking down fats and using them as an energy source is a slow aerobic process that supplies roughly half of the energy during low- and moderate-level exercise.

Protein; Proteins or amino acids are often referred to as the "building blocks" of the body. They are the major component of cells, enzymes and hormones. During exercise protein provides minimal energy. Its primary function is in the building and repair of tissue. About 30% of daily calories should come from high-quality foods rich in low-fat proteins, such as lean meat, poultry, dairy products, fish and certain plants.

Carbohydrate; Carbohydrate is stored in the liver and muscles as glycogen and broken down to glucose, its usable form. Glucose is the primary and preferred source of energy during exercise. The brain uses only glucose as fuel, so the body strives to maintain constant levels. When glucose is depleted, we bonk. This is the reason that eating and drinking carbohydrates during exercise is so important.

Carbohydrates, sugars and starches are divided into two main classifications: simple and complex. Complex carbs take longer to break down in the body and they maintain constant glucose levels over a longer period. In addition, complex carbohydrates have a higher concentration of vitamins, minerals and other nutrients as compared to simple carbohydrates. Examples of complex carbs include bread, fruit, pasta, grains, vegetables, rice and beans. Simple sugars, on the other hand, break down quickly, providing a rapid energy boost that lasts only a short time. Simple sugars tend to provide "empty" calories lacking nutritional value. Examples include candy bars, doughnuts, cookies, potato chips and other high-calorie "junk food."

More to come in the February issue



2018 GEORGIA PICKLEBALL CALENDAR

As Georgia continues to add new pickleball events we strive to have a complete calendar. Laurie Lee, Ambassador for White County, volunteers to keep it updated. She sends event updates to Fran Conn, our ambassador/designer, before the 10th of each month.

Please check the calendar before setting your event date and send your info to Laurie: sauteelodge@gmail.com

If you have a question feel free to contact us at B3779@hotmail.com.

