

PICKLEBALL IS FOR EVERYBODY!

THE VANCITY PICKLER

January-February 2022 Newsletter



BREAKING NEWS

New temporary courts coming soon

While we await permanent courts in several years, the Parks Board are proceeding through the necessary background investigations and approvals that will allow us to bring life to underused sites through the city as temporary “pop-up courts”. When we get the final Parks Board go-ahead, we will be able to create temporary pickleball courts completely at VPA expense at various sites around the city. The Parks Board intends to install signs informing the public that the courts now constitute temporary facilities for pickleball. The VPA will then be able to install lockboxes containing portable nets at every site (currently available at [Pandora Park](#) and [Brewers Park](#)) and create temporary lines that will last the three or four years until we transition to permanent courts.

Municipal organizations careful about their governance, policy, and processes generally do not move abruptly. Rather they must carefully ensure that all aspects of any new proposal are fully planned, scrutinized, and vetted prior to announcement or implementation. As a result, it may be some time yet before we can spring into action.

It was only through the creativity of a few individuals at the Parks Board that this entire idea was conceived. If you can, take a moment to send an email to the Commissioners thanking them. They stepped outside of their usual processes for us. Emails for the Commissioners can be found [here](#).

Also, If you can help with taping, court cleaning, painting, lockbox installation, or court management, please click [here](#) to send us an email. Any donations to help with the expense are gratefully appreciated. Donations can be made by sending an Interac payment to donate@vancouverpickleball.ca.

PRESIDENT'S GREETING

Greg Feehan



The current newsletter centres around the theme of style – what clothes, shoes and accessories look best and play best. The issue is meant to be fun, perhaps the last fun-focused issue of this year, as we have work ahead of us organizing and managing the multiple “pop-up” courts that the Parks Board has generously provided and working with the 23 individually administered Community Centres to optimise the play opportunities for indoor pickleball. But, for now, let us just explore the intersection of looks and equipment.

I recall years ago being in a ski shop where a woman wanted to purchase a set of blue and yellow skis. The clerk tried to dissuade her as the skis were intended for giant slalom and were specifically tuned for racing. He explained that the base was slightly convex so that there would always be an edge on the snow and that it would take an expert skier not to constantly be catching edges. She was resolute, though, as the skis exactly matched the pattern on her newly purchased jacket. Her wishes and her wallet prevailed. I expect that she looked great on the chairlift but not so much on the hill. I always try to remember that story when I buy sporting equipment -- that I need to get stuff that matches my ability and not my aesthetic. (Not that I have much aesthetic to worry about). Anyway, enjoy, and look good and feel safe and comfortable while you do so.



WHY IS IT HARDER TO FIND PICKLEBALL CLOTHING?

Jacqueline Clarke



These and other “pressing” sportswear questions were answered by our community expert: Nadia Borean, Purchasing Manager at Rackets & Runners.

Nadia’s family has owned Rackets & Runners—Vancouver’s go-to for racket sport supplies—for more than 20 years. She started as a sales associate but quickly moved into the Purchasing Manager role, bringing the insight from her customer interactions to her new role. Nadia is also a pickleball player, often playing with the R&R team at QEP on Sunday mornings.

Here, she answers our questions about what to wear to play pickleball.

What should a player consider when they’re buying clothing to play in?

Comfort is probably your first consideration.

For example, using layers on cooler days that're easy to take off once you've warmed up. A nice cozy sweatshirt would work great. Something else that makes an impact on your level of comfort is the clothing's material. Some folks prefer the feel of cotton. The challenge with cotton is that it retains moisture (sweat) which can really have an impact on your comfort as you play. Technical fabrics (wicking) are usually polyester, and they've have come a long way. There are much softer polyester fabrics available today. Also closely related to comfort is fit. An "athletic" or "slim" fit rather than a loose-fit shirt can be more comfortable. That's because the closer to the body the garment is, the better it works. Which also applies to socks!

How do we find the right fit?

When you try on a shirt, raise your arm as if you're returning a lob shot. Have a look in the mirror - see where the end of the top will hit when your arm is raised. If you're comfortable with

what's being revealed (or not revealed), you've found the right fit. Don't be shy to do your shots in the shop (forehand, backhand, lob) to test for pulling or restraint on shoulders or arms. Also, watch for where the seams rub and ask yourself whether this could be irritating while playing.

Are there any pickleball clothing lines?

There are a few pickleball-specific lines of clothing, but they're similar to the clothing for other racket sports. The difference between buying from an established tennis or other sport line can be the quality of the fabric. The bigger the company, the greater the access they have to better fabrics. And they're able to keep costs down since they mass produce. Their many years of research and development also contributes to the quality. Since the movements players make in pickleball are similar to other racket sports,



Photo credit: Jacqueline Clarke

clothing from tennis and badminton lines work well.

For those that want to be stylish, what are the latest trends?

For ladies, crop tops have been the hot item for the last couple of seasons. For men, shorts are getting shorter. The 7" in-seam is most popular for men.

