



In The News

Focus on One of Our Members

Chip Hullender, the Georgia Pickleball Ambassador for Cherokee County, is hoping to bring joy to millions of players on and off the pickleball court this year! He's released his new Christmas song 'Riding By Christmas Lights' to the world.

His song has something for everyone with themes from classic Christmas carols, rock and roll, pop, country and even a little zydeco. Chip was inspired to write the songs while riding in his son Dawson's golf cart, Dawson has cerebral palsy and apraxia and cannot speak. But he loves to ride and sing!

"Because I traded in a new motorcycle for his golf cart we started riding around the neighborhood through the summer. Wintertime came and we were riding by Christmas lights. As we rode at 20 MPH through the neighborhood, the timing, words and melody came to me." Chip said. "I felt like the world needed a new Christmas song. I needed a new Christmas song!"

He began work on the song in late 2015. With the help of many artists and musicians that gave of their time, talents and sweat equity, the song was produced and ready for release on Nov. 8th.

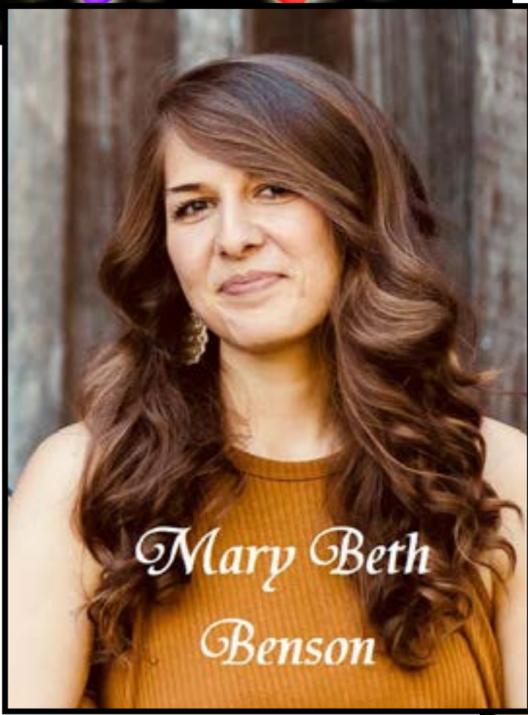
"You can sing to it, you can dance, you can sing rounds in the car and it makes an emotional connection to everyone's holiday memories. It's truly amazing the beautiful contributions the musicians made to the song", He said.

The song is a duet sung by Cartersville talent Mary Beth Benson and Luke Berryhill, a 19 year old sophomore at Georgia State University. "Mary Beth, Luke and everyone involved on the song exceeded my greatest expectations as a songwriter," Chip said.

Steve Stone from the Atlanta Rhythm Section plays guitars, banjo, mandolin and dobro. Stuart Settles, Synth/Piano; Connor Ingram plays drums; Susan Griffith, violin; John Williams, alto sax; and, John Kell, alto sax. Tommy 'Taz' Williams, Hayleigh Carringer (7), Alex Gilliam (10), Grace Settles (10), Jacob Doyon(6) Carrie Stribling and Chip added backing vocals. Chip's son Dawson (18), added "Sleigh Bells and Triangle."

Stuart Settles who literally came back from a coma after battling back complications from of treatment of Lymphoma recorded, produced and performed on the song at his studio Carrot Igloo. He was awarded 50% of the songwriting copyright for his tremendous contribution

"Proceeds from the song will go toward plans to build a community for adults with disabilities." He said. "A part of building that community for adults with disabilities is for them to belong, and have jobs and a purpose in life by those that support them." The tremendous army of disability advocates that Brandi, Chip's wife and he know, will make her ultimate dream of safe and secure long term care for Dawson and other adults with disabilities a reality though the song. "It's going to be amazing to watch." Chip said.



Chip, who has been writing, recording, producing and performing music for over 37 years, has started his own publishing company and record label and has future plans to development local talent.

