



Kitchen Talk



Pickleball Association of Sun City Texas Newsletter

2016 PASCT Board Members

President Nancy Grafton	Vice President Barb Patterson	Treasurer Gary Pinkston	Secretary VA Miller	Player Development Director Peg O'Toole	Communications Director Kathy Carr
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Volume 2, Issue 9

Fun, Friends and Fitness

October 1, 2016



From the Prez

By Nancy Grafton
PASCT President

Looks like the REALLY hot days may be behind us and those who have been escaping the heat of summer are returning to cooler temperatures. Courts are busy in the morning and evening hours, and afternoon activity is picking up. Next year at this time, if construction goes according to plan, we should have four more pickleball courts in the Queens Development. Stephen Ashlock, Pulte's Director of Land Development for Central Texas asked for our input on possible amenities to be offered at the pickleball site, and we were happy to share our thoughts with him.



Nancy Grafton

There's a lot of good information in this month's issue about pickleball activities that are coming up in October and November. We hope you will consider taking part, as well volunteering in some of them.

And for those who would like a complimentary Emergency Medical ID tag for their pickleball bag, I'll be at the courts from 10-noon on October 4th, 5th, and 6th. To date 360 of the 515 tags have been picked up.

See you on the courts!

Nancy

Club Announcements

By Kathy Carr

PASCT Communications Director



Halloween Pickle “Ball” Social – Saturday, 8 October 2016. This free event is filling up fast. Log into the Sun City website and go the Pickleball Club Home Page to register for the Club's Halloween Pot Luck and Pickle"Ball", which will be held at the courts on Saturday, October 8th, from 5:00 - 8:00 p.m. This promises to be a fun time for all as we celebrate a Halloween theme with food, dancing and prizes for best costumes. Please bring a dish to share (enough for 8 people), and lounge chairs. Water, iced tea, paper products and plastic ware will be provided. Attire is casual (costumes are welcome) and court shoes are required if you plan to dance. We need to know if you are coming, and if you are bringing a guest. This event is limited to the first 120 people to register, so as they say, you must act soon.

“Sun City Showdown” Pickleball Tournament and Shrimp Boil – Saturday, 5 November 2016. Life does not get better than this – a complete day filled with pickleball, lunch provided by Stacy Group, more pickleball, and a shrimp boil dinner with 174 of your closest pickleball friends. Complete details on the day's activities and the registration process are provided on Page 4 of this *Kitchen Talk*. Trust us to say the Sun City Showdown is not something you will want to miss. Whether you participate in the “western showdown” tournament, come out for dinner or commit to the full day of activities, this is the one event everyone will be talking about at the water fountain the next day.



Club Hour Changes Effective 1 October 2016 – 31 December 2016. Here are the revised Club Hours between now and the end of December. New signs will be posted at the courts within the next week.

- Club Time is 10:00 am – 4:00 pm for all 6 courts, and 7:00 – 9:00 pm on Courts 5 and 6.
- League Play will continue on Mon/Wed/Fri from 1:00 - 2:00 pm. Monday is Beginner League Play, Wednesday is Intermediate League Play and Friday is Advanced League Play.
- Skills and Drills with Simon is scheduled for Thursdays from 11:00 – 12:00 pm with a new cycle of classes running from 20 October – 17 November.
- The last Beginner Mentoring class for this year will be conducted on 5 consecutive Saturdays from 11:00 am - 1:00 pm from 22 October – 19 November.
- Introduction to Pickleball will be presented twice a month on Saturdays in October/November from 3 - 5 p.m. The next class is on 8 October.





Intermediate and Advanced Player Clinic on Monday, 17 October Sold Out.

Club members with a self-rating of 3.5 and above and an interest in improving their game signed up to quickly sell out this event on 17 October. Matt Laz, a Certified Pickleball Teaching Professional, 2016 Mid-South Regional Men's Doubles Open Division Champion, and 2016 Mid-South and Regional Mixed Doubles Open Division Champion. Matt will conduct two clinics here in Sun City on High Percentage Winning Pickleball. The first clinic will run from 12:30 - 2:30 pm. A repeat (second) session will run from 3:00 - 5:00 pm. Among the areas to be covered are key elements of stroke development, Pickleball strategies and shot selections, and developing a strong foundation of error free play. Registrants are reminded that the cost is \$20, check only made payable to Matt Laz.

