

# Court Report

The Official Newsletter of the Golf Lakes Pickleball Club

Editor: Larry Van Deventer

Edition # 28 December 2021

Website: [www.GL-PC.org](http://www.GL-PC.org)

## Chairman's Message

Welcome back, and a special welcome to our Canadian friends that did not make it down last year. As much as Covid has changed our way of life, Pickleball at Golf Lakes remains a great distraction. I would ask all members to reach out to your friends and neighbors so we can get more participation in our Pickleball club. Our main goal in the club is to just have fun. We will be offering lessons as well as Pickleball clinics this season.

This year we have setup Ladders and Tournaments. The ladders will start in January. The tournaments will be January 29<sup>th</sup>, February 26<sup>th</sup> and March 19<sup>th</sup>. All are encouraged to participate in both.

The committee voted to give the Beautification committee \$250.00 towards the new picnic area.

The Craft Fair was held on December 4<sup>th</sup> with over 40 vendors. The Pickleball and Fitness Center ran the kitchen and served over 200 meals. It was a great event and a Big Thank You to the volunteers who made this possible.

Any suggestions or ideas for this season please feel free to contact any committee member. Looking forward to a great year with your help.

I wish everyone and their families a Happy Holiday season.

Bill Blake, Chairman



## GLPC – Board Members & Sub-Committees for 2021 / 2022

Chairman .....	Bill Blake
Secretary .....	Kevin Hogan
Treasurer .....	Bonnie Frye
Communications .	Larry Van Deventer
Equipment .....	Mike Henderson
Socials .....	Janis Hogan
Tournaments &	
League Ladders..	Mike Henderson
	Janis Hogan
	Larry Van Deventer

## Don't Miss any Pickleball News

Go to the website [www.GL-PC.org](http://www.GL-PC.org) and install our pickleball app on your smart phone. The instructions are on the website.

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## Six More Tips for Better Play

**1. If you're sedentary**, don't overdo it. I was in a pretty bad sedentary lifestyle before I started playing pickleball. One of the mistakes that I made early on was that I got into it way too aggressively. I didn't give my body time to rest and I paid for it in the form of injuries. If you're sedentary and you're getting into pickleball for the first time, make sure you give your body time to rest between sessions.

**2. Don't forget to laugh.** For a lot of consistent pickleball enthusiasts, the sport has become a serious passion. Some high-ranked players take the sport very seriously to where they no longer seem to be having fun on the court. It's all about winning. Now, there's nothing wrong with taking the sport seriously, but it's important to not let it get in the way with what's important. Pickleball is in a special place. It has the effect of bringing people together for community-building and go old-fashioned fun. Have fun!

**3. Re-grip your paddle.** I can't tell you how many times I've re-gripped someone's paddle. I've lost count. I'm kind of a stickler about it. I get this queasy feeling in my gut whenever I grab someone's paddle and it feels closer to a steel rod dipped in a delicious butter sauce. I re-grip it immediately and they fall in love with it. You want your grip to be tacky, but it's easy to not notice it getting smooth. I highly recommend re-

gripping it. You can watch my video tutorial [here](#) to learn how.

**4. Hit to their feet.** In the wonderful world of pickleball, nothing is more difficult than returning a ball hit to your feet. Have you had that happen to you? It's next to impossible. So if you have the opportunity, aim for the feet!

**5. Play to your percentages.** The big point to understand what it means to "play your percentages" is to only use the shots that you're the most comfortable with. For example, the success rate of a crazy spin shot that's aimed for the kitchen sideline maybe 10%. But a simple dink up the middle is probably around 85%. Which one should you do? I know that fancy shots are fun to try, but if you want to win, go for high percentage.

**6. Think causally.** A lot of people in professions and hobbies all over the world advise people to "learn from your mistakes". This is so true, but it's a bit different for us. One way to do this in pickleball is to understand what led up to the mistake. For example, if you missed an opponent's overhead smash, don't think that you should have done better to get the smash. Think instead what you should have done to not have allowed your opponent to smash the ball in the first place.

By: BARRETT KINCHELOE  
A Part of his 101 Pickleball Tip