**CAN'T PLAY? JUST WANT TO WATCH? NO PROBLEM! TOO YOUNG? TOO OLD?
NO PROBLEM! EVERYONE'S INVITED!**

TOURNEY/EVENT	2018	LOCATION	CONTACT	AGE	URL / NOTES /
Pickled Peach Valentine Classic	Feb 9-11	Classic Center 300 N. Thomas St., Athens	Larry King/Roy Carroll pickledpeach@mail.com	19+	9 indoor courts; round robin format; register on www.pickleballtournaments.com Some brackets already full.
Rome Pickleball Classic	Mar 2-4	Thornton Rec Center 102 N. Floyd Park Rd, Rome	JP Selle jpselle@gmail.com	All ages	Registration on www.romepickleball.com ; Fri - Singles; Sat - Mixed; Sun - Doubles; 4 divisions: 3.0 & 3.5; 4.0 & 4.5; 70+; and Open
Drive, Drop, & Dink Tourney	March 17	Wilson Family YMCA, 3570 Wheeler Road, Augusta	Anne Rheins 706-399-4958 arheins@thefamilyy.org		Open play social Friday night before the tourney; annual fundraiser for the YMCA; round robin format, different partner every game; to register, go to the family.org/programs and look for pickleball.
Battle of the Paddles	Mar 23-25	Rabun County Rec Center 400 Rabun Park Drive, Tiger	Amy Martin Amy.martin@rabuncounty.gov 706-782-4600	7+	9 indoor courts in two side-by-side gyms. Round robin format. Registration will be on www.pickleballtournaments.com
Cherokee County Senior Olympics Pickleball Tournament	April 7	Cherokee Veterans Park	Chip Hullender, thunderhead21@comcast.net	50+	Entries will be grouped by age and skill levels
Doc Holliday Shootout Tourney	April 13-15	Wyomia Tyus Park, 1301 Cowan Rd, Griffin	Peter Phelps at spaldingpickleball@gmail.com		Operated by the Spalding County Pickleball Association, Inc. (SCPA)
Spalding County Senior Games	April 25	Wyomia Tyus Park 1301 Cowan Rd, Griffin	Lauren Brown lbrown@spaldingcounty.com 770.467.4384		Operated by Spalding County and SCPA
Yonah Play? Spring Pickleball Tourney	May 4-6	White County Parks & Rec. 327 Asbestos Rd, Cleveland	Laurie Lee 770.317.1062 sauteelodge@gmail.com	7+	Singles, MD, WD, & Mixed by age and skill level. Registration opens Dec. 1, 2017 pickleballtournaments.com
Georgia Ambassador Retreat	May 11-12	Wyomia Tyus Park 1301 Cowan Rd, Griffin	Bill Hess 770-704-6297 b3779@hotmail.com		Ambassadors only. Everyone else please avoid scheduling a tourney this weekend.
"The South" Championship Tourney	May 17-20	Lifetime Athletic Center, Norcross	Chad Cromwell info@atpba.com .		Register at pickleballtournaments.com
Georgia State Games	June 1-3	Wyomia Tyus Park 1301 Cowan Rd, Griffin	Bill Hess b3779@hotmail.com		Partnering with SCPA.
Yonah Play? Fun Social for 4-H Club and 'Save the Ga Hemlocks'	June 9	White County Parks & Rec 327 Asbestos Rd, Cleveland	Laurie Lee 770.327.1062 sauteelodge@gmail.com	10+	Fun one-day social with music; round robin format; beginners play with different partner every game; intermediates and advanced name partners; manual registration by emailing contact.
USAPA St. Jude National Indoor Classic	June 21-24	LakePoint Sports Complex, Emerson/Cartersville			Registration will be on PickleballTournaments.com . More info to come soon.
Gracelife Summer Fun Invitational	Aug 17-18	Grace Life Church, Marietta	Cathy Anderson 404.693.4893 eastcobbpickleball@gmail.com		Invitational only. Round robin format.
Georgia Recreation Parks Assoc ("GRPA") State Championship	Sept 14-16	Wyomia Tyus Park 1301 Cowan Rd, Griffin	Kelly Leger or Robby Milner rmilner@spaldingcounty.com		GRPA has approved pickleball as a recreational park competitive sport throughout Georgia. Each district will have representation. SCPA is partnering with Spalding County for this tourney.
SSIPA East Championships	Sept. 18-20	Wyomia Tyus Park 1301 Cowan Rd, Griffin	Ford Roberson, Pres SSIPA	60+	Must be SSIPA & USAPA member. Partnering with SCPA. Registration on PickleballTournaments.com
North Georgia Invitational	Sept 28-30	Home of Tom & Ann Earley in Canton	Ann Earley go4baroque@iCloud.com		By invitation only. Skill level 3.5 and above. More info soon.
Ga Mtn Pickleball Fall Classic	Oct 4-7	Towns County Pickleball Complex, Hiawassee	John Hall johnpickleball30582@gmail.com		14 outdoor pickleball courts. Format & registration information available soon.
Atlantic South Regionals	Oct 18-21	Wyomia Tyus Park 1301 Cowan Rd, Griffin	Karen Parrish		Partnering with SCPA. Registration on PickleballTournaments.com
Special Pops Pickleball Tournament	Oct 26-28	Landings Club 910 Landing Creek Rd., Savannah	Ted Copeland tcopelandusa@gmail.com		Outdoor courts. Manual registration by email Ted Copeland for forms
Yonah Play? Fall Pickleball Tourney	Nov 2-4	White County Parks & Rec. 327 Asbestos Rd, Cleveland	Laurie Lee 770.317.1062 sauteelodge@gmail.com	7+	Singles, MD, WD, & Mixed by age and skill level; . pickleballtournaments.com
Turkey Shoot Out Pickleball Tourney	Nov 16-18	Rabun County Rec Center 400 Rabun Park Drive, Tiger	Amy Martin Amy.martin@rabuncounty.gov 706-782-4600	7+	9 indoor courts in two side-by-side gyms. Round robin format. Registration will be on www.pickleballtournaments.com

**Looking for a place to play pickleball ...
but were afraid to ask?
It's easy peasy.**

Go to usapa.org/places-to-play-pickleball/ and click on your state.

You will not only find places to play but who to email or call with questions as well.

**Want to submit an article or an opinion to the GPB?
Send it to us and do your best to follow our guidelines.**

We will assist you in every way we can. Your contribution is important to our pickleball community.

Submission Guidelines

Georgia Pickleball Bulletin

Feel free to submit your stories and photos to our bulletin.