Register for the Next Beginner's Mentoring Class. The next and final session of the Beginners' Mentoring Program for this year will run on Saturdays from 11 am – 1pm, 22 October – 19 November on Courts 5 and 6. The program is designed for players who have completed the Introduction to Pickleball class, joined the Club and wish to improve their basic pickleball skills. Before completing the program, players will demonstrate *basic* shot strokes – forehand, backhand, volley, overhead, and the serve; be able to conduct a short rally with players of equal ability, and be familiar with court positioning in doubles play. The goal is to enable participants to develop the skills to more confidently participate in Club Time play, while having fun and enjoying the social aspects of the game. If you are interested in this program and can **commit to attending all scheduled classes**, which are conducted on 5 consecutive Saturday mornings, contact our Club's Player Development Director, [Peg O'Toole](#) to register.



Pickleball Hours Update at Georgetown Recreation Center. After using the Wednesdays in September to gauge attendance of early morning pickleball, the Rec Center has decided not to continue offering it at this time. However, please remember that pickleball is available on Tuesdays and Thursdays from 10 am – 2 pm and on Saturday mornings from 9 am – 12 pm.

Did You Know? www.55places.com is a website that prides itself on providing unbiased information and reviews of more than 1000 active adult communities in the United States. A recent blog on the site lists 6 of the best communities for pickleball enthusiasts, and guess what? Sun City Texas is listed among them. Click on this link to read the blog and chuckle at comments from residents at the Villages in Florida who wonder why they are not listed. https://www.55places.com/blog/best-communities-for-pickleball-enthusiasts?utm_content=40109579&utm_medium=social&utm_source=facebook



Fall Leagues to Continue. The open play by ability group concept seems to be working pretty well for our Fall Leagues. If you haven't played in the league as yet, come on out and give it a try. All you have to do is show up and sign up (first come, first serve) about 15 minutes before start time. After all players (up to a total of 24) have registered, there is a random draw for court assignments. Each league runs from 11 am – 12 pm. Format is Round Robin - 3 games to 11 points. If you are unsure of your rating, click on [SELF-RATING GUIDELINES](#) to determine your skill level. Questions, contact our Player Development Director, Peg O'Toole, JGMLO@yahoo.com.

Three Skill Levels of Play

Novice - 2.9 and below
Intermediate - 3.0 to 3.4
Advanced - 3.5 and above

Play Day

Monday
Wednesday
Friday

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Current League Results Posted. If you want to take a gander at the standings for the Fall Leagues so far, go to <https://www.sctexas.org/Files/Library/27380/LEAGUE-FALL2016RESULTS1.PDF>.

New Paddle Rack. If you've tried to stick your paddle on a shelf down at the courts recently, you are sure to have seen that the shelves are gone. They have been replaced with a new paddle system that is hooked onto the fence outside Court 4. It is a vertical configuration that keeps the paddles standing upright and holds up to 24 paddles. There's a ball holder underneath with some club balls.



Annual Board Meeting – Cowan Creek Pavillon, Wednesday, 9 November 2016 at 9:30 am. All members are highly encouraged to attend this annual board meeting. Among the main areas of business, we will vote in the officers for the Club's 2017 Board of Directors and vote on recommended changes to the Club's By-Laws. You can review the proposed changes by clicking on <https://www.sctexas.org/Files/Library/27380/FINALDRAFTPASCTREVISEDBYLAWS.PDF>. They suggest 1) changing the Club's name from *Pickleball Association of Sun City Texas* to the *Sun City Pickleball Club* and 2) incorporating the use of electronic voting (email and/or website ballot) for club elections, on matters brought before the general membership at scheduled business meetings, on club expenditures above \$2,500, and on the process for future changes to the bylaws. If you're looking for an additional incentive to attend, a light breakfast will be served to attendees.

New Schedule for Skills and Drills with Simon. This past Thursday, we completed a 5-week session of 1-hour open drills with Simon. Reviews from participants have been very positive as we averaged 12 – 14 players showing up each week. We're going to take a 2 week break before starting things up again. The schedule for the next session is listed below. You can come as often as you like. Conducted on Thursdays from 11 am – 12 pm, these drills are designed for novice players who have either completed the Mentoring Program or have been playing pickleball for 3 or more months. Each week we introduce several drills with a focus on specific pickleball shots and techniques. All you have to do is show up on Courts 5 & 6 with your court shoes and paddle. Note this will be the last session until the end of the year.

