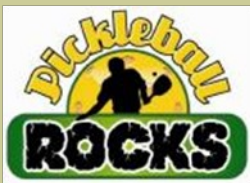


The fastest growing sport in
North America
Le sport qui affiche la
croissance la plus rapide en
Amerique du Nord

<http://pickleballcanada.org>

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President's Message by Val Vollmin

PCO is currently looking for some dedicated pickleball players to join the Board of PickleballCanada. If you or someone you know would be interested in helping to expand pickleball in Canada, we would like to hear from you. Please send us a resume!

Our AGM will be held a couple of days after the National Tournament in Kelowna, B.C. If you are in the area, plan to join us for this meeting. The meeting will be held at the Ramada Inn on July 12, at 10:00 a.m

We love to have input from our members so if you have some ideas that you would like to see PCO please send them to:

president@pickleballcanada.org

One of the criteria to be a national sport organization is to have 5000 members. So, over the next months we will hold a membership drive. Watch for the announcement of this initiative. Help us reach that important milestone!

Have a great summer and make sure you take the time to play some pickleball!

UPCOMING AGM July 12, 2016 Kelowna , BC

Your Board of Directors

Val Vollmin, President
president@pickleballcanada.org

Marg Ouimet, Vice President
vicepresident@pickleballcanada.org

Colin Caldwell, Secretary and Rules Chair
secretary@pickleballcanada.org

Carolyn Stevens, Treasurer
treasurer@pickleballcanada.org

Merrie Lee, Membership
membership@pickleballcanada.org

Ellen Dale, Ambassador Chair
ambassadorchair@pickleballcanada.org

Mike Cooper, Tournament Director
tournaments@pickleballcanada.org

Directors at Large

Jim Scorgie, Claude Gauthier, Carol Martens-Clappison and Alan Thompson

U.S. Open Premiere Event

History has been made! The first US Open Pickleball Championship was held in Naples, Florida. The organizers stated that their goal was to create an "event" rather than simply a tournament and they truly succeeded in many areas. Besides being a historic event, it was also a huge celebration of our sport. It was the first tournament to actually have a Pro Division! The courts were fabulous- 48 courts, most of which were permanent. The Championship court was beautiful - stadium seating on two sides, box seating was available for sale as well and a Pro Tent was situated at the back end of the court. This tournament had great hype and the organizers did a fabulous job promoting it. Each evening boasted live entertainment. It has been reported that between twelve to fifteen thousand spectators attended the event over the 5 days of play. Over 800 participants from all over the US / Canada and from other countries around the world played in the tournament- players of all ages and levels were in attendance. To date it is the largest tournament ever held and the first tournament to receive National television broadcasting. On May 20, CBS sports broadcast the Pro division men's doubles game and also showed highlights from the Pro mixed doubles and Pro Women's Doubles finals. WOW - our sport has arrived!



CONGRATULATIONS WINNERS

*"Congratulations to everyone. Great to see Canadians doing so well!"
Val Vollmin, Pres, PCO*

Loeey Trembley (Ontario) and partner Paul Leeder Mens doubles 5.0 - silver
Patricia Archambault and partner Maria Rodriguez Women's Doubles 35- bronze
Patricia Archambault and partner Josh McKinlay Mixed Doubles 4.0- bronze
Catherine Bolahood (Ontario) and partner Lisa Wehr-Women's Doubles 3.5 -Gold
Cookie Drake (Alberta) and partner Rachael Kroog - Sr. Open Women's Doubles - Silver
Cookie Drake (Alberta) and partner Rachael Kroog Women's Doubles 55-59 -Gold
Cookie Drake (Alberta) and partner Ken Curry Mixed Doubles 60 - Silver
Mona Burnett (Alberta) and partner Bonnie Williams - Sr. Open Women's Doubles -Gold
Mona Burnett (Alberta) and partner Bonnie Williams - Women's Doubles 50-54 -Gold
Mona Burnett (Alberta) and partner Scott Moore - Sr. Open Mixed Doubles -Silver

Loeey Trembley, pulled off an extraordinary coup at the inaugural US Open Pickleball Championships in Naples, Florida. Playing in the Men's Open Double Division, he and his partner Paul Leader (with a combined age of 107) won a Silver Medal in their division. They were the oldest team to win a medal at this event. Woohoo!!!

