



Kitchen Talk

Sun City Texas Pickleball Club Newsletter

FROM THE PRESIDENT

April



Barb Patterson

As you may know, our club board holds workshops every month and we often make decisions that could affect club members on a daily basis. We thought it best to summarize what decisions were made this month so that members can plan accordingly:

1. Rally scoring will now be used for ALL rec play, leagues, and round robins. If any member is heard using traditional scoring, he/she will be asked to leave the court.
2. There will no longer be any courts available to reserve. All courts will be "open play" from 7:00 am until close.
3. In an effort to accommodate the huge number of players who sign up for Pro Clinics, the clinic size will be increased to 32 players for each pro. Clinic prices will remain the same.
4. Supervised Novice Play will be monetized; \$20 per player per session. Please bring cash or checks payable to the SNP coaches.
5. Due to the huge influx of potential SNP coaches expected now that they're being paid, the "Train the Trainer" class will also be monetized; \$500 per student for the 5 day course. Fees collected will be put towards the Capital Expense Project.
6. Rock, paper, scissors will be used for all line call disputes.
7. Members who park a single golf cart in the center of a regular car lot parking space will receive a three month CMARS suspension.
8. If the temperature reaches 100 degrees or higher, shirts are optional.

Please remember what day this is before you overwhelm our club inbox with gripes!





FROM THE PREZ (CONT.)

Now, if you want to read what really happened at the past couple board workshops, log into your SCTEXAS.org profile and head to our Pickleball Club microsite here -[Workshop Agendas and Minutes](#). We've added this section in an effort to keep all members in the loop as to what is going on in our club.

Happy April everyone! See you on the courts.

Barb Patterson

VOLUNTEERS STILL NEEDED

Admin Help for New Members (Second Request):

We need another volunteer to print out name tags and address labels for new members. This is a twice a month duty that takes about 30 minutes each time. Please contact Barb Patterson (barbpatter1@gmail.com) if interested.

Display Case Set Up (Second Request):

Sandy Piland has been taking care of the display cases for several years, but has decided to move on. We have one volunteer, but would like at least one more. If you are interested let us know at sctxpickleball@gmail.com.

Rally round the Court Parking Volunteers:

The tournament committee is looking for volunteers for the parking detail. The work is not challenging and is usually complete by lunch time. If you want to volunteer, click: -[Rally Volunteer Sign-Up](#)

Rally round the Court Lunch and Garden Party Volunteers

The social committee is looking for volunteers to assist with the lunch at the tournament and all phases of the Garden party that evening. If you are interested, contact Laura Duty at: laura.duty@icloud.com

CLUB ANNOUNCEMENTS

TREASURER'S REPORT SUBMITTED BY D'LES LONGINO

APRIL 2024 FINANCIALS



We began February 2024 with \$27,732.76 in our checking account. In the month ending February, we had income of \$1,195 from renewed and new memberships and a special event. After expenses of \$4,549.67 (player development \$380.76, maintenance \$2,234.84, admin \$7.56, Arlo cameras \$10.64, Court Reserve \$231, member relations \$719.83, equipment \$64.94, AT&T \$900.00) and sales tax payable \$28.05 on an expense item, we ended February with a balance of \$24,401.08.

WELCOME NEW MEMBERS!

FIRST NAME	LAST NAME
John	Bailey
Diane	Boson
Scott	Boson
Clay	Fast
Victoria	Flam
Bob	Gordon
Sandi	Gordon
Alan	Graham
Sally	Graham
Karen	Green

FIRST NAME	LAST NAME
Michael	Green
Barbara	Houk
Michael	Jarvis
Zelma Dixon	Johnson
Cheryl	Jones
Rowley	Jones
Ann	Meier
Michelle	Milligan
Sam	Milligan
Karen	Pape

FIRST NAME	LAST NAME
Sandi	Pike
Chela	Pino-Jarvis
Christopher	Recanzone
Michelle	Recanzone
Sam	Schultz
Chuck	Sheridan
John	Stephens
Don	Thurlwell
Laura	Thurlwell
Sharon	Waite

At press time, total number of club members is 1579.

CLUB ANNOUNCEMENTS (CONT.)

BiG Pickleball Tournament

March 2, 2023

On Saturday, March 2nd, BiG (Brookwood in Georgetown) held a Pickleball Tournament at Sun City's Northpoint Pickleball Complex. Over 130 players battled it out in Women's Doubles, Mixed Doubles and Men's Doubles events held during the day.