For more about the song like 'Riding By Christmas Lights' on Facebook, Twitter and Instagram. www.ridingbychristmaslights.com

From the Kitchen

Why you should join the USAPA

Here is a short list of the many things USAPA has done and continues to do to keep pickleball the sport we all have come to love.

- Test** and certify paddles and balls in order to keep our sport true to it's roots.
 - Publishes** and continues to update the rules of play.
 - Publish &** update player and official training materials.
 - Support** volunteers and ambassadors in every state, working with parks and recs, YMCAs, schools, churches, and private complexes to continue to expand the number of places for you to play.
 - Publish &** continue to update "Places 2 Play" in the U.S.
- This same group of ambassadors continue to volunteer their time to teach pickleball, and introduce new players to the sport.

Why not support the association that does all of the above for the sport we all love? For more info use this link:

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

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.

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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

Pickleball Get National TV Coverage on CBS Sports



On Mon, December 4, CBS Sports Network informed USAPA that the scheduled 2-hr broadcast of the 2017 USAPA National Championships originally set to air on Wed, December 6 would have to be re-scheduled. The new air date for this 2-hr. broadcast has been confirmed for:

Saturday, December 23 • 1PM EST / 11AM MST / 10AM PST

We apologize for the late change but we are excited about the opportunity to showcase 2 hours of some of the very best pickleball action to a national audience. To check viewing options for the CBS Sports Network, please click the CBS Sports Network Channel Finder and enter your zip code.



Make the Right Call

This month we will not talk about a specific rule. Instead I would like to make a suggestion. Everyone who plays pickleball should have a working knowledge of the rules. Knowing the rules will make the game more enjoyable and it will certainly help you to become a better player. I would like to suggest that you go to the USAPA web site and review the rules. <https://www.usapa.org/ifp-official-rules/> At the bottom of the same page you will see a Pickleball Rules Summary which you can download and print out.

After you have reviewed the rules and possibly printed out the summary page you can go to this link and take a 50-question fun quiz; <https://www.usapa.org/rules-tests/>. Click on "players rules quiz". You will get the following instructions.

This 50-question Rules Quiz is designed as a **fun exercise** for players who mainly participate in non-officiated play. Although the rules are the same for recreational and tournament play, when there is no referee to enforce the rules, that task falls on the players' ability to self-enforce. So, if you want to test your knowledge of the IFP/USAPA rules, give this quiz a try. A reference to the related section in the IFP/USAPA Rules is included at the end of each question, but don't spoil your fun. Complete the quiz and see which questions you miss before referring back to the rulebook.

Pick a time when you can complete the entire test without interruption because the test will automatically close after 50 minutes. Upon completion you will see a page providing your score, along with your answers and the correct answer for each question. Note the questions you answered incorrectly, but do not click "Done" until you have researched the related rules, since once closed, this page cannot be retrieved. You can take the quiz as often as you like, so study up and take it again. Each time you will receive a follow-up email containing your test score so you can track your improvement. Before long you'll be scoring 100%. To challenge yourself even more, try the Referee Test. **Have fun and good luck..**

Fun Factoids

Industry Report on Pickleball Participation

While they don't have a detailed report this year, **pickleball** did make into the SFIA (Sports and Fitness Industry Association) general **participation** baseline report:

2017 Participation Number = 2,815,000 (12.3% increase)



New Hours

Alpharetta Pickleball

PICKLEBALL!

Fall-Winter Hours and Locations:

(Effective December 1)

Wills Park (inside, 2 courts)

11925 Wills Road, Alpharetta 30009

Wednesday, Thursday and

Friday mornings

8:00am-12:00pm *new start time*

Alpharetta Community Center

(inside, 4 courts)

175 Roswell Street, Alpharetta 30009

Tuesday, Thursday, and

Friday mornings,

8:30am-11:30am

Alpharetta North Park

(OUTSIDE, 2-6 courts)

13450 Cogburn Road, Alpharetta 30004

Monday and Saturday mornings,

8:30am-11:30am.

