

## Newsletter Highlights

### President's Update



Hi Sunshine Coast Pickleball Club members,

As our club continues to grow with new membership we are always looking to ensure everyone has the opportunity to take advantage of our new and improved facilities and services to enhance your pickleball journey.

We now have six extra courts at Coolum State School. They are outdoor with the advantage of a very large roof. This offers everyone the opportunity to play outdoors without having to endure our hot sun.

We continue to have members gain their accreditation in First Aid. As we have nine venues and many sessions every week, we will endeavour to ensure that First Aiders are present at as many sessions as possible. I personally would like to invite those who are keen to gain First Aid accreditation, so that SCPC can have a First Aid officer at all venues. I can vouch for the benefit you will gain from the course, so please contact us for more information.

I am pleased to announce that SCPC now has seven accredited Level 2 coaches with more to come in the coming months. As it is always part of our advancement and improvement as a club to be able to provide the best coaches, you can be assured of getting excellent help with your pickleball skills.

On behalf of our committee, I would like to express our appreciation to Vicki Lau, our previous treasurer. Vicki always maintained the highest accounting standards in her role as Treasurer. Our best wishes to Vicki with her new role in her working career.

As a committee, we have had an Assistant Treasurer and with Vicki's departure we are on the lookout to fill the role of Assistant Treasurer. If you have an accounting background and would like to be part of the committee, please contact myself or Joy Ainslie, our Treasurer.

---

PRESIDENT'S UPDATE

---

AROUND THE  
VENUES

---

AN INTERVIEW WITH  
VICTORIA LAU

---

IMPROVEMENTS TO  
PICKLEBALL SESSION  
NAMING RULES

---

VOLUNTEERS' CELEBRATION  
NIGHT

---

OPENING OF COOLUM  
OUTDOOR COURTS

---

SPOT THE DIFFERENCES  
COMPETITION

---

In this newsletter we are informing you of important improvements that we are making to the way that we name and manage our pickleball sessions. We are making these changes in response to feedback from many members who are concerned about a growing trend of players signing up to sessions for which they are not yet sufficiently skilled. This results in uneven games and generally low satisfaction. While we aim to give everyone opportunities to socialise, develop and improve, we also need to ensure that our skills based approach to session design is successful. Please read this section carefully as it may affect you.

Finally, if you are a newer member of our club, I can assure you, the friendship that you gain is wonderful. You will soon discover that it's not just the game that is important to you, it's the many friends that you meet and socialise with.

Best Wishes

**Peter Campbell**

President

Sunshine Coast Pickleball Club

## Around the Venues

Mary Trust -Venues Manager



All venues are running smoothly, with most sessions well-supported. We often have long wait lists, so if you have a spot in a session but are unable to play, please remember to remove your name as soon as possible to allow others to join.

### CIS

Over the Christmas break the floor at CIS was resurfaced, with sessions now running again as usual. Please note that there are some Sundays during the year when the centre is unavailable to us and when this happens the Sunday sessions will be run at Chancellor.

### Coolum State School

The new outdoor covered courts at Coolum opened on 14 March. These all-weather courts are a fantastic addition to the SCPC venues. With many tournaments held outdoors, these courts are a great asset for anyone looking for outdoor practice. Check them out if you get the opportunity.

### Chancellor High School

At the beginning of February the floor in the stadium was resurfaced, and lovely pink kitchen lines were painted for us - no more taping!. The Sunday session (8-10am) has been popular and is full most weeks. We plan to continue this session for the rest of the year.

## Around the Venues cont'd

If you have any queries, problems or requests regarding venues or sessions, please approach the venue coordinator, or send details to Mary at: [venuemgr@scpickleball.com.au](mailto:venuemgr@scpickleball.com.au)

### VENUE COORDINATORS

Caloundra Indoor Stadium - Peter Nichols

Chancellor State School - Mark Burgess

Coolum State School - Danny Papo

Cooroy - Shane LeGale

Currimundi State School - Erin Robson

Currimundi Rec Centre - Peter Nichols

Goodlife Centre - Deb White

Maleny High School - Kerri Sugars

Meridan Community Centre - Sue Lockley

**\*\*** We are always looking for willing volunteers to host sessions and to take on the coordinator roles at venues. In particular we need new coordinators for Chancellor as Mark and Michele Burgess are stepping down soon, after 18 months of dedicated service. If you are able to help, please contact us.