Read the news article about them in their local paper, The Waterloo Record

<http://www.therecord.com/sports-story/6525136-local-pickleballers-collect-hardware-at-u-s-open/>

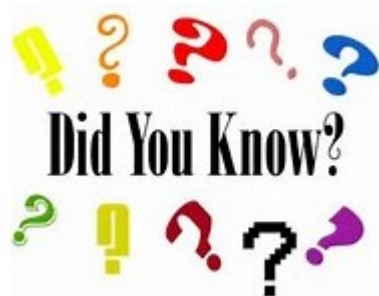
Kamloops, British Columbia 3rd Annual PickleBall Tournament

Held on May 28th & 29th **3.5 Ladies:** Gold - Nancy Agassis and Julie Varrie, Silver - Darlene Christianson and KJ Klontz, Bronze- Chris Gough and Kathy Wilson. **3.5 Men:** Gold - Stu Ryan and Mark McDaniels, Silver - Harold Dreyer and Nick Goshorn, Bronze - Dave Royce and Dave Rodgers. **4.0 Ladies:** Gold - Jayna Mikuse and Dorothy Telford, Silver - Nancy Rhea and Jayne Hackman, Bronze - Shirley Knorr and Judith Heunis. **4.0 Men:** Gold - Brent Jackson and Ron Wittenbecker, Silver - Rick Walker and Ray Marks, Bronze - Joe Capone and Ken Wong. **4.5++ Ladies:** Gold - Roberta Meakins and Kim Kopp, Silver - Laura Schwarz and Brenda Jmaeff, Bronze - Jayna Mikuse and Dorothy Telford. **4.5++ Mens:** Mike Schwarz and Mike Epp, Gord Young and Phil Soo, Dan Jmaeff and Maurice Parobec. **3.5 Mixed:** Liz and Rick Folk, Ellen Dale and Dave Royce, Charlene Fowler and Stu Ryan. **4.0 Mixed:** Jayna Mikuse and Paul Levens, Eleanor Clovechok and Joe Capone, Kathy Wilson and Ron Wittenbecker. **4.5++ Mixed:** Rained out, unable to complete

Provincial Ambassadors**BIG THANKS****AB– Brenda Feser** PCOprovincialambassadorAB@gmail.com**BC– TBA****SK– Carol Martens-Clappison** carolsarahmartens@sasktel.net**MB– Brian Shippam** brian@shippam.com and **George Rodrigue** gdrorigue@gmail.com**ON- Dave Hill** twoboomers@yahoo.com**QC– Claude Gauthier** claudeetlyne@yahoo.com**NB– Jake Grandy** jake.grandy@yahoo.com**PEI– Bruce Fitchett** bruceandrobin54@eastlink.ca**NS– Frank Rossiter** fjrossiter@ns.sympatico.ca**PickleBall Canada and the IFP**

PickleBall Canada Organization is a member of the International Federation of Pickleball. Other member countries are India, Spain & the USA. France & the United Kingdom are Associate Members. We follow the rules set out by the IFP and two of the directors on our PCO Board are involved with the IFP.

Val Vollmin, PCO president from Red Deer AB, has taken on the position of Secretary for IFP. Colin Caldwell, PCO Secretary, from Harrison Lake, BC has been asked to sit on the Rules Committee of IFP.



- ⇒ Pickleball Channel.com has some good highlight videos about the U.S. Open on their website as well as some great matches from the U.S. Open.
- ⇒ The internet is loaded with great Pickleball information including how to improve your game thru strategy and skill development.
- ⇒ Quick way to improve your game is to always play the stronger player during recreational matches.

PCO welcomes all pickleball submissions.

Please send photo and text (.doc, txt or .rtf) with a max of 400 words by the first day of the publication month to Newsletter Editor Colleen Wolkosky news@pickleballcanada.org

PICKLEBALL—More Than Just a Game

The Mike Bellis Story

"I can't imagine how good you would be without your disability."

I've heard this comment many times in the two and a half years I've been playing Pickleball. I've also heard: "Are you ok?" "Did you injure yourself?" "Are you in pain?" I can understand why people are curious, as my mobility issues are obvious. At age 31, I suffered a spinal cord injury that left me permanently disabled, technically an incomplete paraplegic.

