

July 2024



President's Update



As we continue to grow at a rapid rate, it is so great to see the enthusiasm that our members show to their games of pickleball as well as their desire to sit down after their games and enjoy a coffee with their friends. Whenever I chat with new players, I always mention that coffee after a session is almost mandatory.

It would be remiss of me not to pay a special tribute to our incredible committee. We are a club of around 700 and would not be where we are today without the hard work of Michael Drummond (Secretary), Bobbie Maton (Treasurer/Grants), Michael Clarke (Treasurer), Mickey DeBartolo (Club Captain), Darren Munn (Communications Manager) and Peter Nichols (Competitions Coordinator). These people do so much towards the success of our club.

I would also like to welcome Mary Trust to the committee as the new Venue Manager, who will oversee the running of our eight venues – Cooroy, Maleny, Coolumb, Buderim, Mountain Creek High School, Currimundi, Meridan Plains and Caloundra. Our Venue Manager liaises with the facility organizers and each of the Venue Coordinators and their session hosts.

POSSIBLE NEW VENUE – With our continued growth in 2024, we had been in contact with Buderim State School regarding their new sports stadium. The new facility was to be finished in time for the start of the second semester in July. We had hoped to be able to start utilising the new facility for night time pickleball sessions: however, our expression of interest was not successful and another party will offer pickleball at this new facility.

Don't forget everyone, enjoy your workout while you play pickleball and have fun.

PETER CAMPBELL

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Newsletter Highlights

PRESIDENT'S UPDATE

COMMUNICATIONS
MANAGER

COMPETITIONS
COORDINATOR

CLUB CAPTAIN

Communications Manager

Some Communication Manager Tips



For all members and players please remember that the PAQ/SCPC Revolutionise membership website and OpenSports website are not electronically linked. They are separate companies.

If you become a member of the SCPC you are entitled to a member's discount of \$8 on a regular session. The only way we know if you have become a new member is if you tell us by email, we can then add you to the discount database on OpenSports.

Also please be careful when logging into OpenSports as it is easy to create a brand-new profile by Facebook or Apple, when your original profile was created using your email and password. Multiple profiles on OpenSports leads to confusion and a member's discount not working as the database might only have your original OpenSports login details on record.

Remember that when you cancel a booking within the session cancellation deadline you are given a credit to your OpenSports account. This credit is used first the next time you book a session.



If you want to know how many credits you have on file it's easy. Click on the Person symbol at the bottom of the app, then the cog symbol on the top right of the next page, next scroll down to Payments and Credits, click on that, scroll down and eureka you will see a history of your payments and credits.

Finally, please go to the help section on our main website or help section within OpenSports before sending off a question via chat or email. If you have to send a message, be nice as these requests often receive priority help from your over worked committee members.

See this detail at the following website link:
<https://www.scpickleball.com.au/membership-book-a-game/play-pickleball/>

Darren Munn
Communications Manager
communications@scpickleball.com.au

Competitions Coordinator

Time flies, especially when you're on holiday, now back to real life – 'Pickleball'.

Forthcoming Competitions

The PAQ Championships at Morayfield/Redcliffe was held over the period 26-30 June. There were over 600 registered players across more than 100 events over the five days. See more on this

event in the article further in this newsletter. Hats off to the organisers of this competition and what a great performance by our regional players.



Competitions Coordinator cont'd

Other Tournaments coming up are the National Seniors Tournament in Yeppoon 20-21 July and the Queensland Pickleball Tour (QPT) event in Yeppoon over the period 26-28 July. There are still spots available at these events so consider entering and have a go.

Friday League Update

After much discussion it has been decided to take a break with the Friday League at Caloundra Indoor Stadium for the time being. It appears at this time of year, with players preparing and playing in tournaments and members away on holidays, it has been most difficult to achieve correct numbers. As the League is operated through the 'Pickleball Brackets' program, it is imperative we have groups of nine to make this league work. Late withdrawals, and incorrect numbers make this difficult for organizers.

The Friday League has been running for 18 months, with participants numbering over 130. Some weeks we have had a large changeover of some 20 different players from the previous week. It has been the goal, since the beginning of the league, for players to strive to reach a similar skill level in their group.

I would like to take this opportunity to thank everyone who has supported and participated in the league. A special THANK YOU to Kelli, Darren, Jane, Tina, Dirk, Angela, Iain, Michelle, Mark, Pete and Jill for the set up and data entry. There are many unseen hours invested to run this league and enter results into 'Pickleball Brackets' and then into 'DUPR'

We will no doubt resume the Friday League later in the year. In the meantime, the Friday morning session will be a two-hour session with some sort of competitive play at the host's discretion. Book on Opensports as usual.

Currimundi and Caloundra Venues

As the Venue Coordinator for Caloundra Indoor Stadium and Currimundi Recreation Centre, I would like to thank all our members that have hosted sessions at these two venues. I also welcome any players that would like to help with hosting. Hosts get to play for free. At most sessions everyone helps to set up and take down nets. As such it is not a difficult job to host but without them, we cannot run a session. Remember, many hands make light work. Please contact me if you would like to help

Cheers

Peter Nichols

competitions@scpickleball.com



Club Captain

Coaching Approach



Safety will ALWAYS be our number 1 priority.