# An Interview With Victoria Lau

## Finding Family Through Pickleball

Kathy Sundstrom interviewed Victoria Lau, our former treasurer and assistant treasurer who resigned from the committee at the end of March. SCPC is extremely grateful to Victoria for her huge contribution to the club.

### *Why giving back felt like the natural next step*

There's a reason why pickleball membership on the Sunshine Coast has increased by over 50% in the last year alone and is the fastest growing sport in the world.

From your first game, when you are learning about the kitchen and the crazy point-scoring system, you discover something more lasting than the health benefits of a workout. You discover a community.

Just ask Victoria Lau. When she moved to the Sunshine Coast from the United Kingdom, she hardly knew anyone. She had a young baby, was 'housebound' and was trying to start her own business.

'I had no friends here, I was still trying to find my place,' she said.

Her 'better half', Alistair Hunter, had already discovered pickleball and every time he came home, 'he looked so happy'.

Victoria thought, "Damn, I want some of that".

And she went to play her first game. Her initial results weren't going to make sporting history. She hit '90% of the balls out.'

But this is the thing about the pickleball community; they didn't seem to care.

## An Interview With Victoria Lau cont'd

'They were so kind and patient with me,' Victoria said.

Within months she had found a community (and her shot accuracy had also improved) and Victoria decided she would give back to the sport that gave so much to her.

With an accounting background, she took on the challenge of becoming the Sunshine Coast Pickleball Club treasurer. When her business became busier, she took on the role of assistant treasurer.

Now Victoria is stepping down to give someone else the opportunity to step up. It is a decision made with gratitude, not regret.

During her time on the committee, Victoria has witnessed extraordinary growth within the club. 'The level of organisation and management has had to grow with it,' she says. 'There's been so much interest, across different venues.'

As she steps away from the committee, the role of Treasurer has been taken on by Joy Ainslie, ensuring continuity as the club continues to evolve.

For Victoria, the decision to step down does not mark an end, but simply a shift. She will still be on the court. Still part of the community that changed her life.

And still chasing one very personal goal.

"I'm not beating Alistair yet," she says. "That's the ultimate."



**Victoria with Amelia and Alistair.**

# Improvements to Pickleball Session Naming Rules

You may have noticed some recent changes to the types and formats of pickleball sessions offered by the club, as we respond to outcomes from the members' survey. Many members have expressed concerns regarding people playing in sessions beyond their skill level. This issue is not unique to us, with other pickleball clubs also experiencing difficulties in managing playing standards within sessions.

Our club aims to provide a variety of enjoyable and challenging games for all members, ranging from social all-inclusive play to games where more advanced skills are expected. To help achieve this, the club needs to be clearer and more consistent in its session descriptions. This will assist players in choosing the right sessions for them. It will also support the organisers in the important task of better managing skill levels.

While there is some dissatisfaction with the DUPR rating system, the Club recognises that DUPR is currently the only quantitative skill level metric for its members. DUPR is the official rating system of Pickleball Australia. Many members want to get and maintain a DUPR rating, and we are committed to providing more frequent rating sessions to help them do this. However, the Club also accepts that some players are not interested in getting a DUPR rating or keeping their historical ratings current. We wish to provide opportunities for non-rated players to play competitively with DUPR-rated players.

To help with some of the issues identified, the following session naming rules are being clarified.

## Session Definition

In addition to the physical aspects of a session, i.e. location and time, three key aspects will be defined:

1. Session type
2. Target skill level
3. Session format

### 1. Session Type

While there may be several session types, including leagues and tournaments, the main four are:

- Training (including “Skills and Drills” and “First Time Players”)
- Social Play (a range of skill levels to allow friends to play together and more relaxed play)
- Competitive Play (targeting specific skill level(s) to ensure challenging games)
- DUPR rating (match play with results submitted to DUPR)

### 2. Target Skill Level

It can be difficult to assess one’s own pickleball skill level and therefore which sessions to join. The table below defines the Club’s adopted relationship between Skill Level and DUPR rating, for the purpose of describing sessions. This table may differ from a player’s view of their own skill level. However, it is consistent with the globally accepted DUPR definitions and is appropriate for our needs.

| Level              | DUPR           |
|--------------------|----------------|
| Beginner           | Less than 2.25 |
| Advanced Beginner  | 2.25 - 2.49    |
| Lower Intermediate | 2.50 - 2.99    |
| Intermediate       | 3.00 - 3.49    |
| Upper Intermediate | 3.50 - 3.99    |
| Advanced           | 4.00 - 4.49    |
| Upper Advanced     | 4.50 - 4.99    |

Skill level scale for SCPC

The colours show an analogy with martial arts belts, where white represents ‘novice’, black equates to ‘expert’ and red is ‘master’.

