



**PebbleCreek
Pickleball Club**

NEWSLETTER

AUGUST 2021

WELCOME TO OUR AUGUST NEWSLETTER

Work on the fencing continues to truncate the number of available courts for play – we all look forward to the completion. As with every newsletter, please share feedback so we can continue to offer relevant information and stories to our membership.

UPCOMING CHANGES TO COURT RESERVE

As we prepare for fall, we're looking at changes to make Court Reserve easier to use and manage. With only four courts available for reservations, a separate schedule just for booking is planned. Members who only play in events, open/drop in, or as guests on booked courts won't need to view those reservations. Members who primarily access Court Reserve to book courts, can optimize their view by selecting the booking schedule.

From a management standpoint, this will eliminate phantom reservations that show up on courts other than 17-20. The Court Reserve system has a master template that shows "Reserve" under each scheduled activity. We can disable this for the non-reservable courts by implementing a separate booking schedule for courts 17-20. If you are new to Court Reserve, you can review an introductory video at https://youtu.be/_SD1XDGfM58

RE-START OF CLUB EVENTS & INDIVIDUAL RESERVATIONS

It is our goal to restart both Club events and individual reservations starting on Sunday, September 5. Accordingly, sign-ups will begin

August 29 at 7 p.m. Obviously, this depends on the fence completion.

NEW COURTS UPDATE

RCI has returned the revised site plan to the city for what they hope is the final review and approval. RCI has also submitted the civil and building plans for the city's initial review.

PICKLEBALL LEAGUE

Are you interested in playing in the West Valley Pickleball Men's/Women's/Mixed League? Last year, PCPB Club had several women teams who played in this league, and, one even went to a state playoff. This year they are expanding the league. We have attached a flyer at the end of the newsletter with more information and a contact.

IMPORTANT REMINDERS

Members continue to be targeted by scam emails that look like they come from a board officer. We will never send you such a request to purchase gift cards, send money, or anything similar.

SEPTEMBER CLUB MEETING

Our September monthly PCPB Club meeting will be the 22nd in the Milan Room @ 3:00 p.m.

ANNUAL MEMBERSHIP MEETING

Nov. 10, 6:00 p.m. at Eagles Nest Ballroom

SKILLS AND DRILLS

On Sunday September 12 at 7:45 a.m. we hope to restart our Focused Skills and Drills training sessions with Drops and 4th shots for 2.5 and 3.0 rated players. Registration will open on September 5 at 7:00 p.m. We will alternate weeks between 3.0 & below and 3.5 & above. To make the drills more enjoyable, participants are asked to sign up with a partner of similar skill.

The purpose of having players sign up with a partner is two-fold. First, if you learn drills with a partner of your choosing, we hope you will be

more likely to go out and practice those drills with that partner. Second, since these sessions are mixed skill levels, we want you to be comfortable with the person you are drilling with. Since you will be feeding the ball to one another, that comfort level can dictate the quality and enjoyment of the training.

If you can't find a partner, we recommend that you still try to register for the event. If you get registered and need a partner, we can help you select a partner from the waiting list.

We look forward to resuming these fun and informative training sessions.

September 12	Drops, 4 th shot	3.0 and below
September 19	Drops, 4 th shot	3.5 and above
September 26	Blocking, Volleying	3.0 and below
October 3	Blocking, Volleying	3.5 and above
October 10	Overheads and Lobs	3.0 and below
October 17	Overheads and Lobs	3.5 and above

LOOKING AHEAD TO FALL ROUND ROBINS.....

In an effort to offer parity of play, we are going to try an optional opportunity of play. We are calling this new standard of play a PLUS. The Plus system will exist in each level rating of play. Essentially, this means that we will offer regular round robins and a Plus round robin for those players who choose and can qualify. All players who have a club rating will be eligible to try for the Plus system at their level of play. The availability of a Plus level will depend upon the number of participants.

For example if a 3.0 player thinks they are in the top 1/3 of the round robin players and wants to

compete for a spot in the Plus system, they can sign up to play in the "shoot-out". The shoot-out will consist of players playing ghost-doubles against other players. This shoot-out is completely separate from any round robin play. After a shoot-out, a small sub-section of those level players will become the players for this winter season. Also important, this Plus system will be an indicator for possible upward rating movement through the Club rating system.

Expect more information to follow. We want to give everyone a heads up that this opportunity is coming.

UPCOMING

SEPTEMBER BOARD MEETING

September 22 at 3:00 p.m.

