

PICKLEBALL IS FOR EVERYBODY!

THE VANCITY PICKLER



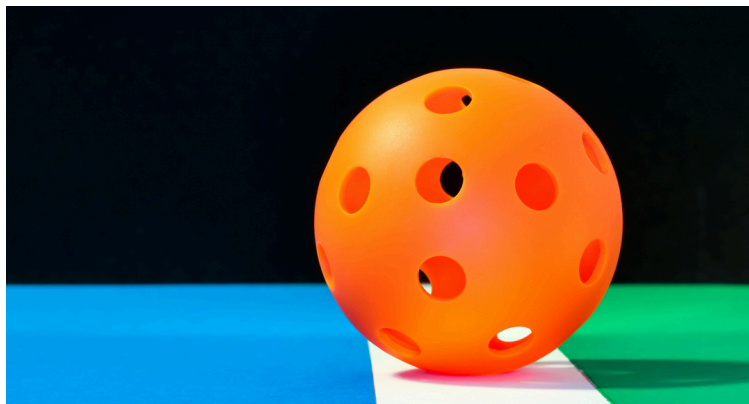
July-August 2022 Newsletter

PRESIDENT'S GREETING

The theme of the current newsletter is growing pains, both personal and in the sport. Many of us, certainly me, have had achieved modest improvement in our playing level, only to experience a stall, or even a backslide in what briefly seemed liked inevitable progress.

Improvement at any complex skill generally unfolds like this, with hard-earned gains followed by periods of stagnation or regression, hopefully, but not always, followed by more progress.

It's not just our personal progress. The sport itself has been beset by growing pains. Municipalities, oblivious to the issue of noise, believed they could simply paint lines on tennis courts, only to find themselves later painting over those lines and putting up signs prohibiting pickleball. What happened at Dunbar has played itself out across the continent. Vancouver's solutions have been more limited, as given our space constraints, every court they give us must be taken from some other endeavor, often another sport. Growth, both personal and in the sport, has often been two steps forward ...



THE PARKS BOARD'S PICKLEBALL GROWING PAINS

*Greg
Feehan*



Those who venture to the Queen Elizabeth Pickleball courts for the first time are often dismayed and occasionally shamed by the decrepitude – sagging nets held together with duct tape and binder twine, pools of rust outlining where the bent net poles strive to stand straight, the absence of benches or suitable sitting area -- all deteriorating into sad neglect. Even those amenities that our Association has had to provide themselves, such as the paddle board and rented safety

fences, are showing their wear, gradually sinking into the general decline of the only pickleball centre in the city. The only work the Parks Board has done at the centre over the last calendar year is to paint over the lines that used to mark courts eight and nine, taking away much of what little we have left.

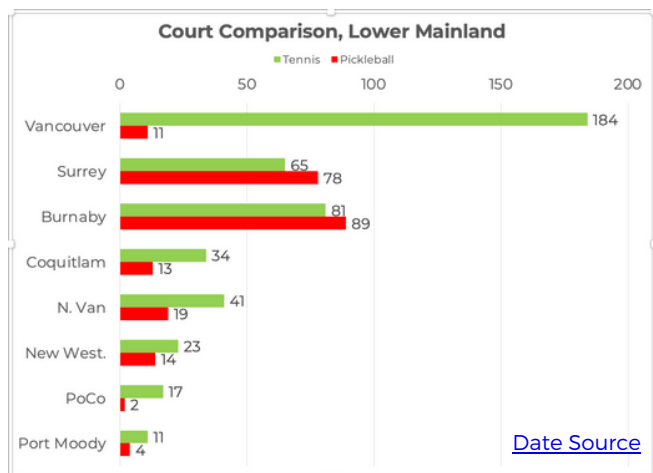
Others drive by the courts in Dunbar that once housed a lively community of pickleball players, and now hear only distant echoes of the laughter and chatter that used to mark the space. Some drive by empty and neglected tennis courts wondering whether it is worth the half hour chore to chalk in lines for a few games.

It seems implausible that this would happen to a sport that provides greater density of vigorous exercise per square metre than virtually any other activity sponsored by the Parks Board. Every few months, we hear of new courts opening in

Delta, or Surrey, or Burnaby.

