

PICKLEBALL IS FOR EVERYBODY!

THE VANCITY PICKLER

July - August 2023 Newsletter



PRESIDENT'S GREETING

Greg
Feehan



When we were first given the opportunity of taking over Hillcrest Curling Club for much of the summer, we had to guess which events would be popular and which not. It was a learning experience. Next summer we will be able to offer more of what you want and less of what you don't. This summer, the most popular events were the DUPR rating events. People want to know where they stand, what their rating is. They also want to benchmark themselves so they can measure their improvement.

In this issue, we discuss leveling up, that process of not only improving your game but tracking the objective evidence of that improvement. DUPR supports that leveling up process, but leveling up also requires lessons, mindful play, and drills – many, many drills. So, enjoy this edition, and over this next year enjoy your rising DUPR rating.



WHY LEVEL UP?

Greg
Feehan



For most, levelling up will mean moving a step up in their skill level. Every time you play pickleball, though, there are more important ways that you are leveling up.

Pickleball increases cardiovascular health. The intermittent bursts of energy expended during serves and volleys, and the necessity to quickly reset your feet with every dink at the kitchen improves your blood circulation and enhances your overall cardiac function.

The quick hand-eye coordination demanded by fast-moving volley wars also enhances your motor skills. As you refine

your timing and precision, honing your ability to execute complex strokes with accuracy, you are gaining improved motor proficiency and spatial awareness, contributing to your overall physical coordination.

Despite its cardiovascular and coordination benefits, pickleball is lower impact than most sports, minimizing the stress on joints, and reducing the risk of ankle, knee, back, and shoulder injuries when compared to more active sports such as soccer, tennis, or basketball. Every time you play pickleball you “level up” your physical health.

I am sure many of you have recently read that pickleball-related injuries have resulted in massive costs increases for American healthcare systems. This meaningless statistic comes about because someone has weighed the costs of injury associated with exercise and neglected to balance this cost against the benefit of exercise. All sport and all exercise come with some level of injury risk. Despite this, every sensible healthcare professional still recommends exercise and movement, because the benefits far outweigh the risk. It is only when someone measures the

risks while ignoring the benefits, that pickleball appears a health risk. For every wrist injury from a falling player, there are hundreds of individuals with better cardiovascular health, better flexibility, and better strength.

As important as its physical benefits, pickleball provides massive social benefits.

Loneliness and social isolation, particularly in older adults, are serious public health risks. Recent studies found that social isolation significantly increases a person's risk of premature death from all

causes, a risk that may rival those of smoking, obesity, and physical inactivity. Social isolation is associated with about a 50% increased risk of dementia, a 29% increased risk of heart disease and a

32% increased risk of stroke, as well as increased rates of depression, anxiety, and suicide.

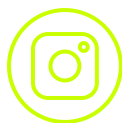


Every time you play with your long-term friends or with new people you have just met at the paddleboard, you “level up” your social health.

Pickleball's intensely strategic nature also imparts cognitive benefits. The rapid decision-making required during rallies stimulates mental agility and adaptability. The chess game of pickleball helps you “level up” your cognitive health.

You may never level up from 3.0 to 3.5 or from 3.5 to 4.0, but every time you play pickleball you are leveling up your cardiovascular fitness, minimizing joint impact, refining your motor coordination, fostering cognitive acuity, and leveling up meaningful social interaction. I suspect in the long run that these health benefits will create greater value for you than ever achieving that just out-of-reach skill plateau. Come out and level up.

Don't miss out!
Connect with the VPA:



In the Neighbourhood

Top Spin
Pickleball Club
recently opened
in **Abbotsford**.
The facility offers



2 indoor pickleball courts, a practice court, players' lounge and pro shop. Membership packages are also available, giving members access to the courts 24 hours a day. members.



The Belvedere Club in **Richmond** played host to Ben Johns, arguably the greatest pickleball player of all time (so far). Johns played games with invited guests and posed for LOTS of pictures.

With the sound paneling installation complete, the new outdoor courts (4 dedicated pickleball courts) at Squint Lake in **Burnaby** are now open from 7:30am to dusk. Work continues to get the lights up and running, which will extend opening hours to 10pm.



The City of **Abbotsford** hosted the 55+ BC Games in August. The 4-day competition included pickleball: men's and women's singles, men's and women's doubles and mixed doubles. New skill levels and zone caps were new for 2023. Check out more pics [here](#).

Photo credit: pickleball_2023_Legere-2068

In the Neighbourhood (cont.)