Text | Plain text format (.txt), or, it can be part of your email. Please do not **format** text: no tabs, centering, bullets, double spaces, etc.

Photos & images | Use jpg format (separate from the text file) Please do not paste or embed photos into your text file. If possible, give a simple name to your photos linking them to your text.

Calendar Events | Submit calendar events as a separate email with the information above.

A Reminder | The word pickleball is all lowercase, it is not capitalized

Email all to | Bill Hess • B3779@hotmail.com

Finding Your Pickleball Skill Level

1.0

- New and have only minimal knowledge of the game and the rules.

1.5

- Limited to some rallies.
- Learning how to serve.
- Developing a forehand.
- Fails to return easy balls frequently and occasionally misses the ball entirely.
- Played a few games and is learning the court lines, scoring, and some basic rules of the game.

2.0

- Sustains a short rally with players of equal ability.
- Demonstrating the basic shot strokes – forehand, backhand, volley, overhead and the serve, but has obvious weaknesses in most strokes.
- Familiar with court positioning in doubles play.

2.5

- Makes longer lasting slow-paced rallies.
- Makes most easy volleys and uses some backhands, but needs more work on developing shot strokes.
- Beginning to approach the non-volley zone to hit volleys.
- Aware of the “soft game.”
- Knowledge of the rules has improved.
- Court coverage is weak but improving.

3.0

- More consistent on the serve and service return and when returning medium-paced balls.
- Demonstrates improved skills with all the basic shot strokes and shot placement but lacks

control when trying for direction, depth, or power on their shots.

- Beginning to attempt lobs and dinks with little success and doesn't fully understand when and why they should be used.

3.5

- Demonstrates improved stroke dependability with directional control on most medium-paced balls and some faster-paced balls.
- Demonstrates improved control when trying for direction, depth and power on their shots.
- Needs to develop variety with their shots.
- Exhibits some aggressive net play.
- Beginning to anticipate opponent's shots.
- Learning about the importance of strategy and teamwork in doubles.

4.0

- Consistent and dependable strokes, including directional control and depth on both forehand and backhand shots.
- Reliable serves, lobs, overheads, approach shots and volleys and can use spin shots with some success.
- Occasionally can force errors when serving.
- Rallies may be lost due to impatience.
- Uses the dink shot and drop shots to slow down or change the pace of the game.
- Demonstrates 3rd shot strategies – drop shots, lobs, and fast-paced ground strokes.
- Aggressive net play and teamwork in doubles is evident.
- Fully understands the rules of the game and can play by them.

4.5

- Beginning to master the use of power and spin, can successfully execute all shots, can control the depth of their shots, and can handle pace.

- Beginning to master the dink shots and drop shots and their importance to the game.
- Beginning to master 3rd shot choices.
- Displays sound footwork and moves well enough to get to the non-volley zone whenever required.
- Understands strategy and can adjust style of play and game plan according to the opponent's strengths and weaknesses and court position.
- Serves with power and accuracy and can also vary the speed and spin of the serve.
- Understands the importance of “keeping the ball in play” and the effect of making errors.
- Making good choices in shot selection.
- Anticipates the opponent's shots resulting in good court positioning.

5.0

- Mastered all the skills – all shot types, touch, spin, serves, with control and can use them as weapons.
- Excellent shot anticipation, extremely accurate shot placement and regularly hit winning shots.
- Forces opponents into making errors by “keeping the ball in play.”
- Mastered the dink and drop shots.
- Mastered the 3rd shot choices and strategies.
- Uses soft shots, dinks and lobs to set up offensive situations.
- Mastered pickleball strategies and can vary strategies and styles of play in competitive or tournament matches.
- Dependable in stressful situations as in tournament match play.
- Athletic ability, quickness, agility, and raw athleticism are also qualities that are sometimes what separates the top players from those near the top

From the USAPA

Pickleball is a court sport played on a badminton-sized court with the net set to a height of 34 inches at the center. It is played with a perforated plastic ball similar to a wiffle ball and composite or wooden paddles about twice the size of ping-pong paddles. It can be played indoors or outdoors and is easy for beginners to learn, but can develop into a fast-paced, competitive game for experienced players. In addition, the game has developed a passionate following due to its friendly, social nature, and its multi-generational appeal.