I've entered a handful of Pickleball tournaments since I took up the game, and being around strangers in new surroundings always creates a lot of speculation about what, exactly, has happened to me. Rumours spread - some true, some a bit off and others, well let's just say that being attacked by a bear is a bit of a stretch!

The truth - I was golfing and swung the club like I had a million times before. By the time I had finished my swing, my lower body was completely numb. A disc had ruptured and crushed my spinal cord leaving me paralyzed, a rare condition called cauda equina syndrome. I required emergency surgery followed by a month in hospital and six months of rehab to get on my feet again.

Since my injury in 2005, I had to hang up my golf clubs and leave my job as Director of Golf at a private course. I don't have the balance and lower body strength to move the ball where it needs to go anymore. And while I still enjoy a good round of golf - I can even post a decent score - it's no longer my passion. I don't get those butterflies when I head to the course. All those feelings of excitement and joy have been transferred to my new passion: Pickleball!

Post injury, I suddenly went from a high-level athlete to a guy rolling around in a wheelchair. And, like anyone would, I struggled with that reality. My prognosis was all speculation, and after two years I stopped seeing improvements. Defeated, I just gave up. In the years that followed I put on an extra 75lbs. I developed a powerful addiction to alcohol and pain medication. And I spiralled into a deep, dark mind set.

Recently, I've been told I'm the kind of person that people "just want to be around", yet back then I was toxic. I merely existed, coasting through the days and years under a black cloud. Thankfully, things have changed. Yes, I am still disabled. I can't run or jump and I'll always walk with a limp. I deal with internal issues and chronic pain. Despite this, instead of feeling shame and embarrassment about my condition, I wear my injuries like a badge of honour.

In May of 2012 I had hit rock bottom, so I checked into a drug & alcohol treatment centre. After a life-changing month, I never looked back. While I now live free of my addictions, sobriety and recovery is still a huge part of my daily life. I wouldn't be writing this story if I had continued down the path I was on. I am proud to say I will be clean and sober three years next month.

As for the 75 lbs, they're gone too, along with a bunch extra - 135lbs in total! I reached my highest weight in 2010, when I tipped the scale at 360lbs. I look back on those years and feel so sorry for that guy. My whole life I was defined by my athleticism, even putting myself through University on a football scholarship. When that was taken away I totally gave up on myself, and I gave up on life. I don't think I would have made it through that dark time without the love and support of my beautiful wife, Kristi.

Kristi is a health coach and she could see how much I was struggling, both physically and emotionally. I just wasn't open to her advice at the time. It put a major strain on us both, and on our marriage. After my month at The Orchard Recovery Centre, I was ready for a fresh start. I had new hope and was prepared to make changes. I walked out the door determined, with the words of my counselor ringing in my ears, "Suit up and show up." I continue to live by that piece of advice to this day and it has certainly served me well on the Pickleball court!

When I returned home, I told Kristi it was time for me to get healthy, and asked for her help. I fully embraced what has become our health program, and had instant results. I was energized. I gained mental clarity and confidence. After a seven year hiatus, I was reminded how my body is supposed to feel. I also welcomed releasing the extra weight that I'd struggled with my entire life - I'm Haida and have always been "big boned". I wasn't capable of going for a jog or doing typical workouts, so you can imagine I was pleasantly surprised to find the pounds falling away easily. I did the activities I could manage. I started with gardening. I walked the dog daily. I got a gym membership and rode the stationary bike. I discovered new workouts I could manage involving core and resistance. And, I watched myself transform.



PickleBall—More than Just a Game continues

On a rainy night in November 2012, I had just finished a workout on the bike and was heading home when I heard a voice from the Fairwinds' gymnasium, "Hey, we need a fourth for pickleball!" So, I took my motto to heart and joined in - suit up and show up! I figured if I didn't like it, I wouldn't play again. Obviously, I loved it!

After that first night playing, I came home and YouTubed every Pickleball video there was. I recall wondering, where has this game been my whole life?! I threw myself into learning the skills, playing at least 3 times a week. I've created strong friendships with my Nanoose Bay playing partners and, more recently, have been charmed by the delightful players at the Nanaimo Pickleball Club. I stay in contact with many of the awesome folks I meet when playing out-of-town, and look forward to seeing their improved games and new tricks at the tournaments.

