



NOVEMBER 2024

President's Update



Well, everyone as 2024 pushes towards Christmas, our pickleball club has grown to over 810 members, all in a matter of four years.

I keep on thanking everyone who helps with the running of sessions, but it goes without saying that without your help, we would find it very difficult to run so many sessions. A big thank you to everyone!

Unfortunately our Maleny venue has had to close. Kerri Sugars, our Venue Coordinator, has maintained the Maleny venue for more than three years and has done an incredible job without a good break. Of course, Kerri will continue to play pickleball at some of our other venues. A great big thank you to Kerri and all of her dedication to coordinating pickleball in Maleny.

We have had to cease pickleball at Mountain Creek High School on Saturday mornings. This had always been a popular venue, but due to the continued lifting varnish surface of the hall, our use of taped lines had become problematic and the school would not permit us to have lines painted on. The committee is diligently working on an alternative permanent session solution, to the temporary CIS Saturday sessions, so stay tuned for another update soon.

There are two other important points that I would like to make in this Newsletter:

Firstly - INJURIES – unfortunately, they happen but we have recently had some serious injuries to our members on court. We should always be trying to look after ourselves so that we limit injuries that can keep us out of the game. I know a few members who play every day of the week, which is great, but we have to try to do as much exercise as possible apart from pickleball to ensure that we limit the possibility of injury on court. It is also critical to give sufficient healing time to any injuries before getting back on the court.

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President's Update cont'd

Secondly - Special for All Members. As a means of reducing our risk of injuries, and helping improve our overall play, SCPC has entered into an exclusive agreement with Elevate Exercise Physiology & Performance, which is owned by SCPC member and Pickleball enthusiast Kirk Millson.

Attached to this newsletter is a Special Flyer introducing Kirk and the benefits that he will provide our club – Welcome Kirk Millson. Please all take the opportunity to engage with Kirk and his program's to help protect yourself from unnecessary injuries and keep you on the court longer.

Stay tuned for more events in 2024 and don't forget to have FUN when you play pickleball.

Cheers,

Peter Campbell

Around the Venues

Mary Trust -Venues Manager

There have been a few recent updates and changes to some of our venues:



Closed Venues:

Maleny

Attendance at Maleny State School sessions has been steadily declining and our co-ordinator Kerri Sugars advised that sessions were no longer viable. After three successful years the venue closed in mid-October. We sincerely thank Kerri for her hard work and generous support of the Club. We hope to see Kerri and our Maleny-based members at some of our other venues.

Mountain Creek High School

The school hall closed in September so the floor could be resurfaced. Because of the risk that our continual taping might damage the new (and expensive) surface, we have unfortunately had to discontinue our sessions. With no feasible solution to the issues, it was decided that we can no longer have MCHS as one of our venues. The replacement sessions currently being run at Caloundra Stadium will stop at the end of November. See below for news on our new venue.

New Venues:

Chancellor State College

In place of MCHS, we have managed to book the brand new sports centre at Chancellor State College. Located at 164 Sippy Downs Drive (near the Sunshine Coast University sports precinct), this venue has 6 courts with painted badminton lines on a sprung wood floor. Sessions will commence here on Saturday, 7 December - the first ones are already posted on Opensports. Look out for more sessions and come and try playing in this lovely new venue. From next year, there will also be an Advanced Player session on Tuesday evenings. We look forward to presenting some new formats for this session, which we hope will be popular.

Currimundi State School

This new venue has proved to be a great addition, with both newbie sessions and skills & drills/game play sessions well-attended. We will continue with this venue in 2025.



Randy and Kathryn are our Wednesday night hosts and Mickey covers the Tuesday and Thursday sessions. It has been a very successful venue filling up most of our nights!

Around the Venues cont'd

Other Venues :

Caloundra Stadium, Caloundra Rec Centre, Coolum State School, Cooroy Badminton Club, Goodlife Centre and Meridan Community Centre continue to be extremely well-run by our co-ordinators and hosts. Coolum State School recently celebrated its first anniversary, with Romy and Danny Papo organising a weekend of colourful activities. Goodlife Centre has had permanent kitchen lines painted on the courts, which is a fabulous addition.