Tuesday evenings

5:00pm-7:45pm.

Other evening sessions may become available on short notice.



Sessions are subject to change with minimal or no notice due to unforeseen circumstances. Check e-mails in reference to rain-outs and gym closings, should they occur.

Our (ARPD) program is geared for ages 50 and up, however all ages are welcome.

Equipment (paddles and balls) are provided, you can bring your own paddle if you own one.

All gyms/locations are open for all levels of play

If you would like more information and/or to be added to the e-mail list, please email Kevin McDonald at

kmcdonald@alpharetta.ga.us

You can also call Kevin at 678-297-6143



Edited 11-30-17

Winning Tips from Rodney Grubbs

How to Have the Best 2018

It's December, and from a pickleball standpoint I am thinking about one thing only.

What do I have to do to have a great 2018 on the courts?

It doesn't really take much thinking. I've been playing this crazy sport for over eight years and the answer has always been the same for me.

It's not change my diet, though I could use a little cleaner eating habit.

It's not buy a new paddle. I get to demo a lot of paddles and quite frankly a paddle has very little to do with me playing well. Though buying new paddles is fun.

It's not turning up my cardio training. Shoot, where would I hang my jackets if I started using the treadmill?

No it's none of the above. If I'm going to have a great year of pickleball, it always goes back to one thing. Repetition, repetition, repetition. Yes that ugly word, practice.

Sometimes we fall into the trap of going to the court, tapping the ball around for 60 seconds and then playing matches till they close the courts. What I have found over the years is, that is a good recipe for staying the same or

taking your game backwards.

The best way to give yourself a good pickleball year is to prepare for it through practice.

Yes I will prepare for a great 2018 by building my muscle memory so that each shot I take has a better chance of hitting its desired target.

It doesn't have to be a long drawn out practice. It simply has to be a practice of repetition that starts to develop that all important muscle memory.

For me, it means having the discipline to step on the courts ready to hit 25 dinks, 25 third shot drops, 25 half court volleys and a dozen nice deep serves before I'm willing to play a match.

Only takes a few minutes and it doesn't take much effort, but it does take doing it over and over again with a purpose. Practice daily with purpose and focus and you don't have to practice as long.

Yes, starting today I'm going to build this pre-match routine into my 2018 preparation. I know it will pay off. It always has.

And it will for you too. Start preparing for a great 2018 today. You'll be glad you did.