For those that prefer to shop by brand, which would you recommend?

- Best brand for comfort: Nike
- Best brand for function (pockets, etc.) Lija (Vancouver-based)
- Best brand for style: Lija (Vancouver-based)

If a player were going to invest in a clothing item, which should it be?

Footwear, footwear, footwear! Court shoes are specially designed for the types of actions you'll make while playing pickleball – lateral moves, sudden stops and starts. They'll reduce the chance of falling, twisting an ankle and absorb impact. With less sliding and more traction, you'll find yourself having more confidence to go for those difficult-to-get shots and your game will change for the better.

What are the most popular clothing items at the store?

Check out this [video walk-through](#) with Nadia as she shows us Rackets & Runners' bestselling pickleball clothing.

DID YOU KNOW?

Treating your technical fabric clothing (wicking) with special care will lengthen the life of the garment. Wash in cold water and hang to dry whenever possible.

UPCOMING EVENTS

[ROYAL LePAGE Vernon Frost Bite Classic - Men's Doubles](#), Mar 12, Vernon

[Chilliwack Pickleball Club Winter Tournament](#), Mar 19 - 20, Chilliwack

[Battle of the Paddle Tournament](#), Apr 22 - 24, Coquitlam

[Surrey Pickleball Club Spring Launch Tournament](#), May 7, Surrey

[2022 National Pickleball Canada](#) (the Nationals), June 20-26 2022, Kingston ON

[2022 Western Canadian Regional Championship](#), July 20-24, Regina SK

Visit the [Pickleball BC website](#) for more listings and info.

WILL VANCOUVER'S NEXT LULULEMON COME OUT OF QEP'S UNIQUE PICKLEBALL SCENE?

Chris Koentges



On Friday mornings at West Point Grey Community Centre, they run a peculiar session titled, “Can Pickleball Save the World?” It begins with the premise that pickleball is a young game still in search of an identity. Watching top players compete each week on the pro tour, we’re reminded that the game’s ultimate expression remains to be discovered. Likewise, pickleball culture remains a blank slate. Deep down, we’re drawn to pickleball because we believe it can still become anything. In the meantime, we bring our baggage from other sports.

Pickleball style is a derivate of golf and tennis—with vague notes of 1970s junior high gym strip. It’s cobbled together from leftovers.

I like to believe that the city, which birthed Arc’teryx and Lululemon, will similarly inspire a distinct global pickleball aesthetic. Chip Wilson, who started Lululemon—and built a

pickleball court at his home in Vancouver and a second court at his property on the Sunshine Coast—thinks it might be too soon. “It kind of strikes me as a game where like gyms were in 1998, where people kind of wore stuff. And mostly it’s older people who haven’t changed their athletic clothing in five or six years. It just isn’t enough of a scene... yet.”

Thus, it remains open for interpretation. Karen Quan, who plays pickleball through the Lower Mainland, consciously rejected the gherkin motifs and dinking puns. “Literal interpretation is never a good thing,” she said. “But if it brings joy to those who wear it then by all means.”

Quan’s first pickleball dress began with a pair of New Balance court shoes. “I didn’t have anything to go with them,” she told the Friday morning session. “Then I ordered a pair of Nikes online and they were a different pink than I expected.

Again, I had nothing to coordinate with them, so I bought fabric and made PB dresses. One dress became two, then five and now I think I’ve made more than a dozen.” With a twinkle in her eye, she added: “As my pickleball skills have grown, so has

my confidence in what I wear on the courts. I am not afraid of a bold print or bright colour.”

And then, in the way that a masterful player constructs a point on the court, Quan slowly revealed the larger vision. “Tennis dresses are too short for most women in the PB demographic. Golf skirts too long. And the PB dress falls in between,” she said. “Personally, as I’ve started to make dresses to match or coordinate with my court shoes, there is a good deal of colour. To me that represents pickleball: colour is fun and happy, colour makes you smile. Pickleball does all that and more. Tennis (whites) wear can be boring and

***To me, that represents
pickleball: colour is fun and
happy, colour makes you
smile.***

too serious. Golf is a little brighter but PB wear doesn’t really have rules, so I just went for it with colour and prints.”

Each of her ensembles blends history with a giddy sense of optimism; style with profound functionality. While pickleball took off in the American Sunbelt, don’t forget it was born and nurtured in the Pacific Northwest. Pickleball is, in every sense, a local game that dedicated local players

practice through the winter—in rain and snow. “I made long sleeve, floral print, mesh knit overdresses for some sun protection and they work as an extra layer of warmth too for cooler months.” Maddie Choy introduced Quan to cozy leggings. “They look like regular leggings but have a fun fur lining



making them great to wear for cooler temps.” Different layers mix together.



Photo credit: Karen Quon

Quan favours sleeveless dresses—but not racerback. “Even though racerback gives more range of motion, PB players don’t take that big of a swing. Higher necklines means less sun damage and more protection to the delicate décolletage skin. High cut armholes so there’s no side boob issues. Keeping it all in.” True fashion inspires, but it must also solve a problem.