Yet, we in Vancouver never seem to get nice things.

It is not that the Parks Board has not promised things. It has been more than a year now since they first said they would put in proper nets at Queen Elizabeth and seven months since they put this promise in writing – “we are pleased to advise that we will provide regulation pickleball nets, fencing between the courts and related signage at the QE dedicated pickleball site.” They have also dangled the prospect of “pop-up courts”, whereby they will allow us to occupy certain designated tennis courts on a temporary basis. Yet as anyone who has read this far in this newsletter knows, these promises remain elusive. The latest we have



heard on the pop-up courts is that they are thinking maybe to only give them to us for one to three months and to only tape the courts.

I have had frequent contact with various supervisors within the Parks Board and am convinced that the front-line people want us to have adequate facilities and do value our sport. I don't believe that the problem is some shadowy interference higher up in the Parks Board or political gamesmanship by the Commissioners or outside interveners. Rather, we have been a victim of the tension between the rapidity of our sport's growth and the careful pace of a multilayered Parks Board organization. Our sport only arrived on the scene moments ago, and they are scrambling to catch up with its explosive growth. The theme of this newsletter is growing pains. Today, our "growth" is only a future possibility while the Parks Board inches tentatively forward in their allotment of space. They are cautious in assigning finite resources to emerging sports, since every decision they make affects all sports in a city with inadequate and ever tightening recreation space.

I am persuaded we will eventually get the courts we need but only at a pace dictated by the Parks Board with their many obligations to other users. All of us can help speed along our much-needed courts. First, by continuing to write to the commissioners whenever you can, demanding adequate facilities. Second, and most importantly, by getting everyone you know out to crowd the courts during the period of pop-up evaluation. If we can demonstrate



Photo credit: Tennis Canada

Burnaby's Pacific Tennis Centre to be ready in 2023

This state-of-the-art tennis facility will replace the existing Burnaby Lake Tennis Courts at the Burnaby Lake Sports Complex. Its creation is a partnership between Tennis Canada and the City of Burnaby. The city has committed the required land for the world-class tennis training facility at no cost, as well as \$6.5 million from the value of the municipal government's site servicing cost coverage.

The Pacific Tennis Centre will have 12 year-round indoor tennis courts, eight outdoor clay courts, and **eight outdoor pickleball courts**. With a total of 28 courts, the Pacific Tennis Centre would be the largest facility of its kind west of Toronto.

More information [here](#).

Pop-up Pickleball Courts!



Temporary pickleball courts:

- **Jericho Park** **July 14 - Oct 27th**
- **Memorial South Park** **July 15 - Aug 16**
- **Champlain Heights Park** **Aug 19 - Sep 20**
- **Andy Livingston Park** **Sep 23 – Oct 25**
- **Strathcona Park** **Sep 24 – Oct 27**

Bring your friends and family!

If you are new, someone there will help you get started.

Questions? Write: info@VancouverPickleball.ca

Vancouver Pickleball Association



Upcoming Events

[Regency Kelowna Open](#),
July 15-17, Kelowna BC

[Mid-Summer Slam
Tournament](#), July 15-17,
Surrey BC

[Cowichan Lake Open](#),
July 22-24, Lake
Cowichan

[Western Regional
Championship](#), July 22-
24,
Regina, SK

[Super Senior Slam](#), July
29-Aug 2, Surrey, BC

[Rally in the Valley
powered by Pickleball
Depot](#), Aug 12-14, Vernon

[Picklepalooza](#), Aug 13,
Christina Lake

[Canada 55+ Games](#), Aug
23-26, Kamloops BC

[Princeton Paddle Battle](#),
Aug 26-28, Princeton

high utilization during the evaluation, we greatly increase our chances of getting future courts. I am asking everyone of you to plan on being at Jericho, Andy Livingston, Memorial South, or Champlain Heights as often as you can throughout the entire period of the evaluation. Start planning now to bring your group to one of these parks. The first pop-up court, at Jericho, will be opening on July 14 or 15. Our planning window is short and the consequences of not crowding the courts are dire.