Now Let's Play,

The Pickleball Rocks Team

Tournaments

Rabun County's Turkey Shootout

BRACKET	GOLD	SILVER	BRONZE
MEN			
Mens Singles Skill Groups 3.0, 3.5:	Perry Wong	Craig Rudow	Bob Bostrom
Mens Singles Skill Groups 4.0: Plays	Matthew Howard	Chris Conrad	Alan King
Mens Doubles Skill Groups 3.0:	Larry Walker-John Murphy	John Harrison-Scott Haney	Jerry Adams-Charlie Miller
Mens Doubles Skill Groups 3.5: 41 - 55:	Stephen Arbitter-Chris DiNofrio	Danny Burch-Roy Quilliams	Gerald Smith-Jack Moore
Mens Doubles Skill Groups 3.5: 56 - 70+:	Chris Williamson-Bobby Denton	Bob Stone-Jon Knox	Bob Ruhlman-John Bigelow
Mens Doubles Skill Groups 4.0: 26 - 48:	Perry Wong-Matthew Howard	Robert DeMersseman-Tyler Hellmeister	Victor Jimenez-Joe Paletta
Mens Doubles Skill Groups 4.0: 56+:	Robert Pototsky-Alan King	Don Fleming-Michael Wiltsek	Craig Rudow-Walter Straus
Mixed Doubles Skill Groups 3.0: 46-60:	Polly Crumbley-Steven Crumbley	Patty Henderson-Bob Stone	Diana Blihovde-Dale Hardee
Mixed Doubles Skill Groups 3.0: 61+:	Gail O'Neill-Nolan Lang	Linda Lincoln-Larry Walker	Juanita Clark-Ernie Hall
Mixed Doubles Skill Groups 3.5: 46-57:	Candy Moore-Jack Moore	Liz Fleming-Gerald Smith	Sonja DeFoor-Chris DiNofrio
Mixed Doubles Skill Groups 3.5: 58+:	Billie Fay Coleman-James Ackerly	Wendy Tomme-Jay Tomme	Lisa Gardner-Craig Rudow
Mixed Doubles Skill Groups 4.0: 23-49:	Michelle Milliman-Tyler Hellmeister	Carolyn Rumpel-Chris Conrad	Susie Gajewski-Matthew Howard
Mixed Doubles Skill Groups 4.0: 50+:	Teresa Teasley-Alan King	Susan Chambers-Brad Chambers	Deb Richter-Don Fleming
MIXED DOUBLES			
Mixed Doubles Skill Groups 3.0: 46-60:	Polly Crumbley-Steven Crumbley	Patty Henderson-Bob Stone	Diana Blihovde-Dale Hardee
Mixed Doubles Skill Groups 3.0: 61+:	Gail O'Neill-Nolan Lang	Linda Lincoln-Larry Walker	Juanita Clark-Ernie Hall
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Mixed Doubles Skill Groups 4.0: 50+:	Teresa Teasley-Alan King	Susan Chambers-Brad Chambers	Deb Richter-Don Fleming
WOMENS DOUBLES			
Womens Doubles Skill Groups 3.0: Plays	Melinda Russell-Rosemarie Grover	Juanita Clark-Linda Lincoln	Polly Crumbley-Janice Williams
Womens Doubles Skill Groups 3.5:	Terry Shumann-Judy Chastain	Judi Rhodes-Billie Fay Coleman	PJ Dillingham-Deb Romaine
Womens Doubles Skill Groups 4.0:	Sharon Conrad-Carolyn Rumpel	Lynn La Palme-Teresa Teasley	Michelle Milliman-Emily Rudow



**Congratulations
One And All!**

Aging & Pickleball by Dr. Alan Bragman, Atlanta Chiropractor

The average age of people playing pickleball is 60 years, therefore issues dealing with the aging process and how to cope with them are especially relevant to this sport

What are the changes that occur in our bodies as we age? The average body is at its peak in the late 20s when we are at a phase known as homeostasis, the point where the number of cells dying and the number of cells being produced are roughly equal. After this time the number of dying cells surpasses the body's ability to produce new ones. Let's look at how this change affects various aspects of overall health and athletic performance.

First, the Bad News

Cardiovascular System; As we age our VO2 max declines. This is the ability to deliver oxygen to muscles and other areas of the body. This decline begins around age 20 due to a decrease in maximum heart rate and stroke volume (the amount of blood the heart pumps with each beat). Max heart rate drops by 0.6 beats per minute every year or 6 beats per decade in individuals active in endurance activities. In sedentary people the decrease is twice as fast. Meanwhile, stroke volume decreases about 1/3 percent per year, or a little over 3% per decade.

In addition, as we age the number of capillaries (the place where oxygen exchange occurs) declines. Aging causes lungs to become less elastic. The chest wall and diaphragm weaken and lose flexibility. These changes cause increased airway resistance as we breathe. The maximum expiratory ventilation (volume of air you can breathe in a minute) also begins to decline in the late 20s or early 30s. It's down to half by the time we reach age 60.

As our circulatory system ages we build up fatty plaque deposits along the walls of blood vessels, a condition known as arteriosclerosis or atherosclerosis. Over time these deposits harden and thicken. They may eventually interfere with blood flow, circulation and the elasticity of the vessels.