Social interactions and enjoyment of our sport which delivers physical and mental health benefits.

Making sure our venues are equipped and prepared to ensure our players the best quality sporting experience.

Preparing all of our hosts to be up to the task to operate a smooth playing session.

COURTESY and KINDNESS are free as part of their people skills

This year I am trying to cultivate a soft game theme to increase our players to be multidimensional for added improvement to their game: third shot drops, 'cat and mouse' wars at the net (dinking), which can only result in patience and positivity! There's a fine line between pleasure and pain! Ha ha ha!

School Students

Caloundra Christian College students are put through a prepared lesson plan from a teacher that instructs "basic" 1 hour sessions Fridays, photos to come!

General Guide to Coaches/Instructors

A VIDEO WILL BE FILMED TO GIVE VISUALS VERY SOON TO SUPPORT THE FOLLOWING INFORMATION

This format is only a guide for new beginners, beginners to maybe intermediate but hopefully all instructors can add their knowledge to the mix!

This format is based on a time-progressive mentality hoping it will lead to a better understanding and possibly creating a lasting brain memory! Ha ha!

WARM UPS WITH HAND/EYE COORDINATION (H/H)

Individual drill each with a ball

Forehand paddle pop ups lasting 30 seconds, sweet spot focus

Backhand the same drill

Next is alternating the two with the same focus

DINKS

Partner up on each side of the net with one ball outside the kitchen practising dinking for 1-2 minutes. Try to get a 20 shot rally

4 players now diagonally dinking per court 2-3 minutes switching partners

VOLLEYING

Same four players across the net in any rotation you choose now volleying trying to get a 20 hit rally 2-3 minutes

THIRD SHOT DROP

Partner up facing one another with one partner stationary at the net and the other taking a step back after each drop over the net to the baseline then work themselves back to the kitchen. Swap roles for the other partner. (Turn taking)

BASELINE DRIVES

Partner at the net just "punching or stabbing" the baseline drive back to the partner at the baseline, 2 minutes then turn taking. Emphasis on depth of punch to the baseline or look to softly drop your return. Also stress the importance when in game situations "place your shot in an open space without pace".

SERVES

Volley orange drop serve, whichever is the most comfortable. Partner up, diagonally serving taking turns. Stress depth of serve as the deeper the serve the better. Partners can change over 3-5 mins.

END OF PROGRESSIVE SKILLS & DRILLS SESSION 45 MINUTES

GAME SITUATION

4 players per court as instructor should now know who to place on each court according to what they witnessed during the S & D session! This is crucial!

Play games to 11 and now is the time to teach and explain the rules and regulations e.g. serve double bounce, scoring, ball on court rule, calling out when they see it, etc.

At the end of the games, teammates touch paddles, touch opponents paddles and stress the importance of having FUN!!!!

Tips and/or Suggestions For General Play

The best suggestion that I can make which is pickleball to a "T" is that players seem to wait TOO long to react and move to the shot. FOCUSING ON THE VISION OFF THE OPPONENT'S PADDLE makes the feet move quicker so that gets you in a more natural and comfortable swinging stroke. In my opinion this will increase your percentage of successful shots in the overall picture!

EYES - LEGS - FOOTWORK - STROKE (ELFS) haha

SERVING

Paddle must be below the waist when striking either the drop or volley serve. Make sure the serving team does not come from the baseline until they see where the return is going. A common mistake we've all made!

COURT POSITIONING

Taking command of the net is a MUST to develop an edge over an opponent

How? Receiving a serve it's critical that the returner joins their partner who is already at the kitchen!

The server tries to place a third shot drop and reset their team to work their way to the kitchen.

If a teammate is lobbed over their head their PARTNER runs to return it and the other switches court position moving BACK to the baseline and hopefully work their way back to the kitchen.

Lastly, if a teammate is made to go out of court parameters then their partner should automatically move to the middle to cover return shot...the saying I like to use IF I GO WIDE YOU SLIDE!!!

HAPPY PICKLING!!

Michael De Bartolo

Club Captain

Around the Venues

Coolum State School

Later this month the first year anniversary of the club playing pickleball at the Coolum State School 'Pat Cavanagh Centre' will be reached. Coolum Pickleball continues to grow in popularity with the first week of July seeing 14 sessions being run!!! There are now 2 teams events per week, 2 advanced sessions and the introduction of Skills and Drills on a Thursday night.

With the permanent lines in place, set up and packing up, has become a much faster process.

The rest of the sessions are Round Robin, so there is literally a session for everyone. With so many new players joining the Coolum crew, sessions book out weeks in advance. So if you want to have a hit at Coolum, make sure to book in advance.

Paddle up!