A much-loved member of the **North Shore** pickleball family, Wolf Lachmann, passed away on August 5th after a game of pickleball at Murdo Frazer Park. Wolf was 84. Always the gentleman, Wolf was also a keen competitor, remembered for his delight in his crafty spin and under-the-leg shots. Wolf passed away despite the valiant court-side efforts of fellow players, ambulance and hospital staff. In his honour, the NSPC is encouraging members to acquire CPR/AED training by subsidizing the cost and will be purchasing AED's for our club courts.



The new West Coast Estates project in **Tsawwassen** will comprise well over 200 homes and a range of amenities including pickleball courts.

TOWARDS AN HOLISTIC APPROACH

*Chris
Koentges*



A little over a year ago, we invited a mindset coach to work with players at a 630am clinic. To my surprise, participants arrived 20 minutes early. They didn't fidget. Their breath deepened. Their focus sharpened. The next 90 minutes were electric. Precision. Consistency. Flow.

The mindfulness coach began to make appearances in other programs. We started a serving clinic with guided visualization. Balance and breath became integral to the way we taught stroke mechanics. At the same time, we collaborated with squash coaches and hockey goalies, artists and professional dancers. We hit shuttlecocks with pickleball paddles. We used old wood paddles to develop a visceral sense of how the game has evolved. To understand split steps, we looked at how a Great Blue Heron lands on a lagoon. We studied the rapport between hip hop duos for clues about doubles positioning. At our December Pickleball camp, we're travelling to the Baja to see what saguaro cacti can teach us about ready position.

Last winter, we went all in on a ten-part program called PICKLEBALL IS EVERYTHING, devoted specifically to mindset and mindfulness. We were told nobody would register. But the program filled to capacity. And

that spring, we introduced PART II. Something seemed to change in those who took it. This fall, we're teaching detailed "movement sequences" without paddle or ball in a program called TRAINING HALL. This approach to pickleball is not for everyone. Most of us really just want to go out and whack balls with our pals. And that's a tonne of fun. It truly is. But for a small group of weirdos, pickleball becomes a larger quest.

"Leveling up" isn't necessarily about a medal or the second decimal place on your DUPR rating. It's a state of flow. It's the convergence of other things. It's training the body and mind, and everything around it, to tap into some deeper alchemy. Maybe above all, it's the discovery that others are on a similar quest with you, before sunrise, with an open mind, when anything is possible.

Chris Koentges co-founded [The Jericho Hill Pickleball School](#).

Upcoming Tournaments

Sixth Annual Grip 'n; Rip Tournament , Sep 1 -3, Surrey

Surrey Cup, Sep 15 - 17, Surrey

Hollyburn MS Charity Fall Classic, Sep 15 - 17, West Vancouver

Youth Slam 2023, Jul 13, Surrey

Chilliwack Fall Tournament, Oct 20 - 22, Chilliwack

For more information or to register visit:
pickleballbrackets.com

VPA 2023 AGM

The VPA held its 2023 Annual General Meeting on May 19th. The previous Board members were returned for another year with one addition, Jacqueline Clarke, who will take on the Communications portfolio. The VPA's 2023 Board is: Greg Feehan, President; Bill Dorfmann, Treasurer, Janet Martini, Secretary, Duncan Saunders, Cheryl Clausen, Praveen Varshney and Jacqueline Clarke.



CONGRATULATIONS

It's been an amazing summer for VPA members!

Congrats to gold, silver and bronze winners at the 2023 Canadian Nationals, Fraser Valley Open, Golden Ears Pickleball Club Summer Classic, Super Senior Slam, Shake and Bake, 9th Annual Nanaimo Indoor Pickleball Tournament, WRC Summer Classic, Western Regionals, and BC 55+ Games:

Andy V., Barbara M., Bob H., Beth C., Bradley M., Brandon L., Brett C., Caitlyn B., Calvin J., Colin W., Coral K., Diane D., Elizabeth D., Emily F., Gabriella E., Geoff C., Henry I., Ian C., Ingrid D., Jackie S., Jamal H., James M., Jeremy W., John Y., Katherine A., Kazuko Y., Keith B., Kelsey G., Leo B., Lian V., Lisa Y., Lynelle A., Mario B., Marisa G., Mark B., Nariko T., Patrice L., Penny U., Rick T., Rithchellyn S., Ross C., Ruth J., Sebastian D., Shawn G., Shellen C., Soo-Mi Choo, Todd D., Tony F., Trevor L., Walt W., Willy W., Yeena F.





Photo credit: Jacqueline Clarke

THE INSIDE DROP: COACHES LEVEL UP

In this issue we speak to Walt Woo, coach and VPA member, to get the story behind how coaches level up.



