



USAPA Places 2 Play

USAPA Places 2 Play

If you are looking for place to play pickleball, new completion, or just a change of scenery. USA Pickleball Association has just upgraded their Places 2 Play link.

Just go to usapa.org:

click **Places 2 Play**,

click **Look up**,

click **By state**,

click **GA**.

You will now see all of the places to play in Georgia.

In The News

Pickleball For All: The Cross-Generational Power Of Play

October 19, 2017 • 10:00 AM ET • NPR • INGFEI CHEN

It's a bright fall morning in Santa Cruz County, Calif., and the tennis area at Brommer Street Park is overrun with dozens of people. But they aren't here for tennis. Instead, cadences of pick-pock sounds fill the air as doubles players — many in their 50s and older — whack yellow Wiffle-like balls back and forth on eight minicourts.

This recreational craze, which has an estimated 2.8 million players nationally, has a quirky name: pickleball. I stumbled across the game last summer, when I started coming to this park to hit the tennis balls around with my dad, who's still nimble at 87.

Could this upstart racket sport, I wondered, be something my elderly father and I could enjoy together?

My dad has played tennis for fun, for most of his life, but he's out of practice and slowing down. And with my bum knee and elbow tendinitis, I haven't played much tennis since high school. He's still better at the game, though I'm quicker on my feet; we both spend a lot of time trudging around to retrieve wayward balls.

Pickleball, which borrows from tennis, ping pong and badminton, looks more manageable, and fun.

Easy to learn, and feels gentler to joints than tennis

The ball is lighter than a tennis ball, the paddle shorter and there isn't as much running back and forth. But the moderate exercise and social nature of the game keeps participants coming back. New research suggests that taking up pickleball as a serious form of leisure can enhance mental health and well-being in older adults.

Pickleball was born as a cross-generational game in 1965 when three dads in Washington State invented it to entertain their kids.

It's easy to learn, and — this is key — with less ground to cover on a smaller court, "it's not that hard on the joints," says Drew Wathey, director of recreational programs at the USA Pickleball Association. It can be a great alternative to tennis as we get older, or for anyone nursing overuse injuries from other sports.

The beauty of the game is that it can be enjoyed at any level of intensity, says Karen Long, a 57-year-old nurse who is president of the Santa Cruz Pickleball Club and a USA Pickleball "ambassador." Even sedentary seniors can safely be taught an easy doubles game, she says, starting with dinking the ball back and forth at the net.

And though anyone can play it, Long says, "it takes a long time to perfect."

Strategy and finesse are more important than driving the ball hard. Much of the game is played in quick-paced rallies up at the net, where an artfully dropped "dink shot" can win the point. That's why the sport lends itself well to intergenerational recreational play; older players can hold their own against young ones.

Can be a good cardio workout for people with overuse injuries

And it can be a good cardio workout, says Molly Smith, a 65-year-old exercise science professor at Weber State University, near Salt Lake City, Utah, who

See more at <http://www.npr.org/sections/health-shots/2017/10/19/558212306/pickleball-for-all-the-cross-generational-power-of-play>

From the Kitchen

Last month I talked about players who were not interested in tournament play and just enjoyed recreational play. These players are not looking for the competition of tournament play and just want to enjoy recreational play. For the last several years my wife, Carole, I have been doing clinics for novice and intermediate players.

A common thread between all of the groups is the wish to just be good enough to just be competitive. However, after several months of recreational play these same players often find it is more fun to play as they develop higher skills.

The point is that you will have more fun and further enjoy recreational pickleball as you master additional skills. So, don't pass up opportunities to join practice groups or attend clinics to improve your skill level.

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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To submit an article, please read the submission recommendations on the last page and email it and photos to:

b3779@hotmail.com

both plays and studies the game. Even if you've had shoulder or knee injuries, she says, "you could still probably play a pretty competitive game of pickleball doubles and get your heart rate to the high end of the moderate-intensity exercise zone."

That's according to a preliminary study that Smith and colleagues conducted in a dozen middle-aged, novice and intermediate pickleball participants: Across 30 minutes of doubles play, their heart rates increased to an average of 117 beats per minute, with a peak rate of 140 — comparable to, say, fast ballroom dancing. And they burned 40 percent more calories than during a half-hour of walking.

Pickleball Survey from UGA

Seeking Pickleball Players for a Research Study

Adults who have played Pickleball within the past month are sought for a study of the health benefits and risks of playing Pickleball. Participants will complete a 15 to 25-minute survey, either online or by phone, then a 5-minute phone call the following week. Participants will be entered into a drawing for a chance to receive one of two \$50 gift certificates from Pickleball Central. Participation in the research is not required to participate in the drawing.