Session Format

I welcome any suggestions regarding session format. We try to vary sessions with team play, partner play, skills & drills, advanced play, round robin and social play sessions. We also try to organise sessions to appeal to as many of our members as possible. Certain sessions seem more popular than others, but it isn't always obvious why some work and others don't. If you have any comments or requests in this regard, please forward to me at

venuemgr@scpickleball.com.au

Exercise Physiologist

Our newest sponsor, Kirk Millson from Elevate Exercise Physiology and Performance, is developing information, activities and offers for SCPC members across our venues. Look out for Kirk over the next few months - his initiatives will be especially pertinent for avoiding injury, and for pickleball-specific fitness and rehabilitation.

And a final word regarding safety at our venues:

Floor Surfaces

With the onset of warmer temperatures and humidity, the floors in all our venues are liable to become damp and slippery. Please be aware of this and ensure that any slippery areas are dealt with immediately. Advise the host and/or centre manager of issues, so that problems can be addressed. And please remember that any injury should be reported to the host and an incident form completed.

Looking forward to seeing you at one of our fabulous pickleball venues.

Mary (Venues Manager)

Competitions Coordinator

Peter Nichols



You are all more than likely aware that the Australian Pickleball Championship has recently been completed for 2024. What an amazing effort by PAA. 1200 plus competitors. Congratulations to all medalists and participants at all levels of play. Thank you, Erica, for your comprehensive acknowledgement of medalists within your article in this newsletter.

We have a 96-person Round Robin coming up at CIS on 24 November from 8.30 am to 11.30 am. We cannot run more than 96 players on these 16 courts, please put yourself on the waitlist for an opportunity of cancellations. There will also be courts available for free open social play from 11.30 -1.30pm.

The Christmas Party will then follow on the 24 November at CIS from 11.30am-1:30pm. Sandwiches will be supplied by CIS. To add some Xmas cheer, please bring to share a plate of sweets or slices or nibblies to help make the occasion a celebration. All welcome.

Noteworthy, we have now surpassed 800 financial SCPC Club members, making an impossible task to organize a function for all members in our club. Our aim of a home base will always be the goal in the coming years. Merry Christmas to all members, in all our venues, enjoy the festive time!

SCPC Intra Club Doubles Tournament

With so many tournaments available to players (some 73 Australia wide in 2024) we have decided to run the SCPC Intra Club Doubles Championship again. It will be open to SCPC current financial members only. The date is Sunday 16 March 2025, and all event players will be required to be registered on 'Pickleball Brackets' and in 'DUPR'. Start looking for a doubles partner for gender and mixed doubles. It will be a great chance also for players that haven't yet experienced tournament play to have a go.

I am excited that we have Michele Burgess stepping up to Tournament Director position for this tournament. I am also open to showing anyone else the ropes of 'Pickleball Brackets' tournament software. We are, of course, always looking for help to run tournaments. Jobs like data input, check-in counter, referees, medical officer, court runners and officials, set up personnel to name a few. It is a great chance to be part of the running of this event and part of SCPC. Let us know if you can help. My email address is competitions@scpickleball.com.au

Cheers,

Peter Nichols

Communications Manager

Know your way around the Opensports App



1. If you become an SCPC Financial member, tell us so that we can add you to the Opensports SCPC discount database. Regular sessions that you book will have a member's discount applied. Important to note that if you forget to tell us then we can only go back 4 weeks applying credits for any over charges.
2. Log into Opensports carefully. Most problems occur for members when they create more than one way of logging into Opensports as this creates multiple profiles. If a member has multiple profiles the discount database for members will not work correctly. Tell us if you have made this error so that we can remove the profile you should not be using from Opensports
3. SCPC cannot change the email that you use for Opensports. The only way you can change your email is to contact the Opensports Support desk. If this does not resolve your issue then another way is to create a new OS profile with the new email address, but you need to tell us so that we can remove your old profile with your old email address
4. Next time you are on a bye open the OS app on your phone, click on the person emoji bottom left hand corner of your screen, then the cog emoji top right hand corner of your screen. This brings up the OS settings page, scroll down and click on Payments and Credits, you will then be able to see your credits balance and your recent OS transaction history.

Communications Manager cont'd

5. Check out the Calendar function on Opensports App. On your device click the Calendar emoji bottom left corner of your screen. This will bring up a list of all the sessions you have booked in chronological order, you can tap and go to a session or jump ahead to a specific date.

See you on court, let us know if there anything in particular you want to see on the SCPC members website www.scpickleball.com.au

Coolum SS Pickleball One Year Anniversary



In late July, Coolum State School Pickleball celebrated its One Year Anniversary, with a fluro party. Across three sessions, 60 participants wore their finest and brightest gear and continue to build the great community environment.