Target skill levels will be stated for all sessions, but social sessions might allow a broader range of skill levels

For competitive play and DUPR rating sessions, both the skill level and the matching DUPR will be stated, e.g. Lower Intermediate to Intermediate (2.50 to 3.49). Hence with time the relationship will become imbedded, reducing the current subjectivity.

### 3. Session Format

The session format describes how the session will be run. Common formats are:

- Skills and Drills
- Round Robin
- Team Challenge
- Mini League
- Pool
- Ladder
- King/Queen of the Court
- Challenge Courts
- Match Play
- Unstructured

Some formats require more organisation than others and some are better able to ensure challenging games where there is a wide range of skill levels. Venue coordinators will select the format best suited to the type of session.

## Implementation

Once these naming rules are in use, there is an expectation for the “Competitive Play” sessions that players will meet the required standard. Unfortunately, not every member will be able to play in every session they choose. There may be times when the committee must make a skills assessment and ask a player not to sign up to certain sessions. There is no intention of offending anyone, but the club accepts that it needs to provide our members with some sessions where they can challenge themselves with others of a similar skill level.

If the committee asks a player to withdraw from a session (with a full refund), we will help them to formulate a strategy for skill advancement or suggest other suitable sessions. Although we acknowledge that this is not always easy to hear, our intention in addressing this issue is to maximise the playing experience for all our members. We will appreciate your understanding and support as we progress these changes.

As stated in our response to a recent petition, the club will continue to run a small number of competitive sessions specifying DUPR rating and reliability requirements, as these are popular and well supported. The need for this type of session will be reviewed from time to time.

# Volunteers' Celebration Night

SCPC relies on the dedication and commitment of its volunteers. More than 130 members are now serving, or have previously served the club, in various capacities. As a small token of thanks, a Volunteers' Celebration Night was held at the Northern Grounds pub, by the Maroochy River, on 16 January. Victoria Lau organised the event and around 64 of our volunteers were able to attend. It was a great success. Please see a selection of photos from the event below.





# Coolum Outdoor Courts

On Saturday 14th of March, the SCPC launched its latest offering with 6 outdoor under cover hard courts at the Coolum State School. Following extensive negotiations and preparations, these individually separated courts were launched providing something for everyone. Skills and drills for all levels on Saturday and Sunday, Advanced doubles competitive play on both days, a king of the court for intermediate to advanced players on a Saturday and Skinny and full Singles for intermediate to advanced players on a Sunday. The SCPC community has utilised these courts well and there will be outdoor sessions on every day over the Easter break. Please come and have a go under the giant roof. There is truly an offering for all members.

Danny Papo



# Spot the Differences Competition

SCPC were delighted to host the first players on the Coolum State School covered outdoor courts on 14 March. Here they are after a challenging king of the court session.

From the left: Gill Daley, Kaz Freeman, Richard West, Paul Miley, Yvonne Phillips, Katie Batchelor, Jules Britto, Kane Nolan, Shaleen Hill, Wayne Morden, Jacque Morden, Annette Sullivan, Nathan Hill, Rob Cowling, Sam Larsen, Helen George, Nathan Jennings and Geoff Bearne.

There are several differences between these two photos. As part of our drive on eye protection, SCPC will award the prize of a pair of Kitchen Blockers clear frame lensless pickleball eyewear (worth \$69) to one person who correctly identifies the number of differences between the two photos. Please email your answer to [scpickleballnewsletter@gmail.com](mailto:scpickleballnewsletter@gmail.com)

The winner will be announced on 18 April.



# From Our Sponser



## Injuries and What To Do About Them!

**Injuries on the Pickleball court are unavoidable, and based on reports from the Australian Institute of Health and Wellness (AIHW) they are rising at a rapid rate. Data suggests that 85% of all Pickleball-related injuries occur in players over the age of 60!**

Many of us have experienced time away from playing due to an incident on the court, which is more than frustrating. As an Exercise Physiologist, I see many players weekly for assistance in rehabilitating their issues so they can get back on the court in a timely and safe manner.