You can take the survey online at <https://tinyurl.com/UGA-Pickleball>. For information, or to take the survey by phone, email ugapickleballstudy@gmail.com. The study is being conducted by the Department of Kinesiology, principal investigator Dr. Michael Schmidt (706-542-6577).



Do you play Pickleball?

If you have played during the past month, we need your help for a research study of the health benefits and risks of this rapidly growing sport.

What will I be doing?

- An online survey about your health, Pickleball participation and sport-related injuries (~ 15-25 minutes).
- A brief phone call about your survey (~ 5 minutes).

Why should I participate?

- Help us understand the social & health benefits of this sport and the types of injuries players may experience.
- You will be entered into a random drawing for two \$50 gift certificates to Pickleball Central. Participation in the research is not required to participate in the drawing.

I'm interested, what should I do?

- Take the survey at <https://tinyurl.com/UGA-Pickleball> or by scanning the QR code

Questions?

- Email us at ugapickleballstudy@gmail.com



Principal Investigator: Michael D. Schmidt, PhD (schmidtm@uga.edu)

The Play: The ball is lobbed toward the receiving team's court. A member of the receiving team moves to the sideline and then moves outside the court. The ball strikes the player standing out of bounds before it hits the ground. The receiving team calls the ball out because it was outside the court when it struck the player. Who's wins the rally?

Answer: The receiving team loses the rally.

Rule: 7.F. If the ball strikes a player standing out of bounds before a fault has occurred, that player loses the rally. **Note:** the ball is considered 'good' and 'in-play' until it hits the ground.

Winning Tips from Rodney Grubbs

TINY CHANGES BRING BIG RESULTS

Players walk up to our Pickleball Rocks table at a tournament and I hear this all the time. "What paddle will help me have better control?" Inside I'm snickering and thinking it's probably not a paddle problem, while outside I'm smiling and trying to come up with the answer that will best help them gain that crucial control that you so desperately need to compete in pickleball.

So in the short amount of time I have with them, I quickly explain the subtle differences in paddle construction and how certain aspects can help a little with control. But then I always share this tip with them and suggest they try it for three weeks before they decide to buy a paddle.

It is sooooo important that you consistently hit the ball on the sweet spot of your paddle, and what I see most of the time is that people have trouble consistently catching the ball on that critical spot. Try simply bouncing a ball on your paddle and you will quickly be able to tell when the ball is landing on the sweet spot.

It feels good and solid. If you don't hit it there every single time, then the ball will come off the paddle at a different speed and even a different direction. Therefore, you don't have the control you want.

To make an almost instant improvement in your control do this. Where ever you hold your paddle grip now, simply move your grip up 1 inch towards the head of the paddle. Now play with that newly placed grip and see how easy it is to control the head of your paddle, which in turn will help you catch the ball on your sweet spot much more consistently.

This new placement of your grip will feel strange, yes weird, at first. But trust me, if you'll move that grip up just that small amount and play with it there for 3 weeks, you will see a very noticeable decrease in the number of shots that don't go where you intended.

It is a small change, but it will make a big difference. Keep me posted on your results.

Rocket

The Pickleball Rocks Team

www.PickleballRocks.com

New Courts & Venues • New Hours

ALPHARETTA

PICKLEBALL!

Fall-Winter Hours and Locations:

(Effective October 30)

Wills Park (inside, 2 courts)

11925 Wills Road, Alpharetta 30009

Wednesday (ALL), Thursday (3.0-)

and Friday (3.0) mornings

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

Alpharetta Community Center

(inside, 4 courts)

175 Roswell Street, Alpharetta 30009

Tuesday (ALL), Thursday (3.5+), and

Friday (3.5+) mornings,

8:30am-11:30am

Alpharetta North Park

(OUTSIDE, 2-6 courts)

13450 Cogburn Road, Alpharetta 30004

Monday (ALL) and Saturday (ALL)

mornings, 8:30am-11:30am.

Tuesday (ALL) evenings

5:00pm-7:45pm.

Other evening sessions may become available on short notice.



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.

Please note the multiple locations on Thursday and Friday for different skill levels. 3.5 is an intermediate level.

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



Blairsville Pickleball Club

School Athletes to Benefit from Blairsville Pickleball Tournament



L-R: Tourney organizer and 2nd Vice-President Dave Evans, of Morganton; BPC President Nolan Lang, of Blairsville

The Blairsville Pickleball Club's 2nd Annual "Ed Webster Scholarship Fund Tournament," was held at Meeks Park, Oct. 17 and 18. Players at levels 2.5 competed in a 'round robin' of six games and partners rotated. Wednesday the 3.0 level played. In each event, medals were awarded to the three competitors with the highest scores.

