

PICKLEBALL CANADA

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



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Points of Interest

- ▶ 10 Good reasons to play our sport, called "the fountain of youth."
- ▶ Oops we made a mistake below, see correction below, front page, Ontario 55+ Games.
- ▶ Marg Ouimet, a Canadian Hero that saved a life in Arizona. Do you have a AED Plus unit ?
- ▶ 35 new paddles approved and now being offered for sale.
- ▶ Our President's Message, all newbies welcome. Let's be a good example.....
- ▶ Edgeless Paddle NOT approved
- ▶ PCO, help us grow as the only leaders in our sport
- ▶ Bev Butt's Rules Corner is back with more good suggestions and rules we should all follow.
- ▶ Renew your membership or become a new member for ONLY \$12.00 per year, \$32.00 3 years.

10 REASONS WHY PICKLEBALL IS FUN TO PLAY & WHY YOU'LL LOVE IT.

- 1) It is the easiest & quickest racquet or paddle sport to learn & enjoy. (You'll be having fun at your first lesson).
- 2) NO big serves required like other racquet/paddle sports. Expect more fast exchange volleys plus longer rallies. Great for keeping your reaction time sharp and alert.
- 3) Play area is smaller than tennis, so easier on the knees/joints.
- 4) Enclosures not necessary. Even when the ball is hit hard it does not go that far.
- 5) Very much a challenging sport, for speed, accuracy and endurance.
- 6) Power and strength are not as important as strategy and thinking out your next move. Many times just stepping aside from a powerful return wins the point.
- 7) Almost any hard surface will work. Sometimes all you need is a can of paint or masking tape.
- 8) Precise court size is 20' x 44' which will fit in most back yards, school gym, church halls, many clubs, parking lots, driveways and so many other locations.
- 9) The equipment is very inexpensive, wood paddles start at around \$15.00 each, balls \$1.50 each.
- 10) You can use a tennis net to start and weight it down at the centre with 1 gallon water jugs. Or lower the badminton nets to 36" on each end.

Keeping your body in shape and your mind sharp are two of the benefits of playing Pickleball. It has been said: Keeping fit is the fountain of youth. Pickleball gives you this and more. Remember to HAVE FUN because that is what brings out so many new people each year. There is no other sport like it in the world. Do your body a favour & keep it active, you may not live a day longer but your quality of life will be better.

WE MISSED THESE TWO GOLD WINNERS AT THE ONTARIO 55+ TOURNAMENT

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**Suzanne Pineau (left) and Linda Furse (right)
GOLD WINNERS LADIES DOUBLES**

We made a mistake in the last newsletter. It seems Suzanne Pineau was totally overlooked as a medal winner and she won GOLD with Linda Furse. So this win gives her 1,000 points which were actually given to her husband in error. This was our mistake NOT the Ontario 55+ Tournament mistake.

So the final numbers for Bill Pineau is 1,000 points for his GOLD win in Men's Doubles.

Bill and Suzanne Pineau did not have time to play in Mixed Doubles because of other commitments but they certainly would have been strong contenders had they been give the opportunity to compete.

We are happy to make this correction and give Suzanne the recognition she deserves. Linda Furse is also a very strong player and helped her husband win GOLD in the Mixed Doubles as well. Congratulations to both of you for a excellent performance at the games.

The fastest growing sport in North America.

Meet Marg Ouimet, Retired Nurse & Hero



Marg is a retired emergency room ICU nurse who saved the life of Ashley Riss a college sophomore who collapsed while playing Pickleball at the Palm Creek Golf & RV Resort last spring in Arizona.

Ashley was psyched and relaxing with her grandparents after finishing her rigorous spring exams at the University of North Colorado. Her exams were nothing to compare with what followed. Ashley simply collapsed during a round robin tournament when she bent down to pick up a ball. Fortunately Marg Ouimet saw her collapse and knew exactly what to do. She ran over to Ashley, shook her and called her by name. No Response. Marg cool-headed, started cardiopulmonary resuscitation (CPR) and asked a fellow resident to call 911 and retrieve the automated external defibrillator (AED) from side the courts. Marg took charge, talked another rescuer through setting up the device as she continued CPR, while applying the electrodes pads. Once the pads were in place, the AED Plus analyzed Ashley's heart rhythm. It advised a SHOCK.

Marg cleared the area and told the other rescuer to push the flashing shock button. She then resumed CPR and the AED validated the quality of her chest compressions through its Real CPR Help® technology. The AED provided real-time feedback for both depth and rate of her chest compressions. Marg estimated two minutes passed before Ashley's colour returned and she took a spontaneous breath, the ambulance arrived a minute later. Although Marg had defibrillated a number of people before, it was always in a controlled setting, in Emergency, where she had extremely qualified people helping. "I was so glad I was there to help her."

Ashley was transported to the local hospital, stayed overnight in the ICU but she was not out of the woods. Born with a congenital heart defect, she was transferred the next day to Mayo Clinic Hospital in Scottsdale about an hour away. The Mayo doctors were not sure how to treat Ashley but on getting the recorded information from the AED Plus, specifically the ECG data, it clarified her arrhythmia and lead them to implant a cardioverter defibrillator. A week later Ashley is back finishing her sophomore year at college, where she is studying to become a pharmacist. 3 months after the incident, Ashley's life is pretty well back to normal. She has a new friend in Marg and they talk a lot together. "I got really lucky with her being there. I can't even thank her enough" - no words would be enough, said Ashley. The feeling is mutual says Marg, 63, a Canadian cattle farmer who winters in Arizona. Ashley's Mom, Tina Riss, said "I am so grateful for Marg being on the courts that night and that the resort had the AED available, without them we would have had a very different outcome." We are very proud of the fact that Marg is the PCO area Ambassador for Edmonton, Alberta.