Photo credit: Jacqueline Clarke

As pickleball continues to grow in Vancouver, so does the demand for skilled and effective pickleball coaches.

Just as athletes strive to improve their game, coaches also have a continuous journey of growth and development. Coaches who commit to ongoing improvement create an environment where players can thrive and excel on and off the court.



Photo credit: Jacqueline Clarke

So how do coaches in Vancouver level up? Some of them are pursuing Canada's first ever [National Coach Education Program for Pickleball](#) (NCEPP). The program includes 5 levels of certification and is recognized by Canada's National Coaching Certification Program (NCCP).



Photo credit: Jacqueline Clarke

So far, the Instructor Level 1 and Level 2 sessions have been rolled out across Canada. The first Instructor Level 2 session in Vancouver was run on July 22-23 at the Curling Rink. This training is preparing instructors to develop in their players a wide range of key skills that they will need as they advance with a focus on intermediate tactics and technique.

It wasn't long after Walt started playing pickleball that he began offering coaching sessions. With his badminton background and his previous forays into teaching (math, financial stewardship) it was a natural segue to bring his new passion to others. "The NCEPP has provided a good foundation to work from to help us deliver value for our students", said Walt.

Key learnings include creating a safe physical and mental environment for both adults and kids, creating structured lessons with a clear theme so students understand what's being focused on, and clearly demonstrating and reinforcing the skill or strategy being taught for each lesson. More importantly, these learnings are "useable". "We're already incorporating what we've learned into our August programs", said Walt.

You can find a list of Vancouver-based NCCP-certified coaches [here](#).

Walt Woo represented his university in badminton but since trying pickleball has shrugged off his badminton roots. He offers his programs through the Hastings, Mt. Pleasant and Douglas Park Community Centres.

CHOOSING A COACH



SET A GOAL

Know what you want to accomplish, e.g. trying to master the drop shot, improve your consistency, raise your rating?

RESEARCH

Use the community session descriptions to find one that best suits your goal. Check out the coach's credentials.



COMMUNICATE

Reach out to the coach and explain what you're looking for. Good coaches will be upfront about what they can offer.

RECOMMENDATIONS

Ask other pickleballers about their experiences with lessons sessions, coaches, etc.



Come join the Paradise Island Pickleball Camp in Bali with one of our Pro Coach Karina Michaud

May 19th to May 27th, 2024

EARLY BIRD SPECIAL PRICE USD2097

(only until Dec 15th, 2023)

For more information: www.paradiseislandpickleball.com/trip-info

For questions and reservations, email Velisia at paradiseislandpickleball@gmail.com



BALI

May 2024

May 19-27th 2024

9 Days 8 night
The Cakra Bali Hotel
2 Swimming Pools
Pool table

Housekeeping
Breakfast included
Wifi

*With Pro
Karina Michaud*

12 hrs of pickleball clinic
Privates available
Play with the locals
Play with the pro

3 Excursions included

Melasti Beach & traditional dances performance "Kecak Dance"
Nusa Penida Island day trip: Angel's Billabong, Broken beach & Kelingking Beach
Tegunungan Waterfall

Extra activities: Transportation included

Hidden Canyon
GWK Biggest statu in the world
Uluwatu Monkey hike

Ubud Art Market
Tanah Lot
Massage



2397 USD

TO BOOK
Contact Velisia at paradiseislandpickleball@gmail.com

Have Your Say!

We were curious to hear why VPA members are working on "levelling up" their game.



I want to be better so I can play with people who are better than I am.

Randy, VPA member for 3 months



I want to have longer rallies. More fun!

Shahriar, VPA member for 6 months



So I can avoid mistakes and be more strategic!

Joceline, VPA member for 1.5 years

REMINDER

We love that so many new people are joining the pickleball crew at QEP! Following the court etiquette guidelines makes the experience awesome for everyone!

DON'T BE THAT PERSON !!!!



DON'T jump the queue.

DON'T reserve for someone who is already playing or not physically there.

DON'T use the singles tag to reserve a space while waiting for a doubles game.

DON'T use a second paddle or singles tag to reserve a court while playing.



MEMBER NEWS

The Vancouver Rainbow Pickleball Group brought their paddles and their dink shots to the 2023 Pride Parade on August 6th! Rainbow Pickleball started in July 2022 and has grown to more than 40 regular weekly players.



Photo credit: Paul Scheffer

MEMBERSHIP UPDATE

920 members!

The VPA welcomed its 900th member in August. Thank you for your support!



HOW TO LEVEL UP

Jacqueline
Clarke



When I first started playing pickleball, I thought that the more I played the better I'd become. Yeah....that worked to a certain point but then, not so much. Doing the wrong thing over and over was not helping me to beat Mario B.! So, I explored options for improving my game play. Here's what I learned.