Pickleball can be played as singles or doubles. New players can learn the basic rules quickly in a single session. No special apparel is needed – just something comfortable and appropriate for a court sport. Equipment is inexpensive and easily portable. The game can be played by all ages and is particularly popular in school P.E. programs and in adult living communities.

The sport is governed by the USA Pickleball Association (USAPA.org), which maintains the rules, promotes the sport, sanctions tournaments, and provides player rankings. For more information, please visit: www.usapa.org

History

2018 marks the 53rd Anniversary of pickleball, as it was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, by three enterprising dads – Joel Pritchard, Bill Bell, and Barney McCallum. Their children were bored with their usual summertime activities. It evolved from the original handmade equipment and simple rules into a popular sport throughout North America and is now taking off in other parts of the world.

The origin of the game's name is thought to be derived from Joel Pritchard's family cocker spaniel, "Pickles," who loved to chase stray balls and hide them in the bushes.

The Court

A pickleball court is 20' x 44' for both singles and doubles. The net is hung at 36" at the ends and hangs 34" in the middle. A non-volley zone extends 7' back from the net on each side, commonly called "the kitchen." In 2017, USAPA and the American Sports Builders Association (ASBA) co-produced and released an official pickleball courts construction and maintenance manual for the industry. Copies of this manual can be purchased at: <https://www.sportsbuilders.org/publications/>

The Equipment

Competitive paddles used in pickleball are constructed from a high-tech composite, ranging in cost from \$50-\$150 each. An official pickleball is made of plastic and is between .78 to .935 ounces and 2.874 to 2.972 inches in diameter. There are no color restrictions other than the ball must be a single, consistent color. The USAPA has tested and approved a number of outdoor and indoor balls for official tournament play. Visit http://ifpickleball.org/wp-content/uploads/2017/07/IFP_Paddle_Test_Results.pdf and <http://ifpickleball.org/wp-content/uploads/2017/07/List-of-Approved-Balls.pdf> for testing results.

Places To Play

Every US state and all Canadian provinces have pickleball venues. Senior residence communities, YMCAs, local community recreation centers, schools and parks are just some of the places likely to have pickleball courts. The USAPA compiles the most up-to-date and comprehensive listing of places to play at <https://www.places2play.org/>. The known places to play total 5,883, in increase of 1,136 or 94.6 locations per month during 2017.

Tournaments

The USAPA supports and sanctions tournaments throughout the United States. See <https://www.usapa.org/events/> for a current list of upcoming pickleball tournaments. In 2009, the USAPA held the first National Pickleball Tournament in Buckeye, Arizona. Over 400 players participated in divisions for all ages. In 2017, the USAPA National Championships was the largest tournament to date, with more than 1,300 registered players competing in Casa Grande, Arizona. See <https://usapa.org/2017-national-championships/> for detailed information. CBS Sports Network carried a two hour nationally televised broadcast of the event.

Estimated Pickleball Players Within the U.S.

Sports & Fitness Industry Association (SFIA) 2017 Pickleball Participant Report, they reported pickleball currently has 2.815 million players in the US an increase of 12.3 % over last year. SFIA is the premier trade association for top brands, manufacturers, retailers and marketers in the American sporting goods and fitness industry 1906. Additional details from the detailed 2016 SFIA Report:

- 1.57 million were "Casual" participants who play 1-7 times a year
- 930 thousand were "Core" participants who play 8 or more times a year
- The rate of growth in participation from 2014 to 2015 was 1.8%, from 2.462 million to 2.506 million (Note: this growth rate is likely underestimated since 2014 was the first year for including pickleball in the SFIA report and the base number is open to question)
 - ♦ Comparing Casual and Core participants:
 - ♦ Casual were 63% male and 37% female
 - ♦ Core were 73% male and 27% female

The age breakdown for Casual and Core are very different... with Core players being, on average, significantly older

- ♦ ages 6-17: Casual 18.5%; Core 0.8%
- ♦ ages 18-34: Casual 11.7%; Core 5.5%
- ♦ ages 35-54: Casual 29.4%; Core 19.2%
- ♦ ages 55-64: Casual 7.7%; Core 31.8%

- ♦ age 65+: Casual 5.4%; Core 42.7%
 - 13% of Casual participants and 75% of Core participants are age 55 and older
 - The 2.5 million total participants represent 0.9% of the US population
 - The regions with the largest number of Core participants were
 - ♦ Pacific (CA, OR, WA) = 263,000
 - ♦ East North Central (WI, MI, IL, OH, IN) = 200,000
 - ♦ South Atlantic (FL, GA, SC, NC, VA, WV, DC) = 174,000
- Any citation of this data should reference the SFIA report as its source.