The city likes to plan for the longer term, not just for current need. They are currently developing a multi-decade Court Sports Strategic Plan. If we demonstrate high need for pickleball today, we will be given courts. If we cannot demonstrate this need, we will be a footnote in their strategic plan while we wait another two decades for their next plan.

NO PAIN, NO GAIN?

A [study conducted by researchers at Western State Colorado University](#) found that pickleball players burned 353.5 calories per match and averaged a heart rate of 108 beats per minute. The same study found that after six weeks of playing one hour per day, participants improved their health and fitness. Improvements were recorded in high-density lipoprotein (HDL) and low-density lipoprotein (LDL) cholesterol, systolic and diastolic blood pressure, and maximal oxygen uptake.

HAPPY CANADA DAY!

51 people attended a "Pickle and Potluck" at Brewers Park, playing from 9am to 8:30pm. Attendees taped off two additional courts to accommodate the fun! Thanks for organizing, Catalin!



Photo credits:
Catalin Costea, Jacqueline Clarke



NOT JUST REHAB, “PRE-HAB”

Jacqueline
Clarke



Injuries from pickleball in the over-55, over-60 population have been described as a “real phenomenon” [by a doctor in the US](#). He reports seeing a number of overuse injuries like tendonitis, arthritis, muscle contusions and sprains. He’s also noticed issues like patella, wrist or elbow fractures that require surgery. Pickleball is easy to learn, easy to play and it’s addictive, three characteristics that are driving the sport’s growing popularity amongst both the less athletic and the very athletic.

The VPA reached out to our partner sponsor, Treloar Physiotherapy, for some “growing

pains” advice for current and new players. We spoke with Jonathan Tom-Yew, a competitive soccer player, new golf and tennis player, a physiotherapist for more than 10 years and a physio patient off and on for longer than he can remember.

VPA: How many of the clinic’s patients are pickleball players?

Jonathan Tom-Yew (JTY): Racket sports account for 8-10% of Treloar patients. Of those, 1 – 2% of our clients are pickleball players.

VPA: What are some of the more common

pickleball injuries that you treat?

JTY: Pickleball requires quick, fast, dynamic actions. The most common injuries I see are recurrent ankle sprains, meniscus injuries in knees (due to pivoting and planting to take shots) and tennis elbow. I also see a few shoulder injuries and some wrist issues, both from taking shots and from falls.

VPA: What can pickleball players do to avoid injury?

JTY: You can avoid common pickleball injuries by stretching after playing and regular exercise.



Jonathan Tom-Yew (left)

Photo credit: Treloar Physiotherapy

VPA: How do we know when an injury is significant enough to warrant treatment?

JTY: If you play a sport that has repetitive movements long enough, you will experience muscle discomfort, muscle fatigue and tiredness. You might consider resting or pushing through the pain. Both can be appropriate. But when the pain starts affecting performance, or the pain maintains after a period of rest or when you notice that the pain is getting worse while you're playing, that would be the time to seek out

allied health treatment such as physiotherapy.

VPA: When the injury occurs, what should a player do?

JTY: Stop playing at that moment. Playing "through the pain" will likely cause more inflammation and more aggravation. It's not necessary to immobilize the area. You want to keep it mobile, but you want to protect that area from the same movement that caused the pain. If it's really swollen and affecting range of motion in that joint, an initial period of icing is appropriate. But there is recognition

in the field that a little bit of inflammation is necessary.

Inflammation is the body's response to a painful stimulus that's disrupted the proper integrity of muscle or tendon tissue. The body encourages blood flow to help with the healing process. The thinking has been to use ice and ibuprofen to reduce the inflammation. This may get you back to play quicker but new research is suggesting that longer term, this may not be best for your body since the "work" that inflammation needs to do to heal the muscle

PRE-HAB

Regular exercise before playing, and stretching after play can help reduce injury incidence.

Common pickleball injuries	Regular exercises	Stretching
Tennis elbow	Eccentric wrist extension	Wrist extensors and flexors
Ankle sprain	Balance exercises, speed skaters	Calf stretches
Knee strain	Single leg RDL, lunges	Quadriceps, hamstrings, and calf stretching
Wrist strain/breaks	Dumbbell weight training (grip strength!)	Stretch wrist flexors and extensors, finger flexors and extensors

or tendon tissue is cut-off.