The Ed Webster Scholarship Fund was established to honor Ed Webster, who spent an active retirement organizing youth sports. The fund provides equipment and participation fees for students who cannot afford them.

Ed Webster Scholarship Fund Tournament Winners



Strenuous matches were watched and cheered on by many visitors, who also enjoyed a bar-b-que provided by Greg and Karen Staffins. Medal winners at 3.0 were Brenda Brown, 1st place; Lora Ash, 2nd; Jim Arnold, 3rd place.

At 2.5, medals were won by David Palmer, Julie Buffington, & Terry Broadrick, in a 3-way

The Blairsville Pickleball Club greatly appreciates the helpfulness of the Union County Recreation Department and the Board of Education in allowing use of one of their gyms by BPC members. The Union County Recreation Department never turns a child away from participating in sports because of monetary disadvantages. The Blairsville Pickleball Club is known for its emphasis on helping the community, good sportsmanship, camaraderie among members, and friendliness to people new to the area and the game.



tie. Second place went to Pattie Emerson, and 3rd place, Sharon Knight. The event was organized and conducted by Dave and Marty Evans of Morganton. Vicki Herrera, of Blairsville, obtained donated snacks for the contestants' refreshments table, and Karen Richards, of Blairsville, volunteered to keep score.

For photos and the winners list go to: <http://wjhall3.wixsite.com/ga-mt-pickleball/copy-of-home>

The 2nd Annual Georgia Mountain Pickleball Fall Classic

The Fall Classic this year in Hiawassee, GA on Oct. 6th - 8th was a big success and drew over 300 players from as far away as California, Arizona, Montana, Indiana and many other states in the Eastern part of the country. The brackets filled up quickly this year and we had to close registration two months prior to the event and open up wait lists. The wait lists grew equally fast so we opted to open a second venue at our new tennis complex 3 miles West of the main venue in order to allow more players the opportunity to play.

We also introduced Singles this year and it was very well received. We had over 40 men singles players and almost 30 on the women's side.

Pro-Lite Sports, our major sponsor, had 4 of their professional team (Gigi LeMaster, Marcus Luke, Deb Harrison and Lee-Anna Camper) in attendance and they not only played, but, gave us all a free clinic and exhibition game Thursday prior to the tournament. We also had professionals Stephanie Lane, Rodney Grubbs, and Steve Kennedy in our main draw.

For the player's entertainment, we had a Meet & Greet Party Friday evening at the Towns County Rec. Center as well as a Beach Party Saturday evening at the Towns County Beach.

The Meet & Greet was attended by well over 200 players and guests and we were served some award-winning BBQ pork and chicken with all the fixins' from Hawg Wild BBQ and Catfish House in Hiawassee. We presented out very supportive Commissioner a custom GA Mt. Pickleball paddle made by Pro-Lite Sports and gave away numerous other prizes including several top-of-the-line Pro-Lite paddles.

North Georgia Pickleball Club

Our Annual Fall Invitational Tournament



The North Georgia Pickleball Club had their 12th annual fall invitational tournament "Down on the Farm" on September 29th, 30th, and October 1st.

Men and women pickleball ball players from Texas, Alabama, Tennessee, South Carolina, North Carolina, Florida, Georgia, and as far as San Diego, California played in this highly anticipated annual round robin/changing partners tournament. Players with skill ratings from 3.5+ to 5.0+ competed in twelve brackets consisting of ten players each with a winner for each bracket. Play began at 1 p.m. on Friday with open practice play for all of the tournament players. The practice session ended at 6:30 p.m. with the National award winning "Power Tap Cloggers" performing outside the stable, followed by a catered Mexican dinner and entertainment hosted by D.J. And stand-up comedian, Chip Hullender. Also performing jokes were Karen & Stuart Parish, Katie & Jim Brown, Fred Thompson, Jack & Kay Hollfelder, and Pat Dunn. The North GA Players (Ann & Tom Earley, Bill and Carole Hess, Don and Regina Lucas, and Pat and Steve Dunn) performed "Where, Oh Where Are You Tonight"? the Marietta Pickleballers sang "Gloom, Despair, and Agony on Me", Jack Bandel wrote and sang a parody on the song "Down on the Corner" by CCR, and Kelly Thurman wrote and performed an original pickleball song. Chip Hullender did a comedy routine on and Ann & Tom Earley and the players at the farm with the theme of "Wizard of Oz".

One hundred percent of the entry fees were donated to the Cherokee County Animal Shelter with Tom & Ann adding an additional donation to give \$5,000.00 for the new large animal barn. Another \$1,000.00 was donated to the Creek View High School marching band who performed the opening ceremony national anthem and \$500.00 to the Creek view high school junior

ROTC who presented the colors. Kevin Williams, owner of the local Chick-fil-A restaurant, sent the Chick-fil-A cow to participate in the opening ceremony and greet the guests.