Thanks to the wonderful Mr Pat Cavanagh and team, the popularity of this venue continues to grow. With many friendships built on a weekly basis. Pickleball is now played at the Pat Cavanagh Centre, 9 times a week and up to 14 sessions, during the school holidays.



On the 10 October, (World Pickleball Day), the local state MP, Mr Dan Purdie came along to experience Pickleball and he was immediately hooked. Saturday night sessions are followed by a dinner outing, with up to 20 patrons attending, weekly. Here is sample of what you can expect, when attending Coolum Pickleball.



Living in the Rule World

By Mark Delany

The Studios Ref



This is a new segment which focusses on the rules of the game. While we'll sometimes dryly cover the official rules, we'll also discuss the underlying principles of fair play, cooperation and accommodation which inform the rules and explain how they apply to our game.

In this article we'll discuss a common misuse of rules which we should try and eliminate. This misuse relates to line calls, replays and apparent fair play which isn't actually very fair.

We've all seen this scenario: an opponent hits a shot which sails past the receivers who turn to watch the ball land near the baseline. Unsure as to whether the ball is in or out, the receivers convene a mini conference. Unable to reach a consensus, they invite their opponents to a second mini conference. At some point a "replay" is offered as a way forward and it's usually accepted, ostensibly on the basis of cooperation and fair play.

Unfortunately this is the wrong approach to the situation as the rules offer a simple, quick and clear path to a resolution. Worse yet, a "replay" is the wrong outcome as it directly contravenes the principle of fair play as stated in the rules.

In short, a replay after an inconclusive line-call goes against the rules and is unfair. Here's why.

The principle in rule 6.C states that "all questionable calls must be resolved in favour of the opponent". By "questionable" they mean uncertain or in doubt. This rule does not allow for discussion; it does not allow for replays; it is unequivocal: when in doubt you **MUST** favour your opponents.

When applied to our scenario the outcome now becomes apparent. Since the receivers are in doubt they must favour their

opponents and deemed the ball "in", thus the opponents win the rally. Nice and simple and no mini conferences are harmed in the process.

There are nuances. The rules oblige opponents to concede the rally if they are sure their ball is "out" - regardless of what the receivers call. In other words your opponents have to abide by fair play rules as well.

If one receiver doesn't see the ball, then that receiver is not in doubt since they have no information to doubt. In this case the call comes solely from the other receiver who presumably has seen the ball. This often happens when a receiver is focussed on hitting the ball rather than watching the line.

If neither receiver sees the ball, then 6.C says you must favour your opponents and concede the rally.

So far so easy. Now for the tricky one. If both receivers see the ball and disagree, what is the correct outcome?

Hopefully it should be obvious that disagreement implies doubt so the ball is deemed "in" to favour your opponents. There should never be a mini conference where a partner may feel obliged to acquiesce to the "out" call. If you see the ball "in" and your partner calls it "out", the correct and right response is to speak up in favour of your opponents.

Disagreeing with your partner may not be easy but our game has a higher calling to fair play which makes it rather unique.

So now you know. If your side cannot make a 100% certain "out" call, or if you disagree with your partner, you must concede the rally to your opponents.

A Special Mention for self-declared Pickleball Addict Brad Kluss



Brad Kluss has been a member of our club for several years. He has, in that time, become ridiculously active in the wider pickleball scene.

A tennis player of some 40+ years, Brad's pickleball journey began with a 'Come and Try' session on a cruise ship in the Pacific Islands in 2019, and he knew he'd found a new sport to love. After arriving back in Brisbane, Brad attended a 'newbies' session in Albion hosted by Jen Ramamurthy, now Chair of the board of Pickleball Australia Association. Since then, his journey has seen him play and compete all over Australia, Singapore, Vietnam and Indonesia.

Known as a lover of on court colour and fashion, (you won't miss him if he is playing) Brad began the quirky brand Picklesox in 2023 as an online e-commerce hobby and has supported clubs and tournaments with the range of socks sold through his website picklesox.com.au.



Over recent years Brad has upskilled to a Level 1 Pickleball referee and has a coaching qualification through Pickleball Coaching International (PCI). With his friend Fabian Yu (of Sportsmagic) he has created a new business Elite Spin Pickleball delivering 1 on 1 and group coaching out of a brand-new dedicated centre GO Pickle in Sydney.

He and Fabian also operate a pro shop out of the same Centre, stocking some of the games best and most reputable brands. He and Fabian also offer mobile coaching services around the country.