20 Oct 2016	Forehand Drive Stroke, Backhand Drive Stroke, Service Returns
27 Oct 2016	Volley, Half Volley, Drop Volley
3 Nov 2016	Soft Dink, Down the Middle Dinks, Cross Court Dinks, Drive and Dink
10 Nov 2016	Offensive Lob, Defensive Lob, Defending Against a Lob
17 Nov 2016	Overhead Smash, Defending Against the Smash, Drop Shots



Nancy Grafton, PASCT President, presents Sarah Wahlquist with her May 2016 Volunteer of the Month award. Sarah has been out of town visiting family.



Randy McDonald, Sun City Resident and Coordinator for the Georgetown Police Department's Blue Santa Program, accepts donations from participants in the Lady Lounge Lizard Social.

“Sun City Showdown” Tournament and Shrimp Boil



Saturday, November 5th, 2016

Join the fun with the Pickleball gang at our Fall "Sun City Showdown" Tournament and Shrimp Boil. The "Showdown" will be a same-skill level tournament with Novice, Intermediate and Advanced teams. Tournament check-in time is 9:00 am at the Sun City Courts and play should be completed by early afternoon.

Happy hour for the Shrimp Boil starts at 5:30 pm at the Cowan Creek Pavilion. BYOB, but water and iced tea will be provided. Dinner will be served around 6:30 pm. You may participate in both the tournament and the dinner, or just one of the two.

Tournament Registration* will be via email, starting immediately. To enter the tournament, send the following information to sctxpickleball@gmail.com: **Name, phone number, skill level (Novice, Intermediate or Advanced)**. Please do NOT try to enter the tournament at the CA office (they won't know what you're talking about!) or online; entries will be accepted only by email. There will be a limit of 20 players per level so get your entry in early. There is no entry fee for the tournament. Breakfast items for players will be served during the morning. Lunch for players will be provided by Jan Schmidt of the Stacy Group. This year's theme will be a "Western Showdown," so start thinking up some team names now!

** Must be a member of the Pickleball Association of Sun City Texas to play in the tournament, but guests are welcome at dinner.*

Dinner Registration will be online through the SCTEXAS.org website starting on 10/10/16; last day to register is 10/27/16. Cost is \$7 for club members and \$10 for non-members for a delicious Shrimp Boil meal prepared by our very own club members, Lonnie Ray and Bert Perkins! The Shrimp Boil will be limited to 175 people. Register early as this was a very popular event last year.

As always, we'd welcome any & all assistance! We need the following "helpers:"

- 1) Coaches for the Novice Teams
- 2) Tournament Scorekeepers & Check-in people
- 3) Set-up crew for both the tournament and dinner
- 4) Shrimp Boil meal crew to help Lonnie & Bert

Questions or offers to help? Contact Barb Patterson, Tournament Director
(847-207-2112 or barbpatter1@gmail.com)

Simon Has Company – and Her Name is Simone

By Lee Miller

PASCT Pickleball Throwing Machine Coordinator

The Sun City Pickleball Club is really on the ball when it comes to helping its members improve their game. In the last issue of Kitchen Talk it was revealed that the Club would be getting a second pickleball throwing machine, The “Pickleball Tutor” is now on board and we have named her “Simone” to differentiate her from our first machine, Simon.



Characteristics

	<u>Simon</u>	<u>Simone (Pickleball Tutor)</u>
Weight	32 lbs.	29 lbs.
Measurements	30" x 13" x 13"	12" x 18" x 20"
Battery Charge	6 hours	3.5 hours
Ball Capacity	160 balls with funnel	125 balls
Ball Speed	Up to 30 mph	Up to 50 mph
Interval between balls	1 ½ - 10 seconds	1 ½ - 10 seconds
Oscillates left to right	No	Yes
Portability	Easy roll with dolly	Easy lift; light weight & low profile
Shot Setup	Easy with ramp	

The Tutor has an oscillating feature which varies the shot by throwing the pickleball from left to right - very nice when working on backhand and forehand shots. Because it is light weight and portable, it makes for a quick set up and can be moved with ease. One difference you will notice, as compared with Simon, is the pickleballs must be loaded in the hopper and removed when closing Simone up. You can view the “Pickleball Tutor” in action by clicking on this link: http://www.pickleballcentral.com/Pickleball_Tutor_BMSPBAC_p/oo-350b.htm.

Here’s a quick and easy guide on which machine works best for each stroke.