NEW COURTS FUNDRAISING OPPORTUNITY

3-Minute Car Wash – October 1-22

More details to come; stay tuned

PCPB MEMBERS MEETING

November 10 at 6:00 p.m.

This is a member driven meeting where next year's budget will be a main focus along with other Club business - also membership driven. Please mark your calendars!

IN-HOUSE TOURNAMENT – FINAL FOUR

Mixed Doubles – November 10, 2021

Women's – January 13, 2022

Men's – January 14, 2022

FUNDRAISING EXTRAORDINAIRE

We all had an opportunity to buy the PebbleCreek Pickleball summer 2021 T-shirts – as designed and sold by Marty and Kathy Aalto. This robust effort continues to be one of the strongest fundraising initiatives for the new courts. As a result, the Club received a check for \$2,500. To date, the Aalto's T-shirt sales have raised over \$12,500.

Kathy and Marty would like to thank the fantastic support of everyone who bought a T-shirt along with a huge shout out to the sponsors. Without their financial support none of this would have happened. The popularity of the t-shirts has not been surprising. They are comfortable, the fabric is a soft, self-wicking material and the font used is stylish and readable, which makes a winning combination.



Marty & Kathy Aalto



L to R: Marty Aalto, Bob Chester, Jonathan Colter

The story of how these t-shirts evolved is fascinating and it actually starts with Mike Crabtree. Mike runs our February Tournament, the Annual PebbleCreek Club Tournament. Three years ago, Mike's brother, Pat, had a contact in Santa Rosa that dealt with custom sports t-shirts. The contact was Eddie Brascia, owner of Sonoma Design Apparel & Promotions Inc. Eddie is not just any t-shirt rep for the sports world, he is also an avid pickleball player.

As Mike was getting everything ready for the Club tournament, he needed 600 t-shirts and asked Eddie, "What can you do for us?" Between Eddie, his staff, and Mike, the Club's first t-shirt was born. Eddie not only designed the t-shirts but also played in the tournament.



L to R: Catherine-Talbot Lawson, Kathy Aalto and Judy Friedman

To date, Kathy and Marty Aalto have designed and sold nearly 1,600 t-shirts. Marty is emphatic when he states, "We have been blessed with very generous sponsors that cover most of the cost of the t-shirts and their production". Humana, Estrella Parkway Medical Center, and Pure Patio have been the main sponsors. Other sponsors have included our own Club players, Roy Johnson, Roy Johnson Realty, and Rodney Jackson, Rodney Jackson Realty. In addition, City of Goodyear Vice Mayor, Brannon Hampton, has helped with his Edward Jones Investments as has One-Shot Pickleball Paddles and AerowSports Pickleball Gloves. Kathy Aalto designs each t-shirt with the help of Jo Comstock and Eddie's design team at Sonoma Design.

Can't wait to see the offering for Fall/Winter!

FALL KICKOFF EVENT

It's that time of year when many of our snowbird friends have started their annual migration back to PebbleCreek and that includes our pickleball friends. Each year the Club celebrates this special time with a Fall Kickoff Celebration that includes a live band, dance, food, drink and fun. This year's band is the Rhythm Edition Band. Check them out...you'll be sure to join us! <https://www.rhythmeditionband.com/>

TEN REASONS WHY SHOULD COME?

1. You will see your pickleball friends in something other than pickleball clothes.
2. It beats staying home and being bored.
3. You will make new friends.
4. You get to enjoy an evening listening to a live dance band.
5. You can enjoy an evening without having to cook or do dishes.
6. Shake your bootie and dance, dance, dance... a great way to exercise a new set of muscles.



Marka Locker with her biggest smile ever!



L to R: Dale Everson, Diane & Roger Ziemer



Ruth Topp is all smiles.

- 7. An opportunity to visit with players you know but don't play with since they beat your bootie on the courts... only because you're a 2.5 player and they're a 4.5 player!
- 8. Who doesn't need another plate of cocktail wieners?
- 9. Who doesn't love a good social?
- 10. It's been way too long since all of us have been able to get together.

THE DETAILS

Sunday, October 17 at Eagles Nest Patio
5:30-8:30 p.m. \$30 per person includes food.
Beverages not included, but the bar will be open! Register and pay via Court Reserve.