Chris Koentges co-founded [The Jericho Hill Pickleball School](#), which remains deeply divided on emerging trends in pickleball fashion.

DID YOU KNOW?

Most polyester and wool fabrics provide UV protection of about 30. Cotton, linen, and viscose frequently offer poor UV protection ranging between 5 to 25 which may be enough to avoid sun burn, but the accumulated sun exposure may lead to skin damage and ultimately skin cancer. *Source:* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC59842/>

VPA SHIRTS ARE BACK!

Wicking material, sizes S to XL and a rainbow of colours. A bulk order of 50 from the VPA will give us a discount price of \$20 per shirt (or \$22 for 2XL). Order yours now so we can take advantage of this great price (the completed order will be distributed through Rackets & Runners). [Bookmark this website](#) so you can place your order in early March.



Pros and Cons: Hat or sunglasses?

Most of us love to play outdoors but that means dealing with glare. We asked VPA members which they preferred – hat or sunglasses?



Preference: Sunglasses

Why: I find hats obstruct my vision.

Nena, Member for 1 month



Preference: Both

Why: I wear prescription glasses so need both!

Cathy, Member for 1 year



Preference: Hat

Why: My hat identifies me as a VPA host so people know they can come to me for help.

Val, Member for 3 years

SPONSOR SHOUT-OUT

If you'd like to try a pickleball line of clothing, check out these VPA sponsors.

- [Pickleball Superstore](#) carries the Selkirk and Top Rally lines.
- [Baddle](#) believes that "looking good and performing your best shouldn't be mutually exclusive". Check out their line of shorts, tops and skorts.



MEMBER NEWS

VPA members Mona Lee and Catalin Costea assisted Mark Renneson to run the 15th edition of Pickleball Canada's National Coaching Certification Program. Great to see the professionalisation of our sport! The session sold out very quickly for a full house with 24 participants.

SPOTTED AT WEST POINT GREY COMMUNITY CENTRE

Some players use initials to identify their ball. VPA member Linda Kwan turns each of her balls into a mini work of art.

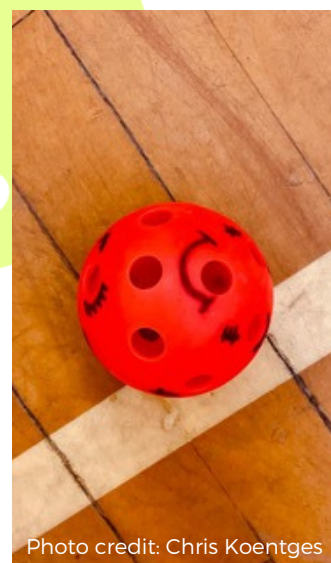


Photo credit: Chris Koentges

VPA 2022 AGM

The VPA's 2022 AGM will be on Tuesday, May 17 at 7pm on Zoom. An invitation to register for the meeting and receive the Zoom link will be sent out a few weeks before the AGM to all current members. Not sure if you've renewed your annual membership for 2022? You can check your membership status [here](#).

ADVICE FROM A NEWBIE TO A NEWBIE

Taking up pickleball in June 2021 was my first time playing a sport. I was basically starting from scratch when it came to what to wear. I was hesitant to spend a lot because I didn't know if I'd like the game. So I did some bargain hunting....

HEADGEAR

Wicking hats from Amazon.ca for outdoor play and Lululemon for headbands for indoor play.

SHORTS AND LEGGINGS

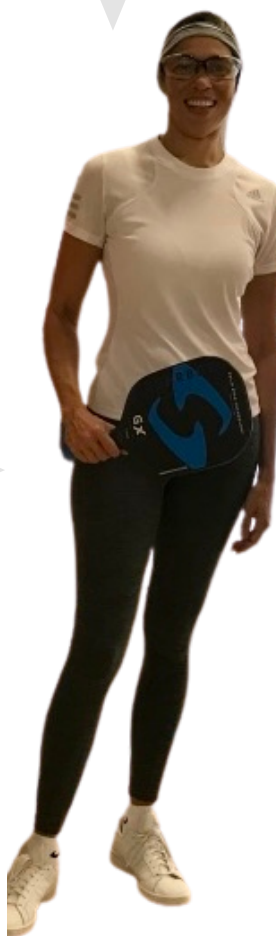
Joe Fresh (at Superstore or online) offers a wide range of sporting wear including leggings, shirts, hoodies, bras and socks.

SHOES

Amazon.ca and Winners for court shoes.

TOPS AND SOCKS

The outlet stores at Tswassessen Mills and McArthur Glen malls were great for brand name gear at lower prices (Nike, Adidas, Puma, Reebok and Under Armor to name a few).



The **VanCity Pickler** is the Vancouver Pickleball Association's bi-monthly newsletter publication aimed at building and keeping our community connected.

Have an idea for a future edition? Have a question?

Email: newsletter@vancouverpickleball.ca