Some of these injuries occur because (and you might not like to read this) you simply play too much, and your body isn't strong enough to meet the demands of the game. We need to remember, recovery between sessions is just as important as playing the game!

The most common injuries according to AIHW data are:

- **Strains & sprains - 33%**
- **Fractures/broken bones - 28%**
- **Contusions (or bruises) - 11%**

The most common cause of all these injuries are falls, involving slipping or tripping on the court which are responsible for 65% of all Pickleball related injuries. I don't think I've seen a session I've played recently where a player hasn't sustained some kind of injury or issue (falls, sprains, cuts etc). Every week I see numerous players for assistance with these injuries, and the most common one I see as an Exercise Physiologist, is tennis (sorry, Pickleball) elbow!

### ***So, what can we do to ensure we reduce the risk of injury on the Pickleball court?***

1. Get your body prepared for each session by warming up and working through some dynamic stretches and movements. This ensures your body will be ready for all the movements you perform on the court. This should take no longer than 5-10 minutes before your session.
2. Work into each session slowly, and build up the intensity each time you play. Injuries will most certainly happen, if you go from 0-100 straight away in a session!
3. Make sure you are strong enough to engage in multiple sessions a week! Pickleball is a pretty demanding sport, so we need to ensure we have strong ankles, knees, hips, shoulders, arms, and core to meet the demands of the sport. 1-2 sessions in a gym-based environment every week will yield some great results and significantly reduce your risk of injury. Working on our balance will also help reduce our risk of falls too!
4. Take your recovery seriously! Warm down with a few light stretches. Drink plenty of water. Eat nourishing food to replenish energy stores. Sleep well This will help you recover better and play a little more often. There's nothing worse than being too sore to play (other than being injured and not being able to play).

## ***So how will Exercise Physiology help you with your injuries?***

As an Exercise Physiologist, I have over 15 years experience working with a wide range of clientele with different illnesses, injuries and conditions. Playing Pickleball is a fantastic way to exercise and maintain social interaction for many people, but more people would benefit from strengthening the ankles, legs and arms to not only improve their health, but significantly decrease their risk of injury (and spend more time on the court).

I have worked with quite a few SCPC members now, who have battled elbow, knee and shoulder concerns for a while to help them improve pain, restore function to allow them to continue playing more Pickleball!

If you would like to book an appointment, or are curious to find out if this could benefit you and an issue you might be experiencing you can book an appointment online here:

<https://bit.ly/41qyVet>

Just remember to select either the Maroochydore or Coolum locations when booking! We are offering complimentary 20 minute sessions where we can find out whether you would benefit from our services!

**As an Exercise Physiologist, I have a Provider Number so am able to provide rebates under all Private Health funds, Medicare, and DVA (along with NDIS and all WorkCoverclaims).**

For any other questions please send me an email at [kirk@elevate-exphys.com](mailto:kirk@elevate-exphys.com) or give me a call on 0457 483 630

Hopefully I'll see a few of you on the court soon!

Cheers,

Kirk



## **The Sunshine Coast Pickleball Club Management Committee**

| <b>Name</b>    | <b>Position</b>            | <b>Email</b>   |
|----------------|----------------------------|--|
| Peter Campbell | President                  | <a href="mailto:president@scpickleball.com.au">president@scpickleball.com.au</a>           |
| Joy Ainslie    | Treasurer                  | <a href="mailto:treasurer@scpickleball.com.au">treasurer@scpickleball.com.au</a>           |
| Geoff Bearne   | Secretary                  | <a href="mailto:secretary@scpickleball.com.au">secretary@scpickleball.com.au</a>           |
| Darren Munn    | Communications Manager     | <a href="mailto:communications@scpickleball.com.au">communications@scpickleball.com.au</a> |
| Mary Trust     | Venues Manager             | <a href="mailto:venuemgr@scpickleball.com.au">venuemgr@scpickleball.com.au</a>             |
| Leo Levine     | Chief Training Coordinator | <a href="mailto:chieftrainco@scpickleball.com.au">chieftrainco@scpickleball.com.au</a>     |
| Kerri Sugars   | Club Registrar             | <a href="mailto:membership@scpickleball.com.au">membership@scpickleball.com.au</a>         |

**Thank you for reading this newsletter. The club aims to issue these quarterly. We would love your feedback. If you have any comments or questions, suggestions for future articles or would like to contribute, please send these to [secretary@scpickleball.com.au](mailto:secretary@scpickleball.com.au)**