The 'picklers' have become my social circle, on and off the court. Many of them have their own challenges and we lean on each other for support and take inspiration from one another too. I've made some true lifetime friendships.

Pickleball has hugely impacted my life. It got me moving again, dramatically improving my mobility and agility. It played a major role in my weight-loss journey. The physical activity and friendships have supported my sobriety. I have rediscovered the confidence I had ten years ago. I've submerged myself in the game, the characters, and the community of this awesome game. It's so much more than winning matches and medals, although the competitor in me enjoys that part too!

by Michael Bellis www.michaelbellis.com

DRILLS & SKILLS tip of the month

Kitchen Game—great way to warm up and get a feel for the soft game. No Lob. Start with a dink serve which must land inside the no volley zone. The ball must be hit over the net at least 4 times (all dinks) not including the dink serve. Beginning with the 5th hit, you can win a point with a dink or a kill shot. No lobs. Just like the regular game, points can only be won by

"might as well face it you're addicted to PICKLEBALL"



In Victoria....

This little known, dedicated pickleball court and a children's play area are located in a small park behind a long established Victoria grocery store. It's close enough for Medical Office Assistants & pickleball addicts Bevely Bennett & Kerry Savory, to be able to hit a ball in their lunch breaks! Kerry says, "It's nice because when the ball goes beyond the court it hits grass and slows down!"



In Kelowna....

Saturday was a wet day with intermittent showers. A group of us really wanted a game of pickleball. It was way too slippery to safely play full court games. So...we squeegeed the courts to get rid of the bigger puddles then played 'kitchen games'. Great practice & tons of fun!!



Share photos and stories of your pickleball addiction...send to news@pickleballcanada.org

The fastest growing sport in
North America
Le sport qui affiche la
croissance la plus rapide en
Amérique du Nord

<http://pickleballcanada.org>

Membership Information

Please re-new or join PICKLEBALL CANADA. Membership application form is available on the website at <http://pickleballcanada.org>

One Year	\$12.00
Three Years	\$32.00
Five Years	\$50.00

Club group rates available (20 members minimum) contact: membership@pickleballcanada.org

Membership and Renewal

Please print and submit online completed forms and payments to:

PICKLEBALL CANADA

142 St Edmunds Cres
Sauble Beach, Ont
N0H 2G0

Website

Matthew Giancola

webmaster@pickleballcanada.org

Pickleball Canada Tournament Sanctioning

The Pickleball Canada Organization (PCO) tournament 'sanctioning' program offers many benefits which includes liability insurance for members. We are currently reviewing the tournament points system.

Sanctioning is the process through which Pickleball Canada Organization (PCO) grants qualifying tournaments the Sanctioning designation. A Tournament Director who applies and receives sanctioning agrees to meet and abide by all the sanctioning requirements and therefore, the tournament director and players who participate in a sanctioned event are eligible to receive the benefits associated with sanctioning.

- Event accident insurance for registered players
- Tournament listing on PCO website
- IFP rules apply in sanctioned tournaments
- Group rate membership discounts offered to players
- Public knowledge that your local organization supports PCO

New this year is the opportunity to get a discount when you use Pickleball Tournaments.com (PT.com) program to help organize your tournament. You can access PT.com at https://secure.pickleballtournaments.com/pbt_main.pl PCO sanctioned tournaments will be able to access the discounts same as USAPA Sanctioned tournaments. Under the Training Button you will find several helpful YouTube videos.

I also want to let you know that we are reviewing the whole sanctioning process, if you have any ideas we would love to hear from you. You can contact me at torunaments@pickleballcanada.org If you have any other questions about tournaments, please feel free to contact me.

Pickle on my friends
Mike Cooper
Tournament Director
Pickleball Canada

The Experts Column by Cookie Drake and Mona Burnett

If you have a question or want some advice why not send in an email to our Experts Column!! You can reach them at expertscolumn@pickleballcanada.org

Remember to keep those paddles up and keep practicing!

Cookie and Mona

Upcoming Tournaments

June 24-26	Alberta Open Pickleball Championships
July 8-10	2016 Pickleball Canada National Championships PCO Sanctioned

For a more complete listing of Upcoming Tournaments visit

<http://www.pickleballcanada.org/#!upcoming-tournaments/c21kz>



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