Several vendors (Danny & Ruby Boes, Anne Hart/Selkirk paddles, Rodney Grubbs/Pickleball Rocks, Cindy Moore Skirts) set up on Saturday and Sunday in the stable area. Registration was also in the stable each morning and Red Bean Harvest coffee roasters were hired to set up a booth to supply players and guests with a cup of coffee, latte, tea, or iced coffee's. Kathy Anderson from Grace Life/Marietta pickle ball players graciously provided the breakfast table with donuts, sliced oranges, and bananas and handle the registration table both days along with Gayle Hawbecker, Regina Lucas, Bonnie Clark, Judi Vonesh, and Marilyn Smith. There was an opening ceremony with the county commissioner chairman, Buzz Ahrens, Cherokee County sheriff Frank Reynolds, County Commissioner Steve West, and the executive director of the Cherokee animal shelter, Susan Garcia. Volunteers helping with scorekeeping were Bill and Carole A. Hess, Kristina and Kathy Todd, Gary Clark, and Don and Regina Lucas. We couldn't have such successful tournament without our wonderful volunteers!

Each day lunch was provided for players and guests from Chick-fil-A on Saturday and Bub-Ba-Q (in Jasper, GA) on Sunday day along with special "blue moon farm" iced shortbread cookies for dessert. Prizes were awarded for ONLY first place for each bracket. No medals, but fabulous farmers market baskets filled with "Cup'd Cakes" from Chicago in four different varieties.



Our members shine in Hiwassee



Relaxing, post tournament



At the Hiwassee barbecue dinner



Yonah Play?

Fall Pickleball Tourney - Nov 3rd - 5th



Yonah Mountain in the background of our courts . . .



Yonah Mountain Pickleball Club and White County Parks & Recreation are co-hosting the "Yonah Play? Fall Pickleball Tournament" at 327 Asbestos Rd., Cleveland, GA, located just north of Gainesville and an hour+ northeast of Atlanta. Online registration available now on www.pickleballtournaments.com. A majority of the proceeds from this tourney will be donated to Smithgall Humane Society, the only no-kill shelter in our county.

Ages: 7+ **Skill Levels:** 3.0 to 5.0 (Novice to Advanced). **Specific Event Dates:** Friday Nov 3rd: Men's Singles and Women's Doubles; Saturday Nov 4th: Women's Singles and Men's Doubles; and Sunday, Nov 5th: Mixed Doubles. Six outdoor courts and 3 indoor. All players will be notified which venue they will play on a few days before the tournament. **We will play rain or shine.** More indoor courts within 10 minutes of this site have been secured as a back-up plan in case of rain.

Round Robin format - - - winners determined by total points. Brackets will be by age **and** skill levels, but Tournament Director reserves the right to combine groups after final registration is complete. All singles and partner team event brackets guaranteed a *minimum* of four games per event entered. Gold, Silver, and Bronze medals awarded to 1st through 3rd place in all events.

A dinner for all participating players, spouses, and families is currently being coordinated for Saturday night, Nov 4th. A great way to meet, mingle, and network. Come enjoy the NE Georgia mountains in the beautiful fall season.

QUESTIONS: Contact Tournament Director Laurie Lee on cell phone 770-317-1062 or email YonahMountainPickleball@gmail.com or sauteelodge@gmail.com.

See the ball even better with these eye-saving glasses. The lenses are made of a shatterproof polycarbonate, And they offer UV protection.

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

2017 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	2017	LOCATION	CONTACT	AGE	URL / NOTES /
Yonah Play? Fall Classic	Nov 3-5	White County Parks & Rec 327 Asbestos Rd, Cleveland	Laurie Lee, 770.317.1062 sauteelodge@gmail.com	7+	6 outdoor & 3 indoor courts. One location. Online registration available: pickleballtournaments.com
Turkey Shootout Pickleball Tourney	Nov 17-19	Rabun County Rec Center, Tiger (near Clayton), GA	Amy Martin 706.782.4600 Amy.martin@rabuncounty.ga.gov	7+	Nine indoor courts. Probably all round-robin formats. Online registration available: pickleballtournaments.com
TOURNEY/EVENT	2018	LOCATION	CONTACT	AGE	URL / NOTES /
GraceLife Invitational Tournament	Jan. 5-6		eastcobbpickleball@gmail.com		Team round robin format
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
Yonah Play? Springo 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 on www.pickleballtournaments.com in October 2018
"The South" Championship Tourney	May 17-20	Lifetime Athletic Center, Norcross	Chad Cromwell info@atlpba.com		Registration opens 11/15/17 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; registration opens on pickleballtournaments.com in June 2018

**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