<u>Stroke</u>	<u>Preferred Machine</u>	<u>Reason</u>
Return of Serve	Simone	More precise arc and speed adjustments
Return Volley	Both	Either machine is equally suited for this shot
Lobs	Simon	Lob attachment and ease of set up and movement
Dinks	Simon	Practicing dinks requires several machine movements to get the balls landing in the correct position, Simone would be a better choice, the dolly and ramp make Simon easy to readjust
Forehand/Backhand	Simone	Oscillating capability provides more realistic pitch of the ball

A good rule of thumb..., if you plan on moving the pickleball throwing machine around the court several times to practice a variety of shots then Simon (because of the dolly) would be a good choice. If you plan on using the oscillating feature and using various speeds and arcs, then Simone would be the throwing machine of choice. Either way you now have the best of both of both Pickleball throwing machine.

Training and Certification. Those members already certified on Simon must attend a 10-minute overview of Simone before reserving her. Individuals not yet certified can attend training on both Simon and Simone in a separate class. Dates and times for training will be posted in a Pickleball Express later this week.

Reservations: Our reservation system will remain unchanged. Following certification, just send an email request to Lee Miller at mtime1952@gmail.com. Indicating which machine you want to use, the day, and time preference. Remember, submit your request no earlier than 2 weeks and no later than 24 hours of desired usage.



Chuck Flanagan

From the Ambassador

By Chuck Flanagan

Texas Central and South Central Pickleball Ambassador

Elaine and I recently returned from the second annual USA Pickleball Association's ambassadors retreat, at the Club Med at Port St. Lucie, Florida. There, amongst the tropical plants (heat & humidity) we spent a great five days attending seminars, clinics (with Coach Mo), and playing pickleball with about 200 other pickleball ambassadors from throughout the country. Oh, the dining and socials were great also!

One of the most interesting seminars I attended was the referee certification training, put on by some old RV friends, Lynn and Linda Laymon. They are both in the training department for USAPA and have put together a comprehensive package for training and certifying pickleball referees. The first step in the certification process is passing the USAPA referee test. This is an open book 75 question exam that you can take online as many times as you wish. In fact, all USAPA members are encouraged to take it. The questions change each time, so the more you take it, the more you learn. You can access the test through this link.

<http://www.usapa.org/rules-tests/>

Another good seminar was conducted by Chris Thomas, the USAPA Rating Chair. Chris told us about the status of the new rankings system. First, the current skill level ratings (1.0 - 5.0) will not go away. We will still use them to describe the skill level of individual players. The new system will be a ranking system and be based on actual performance in sanctioned events. Requests for Proposals (RFPs) were sent to multiple vendors and, so far, four responses have been received. The next step will be to have a committee rate the proposals in accordance with the published requirements and select the vendor to receive the contract.



Dawn at Club Med.

The individual player rankings will be in the form of a 4-digit number (e.g., 1492, 1776, 1941, etc.). Rankings will be calculated by how well a player performs in an event and how he/she fares against other players. These rankings can then be used by tournament directors to seed brackets for future tournaments. One additional benefit will be the ability to clearly identify the best player(s) in the country. The person with the highest ranking will be Number 1.

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There was also some discussion about pickleballs and the new specifications that go into effect on October 1st. Onix was a sponsor of the retreat and gave each person two of their new Pure 2 outdoor balls. Additionally, Onix provided enough balls for daily play on the twelve courts as well as for all the clinics. So, that was the only ball that everyone played with for the five days we were there.

Everyone I spoke with liked the new ball and one person said that he had been using them at his club for several months without breaking a single ball. As a side note, those of you playing in the Cedar Park tournament in October will be playing with the new Onix Pure 2 indoor ball. Tim Dean selected that ball after getting player input and Onix has agreed to provide the balls for the tournament. These will be a bright tangerine color and I think you'll be pleased at how well they play and how much easier they are to see on the new floor.



Coach Mo – How to Teach a Clinic.

As I mentioned earlier, this was the second ambassador retreat. We had such a great time that I really regret not going to the first one (Lake Tahoe), but you can bet I'll be going to the next one...wherever we have it!

Lady Lounge Lizards Social

Article by Clark Grafton; Photos by Barb Patterson and Nancy Grafton

Talk about fun! The Lady Lounge Lizards pickleball event was held on Saturday, September 11, 2016 under sunny skies with temperatures that hovered in the low 90's. Even though the humidity was high and the night was muggy, the ladies put on some stirring rallies dressed in some *very interesting* attire.