The tournament raised approximately \$30,000 for the Georgetown charity that supports adults with disabilities, helping them find a sense of purpose and community. Leaders within the Sun City Texas Pickleball Club, including Mary Payne (certified USA Pickleball Referee), Ron Franke (past VP of the club) and Barb Patterson (club president), served as advisors for BiG in planning and carrying out this tournament. A number of club members also stepped up to be court monitors for the day.



As BiG noted "the tournament was not only a great sporting event but also a wonderful opportunity to come together as a community and make a positive impact." Sun City Texas Pickleball Club was proud to be able to help BiG in their mission.



Some of the Volunteer Court Monitors



Resting under the Pavillion



CLUB ANNOUNCEMENTS (CONT.)

Upcoming Events - Next 6 weeks

Apr 3 - BYOBB&D at Northpoint

Apr 4 - Registration for "Rally Round the Court" closes

Apr 10 - Registration for post tournament Party Closes

Apr 20 - "Rally Round the Court" Tournament

Apr 20 - Post Tournament Party

May 1 - BYOBB&D at Northpoint

Some Important Reminders:

Latch those Gates:

Please make sure to latch the gates at all courts closed after entering or exiting the courts. As the seasonal winds pick up, we are seeing increasing numbers of damaged latches due to wind catching the gates and slamming them into the poles. We also had a bizarre injury, thankfully minor, when a member watching a match was hit by a flying gate. Please latch the Gates!

Incident Reports:

We are required by the CA to report any serious injury at our complexes. We are often asked, "What constitutes a serious injury?" Any injury that requires someone to receive medical care either from their own physician or at an urgent care clinic or emergency department is considered as serious. Incident reports are available in the first aid boxes at all complexes and on line on the club web page.

MORE COMPLEX IMPROVEMENTS

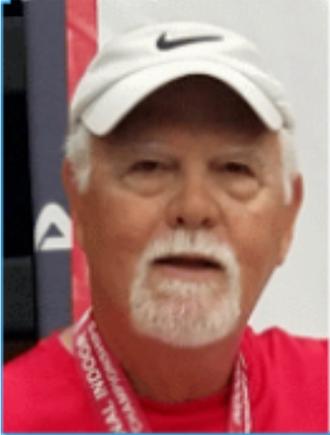
A new bicycle rack was recently installed at the Northpoint Complex by court 16.



Tim and crew have also been busy working inside the maintenance and training sheds at Northpoint to help keep them organized. Here is some of what they have done:



FROM OUR PICKLEBALL FRIEND



Chuck Flanagan

Last month someone asked me if it was legal for the receiver's partner to stand next to the center line and jump back and forth like he's going to intercept the serve? And the answer I gave was, 'No. That would be a 'distraction' and a referee should immediately call a fault on the offending player.'

That was the correct answer, however, during a couple of PPA matches I watched recently, I saw some player action that could be confused as distractions and I thought I'd mention it and talk about the fine distinctions involved.

This example occurred in a men's doubles match. One player tried to anticipate hitting an Erne shot by leaping over the corner of the kitchen. Although he did this at least a half-dozen times, his opponent always dinked the ball back towards the center. On at least two occasions, however, the opponent dinked the ball into the net for a fault. The fact that his opponent was jumping the kitchen just as he made those shots may have led to his unforced errors.

So, while he may very well have been 'distracted' by the player jumping the corner of the kitchen, an Erne shot is a legal shot and a common part of the game (for some of you stronger players). And that is the key factor. "Distractions" are actions that "...are not 'common to the game'". Here is the rule that covers this...

*3.A.7. Distraction – Physical actions by a player that are **'not common to the game'** that, in the judgment of the referee, may interfere with the opponent's ability or concentration to hit the ball. Examples include, but are not limited to, making loud noises, stomping feet, waving the paddle in a distracting manner, or otherwise interfering with the opponent's concentration or ability to hit the ball.*



PICKLEBALL FRIEND (cont.)

2024 10th Anniversary Cedar Park Paddle Battle

Registration for the 10th annual Cedar Park Paddle Battle pickleball tournament is open! Details and registration information for the tournament can be found here: <http://tinyurl.com/2024PaddleBattle>



For people interested in refereeing at the tournament (all matches will have a referee), there will be two referee clinics just before the tournament: May 6th, from 6:00 pm - 9:00 pm and May 7th, from 9:00 am - 12: pm. Unlike previous years, these clinics will be conducted as practical exercises entirely on the court. If interested, call the Cedar Park Rec Center at 512-401-5516 to sign up for one of these FREE clinics.