Sharon & Joe Haskovic



Sue Frens (left), and husband Jim Cook with Beth Weaver



Pam Smith and Charlie Weaver (husband of Robin Weaver)



Chris Johnson



Harry Kelly



Bill Saunders

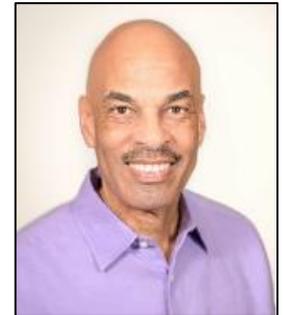


Chris Stelplugh

MATCH'EM UP!

We hope you enjoy this month's Match'Em Up Game – as you learn interesting facts about members.

- A. Bill Saunders
- B. Chris Johnson
- C. Chris Stelplugh
- D. Harry Kelly
- E. Linda Wright
- F. Rodney Jackson



Rodney Jackson

_____ Officiated D-1 Women's basketball

_____ Is licensed in their professional career in 6 different states

_____ Was a triple gold medalist in track at the Oklahoma state Jr Olympics

_____ Was a search and rescue diver

_____ Spent 40+ years of Competitive Curling

_____ Once was the only passenger on a commercial air flight

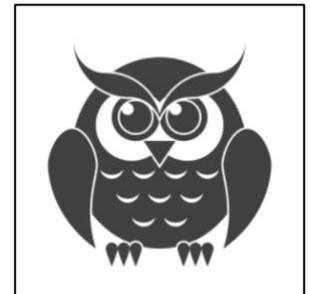
_____ Has been married for 16 years to a United Airlines Flight Attendant of 42 years

_____ Huge Broadway Musical fan

_____ Was both a high school violin player and a football player

_____ Didn't own a TV for 8 years prior to COVID

_____ When this person knew he was going to be a dad, he went out and bought a firebird convertible!



Linda Wright

COURT SAFETY

Did you know that pickleball safety isn't just about when you're on the court?

It is helpful to think of it as three steps:

PREPARATION → PLAY → RECOVERY

During preparation, you should focus on what actions will make your experience on the court as safe as possible. Your first concern is to be properly hydrated. This starts 24 hours before each session. Don't wait until you are thirsty to drink.

Immediately preceding your play you should warm up properly. This involves dynamic stretching and basic muscle activation. Exercises such as leg swings, arm circles, and walking lunges work well. It's important to activate your legs as well as your glutes before playing. A good warm-up exercise is this stretching glute bridge, which warms up both your upper and lower body. For those who are comfortable getting down on the floor and back up, only move your hips as far as you find comfortable.



DO NOT do static stretching unless warm (holding a single stretch position for 30-45 seconds). This is best done after play.

WHEN IT'S YOUR TURN ON THE COURT

Hydration, particularly when the weather is hot and/or humid should involve adding electrolytes

to your water. WATER ITSELF IS NOT ENOUGH! Drink frequently while playing—don't be shy about taking your water bottle right onto the court. Take the time to drink in the middle of your games. Watch for symptoms of heat exhaustion or heat stroke. Some symptoms include:

Heat exhaustion: Confusion (more than normal), dizziness, fainting, fatigue, headache, pale skin, profuse sweating.

Heat stroke: Lack of sweating, nausea and vomiting, rapid breathing, racing heart rate, flushed skin.

If you have any of these symptoms, STOP PLAYING! Call it a day even if you feel better after resting.

Begin your court time with some basic court movements—side lunges, light sprints between the baseline and the NVZ, etc.

A common ailment among seniors is back pain. A common mistake is improperly picking up light objects, which of course, includes dozens of pickleballs every game we play. When picking up balls, bend at the hips and knees, not at the waist. Use a third point of contact. One handy way to pick up the ball is to use your paddle the way this illustration uses the table edge.



In novice class we are taught not to run backwards, which is very important in preventing falls. If you need to move to the back of the court to chase a ball, turn sideways, run forward to the ball, then make your shot.

Finally, it's important to be aware of your surroundings as you move around the court. Always be conscious of the position of fences, posts, and your partner.

Now that you're finished playing, you can focus on getting ready for the next time you play.

During recovery, immediately following play, you should be very warm and that is the time to do

static stretching and to work on your flexibility. Rolling is another way to help your muscles recover (see picture below). There are many videos on YouTube that cover stretching and rolling.

After you've properly cooled down with stretching and rolling, don't forget to keep up with your hydration and proper nutrition. It's also helpful to enlist the help of professionals like massage therapists and chiropractors.