Take lessons. This one is pretty obvious. And we're pretty lucky in Vancouver that there are lots of options available through the community centres.

Coaching. Group lessons are great but there may come a time when this type of coaching isn't giving you the results you're looking for. Most of the instructors in Vancouver will also do coaching for one-on-one sessions or in small groups (two or four people). Having someone diagnose a bad habit or poor skill and then build a program that specifically works on that skill can be magic!

Drills. Learning a new skill during a lesson or a coaching session is great. But if it's not built into "muscle" memory, it's unlikely to make it into your game. Take a friend to an empty court (depending on the time of day - Brewers, Pandora, Jericho and Champlain Heights are all good options), commit to a time (30 mins, 60 mins) and repeat that thing you just learned or the skill you're trying to improve. Hold each other accountable to do each drill properly. Don't have friends that are interested in drilling? Almost every school playground has a wall that will work

for drill shots. The wall in my underground garage has been a godsend! Or, set up an event on PlayTime Scheduler for a drill session. I bet people will sign up! Not sure what drill to do? YouTube and Instagram have lots of options.

Instructional Videos. There are tons of instructional pickleball videos available on YouTube and Instagram. Everything from tips, to what not to do, to live competitions such as the [Professional Pickleball Association](#) (PPA) Tour that can help with improving your game.

Competing. Tournaments can expose you to a wide range of strategies and tactics that you can adopt and use to take your recreational play to the next level. If you're not sure you're ready for a major competition, check out the [VPA's Box League](#) which is still open for registration and the [PIP 2023 Winter Slam](#) in December at Hastings Community Centre. Both are great options for getting a first taste of competition.

Mindfulness. Mindfulness can have a profound impact on your pickleball game by enhancing your focus, awareness, and mental resilience. See Chris K.'s article in this issue for more info.

Choose one or more of these options and take your game to the next level!

"TEAM PICKLEBALL" CAME TO VANCOUVER THIS SUMMER!

"Team pickleball" typically refers to a format of playing pickleball where players compete in a team-based structure rather than individual matches. This format adds a collaborative and social element to the game, allowing players to work together and strategize as a team.

VPA members had the chance to participate in three team play events this summer: the first VPA Team Challenge, the first VPA Seniors Challenge and the Pandora Cup.



Photo credit: Janet Martini



Photo credit: Jacqueline Clarke



Photo credit: Jacqueline Clarke



Photo source: Catalin Costea



Photo credit: Jacqueline Clarke



Photo credit: Jacqueline Clarke



Photo credit: Jacqueline Clarke



Photo credit: Jacqueline Clarke

DUPR DAYS

Since adopting the [DUPR rating system](#), one-third of the VPA's members have signed up for DUPR (334). "What we've seen is that having access to a rating system has really enhanced our members' pickleball experience", said Bill Dorfmann, VPA Treasurer. "We knew that some of our members wanted to be competitive and wanted to be rated, but to be honest, we've been surprised at the up-take level and enthusiasm".

The VPA's "*Friday DUPR Night Pickleball*" turned out to be the most popular of all the VPA Curling Rink events. Between May and Aug 11, there were 304 registrations for (9) DUPR Night events. "What I appreciated about DUPR Night was the opportunity to play competitive games with other players in a fun, organized environment. As well as the chance to build my DUPR rating without having to enter an officially sanctioned tournament", said Graham Robertson, VPA member.

Now that VPA members have been using DUPR for several months, member ratings should be relatively accurate. With 334 "brand-new to DUPR" players playing against each other, the algorithm has had to "work hard" to get to know all of us and figure out our ratings. It may take a few more months and another 30+ games to get it completely right.

A couple of things to know about how the rating works:

- The matches entered for club activities (DUPR Nights, the Box League, tournaments, etc.) are more heavily weighted than games entered by an individual.
- Expanding the range of players you play with/against strengthens your rating. The algorithm uses its "knowledge" of other players to calculate your rating.
- The difference between your partner/your opponent's rating is taken into account
- The algorithm takes into account your performance versus your projected performance

The VPA is working on offering DUPR Nights during the Fall and/or Spring. We're looking for a suitable space and will let you know if we have any luck. In the meantime, you can "DUPR" your own play sessions to keep the ball rolling (use "Add Match")!



DESTINATION PICKLEBALL: WHISTLER



We've been hearing from more and more of our members about their pickleball travel adventures. We thought we'd share some of them with you each month to inspire your next travel adventure.

Recommended by:

Diana Klein, VPA member

Party size:

5 persons would be ideal. Good for court rentals and with 5, you can rest between games and switch up the teams.