Just when that wasn't enough pickleball involvement, you will also find Brad on the microphone, calling the broadcast for the National Pickleball League (NLP) alongside Dylan Kimlin. Brad also called some of the action for the World Pickleball Championships in Bali this month.



Last, but not least, his latest achievement has been an appointment with Pickleball Australia Association as the Tournaments, Leagues and Events Coordinator. This role among other things, will introduce an exciting new 2025 program at club level with regional and state qualifiers to finish up at a national event as a prelude to the 2025 Australian Pickleball Championships.

All this and let's not forget, he is also a regular medal winner at most tournaments he plays. However, he didn't play in this year's Australian Pickleball Championships. He was so busy behind the scenes, repairing nets, replacing lines on the court as they came adrift, and attending to all the many minor and major things that need attention at a huge competition like this one was, to ensure the best possible experience for all players.

Thank you and congratulations Brad. We are very proud of you

By Erica Bacon

Special for All SCPC Members

As a means of reducing our risk of injuries, and helping improve our overall play, SCPC has entered into an exclusive agreement with Elevate Exercise Physiology & Performance, which is owned by SCPC member and Pickleball enthusiast Kirk Millson.

Kirk has a Master's Degree in Clinical Exercise Physiology, and over a decade of experience working in the health, fitness and rehabilitation space. He is keen to help support our SCPC members to be more confident & capable players, whilst helping to manage niggles, aches and pains that tend to arise. Most importantly, he is looking to help people play more pickleball and enjoy themselves on the court!

As an Accredited Exercise Physiologist, Kirk uses specific, and targeted exercise programs to treat, manage and rehabilitate a wide range of conditions, concerns and injuries. This involves diving deeper into the how's, why's and what's of each person's needs to design a program that will deliver the best outcome for them.

As a special offer for SCPC only, Kirk is offering a complimentary 'PickleFitt' movement assessment, to help each player better understand where they are at, and provide some initial ideas on what they can do to help improve their game and further reduce their risk of injury.

Following this he is offering ongoing discounted treatment sessions (only for SCPC members) to help support your return to play. Having now played the game for 2 years (and now a Pickleball tragic), he has a solid understanding of the demands of the sport, as well as the most common injuries that players sustain and how to help rehabilitate them, along with managing chronic aches & pains associated with daily life and playing the game.

To book in for your complimentary 'PickleFitt' movement assessment or for more information about Exercise Physiology and how it can help you please contact Kirk at the details below.

Phone: 0457 483 630

Email: kirk@elevate-exphys.com

Social media: [elevate_exphys](#) (IG)

[Elevate Exercise Physiology & Performance](#) (FB)



Competition Corner

By Erica Bacon

The number of opportunities for members with a competitive itch to scratch is exploding in Australia. Pickleball is undoubtedly so popular because it provides something for everyone, and it seems that neither age, or ability is an impediment. Whether you:

- choose to play for fitness, fun, to meet people, engage with a wider community; or
 - dream of winning medals at the many tournaments on offer at a regional, state, national level, or even overseas; or
 - want to develop and then contribute skills as a referee of the game; or
 - aspire to play in one of the various national pickleball leagues (competitive team events); or
 - are pursuing an Australian Ranking in your age group by gaining points for winning medals at designated Australian Ranking (AR) tournaments;
- all of this, and more, is possible.

It is no surprise then, that some of these competitive opportunities are proudly and determinedly pursued by many of our members. You may not necessarily meet them on the court at regular sessions scheduled by the Club. They are more often than not, hard at work training behind the scenes, preparing to test their skills against the best Picklers they will encounter in the next tournament. As a result, they have achieved some awesome results at the recent Australian Trilogy Funds Pickleball Championships held at the Gold Coast in October.

Firstly, let's get these achievements into perspective. This event was the longest and largest Pickleball tournament in the southern hemisphere to date. It ran for a total of 6 days; involved 60 volunteers, 63 referees, and 1204 players from all over Australia and from overseas. Those picklers played a total of 4,975 matches.