SUMMER PLAYERS AROUND NORTH AMERICA

Many of our fellow Creekers played in a variety of tournaments here in the States and Canada. We hope you enjoy the Club Member photos from Oregon, Colorado and Alberta, Canada. As a bonus, Kevin Hillstrom has written a terrific article that gives us an overview of the Bend, Oregon tournament. Enjoy.

THE PACIFIC NORTHWEST CLASSIC

July In PebbleCreek can be warm. Monsoon moisture coats morning pickleball players in sweat. Heavy, wet sweat. Uncomfortable sweat. While good for the joints, the moisture doesn't yield a comfortable environment to play several games of intense pickleball.

To avoid the moisture, players head north, seeking comfortable alternatives. Prescott, Show Low, or even far away



Roberta Diles and husband John Donovan won bronze medals together.



Left: Ellie Love & Roberta Diles took bronze (black shirts); Robin Slocum took silver (purple shirt) in the Pacific Northwest Tournament in Bend, Oregon.



Not to be left out, pickleball players Sue & Scotty Johnson (Scotty is in the center with a white floppy hat, Sue in front), are a force on the pickleball court and golf course. They took first place in the Bend Pickleball Golf Scramble with partners Bill Knopp and Deborah Cambell-Knopp!

Bend, Oregon offer opportunities for pleasant summer play.

However, the Creekers who made it north to Bend for the Pacific Northwest Classic were in for a summer surprise. Yes, you guessed it ... Monsoon moisture! The bumper crop of precipitation that yielded two inches of rain in Goodyear progressed to the north, interfering with the festivities at the Pacific Northwest Classic. The schedule proved to be flexible, with competitions held both indoors and outdoors. The moisture didn't interfere with the championship aspirations of many Creekers in attendance! Indoors or outdoors, several Creekers dazzled more than seven-hundred participants and dozens of professionals with elite play, earning medals in a manner not unlike the Olympians we cheered for this summer.

- Joe Slocum covered numerous age groups, winning gold in 3.5 65+ Men's play and winning gold in 3.5, 55+ Mixed play. Those who will play against him this fall expect him to play slower due to all of the hardware dangling from around his neck.
- Roberta Diles and John Donovan earned a bronze medal in 3.5 70+ Mixed play. Well done!
- Roberta Diles and Ellie Love took home a bronze medal in 3.5 65+ Women's play.
- Lyla Rebel won silver in 4.5 60+/70+ Women's play – good job Lyla!

Many other Creekers battled admirably, including Chris Johnson, Scott Stewart, John Birds, Sue Johnson, Carol Knapp, and Steve Tamparo.

You may have noticed that tournament ratings do not necessarily align with Pebble Creek ratings. This isn't good or bad, it's just a reality of different ratings systems. If you plan on playing in a



Upper left and lower right: Barb & Greg Wellington took bronze and upper right and lower right Traci & Mark Buckingham took silver medals.

tournament in the future, consider playing at a level equal to or one-half-point lower than your current rating. From there, the UTPR rating system will adjust your rating as you win/lose matches.

From the comfort of my couch, I was able to monitor the progress of Creekers via <https://www.pickleballtournaments.com/>. Most USA Pickleball / APP / PPA tournaments utilize comparable software, allowing you to monitor the progress of Creekers at your leisure. Visit the website, and track Creekers or Professional players as they test their skills against the best players in the world at each ratings level.

If you have interest, enter a tournament this fall! As Sue Johnson told us, "We learned a lot playing different players". While winning is undeniably enjoyable, nothing beats the camaraderie and a fellowship of Creekers battling on adjacent courts for a coveted medal.

Please enjoy these pictures of our members playing in tournaments this summer.



Greg Wellington took a gold in singles at the Colorado Open Tournament



Ellen Enright and Chris Stelplugh Rocky Mountain Pickleball Tournament.



Nancy Popenhagen (left) and Chris Stelplugh, silver at the Mile High Tournament in Denver.



Mark & Traci Buckingham winning gold at the Denver Colorado Tournament.



Tony van Son and his partner, took gold in the Alberta Provincial Championships

THE CASE OF THE MISSING SHED KEY

The fix it team found something else to fix when they couldn't gain access to the shed in late July. The battery in the electronic lock suffered a heat stroke, leaving it inoperable. Messages went out to volunteers from years past about how to gain back up access.

Kerry Krueger built the shed and wisely put the backup key in a mechanical lockbox on the shed. Unfortunately, Arizona's heat destroyed two spring-loaded buttons on the lockbox lid rendering it useless.