It is with great sadness that we are announcing that Chuck is giving up his monthly reporting efforts after nine years. His insights to pickleball have always been reminders of how the game has grown and how we might see it change in the future. His commentary on rules has always been interesting and sometimes though provoking. Many members have said it is the first thing they read when the KT is published (sorry Barb!) Some of the members who have worked with Chuck in the past have provided some special reminders: The club is looking for someone to answer your rules questions, but for now, send them to sctxpickleball@gmail.com.

What are Chuck's qualities that I would like to emulate? His ability to focus on the bigger picture, he is solution oriented, enthusiastic and patient...the list could go on and on. We worked on the same committee to get more pickleball courts and he put together various court proposals, along with diagrams that were used at meetings with Pulte and C.A. reps. His efforts laid the future groundwork for the Retreat and Northpoint courts. Chuck has worked with pickleball players to improve their game, has been an encouraging pickleball partner with players of all skills levels, has volunteered at so many pickleball functions at the local, state and national level, and is someone who brings out the best in others (unless it is a dinking opponent). From whom did many learn their dinking and pendulum motions - yep, that was Chuck. He isn't a complainer - if he can fix a problem, he will. More players should be like Chuck! "Excellent". Submitted by Nancy Grafton

PICKLEBALL FRIEND (cont.)

Huge kudos to Chuck for his many years of writing these articles for our Kitchen Talk newsletter. Chuck is always there when we need a helping hand. When Jerry Fronczak (co-tournament director) ended up in the hospital the day before a big club tournament, I called Chuck and he was there in an instant to help run things. He always knows the rules, and is extremely supportive of our club and players. One of my favorite memories of Chuck is when he put this in our November 2016 newsletter.



Name the Player. Chuck Flanagan is offering a reward to the first club member who can correctly guess the name of the player depicted in this picture. Hint – it is a compact with a pony tail that yells “You go” on the court. If you think you know who individual might be, send Chuck an email at chuck.flanagan@gmail.com.

Now every time that I yell "YOU GO" (which is probably too often) on the court, I think of Chuck! Submitted by Barb Patterson



I have a bottle of “pills” that I have been carrying in my pickleball bag since March of 2019. It is not the pills, but rather the bottle that serves to treat my tendency to get “amped up before a match” and inspires me to play a calmer game of pickleball.

These Chill Pills were prescribed to me by Chuck Flanagan, when he coached our Sun City team of players preparing for the National Senior Games. For weeks he volunteered his time and expertise to drill us on skills and strategies to succeed. Due in great part to Chuck’s coaching, I had my 15 seconds of fame by winning a gold medal in singles for my age and ability group. For this I will be forever grateful.

Chuck Flanagan is the consummate coach, mentor, referee, rules guru, and all around great guy.

Kathy Carr

TRAINING & DEVELOPMENT

By Ric Hutchinson, Director of Player Development

It is always busy in the player development arena.

The staff remains nimble on their feet as they constantly improve the curricula, react to emerging need (like adding an unscheduled beginners training class) or rescheduling pro clinics:

New Member Orientation Class

We are currently developing a new Member Orientation Class to introduce our new members to the various aspects of the Club. More information will be forthcoming as the details are finalized.

Ongoing Program Updates

Introduction to Pickleball. Between January 1st and April 1st of 2024, 108 members have completed the Introduction to Pickleball classes. As I previously discussed all registrations for this class are now made through self-registration using CMARS.

Beginner Training.(BT). This month we completed Beginner Training Classes 126, 126B and 127. My thanks to all the volunteer instructors who gave their time to make this possible. Between January 1st and April 1st of 2024, 59 members have completed our Beginner Training Classes. Here are the photos of the graduates of BT Classes 126, 126B and 127.



Front row (L to R): Martha Speakman, Instructor; Allison Wolfe, Instructor; Silvia Commisso, Hema Ranganathan, Jeri Lynn Shami, Marsha Zwirn, Saul Zwirn.

Back row (L to R): Jerry Kupperman, Asst Instructor; Roger McCartney, Sai Chintalapudi, Michael Shami, Beth Kastler, Jerry Kastler, Larry Sharrar, Steve Shafer.

TRAINING & DEVELOPMENT (cont.)