VPA: How can physio help with a pickleball injury?

JTY: Physiotherapists can:

1. Help you to make informed decisions – your physio-therapist can tell you whether its ok to continue playing or whether you require a break with a specific rehab protocol. This advice can be critical for your long-term recovery.
2. Settle down any

acute inflammation.

3. Provide many types of treatment to help the area of injury and recommend exercise or other programs to prevent a reoccurrence, e.g.

- Soft tissue injuries - Manual therapy, active release therapy, joint mobilization
- Acupuncture – intramuscular stimulation
- Electrotherapy tools – Shockwave machine, ultrasound

4. Identify the underlying reason why

the injury occurred and recommend exercise or other programs to prevent a reoccurrence.

5. Provide ongoing support after your return to the sport.

VPA: Thank you for your insight! Any final thoughts you'd like to share with the VPA community?

JTY: People often think of physio as just rehab. There's been a big shift in the last 10 years to "pre-hab", i.e if you're starting a new activity or taking a current activity to higher level (playing more often, competing, increasing skill level), see a physiotherapist in advance to identify mobility issues, areas of weakness, etc. Your physiotherapist will give you tools and exercises that you can use to strengthen those deficient areas and give you a better outcome in the long run.



Photo credit: Steve Wong

Steve Wong from Treloar Physiotherapy, teamed up with Janet Martini of the VPA to create a dynamic warm-up designed to prevent injury. This warm-up prepares the whole body for the quick change of pace movements associated with pickleball. See the video series [here](#).

Pros and Cons: *QEP, Brewers or Pandora?*

While we wait for the pop-courts, VPA members can play at QEP, Brewers or Pandora Park. Which do you prefer?



Preference?: Pandora
Why?: Designated, lined pickleball courts, not very busy, great ambiance and coffee shops are 1 block away!

Cyndi, VPA Member for 2.5 years



Preference?: Brewers
Why?: More competitive players and games, almost no tennis activity, plenty of free parking.

Catalin, VPA Member for 4 years



Preference?: QEP
Why?: That's where all the action is!

Walter, VPA Member for 6 months

THE NATIONALS

954 players competed on 28 courts at the 2022 Pickleball Canada National Championship held in Kingston, ON, June 22-26th. Congrats to VPA member Ruth Johnson who won silver in her competition category. See full results [here](#).



Photo credit: Mona Lee

COMPETING IN BC

Meanwhile, around the province, VPA members won medals at tournaments in Comox, Chilliwack, Kamloops and Douglas Park in May and June. Congrats to Andy, Catalin, Colin, Diane, Elizabeth, Keith, Marisa, Mary-Jo, Mona, Rheann, Richard, Ruth, Ryan, Sebastian and Soo-Mi. See full results [here](#).

PICKLEBALL CANADA

VPA member, Jacqueline Clarke, was elected to the Pickleball Canada Board on May 31. She joins 16 other volunteers from across Canada, serving on the 2022 Board of Directors.



Photo credit:
Jacqueline Clarke

SMS, THE UNIVERSE AND EVERYTHING

Bill
Dorfmann



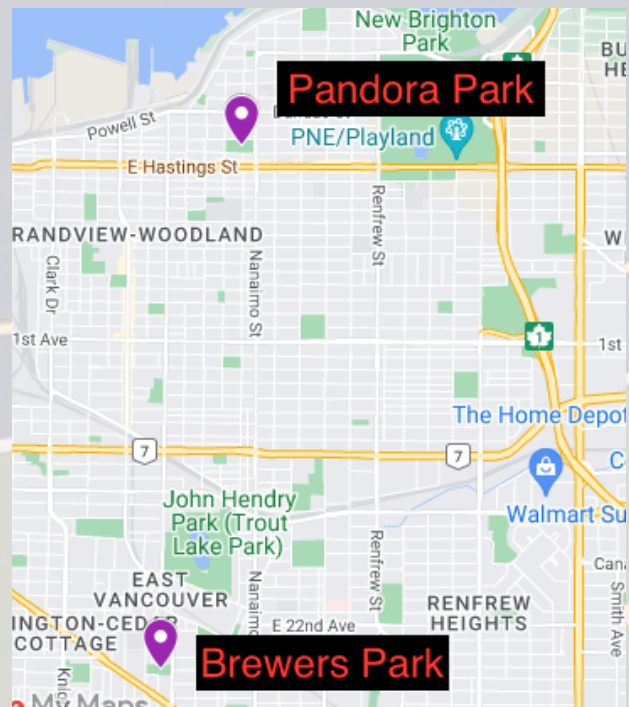
One morning last year I was heading off to play a box-league game when my daughter asked where I was going. “Brewers Park” I told her. “Will you be riding your bike?” she asked. “No” I replied, “I’m bringing a net” – which seemed to be a good explanation. That’s when my wife chimed in: “Who’s Annette?”