Musculoskeletal System; Voluntary muscle is composed of two types of fibers, fast twitch and slow twitch. Slow-twitch fibers are used predominately for endurance activities, while short, bulky fast-twitch fibers are used for rapid reaction like running quickly to get a drop shot. Fast-twitch fibers are lost at a much faster rate during aging than slow-twitch fibers because they are rarely used in daily activities, but this has less effect on athletic performance. The overall loss of muscle mass after age 30 is mostly due to the decrease in fast-twitch fibers.

We also lose muscle and joint flexibility and elasticity due to stiffening of joint capsules, ligaments, fascia, tendons and surrounding soft tissue. The lining of joints known as the synovial membrane breaks down and thins out as we age due to repeated stress and trauma. Gravity and aging adversely affect the cartilage found in the knees, hips and between vertebral segments. The loss of disc spacing is primarily responsible for the loss in height as we get older.

As we age, the loss of bone density can become a serious issue especially in post-menopausal women. It can lead to fractures in men as well as women. The specialized cells in the body that build bone with calcium are known as osteoblasts. Their activity slows down considerably as we age. The loss of bone density is much more pronounced in individuals that do no resistance training or activities that produce impact, such as running and jumping. Pickleball is an excellent activity for maintaining bone density, and preventing osteoporosis.

Growth Hormone; The body's production of growth hormone drops off rapidly as we age. Growth hormone is sometimes known as the body's "fountain of youth," which may explain its current popularity with many Hollywood types. Growth hormone is produced by the pituitary gland at the base of the brain. It's necessary for muscle growth and repair, bone building, fat burning, strong connective tissue, youthful skin, recovery and physiological improvement. The production of growth hormone begins to drop off in the mid-20s and is half as much by age 40. Growth hormone is produced while we sleep and by certain high-intensity strength training regimens.

Lactic Acid; Lactic acid levels increase more rapidly in older athletes, and it takes longer for the body to remove lactate from the bloodstream. Lactic acid is a byproduct of anaerobic exercise. With advancing age it becomes harder to do anaerobic workouts due to the rapid buildup of lactic acid and the body's inability to metabolize it quickly.

Heat Tolerance; Older athletes sweat less and are less tolerant of heat extremes than younger players. As we age the skin becomes less pliable. It dries out and the amount of oil decreases. These changes cause the skin to swell in hot weather, which closes sweat glands and increases internal body temperature, raising the risk of heat injury.

Blood Volume; the older athlete produces more urine during exercise, which reduces overall blood volume. This increase in urine

production is most likely due to changes in metabolism and kidney function. In males, the increased desire to urinate may also be related to enlargement of the prostate, a normal part of aging. Reduced blood volume decreases the amount of oxygen and nutrients being carried to the muscles, which limits exercise capacity. This decrease in blood volume also makes it harder to cool the body.

Immune System; As we age, our immune system weakens and we become more susceptible to malignancies and infections. The thymus gland is one of the primary organs of the immune system and where T-lymphocyte (T-cells) mature. Some T-cells directly attack foreign particles, while others help coordinate other parts of the immune system that are specialized to attack various infections. The thymus gland begins to shrink during adolescence. By middle age it is only 15% of its maximum size. This does not reduce the number of T-cells but their function decreases, which causes weakening of those parts of the immune system they control. Aging also causes the body to have greater difficulty in detecting when bacteria or malignant cells are present. The immune system also becomes less tolerant of the body's own cells. This can result in an autoimmune disorder -- a condition where the body mistakenly begins to attack its own cells, tissues or organs.

Neurological System; as we age, the number and mass of nerve cells decrease. There is also a loss of brain weight and atrophy of the spinal cord. Nerve fibers lose their coating in a process known as demyelination. This reduces nerve transmission time and increases latency -- the time that a nerve cell must rest before it can send the next message. The waste products of atrophied nerve cells build up as material known as plaques, tangles and lipofuscin. The slowing of thinking and memory is also part of the aging process. One often overlooked "advantage" to aging is that our ability to perceive pain is diminished. The lactic acid that burned your poor young legs while exercising is not as intense as you age.