Left to Right - Pauline Teague Asst. Instructor, Ric Hutchinson Instructor, Gary Anderson, Carol Anderson, Marlys Sage, Susan Alan, Wayne Barth, Genie Barth, Sam Kelly, Rudy Tabares, Dianne MacKie, Jim MacKie, Tom Zoerner, John Leezer Asst. Instructor, Kathy Carr Instructor



Back row, left to right: Karen Boriack, Karen Pape, Peggy Berland, Jeff Fuller, Jane Sloger, Susan Carter

Middle row, left to right: Karen Wolff, Audrey Brookner, Robin Garza, Shelva Roscoe, Jere Luttner

Front row, left to right: Crystal Mackean, Assistant, Martha Speakman, Instructor, Alice Clemons, Instructor, Cheryl Janssen, Assistant

Supervised Novice Play. (SNP) SNP classes continue to be very popular and to fill quickly.

Skills and Drills (S&D) The Spring Skills and Drills classes are also very popular and continue to fill quickly. If you have taken some of the classes, find someone who was not able to and become their drill partner.

Advanced Pickleball Strategy. (APS). April APS classes will be offered on 4 April (a Thursday due to conflicts) and 16 April. Registration will be through CMARS and will open 14 days prior to each scheduled class at 5:00 pm.



TRAINING & DEVELOPMENT (cont.)



Train the Trainer Classes.

It's 2024 and time to start gearing up for our Spring Train the Trainer Classes. Our next class is scheduled for 20 April. We are modifying the training program this year to shorten the initial training time from 3 days to 1 day and to add specific on-the-job training for our instructors in training.

This program is a prerequisite for the progressive development of our volunteers who will apprentice as assistant instructors and potentially work their way to joining the Supervised Novice Play, Beginner Training and Skills and Drills programs. For more information or to register for this class, contact Ric Hutchinson, Player Development Director, at novicehutch@gmail.com.

Club Pro Clinics. The response to the Pro Clinics continues to be amazing. One of the things we are looking at is to use the number of people on the waitlist as a basis for scheduling a second clinic that day. So, if you like the clinic and it is full, please register for the waitlist. If we get enough people on the waitlist, we will schedule a repeat of the clinic from 1:00 – 2:30 the same day and move the people on the waitlist to that clinic.

2024 Club Pro Clinics

Pro Clinic #	Instructor	Pro Clinic Name	Date	Skill Level	Cost per Person	Courts/Time	Registration Opens
24-18	Matthew Boyett	Intro to Third Shot	4-Apr-24	2.5	\$25.00	NP 14-16 11:30 - 1:00	21-Mar-24 5:00 PM
24-19	Matthew Boyett	Forehand Attack	11-Apr-24	3.5	\$25.00	NP 14-16 11:30 - 1:00	28-Mar-24 5:00 PM
24-20	Matthew Boyett	Effective Backhands	18-Apr-24	3.0	\$25.00	NP 11-13 11:30 - 1:00	4-Apr-24 5:00 PM
24-21	Matthew Boyett	Doubles Play Strategy	25-Apr-24	4.0	\$25.00	NP 14-16 11:30 - 1:00	11-Apr-24 5:00 PM
24-22	Esteban Espada	Attacking at the Kitchen	15-Apr-24	3.0	\$25.00	NP 14-16 11:30 - 1:00	1-Apr-24 5:00 PM
24-23	Esteban Espada	Blocking Attacks	29-Apr-24	2.5	\$25.00	NP 14-16 11:30 - 1:00	15-Apr-24 5:00 PM

Please note- As we begin to expand these clinics to include all skill levels **IT IS EXTREMELY IMPORTANT** that everyone respects the specific skill level requirements of each clinic when registering.

TRAINING & DEVELOPMENT (cont.)

Club Teaching Professionals.

Available Hours. Our Teaching Professionals, Matthew Boyett and Esteban Espada share Court #23 at North Point, Monday through Saturday from 7 am – 10 pm. If you prefer evening lessons, please contact them. They also schedule make up sessions for inclement weather days on Sunday. For more information on our pros, their contact information and their rates, click on [Sun City Texas Community Association Private Lessons \(sctexas.org\)](https://www.sctexas.org/private-lessons) or head on out to Court #23, peak through the fence and see these guys in action.

Take Advantage of Our Pros. Many of you have asked me how you can continue to improve your pickleball skills after you have completed our Club training programs. The answer is to contact Esteban or Matthew and take a lesson.



COURT ACTIVITIES

By Terry Kennedy, Director of Court Activities

Round Robin Play

Friday - Saturday - Sunday round robins showed a significant increase in registrants for all three skill levels in March. We have almost 280 different players participating through March. March 29, 30, & 31 will be our first scored round robins - for tournament seeding purposes - remember we will be keeping scores the last weekend of each month and all of August.

Team Challenge League

The Team Challenge League will be 2/3 complete by the end of March. We have some tight races in the Tuesday and Friday Leagues.