Ha, Ha! Pickleball humour. Why is it funny? Well, it’s not just because my wife misread the situation, but also because it’s an “inside joke”: Tennis players wouldn’t understand it because they don’t have to bring their own nets.

Which brings me to the point of this article. As pickleball grows throughout Vancouver, we hope to not only find new places to play, but also to make the limited number of existing places to play more useful. The VPA is trying to do just that. Vancouver has put down Pickleball lines on a small number of pickleball courts, such as Brewers and Pandora Parks. Unfortunately, that puts the burden on pickleball players to bring their own nets.

The city of Burnaby has put down lines on many more tennis courts than Vancouver and they have also provided nets in storage boxes outside of those tennis courts. Anybody can get a key from the City of Burnaby to access their nets. People don’t have to own a net to play pickleball in Burnaby. They don’t have to carry a net to the courts (which is difficult if you intend to bicycle or take public transit). Anyone can just use one of the nets from one of the storage boxes.

The VPA decided to provide storage boxes with nets so that players in Vancouver can use the pickleball lines without having to own a net. We have done so at Brewers and Pandora Parks.



The problem we faced was how to provide access to the storage boxes. We want the nets to be available to anyone who wants to play pickleball, not just to VPA members. The solution we came up with is to use an “SMS auto-responder” – a system where you can send a code via text message to a special phone number and receive the combination to the storage box as a reply. We also realized that such a system would be a great way to provide access to squeegees & brooms needed to dry the courts after it rains. By providing access to nets for anyone who wants to play pickleball, we are expanding the sport. And providing brooms and squeegees, while useful to pickleball players, is also useful to tennis players at those facilities – which might generate some goodwill between the pickleball and tennis communities.

The SMS autoresponder system works as follows: To access a storage box or the brooms & squeegees, you need to send a code to a phone

National Pickleball Day Sat 13th August, 2022



number posted on the box (or on the brooms & squeegees). The code you need to send is a special word (which differs for each storage box and for each set of brooms & squeegees) with the starting score in pickleball appended to that word. The special word and the phone number are posted on the box. The only reason we require the starting score in pickleball to be appended is to provide a small degree of security. It seems unlikely that a bunch of drunk teenagers will figure this out. And it might even elude the tennis players – but if they ask the pickleball players or if they simply Google it they should be able to figure out the starting score part.



Lockbox at Pandora Park
Photo credit: Bill Dorfmann

VPA'S 2022 AGM

On May 17, 2022, the Vancouver Pickleball Association held their 2022 AGM. There was discussion of the upcoming pop-up court project, the successful leagues and ladders, the excellent newsletter, our successful fundraising, and our various outreach projects. The current board (Greg Feehan, Janet Martini, William Dorfmann, Praveen Varshney, Cheryl Clausen, and Duncan Saunders) ran as a slate and were re-elected.



BOX TOURNAMENT RESULTS

The first two months of league are complete! 153 VPA members are registered for play: 76 women and 77 men. Congrats to the Round 4 leaders!

It's not too late to join the league. Visit the [VPA website](#) to learn more.

Male Individual League	
1	Lian von Wielligh
2	Catalin Costea
3	Richard Lee
4	Norm Wolff

Female Individual League	
1	Sandra Matsuyama
2	Valerie Castex
3	Nariko Takayanagi
4	Ann Duggan

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

building and keeping our community connected

Have an idea for a future edition? Have a question? Want to give us some feedback?

Email: newsletter@vancouverpickleball.ca