When to go:

October when the rain starts in Vancouver. Also, January, February, March, or April when you can combine pickleball and snowboarding/skiing.

Where to stay:

There are lots of great options in Whistler but a stay at the Tantalus Resort Lodge (3-star) includes use of its two pickleball courts. If you're travelling with at least 3 other people, you can play whenever you want and for as long as you want. Depending on

the weather, outdoor play can still be a good option. If you go for a ski-pickleball trip, Blackcomb Spring Suites for ski-in-ski-out.

Where to play:

Whistler Racket Club (8 indoor courts, 4 outdoor courts). "Pickled Fridays" to play with "the locals", 5-7pm (includes a free drink ticket). Court rentals are available daily. The WRC offers a visitor membership which includes discounted rates and early booking access to pickleball programs and court rentals.

Where to eat:

Continue the pickleball vibes and eat at the Whistler Racket Club Café and Bar. Other options:

<https://www.eater.com/23465231/whistler-canada-best-restaurants-food-guide-vancouver>

For non-picklers:

There is definitely something for everyone in Whistler.

Share your pickleball travel adventures with VPA members. Don't worry, we'll do the writing, you just need to tell us your story!

INTRODUCING TUT FITNESS

The VPA is thrilled to officially welcome TUT Fitness as one of our valued sponsors. We spoke with Rob Smith, CEO and co-founder of [TUT Fitness Group Inc](#) to tell us more about the TUT product line.

What is TUT Fitness?

TUT Fitness is a leading manufacturer of high performance and affordable Microgyms.

Our mission is to bring the gym to our customers wherever they want to work out in a more convenient and accessible way.

Designed and developed in Canada and manufactured in China, the TUT Trainer™ Microgym is an affordable and versatile full-body workout system that uses resistance band technology to replicate everything you can do in the gym. The company also offers an attachment TUT Rower™.

The portable TUT Trainer™ and companion TUT Rower™, can be

[assembled and disassembled](#)

taking up less than two square feet, small enough to be used almost anywhere including condos, hotel rooms and [on the beach](#).

The TUT Rower™ is great for demanding cardio yoga and pilates style resistance training, and weighs only 21 lbs, rounding out the perfect all-in-one multi purpose gym and cardio solution.

The TUT Trainer™ Microgym weighs less than 12 lbs and offers over 350 different exercises which target all the major muscle groups, utilizing the latest patented resistance band technology, which is easier on the joints and tendons, while assisting with form.



Photo credit: TUT Fitness

“The portable gym is part of my training leading up to the Olympics, and allows me to work the whole kinetic chain”, said [Andre De Grasse](#), TUT Fitness

The **VanCity Pickler** is the Vancouver Pickleball Association's bi-monthly newsletter publication:

Building and keeping our community connected

Have an idea for a future edition? Have a question? Email: newsletter@vancouverpickleball.ca

ambassador and 11x Olympic and World Championship Medalist Sprinter.

What's the connection to pickleball?

TUT's chairman, Praveen Varshney*, an avid pickleball player, introduced TUT Fitness to pickleball champion, Steve Deakin, Canada's #1 player. The TUT Trainer™2.0 Microgym and <https://tutfitnessgroup.com/infinite8/> helped Steve speed up his return to the sport, following an injury. "As a professional pickleball player and trainer, I am very excited about my partnership with TUT Fitness and the TUT Trainer™ Microgym," said [Steve Deakin](#). "The TUT system offers anyone, including elite athletes like me, a way to elevate their game in record time, across all the key areas. I love that it builds and recruits all the major muscle groups, adding progressive resistance across multiple planes of motion. Plus, it's portable. When I was rehabbing from a major wrist injury, I needed something compact and portable that I could bring with me on the road. TUT fit the bill."

If VPA members want to learn more, where can they test out TUT Fitness?

TUT recently partnered with London Drugs. VPA members can try the Micro-



Photo credit: TUT Fitness

gym at two locations in Vancouver:

- 2230 West Broadway, Vancouver, British Columbia
- 525 West Broadway, Vancouver, British Columbia

The TUT Trainer is an affordable in-home gym option at \$997.00 (Bowflex \$1,499-\$2,899). TUT products can be purchased at London Drugs or [online](#).

**Praveen Varshney, Chairman and one of the co-founders of TUT Fitness, is a member of the VPA Board.*

ADVERTISE IN THE VPA NEWSLETTER

Would you like to reach 900+ pickleball enthusiasts? Advertise in the next edition of the VPA's bi-monthly newsletter. [Contact us](#) for our reasonable rates.