Romy & Danny Papo

Coolum State School Pat Cavanagh Centre Pickleball Hosts



2024 Queensland Pickleball Championships

Over the period Wed 26 June through to the afternoon of Sunday 30 June, the PAA/PAQ organisations conducted and delivered a very successful and well managed Qld. Championships. Due to the large number of events and player registrations, the championships were held at two locations – Morayfield Sports and Events Centre (indoor) and Redcliffe Tennis Centre (outdoor).



The Sunshine Coast Region Clubs had one of their most successful outcomes at these championships, with around 32 Gold, 13 Silver and 22 Bronze medals won. Now we would have loved to list every one of those successful Sunny Coast players but the list goes on and on. So, we reluctantly decided to just provide the link to the championship results page

<https://pickleballbrackets.com/ptplg.aspx?eid=165d26d9-f348-4dc0-9d60-8f3867516e6a>

The championship attracted around 615 players and around 105 events were competed in by players. Both the ladies and mens sections included Singles, Skinny Singles, Doubles as well as the Mixed Doubles and Coed Singles and Doubles (Amateur).



On behalf of all our members we pass on our congratulations to all sunny coast medal winners and those that participated in a most successful tournament.

Appointment of Venues Manager on SCPC Committee

Mary Trust has volunteered for the new position of 'Venues Manager' and the committee has endorsed and welcomed Mary to the position this month. The Venues Manager has the responsibility to:

- Oversight and help train Venue Coords to ensure consistency of product and host availability
- Research and oversight the selection and or allocation of new venues once endorsed by the committee
- Initiate and control the contracting of all venues with owners/managers
- Provide Annual Insurance Certificates to all Venue Owners/management
- Manage the overall booking dates and times of all venue sessions (including holiday periods) in conjunction with Venue Coords and Club Captain
- Ensure Open Sports session information is consistent and current
- Manage gaps in availability of Venue Coords
- Analyse 'Injury Reports' provided by hosts or Venue Coords
- Advising on venue equipment replacement and/or new purchases in conjunction with Venue Coords

If you can 'Host' sessions, Mary can be contacted at: venuemgr@scpickleball.com.au

Mary Trust

I've lived on the Sunshine Coast with my family since 2003, having spent the previous 35 years in NZ, England, Japan and Sydney. I've worked in the finance industry, project management & liaison roles and freelance editing.

New to racquet sports, my lovely friend Linda Earle discovered pickleball and persuaded me to give it a go. Needless to say, I'm thoroughly addicted and have been playing for two years. As well as being great exercise, I love the strategic nature of pickleball. But what really keeps me coming back are the welcoming, friendly and fabulous club members.



I've helped on many volunteer committees, and I'm looking forward to being part of the SCPC Committee. In particular, my role will be to assist venue co-ordinators and to encourage more members to become involved in hosting sessions. I also hope I can help the Committee to expand venues and sessions, giving members even more opportunities for social sessions, training & skills and competitive play.

SCPC's Tina and Dirk Kessler Overseas Pickleball Tournament Experience

Dirk and I participated in a pickleball Tournament in Germany, the 'Gifhorn Pickleball Open' from 3 to 4 June 2024. Gifhorn is a town and capital of the district of Gifhorn in the east of Lower Saxony, Germany. It has a population of about 42,000.

The mayor of Gifhorn had invited all participants and partners to a free BBQ and drinks. The welcome event was held in the 'Windmill Museum' exhibition hall on Friday night. The outdoor museum has many windmills and watermills and lovely exhibition building. It was a wonderful location and opportunity to meet local players and those from other cities/countries.

Around 93 registered players came from: Germany, Belgium, USA, Denmark and us.



The temperature dropped to an uncomfortable 13°C on Sunday with gusty winds. Dirk and I had some great games but missed out on the semi-finals as we lost 10-11 to a Belgian team. The Belgium pickleballers at the tournament were very competitive and played at a high level.

Special thanks go to Brad Kluss, a sunny coaster pickler who donated some 'Picklesox' branded socks for the local pickleball clubs and our team members. Many players wanted to know where they could buy them.

We made many new friends and contacts. We really enjoyed the tournament and had a lot of fun!

Tina Kessler



We utilised 4 designated pickleball courts over the two days from 8am to 8pm. The tournament director and helpers did an amazing job. Nearly all matches were on time (they allowed 20 minutes per game, which seems to be suitable). The local club provided free fresh fruit, muesli bars and bottled water.

Playing the last matches on Saturday, my German partner Petra and I won silver in the Ladies 3.5+ division. Dirk and his partner Timo won bronze in the Mens 4.0 division.



Jackie Byrnes OAM



It is with great sadness that we inform every one of the passing of one of our much loved members,

Jackie Byrnes.

Jackie played pickleball with our club for the last couple of years and always had lots of fun and laughter with whoever she played.

I'm sure those who have had the privilege of having a game with Jackie will recall her excellent play, her great friendship and enthusiasm towards our sport and those around her.

Jackie will always be remembered by those who she has touched while playing one of her favorite sports.

Our thoughts are with Maureen at this sad time.

We will miss you Jackie.

Peter Campbell

President, SCPC