Ken McKay jumped in and called up a locksmith who came out and removed the lockbox to access the backup



Ken McKay

key. Along with Jim Jimenez, they then replaced the battery in the electronic lock. Ken not only paid for the locksmith, but also replaced the lockbox. Many thanks to both of them!

Consequently, we have a separate location for a second backup key. Certainly, we will be replacing the electronic lock battery annually. Future generations will marvel at our wisdom (if we remember where we put the keys)!

OUR BUILDER OF NEW BALL TUBES

One of the hidden gems in our Club is Pat Murphy, past President of our Club. He also served 3 years as a USA Pickleball Board Member and Training Chair. Pat originally worked on the ball tubes for our courts. With this summer's fence replacement, we've had a few ball tube casualties along the way. Pat came to the rescue offering to refurbish the old ball tubes and to build new ones. With all he does for us, Pat still finds time to volunteer locally.



Pat Murphy

Did you know Pat is the President of International Federation of Pickleball (IFP) which is the World Governing Body for the Sport of Pickleball. The IFP has grown from just 13 member countries to 59 member countries in the last 2 years. It has 185 IFP World Ambassadors, and over 400 IFP Certified Instructors teaching pickleball around the world. Along with Pat, IFP Certified Instructors include Sheri Sears, Mark Clark and Karen Long, who are PebbleCreek Club

members and are always available to give you professional instructions. An additional shout out to Karen Long, IFP Director of Marketing and to Chris Morlan who helps as an Administrative Assistance for the IFP. They are all volunteers and love the sport of pickleball. So, if you are interested in helping the IFP and its mission to grow pickleball around the world, feel free to contact Pat anytime you see him on the courts.

Pat will be happy to share the vision and goals of IFP which includes the mission to have pickleball as an Olympic sport. Please visit the IFP website for more information and see how pickleball is growing around the world.

Here is the IFP link: <https://www.ifpickleball.org>.

MATCH-EM UP

Here are the correct matches for our 6 players from Match'Em Up. Let's see how well you did!

BILL SAUNDERS

- Has been married for 16 years to a United Airlines Flight Attendant of 42 years
- Spent 40+ years of Competitive Curling

CHRIS JOHNSON

- Was both a school violin player and a football player
- Once was the only passenger on a commercial air flight

CHRIS STELPLUGH

- Officiated D-1 women's basketball
- Huge Broadway Musical fan

HARRY KELLY

- Was a search and rescue diver
- Was a triple gold medalist in track at the Oklahoma State Jr Olympics

LINDA WRIGHT

- Didn't own a TV for 8 years prior to COVID

RODNEY JACKSON

- When this person found out he was going to be a dad, he went out and bought a Firebird convertible!
- Is licensed in their profession in 6 different states

FENCING UPDATE

When the fencing project started in July, we were given an estimate of three weeks per section (9-12, 1-8, and 13-20). That schedule was immediately thrown off by lack of material after the contractor removed the fencing around courts 9-12. Adding a labor shortage, the contractor has been working through the project at a slower- than-anticipated pace. HOA staff is involved with managing the contractor

and has been removing and replacing yellow rail covers, sun shades and signage. As of this writing, the expected completion date for all courts is September 3.

Important note: Some courts may appear to be playable. Please be aware that the HOA still considers courts *closed* until the rail covers, fence clips, and gates are replaced. For our own safety, please do not use the "*closed*" courts.



West Valley Pickleball



Players

Are you in?

**Competitive Leagues at All Skill Levels Forming in YOUR Region
If you missed last season don't miss out this season!**

- **FUN! 6 Player TEAM format**
- **Men's, Women's and Mixed Teams in 2.5, 3.0, 3.5, 4.0, 4.5/5.0 Flights**
- **Season fee less than the price of one tournament**
- **13 Week Season Starts Jan. 2022**
- **2500 Players on 225 Teams Participated Last Season**
- **Improve your skills & meet new players**
- **Don't miss out. Form a team with your friends**



"Paddle Up" West Valley Region 4.0 Men 2021 Champions!



"Fine Whines" West Valley Region 4.0 Women Champions and APPL State Champions!

*** Team Registration Starting 9/1/21! ***

Team Up! Play APPL!

* Player registration starts 9/15/21

* Team registration ends 11/15/21

Contacts: Carol Barron: carol.barron1@gmail.com

Brenda Aly: brendaaly57@gmail.com

For information see our website below or email: info@arizonapickleballplayersleague.org



arizonapickleballplayersleague.org

APPL Inc. is a nonprofit corporation run entirely by volunteers