One of the enthusiastic Team
Challenge League Teams

See you on the courts

Terry Kennedy

COACH'S CORNER



Matt Boyett

Hey everyone, Matthew Boyett back again for another Coach's Corner. This month, I wanted to talk about the options you have on your third shot. There are no right or wrong answers here, but there is a time and place for each one. First, here is the reason why the third shot is so important. From this point forward, you and your opponents can now volley the ball. So if you start the point off with a bad 3rd shot, you will be fighting an uphill battle. Try to be intentional and not just react when hitting your 3rd shots.

3rd shot drop

A 3rd shot drop gives you and your partner time to move forward. If you feel like the point always starts too fast and you never have time, a drop shot is a great option. A good drop shot will also make your opponent swing up on the ball. The down side of a drop is that it is a tougher shot to hit when you first start.

3rd shot drive

A 3rd shot drive takes time away from your opponent. It is also typically easier to keep a drive lower compared to the other options as a beginner/intermediate player. It is always good to drive a few 3rd's just to see if your opponent can handle the fast speed volley. The down side is if you get in the habit of driving every 3rd shot your opponent can just sit and hit the ball back down at your feet.

3rd shot lob

The 3rd shot lob, when used intentionally, can be effective. If you are just reacting and throwing up a lob, this is when things can go south. If you notice your opponents sprinting in off the return, a lob to get them back off the kitchen line is a good option. The down side is it is tough to hit a good lob that does not get hit back hard. Practice hitting these to the back 3rd of the court.

Nutrition Newsflash: Recovery



Mackenzie Boyett

Did you know that adding a **pre-sleep high protein snack** can help you recover more optimally from your time spent on the court? Protein is the building block of our muscular system, and including protein in your diet at vital times of the day has been shown to increase muscle recovery and even help to lessen soreness.

Because we are fasting throughout our time sleeping, adding an extra dose of protein in before our sleep cycle starts will help us absorb and digest the protein adequately and without interruption.

Check out this example of a high-protein snack that doubles as a treat if you have a sweet tooth! This recipe features Greek yogurt, which contains **quality casein protein**(the optimal type of protein digested slowly while you're catching up on your beauty sleep!). For a sweet treat, try including a serving of dark chocolate as a rich source of magnesium, which can help to play a role in improved sleep.

Greek Yogurt Parfait for Recovery

Ingredients:

- 1 cup Greek yogurt (For this recipe I like to use Oikos Triple Zero Vanilla)
- 1 tbsp PB2 powder
- 1 tbsp dark chocolate chips
- ½ cup raspberries (or other fruit, if you prefer!)
- Sprinkle of cinnamon (optional)

Directions:

Mix Greek yogurt with PB2 powder until combined. Add your toppings of chocolate chips, berries, and a sprinkle of cinnamon. Enjoy!



TOURNAMENT NEWS

Texas Senior Games

Men's Singles

Kobus Pieters	3.5	Gold	70 - 74
David Persilver	3.5	Silver	70 - 75
Steve Frank	4.0	Gold	70 - 75

Mixed Doubles

Susan Cole & David Persilver	4.0	Gold	75 - 79
Kathy Carr & Steve Frank	4.0	Gold	70+
Leslie Vanderpool & Ken Ward	3.5	Gold	65 - 69
Teri Jordan & Kobus Pieters	3.5	Gold	70 - 74
Margo Chase-Wells & John Carter	3.5	Silver	70 - 74
Katherine Goodall & Joe Gray	3.5	Bronze	70 - 74

Men's Doubles

David Persilver & Bill Russell	4.0	Gold	75 - 79
John Carter & Steve Frank	4.0	Gold	70+

Women's Doubles

Jan Geiger & Kathy Ford	3.5	Bronze	65 - 69
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**Remember: Please send tournament results to the club e-mail:
SCTXPICKLEBALL@GMAIL.COM.**



**Those who play
pickleball
are happier,
more intelligent,
and better-looking
than those
who don't;
according to a
study I made up.**

2024 SCTPC BOARD MEMBERS



Barb Patterson
President



D'Les Longino
Treasurer



Tim Schutte
*Maintenance
Director*



Liz Blount
Vice President



Ric Hutchinson
*Director of Player
Development*



Terry Kennedy
*Director of Court
Activities*



Peg O'Toole
Secretary



Pete Nadolski
*Communications
Director*



PARTING SHOT

Our Beautiful Pickleball Courts at each end of the Rainbow



Photo Courtesy of Cheryl Janssen

I am always looking for photos for the parting shot. If you have something, send it to me at sctxpickleball@gmail.com