

Court Report

The Official Newsletter of the Golf Lakes Pickleball Club

Editor: Larry Van Deventer

Edition # 25 February 2021

Website: www.GL-PC.org

Chairman's Message

As some of us have been fortunate enough to receive their first vaccine or both we still have a ways to go and need to continue to follow the Pickleball Covid-19 Guidelines.

We currently have a proposal to purchase Wind Screens that will be presented to the Golf Lakes Board on Thursday, Feb 25, 2021 by Sandy Tiell. We are hopeful that this will be approved and the screens installed by the end of March. This will reduce the wind on the courts as well as the glare from the sun and water.

We have submitted our recommendations to the Board for guest and visitors. At this time the Board has denied our request but they will review on a monthly basis.

Our ladder and league play has been very successful, thanks to Mike, Bonnie and Larry.

Our season is almost over and I would like to personally thank all of our committee members for working together in a very difficult time.

Please continue working with us to keep everyone safe, wear your mask and social distance.

Thank you,

Bill Blake, Chairman



GLPC – Board Members & Sub-Committees for 2020 / 2021

Chairman	Bill Blake
Secretary	Kevin Hogan
	Mary Lenhard (acting)
Treasurer	Bonnie Frye
Communications .	Larry Van Deventer
Equipment	Sandy Tiell
Socials	Debbie Atkinson
Socials	Sandy Tiell
Tournaments &	
League Ladders..	Mike Henderson
	Janis Hogan
	Larry Van Deventer

Tournaments & Social Activities

All of our tournaments, social activities, and get-togethers have been cancelled this season due to Covid.



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Women's Wednesday Night



Nancy Nola Sharon Debbie



Bonnie Pam Marcella Terri



Debbie Peggy Mary V Mary L

Add the GL-Pickleball Club Website as a Phone App

iPad or iPhone

1. Launch "Safari" app. This does not work from the "Chrome" app.
2. Enter into the address field the web address (www.GL-PC.org) you want to create a shortcut to. Tap "Go."
3. Tap the icon featuring a right-pointing arrow coming out of a box along the top of the Safari window to open a drop-down menu.
4. Tap "Add to Home Screen." The Add to Home dialog box will appear, with the icon that will be used for this website on the left side of the dialog box.
5. Enter the name for the shortcut using the on-screen keyboard and tap "Add." Safari will close automatically and you will be taken to where the icon is located on your iPad's (iPhone's) desktop.

Android

1. Launch "Chrome" app.
2. Open the website (www.GL-PC.org) you want to pin to your home screen.
3. Tap the menu icon (3 dots in upper right-hand corner) and tap Add to Home Screen.
4. You'll be able to enter a name for the shortcut and then Chrome will add it to your home screen.

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March 6th Free Skills Clinic

The Pickleball Club is hosting a skills clinic on Saturday, March 6th from 10am to 11am. If you are interested in attending and learning some new skills or working on your existing skills, please RSVP to lvandev2@yahoo.com. Please put "Skills Clinic" in the title of the email.

Wind Screens at the Court

Sandy Tiell is presenting the proposed wind screens to the Golf Lake Board later this month. The new screens will enhance play by reducing wind, reducing pond glare in the morning, and making the ball easier to see.

Extra Hand Sanitizer

The pickleball committee has an extra gallon of hand sanitizer we would like to share with the membership rather than store it over the summer. If you have a container you would like filled, bring it to the courts on Wed. afternoon from 3-4, Feb. 24 for your refill.



Monday Night Partner Play



Gerry Steve Mary Glenn Bill Dave Robin Larry



Terri Richard Sharon Phil Mike Treva Bonnie Beryl

Monday Night News

We have reached a mid-point in our season play on the Monday Night Partner Play, and so far, Gerry is leading Group 1 with 165 points and Mike is leading Group 2 with 161 points. We have four weeks left for others to come back and take the lead.

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Six More Tips for Better Play

1. Use the third shot drive as a tool, not a regular shot. There's no doubt that the third shot drop is extremely important. Indeed, it's one of the most important shots to learn and get great at. But that doesn't mean you have to use it all the time. The third shot drop is always used when both of your opponents are at the kitchen because it's your only option. However, if your opponents aren't at the kitchen then you should attempt to hit it to their feet. The last thing you want is for your opponents to get to the kitchen. When they are, the advantages on both sides are equalized. So if your opponent isn't at the kitchen, don't do a third shot drop because that will just encourage them to get to the kitchen. Drive it over instead!

2. Make sure you stretch. I'm no doctor, but stretching is very important before doing any kind of athletic activity. It will help to prevent injury, but will also help you on the court. For example, I stretch my leg and groin muscles to give me that extra reach and flexibility that I need.

3. Eat before you play. I understand that some people are nervous about eating before you play pickleball. Whether it's fear of throwing up or getting cramps, some people avoid it entirely. But having something in your stomach before you play pickleball is important because it keeps you going throughout the pickleball session. It really helps. Now, I'm not saying that you have to eat an entire whale before you go, but there should be something in your stomach at least. Also, you don't have to eat 5 minutes before you play.

Eating an hour before you go is fine, but do what is best for you.

4. Understand the basics of pickleball paddles. A pianist knows a lot about pianos. A carpenter knows a lot about houses. A T-rex knows... ok, you get the point. As a pickleball player, you should know a lot about your tool of the trade, the pickleball paddle. The main benefit of learning about pickleball paddles is that when it's time to upgrade your paddle, you will have a solid foundation. This will make the process much, much easier for you and will give you peace of mind.

5. Find your preferred paddle weight range. One of the keys to picking the right kind of paddle is to find your **weight range**, not necessarily a **specific weight**. Not every model of paddle is the same weight. They can differ by about ~.2 oz. Having a preferred weight range instead of a specific point will help you stay flexible.

6. Use a polymer core paddle. For the most part, there are three different types of pickleball paddle cores. I've written an article and produced a video on this subject so I won't go too in-depth here, but in general, you should choose polymer. It's what most paddle manufacturers go with and therefore is also what they're spending most of their time on. All of the cool paddles that are coming out these days use polymer cores.

By: BARRETT KINCHELOE
A Part of his 101 Pickleball Tips