Club members among the medal winners were:

- Allan Blackburn and Roy McEwan, were awarded the Gold medal in the 80 + (3.0 and above) after achieving a Bronze in the 75+ age group. An amazing competing in their first ever Pickleball tournament.
- Gary Petterson got the triple crown in his age category 70+ taking gold in all three events: the Singles, Gender Doubles with Ken Solomons and Mixed Doubles, (all 3.5 and above).
- Speaking of Ken Solomons, well-known for hosting recreational and drills sessions for us over the last couple of years, also came away with three Gold medals: Skinny Singles 70+ ((3.0 and above), the Gender Doubles with Gary, as above, and also Mixed Doubles 65+ (3.0-3.99) with Gail Aiken.
- Darryl Exelby, a relative newbie to the game, also achieved three medals. A Gold for Skinny Singles, 60+ (3.5 and above), and two Silver for both his Gender Doubles with Glen Turnbull 55+ (3.0-3.99) and Mixed Doubles with Erica Bacon 60+ (4.0 and above).



Roy McEwan and Allan Blackburn

Competition Corner cont'd

- Another three medals were brought home by Mickey DeBartolo Jr, our Club Captain: Bronze for singles 75+ (3.0 and above); Silver in the Gender Doubles 70+ (3.5 and above); and Bronze in the Mixed Doubles, 70+ (3.5 and above).
- Anita Smith, came away with two Bronze medals. One for the Gender Doubles 35+ (4.0 and above) and the Mixed Doubles 35+ (4.0 and above). Anita was recently selected to play in the Masters Pickleball League. She was chosen from a lineup of the best over 50-year-olds across Australia for limited places in this very competitive team event.
- Tom Grudzinskas won Bronze for his Skinny Singles, 35+ (3.5 and above) and Silver for his Mixed Doubles with Colleen McMillan, 19+ (4.0 and above).
- Peter Boreham won Bronze for his Singles 65+ (3.0 and above), and Silver for his Gender Doubles 65+ (3.00-3.99).
- Paul Campbell won Bronze for his Skinny Singles 60+ (3.49 and under) and another Bronze with his partner Julie Campbell in their Mixed Doubles 60+ (4.0 and above).
- Julie also won Silver with partner Erica Bacon in Gender Doubles 60+ (4.0 and above).
- Mark Taylor won Gold for his Singles event 55+ (4.0 and above).



- Jeanette Ward won Gold for her Singles event 50+ (3.0-3.49).
- Kate Applegate won Gold for Skinny Singles 19+ (3.5 and above).
- Jorge Mendes won Silver for his singles 65+ (2.99 and under).
- Karen Denman won Silver for her Singles event 60+ (4.0 and above).
- Kath Daly and Debbie Quin won Silver for their Gender Doubles 60+ (2.99 and under).
- Kimberley Sherry won Silver for her Gender Doubles, 55+ (2.99 and under)
- Jesse Quin won Silver for his Singles 19+ (3.0-3.99)
- Kane Nolan won Bronze for his Gender Doubles 50+ (3.5-3.99)
- Lee Fielding won Bronze for her Gender Doubles 60+ (3.0-3.99).

Huge applause and acknowledgement are also due to all other club members who, although they didn't necessarily achieve a medal, played good pickleball in this high-level championship and delivered their best games against some very strong and experienced competitors. Remember, there's always next time.

What a fantastic effort. Well done all.

ABOUT THE SPONSOR

Kirk Millson, is the owner of **Elevate Exercise Physiology & Performance**. He is an Accredited Exercise Physiologist, with over a decade of experience working in the health & fitness industry.

Now a Pickleball tragic, his company is sponsoring the Sunshine Coast Pickleball Club to help support members manage aches and pains, reduce the risk of injury and improve their Pickleball game!

He is offering all members a 30-minute, complimentary **PickleFitt** movement and injury assessment to help members discover their current fitness level, as well as better understand how to cope with injuries, aches and pains to stay on the court and play more Pickleball!

All SCPC members are entitled to ongoing discounted Exercise Physiology Treatment sessions, which are tailored to each member and their specific needs.

As Exercise Physiology is an allied health profession, you may also receive rebates through your private health fund or Medicare.

To book your complimentary **PickleFitt** session or an Exercise Physiology consultation scan the QR code or contact Kirk at the details below.



Practice Locations:

- Coolum Beach
- Maroochydore

PICKLEFITT

by
ELEVATE
EXERCISE PHYSIOLOGY & PERFORMANCE

SUNSHINE COAST

Pickleball
CLUB

SCPC MEMBER SPECIAL

**Want to improve your game and
reduce your risk of injury ?**

Each SCPC member is entitled to a

**Complimentary 30-minute
“PickleFitt” Movement Assessment**

Delivered by an Accredited Exercise Physiologist

**Discover what your Strength, Mobility and
Fitness levels currently are and how to
improve them!**

**To book in your 30-minute session scan the QR
code or contact Kirk at the details below**