Now, the Good News

Before you jump off a cliff or put a gun to your head to avoid dealing with the aging process, let's see how you can maintain an exceptional level of fitness well into your 90s. By continuing to exercise and train effectively throughout your life, your athletic performance will decrease very slowly. The key is learning how to do it without getting injured or causing your body to break down from the effort.

The best way to age gracefully and have a happy, satisfying life is to pursue a healthy lifestyle. Constantly challenge yourself to grow physically, intellectually, culturally, socially and emotionally. As you age it's very important to set goals to keep yourself focused and motivated and gives purpose to your physical activity and your life. Goals are highly individual. They can run the gamut from playing socially to get in shape and take off a few pounds to playing at a 5.0 level and being nationally ranked.

Let's examine some specific ways you can maintain a very high level of fitness while avoiding injury, overtraining and boredom. In any fitness program there are four key elements to consider:

- Strength and resistance training
- Stretching and flexibility workouts
- Cardiovascular fitness and training
- Rest and recovery

Strength and Resistance Training

As we age, the loss of muscle and bone mass becomes one of the foremost problems. In order to maintain muscle mass, slow the decline of fast-twitch muscle fibers and prevent loss of bone density, you must do resistance training, often called strength or weight training. It also stimulates the production of growth hormones and testosterone.

Unfortunately, Pickleball does little to develop certain muscle groups that are crucial to overall fitness.

General rules for strength training:

- Proper form is critical to avoid injury and derive maximum benefit. If you're inexperienced or unsure of proper technique, consult a trainer.
- Three sessions per week throughout the year is ideal.
- Do not work the same muscle groups two days in a row. Allow at least 24 hours between workouts.
- Free weights are best for resistance training if there's a choice between using them or a machine. An exercise ball is also recommended.
- Unless you have a well-equipped home gym, consider joining a health club.
- Warm up and stretch for 10-15 minutes prior to strength training.
- Proper breathing is important. Inhale prior to lifting, exhale with exertion.
- If you experience significant pain while performing any exercise, discontinue immediately and consult your health care professional.

More to come in the January issue



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.
- 3.5**
- Beginning to attempt lobs and dinks with little success and doesn’t fully understand when and why they should be used.
 - 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.
- 5.0**
- 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.
 - 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

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 /
GraceLife Invitational Tournament	Jan. 5-6		eastcobbpickleball@gmail.com		Team round robin format
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
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 Holiday	April 13-15	Wyomia Tyrus Park 1301 Cowan Rd, Griffin			Operated by the Spalding County Pickleball Club ("SCPC")z
Spalding County Senior Games	April 25	Wyomia Tyrus Park 1301 Cowan Rd, Griffin			Operated by Spalding County and SCPC
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
"The South" Championship Tourney	May 17-20	Lifetime Athletic Center, Norcross	Chad Cromwell info@atlpba.com .		Register at pickleballtournaments.com
Ga State Games	June 1-3	Wyomia Tyus Park 1301 Cowan Rd, Griffin	Bill Hess b3779@hotmail.com		More info soon.
USAPA St. Jude National Indoor Classic	June 21-24	LakePoint Sports Complex, Emerson/Clarksville			Registration will be on PickleballTournaments.com . More info to come soon.
Georgia Recreation Parks Assoc ("GRPA") State Championship	Sept 14-16	Wyomia Tyrus Park 1301 Cowan Rd, Griffin			GRPA has approved pickleball as a recreational park competitive sport throughout Georgia. Each district will have representation. More info soon.
SSIPA East Championships	Sanctioned Sept. 18-20	Wyomia Tyrus Park 1301 Cowan Rd, Griffin		60+	Must be SSIPA & USAPA member. More info soon.z
North Ga 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 and registration information available soon.
Atlantic South Regionals	Sanctioned Oct 18-21	Wyomia Tyrus Park 1301 Cowan Rd, Griffin	Karen Parrish		More info soon, and when to register on www.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