The USAPA was formed in 2005 to promote the sport. It maintains the official rules, sanctions tournaments, provides player rankings and produces the annual National Pickleball Tournament. It is run by an Executive Director and a volunteer board of directors supported by thousands of dues-paying members.

USAPA Ambassador Program USAPA currently has a network of over 1,600 volunteer ambassadors who have pledged to promote the sport of pickleball and the USAPA in their local area. They serve as local representatives for USAPA for all activities related to pickleball within the area they represent. Ambassadors support and abide by all official rules, assist with local clinics/tournaments and look for opportunities to add/grow the game in their community. A USAPA Ambassador Search feature can be found at https://memberleap.com/members/directory/search_USAPA.php?ambassadors.

Community Grant Program A USAPA Community Grant will provide current USAPA members a maximum of \$250 reimbursement for the purchase of qualified pickleball equipment dedicated to a specific location. Special considerations will be given to locations with written "new player" training programs, areas with few pickleball locations in the vicinity, and individuals and groups that USAPA deems most in need of financial assistance. For more information please click on the following link: <https://www.usapa.org/usapa-grant-program-rules/> High School Grant Program The High School Grant Program will award a maximum of \$350 in reimbursement to USAPA members for the purchase of start-up pickleball equipment for regular high school physical education classes and after school programs. The grants funding will be equally targeted to every defined USAPA region and when feasible awarded to different communities within the region. Considerations will be given to schools and districts where pickleball is being introduced into the high school physical education curriculum and schools that USAPA deems most in need of financial assistance. For more information please click on the following link: <https://www.usapa.org/usapa-high-school-grant-program/>

2017 USAPA Facts

- Places to Play: USAPA Places to Play Database: 5,883
- Membership : 22,321 (increase of 5,526 or 460 per month)
- Total Courts: 21,154 (increase of 4,605 or 384 per month)
- Ambassadors: 1,640
- Grants: USAPA awarded 119 Community Grants and 1 High School Grant, distributed over \$24,000 for pickleball equipment in local communities. Pickleball Central joined USAPA and donated over 700 wooden paddles to various programs.
- 2017 USAPA Nationals: USAPA 2017 Nationals set a new player registration record with over 1,300 registered players
- Fundraising: USAPA raised over \$8,000 in support of the St. Jude Children's Research Hospital
- Player Ratings: The number of officially rated players went from 6,000 on 1/1/2016 to 8,638 on 12/31/17. That's a 2,638 annual increase in initial ratings for new players which was roughly a 30% increase in one year. In addition, there were approximately 800 players who had a rating but required a rating change.
- Certified Referees: USAPA certified referees grew to 104 certified referees
- Referee Evaluators: USAPA trained and approved 5 new certified Referee Evaluators
- USAPA Regions: expanded from 8 to 11 regions
- Medal Matches: All medal matches in the 2017 USAPA Nationals were called by certified referees
- Hall of Fame: USAPA and the International Pickleball Teaching Professional Association (IPTPA) launched a new Pickleball Hall of Fame
- Facebook Live Streaming: USAPA Facebook team carried several live matches on Facebook and had a total reach of over 1.5 Million viewers
- Newsletter: USAPA produced 6 newsletters in 2017. You may view archive copies of the newsletter at <https://www.usapa.org/usapa-newsletter/>
- Pickleball Magazine: USAPA partnered with Dollard Publishing and produced 6 Pickleball Magazines during 2017 see <http://usapa.org/pickleball-magazine/>
- Referee Handbook: The USAPA Referee Handbook was updated in 2017 by the Certified Referee Evaluation Committee
- Paddles: USAPA tested and approved 107 paddles in 2017
- National Senior Games: USAPA provided administrative support for the 2017 National Senior Games which set a new player registration record of over 900 players – Visit <http://nsga.com/>