Players showed up in their favorite loungewear, some in high heels and others wearing hair curlers. Marie Sena turned heads when she entered the common area wearing an outfit that featured high heels, large earrings and clothing that was beyond description (she took the heels off to play pickleball). The event judges voted Marie the winner in the most, let's say, unusual outfit.



Marie Sena models the latest in ladies' loungewear.



Lois Gallagher sports a new coiffure on the court.

A round robin format was used to maximize social interaction among the participants. A new twist was added, however, when players were notified that each game would be timed and the goal was to earn as many points as they could before the clock ran down and the horn sounded for them to rotate to another game. After 6 games, the player who earned first place with the highest number of points scored at a Lounge Lizard event was Diane Cleaver and second was Sandy Piland. Of course, this was the first Lounge Lizards event ever held in Sun City.

A big thank you goes out to the event coordinators: Clark Grafton, Joe O'Toole and Ken Patterson, and to their spouses for their assistance: Barb Patterson, Peg O'Toole, and Nancy Grafton. And special thanks goes out to Daphne Blair who took charge in keeping the ladies hydrated, and also to Janice Cozart who stepped in and helped handing out the snacks.

Thanks, too, to all who donated gifts to the Blue Santa program for the disadvantaged children of Georgetown. They were presented to a representative from Blue Santa at the club's General Board Meeting on September 14th.

More Photos from the Ladies Lounge Lizards Social



Bev Wilson and Judy Blackman team to win.



And here comes the bunny.



Sun City Pickleball Ladies Redefine Fun at the Lounge Lizard Social..

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Terri Klein, Lois Gallagher, and Jannine Grant



Social Organizers, Clark Grafton and Joe O'Toole



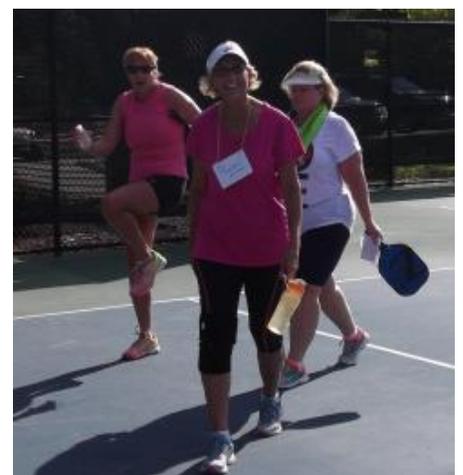
Enjoying snack and drinks after a fun match.



Pat Hall and Jannine do-si-do right to their next serve



Supporters mob the stands to cheer their favorite players.



We know who won this game.



October 2016 Volunteer of the Month

*Nomination by Toni Briggs
PASCT Club Member*

Around the courts, if you yell the name “Bob”, there’s a good chance that one of the 23 “Bobs” or “Roberts” in the club is going to turn around, and it may not be the one whose attention you are trying to get. If, however, you yell the name “Hutch”, there’s only one guy who will turn around, and that guy is Bob (aka Hutch) Hutchins. As his nickname implies, he is truly one of a kind.

Bob is our October 2016 Volunteer of the Month. He is recognized for his unwavering support to the Beginners’ Mentoring Program, which has spanned from the windy, chilly days in February through the extreme heat and humidity we experienced this summer. Bob is always ready to jump in wherever needed, whether it’s teaching a class, running drills or helping new folks who have wandered onto the courts to understand what the game of pickleball is all about.

Earlier this year, Bob volunteered to referee at the club sanctioned mini-tournament for beginners. In between games he provided kind words and encouragement to all the players.

This summer, Bob initiated a call out to more than 60 graduates from the mentoring program to show up for open play at 6:30 pm on Mondays, Wednesdays and Fridays. He chose the warmer evening hours to avoid the busier Club Time, and ensured that games were played to 8 points so no one was overcome by the heat. This informal get together has grown, providing an inviting and supportive environment for our less experienced players.

Bob Hutchins never stops giving; he demonstrates the highest attributes we look for in a volunteer of the month program.



Bob refs a game during a Beginner’s Tournament



Bob (on left) teams and wins with Gary Pinkston at the Vegas Cup Challenge.

A Bit About Bob...

We’d really like to tell you a bit more personal about Bob, but he is traveling throughout Europe with his wife, Victoria, right now. As soon as he gets back, we’ll squeeze him for his story and make sure you hear about it in our next *Kitchen Talk*.