Pickleball Canada is very pleased to welcome Investors Group as the Presenting Sponsor of the Pickleball Canada National Open Championship Abbotsford, B.C. in July, 2013



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35 NEW PADDLES THAT MEET IFF MATERIAL SPECIFICATIONS

There are many new paddles in the marketplace that have recently been tested and approved for tournament play (here are 14 of them).

PicklePaulPro OV1SK1FIAL (thin) (10-20-12) OV1SK2FIAL (thick) (10-20-12)

PicklePaddle.com T200 (8-11-12) W400 (8-11-12)

PickleballPaddlesPlus Nexus Carbon-Graphite (10-20-12)

Pickle-Ball Inc. Attack Graphite-Aluminum (11-1-12)

Elite Graphite-Aluminum (11-1-12)

Elite Graphite-New Paper Core (11-1-12)

Champion Graphite-Nomex (11-1-12)

Champion Fiberglass-Aluminum (11-1-12)

Legacy Graphite-Paper (11-1-12)

Laser Sport Products

1402 (11-1-12)

1403 (11-1-12)

1404 (11-1-12)

As you can see there are many choices available and that there is not one single company getting all the business. They compete for your purchase just like all competitors.



Yes even Google knows who we are

The fastest growing sport in North America.

MESSAGE FROM OUR PRESIDENT DAVE SHEPHERD

A big thank you must go to the players, community coordinators and groups across the country who are starting up new pickleball programs in rec. centres and other venues. Pickleball is an easy game to learn how to play and that is why the growth of this game is phenomenal. There are new groups playing in Canada, from the East to West, from Nova Scotia and P.E.I to places like Sooke and Saltspring Island, BC. All these new programs and groups need court space, lines, nets, paddles and balls as well as instruction from those that know how to play. In spite of this, it seems there are two or three new places to play in each province every month.

Because of the friendly nature of pickleball players pretty soon these new programs and groups are up and running successfully. Thanks to everyone who offers their help to the "newbies". We all got some help when we started and it is satisfying to pass it along. IFP rules provide players with one set of rules recognized and used worldwide.

Most of the "Snowbirds" have left or will soon be leaving for warmer climates to the South, so we hope they play well wherever

they are. Strange as it may be, when the Snowbirds leave, there seems to be a whole new group of people who come to play at our indoor facilities.

Some of our top Canadian players are competing in the USAPA Nationals IV at Sun City Festival, Buckeye, AZ November 4-11 so we will be looking for Canadian names in the medal lists.

Pickleball has been added to the Canada 55+ Games to be held in Strathcona County, Alberta in 2014. Some schools in BC and New Brunswick have recently added pickleball to their physical education programs which will give us new players for the future. Many schools previously had some equipment, but the teachers did not know how to play so the equipment was stored away and not used. Thanks to Raymond Dorion, our Ambassador in New Brunswick who has organized and instructed a successful clinic open only to phys ed. teachers to help them introduce the sport to their schools.

Good luck to everyone starting a new program! We'd love to hear from new start-ups so we can give you our moral support.

EDGELESS PADDLE BY FRANK WU - BUT AGAIN NOT APPROVED

Frank Wu's "Edgeless" paddle does not comply Oct 31, 2012, as shown in IFP and USAPA's website. Edgeless (2-27-12) Coated with fiberglass, very reflective. Update 10-31-12: reports from the field indicate that the current production

model does not have the fiberglass coating and probably does not comply with the spec. Manufacturer has not provided a paddle for testing. Production model does not match the version tested. See Paddle Material Specifications

PICKLEBALL CANADA, THE NATIONAL AUTHORITY & GOVERNING BODY FOR PICKLEBALL

We have absolutely NO connection with BC Pickleball or Chuck Lefaive whatsoever. Occasionally we have players who have seen some BC Pickleball confusing statements and believe that they are part of us. Just for the record and for the benefit of our members we would like to let you know our position.

PICKLEBALL CANADA ORGANIZATION (PCO) is our nationally registered non-profit society with 12 Canadian directors. **Pickleball Canada Westcoast Association (PCWA)** is our BC provincially registered non-profit society with 5 Canadian directors. **PCWA** does not charge membership fees, all PCO members who are BC residents are members of PCWA. **Pickleball Canada.org** is our national website. **Pickleballbritishcolumbia.blogspot.com** is our BC affiliated website.

We have 8 provincial and 46 area ambassadors across the country. We are affiliated and supported by Pickleball Association of Ontario and almost all large clubs across the country.

Pickleball Canada supports and believes in International Rules (IFP). For the benefit of the sport all players should play with the same rules worldwide. These rules maintain the integrity of the sport. We welcome all players to all our events. There are many Canadian made paddles in addition to paddles made worldwide that conform to IFP rules. Our position is transparent, we have no hidden agendas, we are not in the paddle business, we are not all snowbirds. We are all volunteers doing what we love and doing it for the benefit of others. Why not join us and help us grow and be a part of this wonderful sport we all share.

ST. JAMES 55+ PICKLEBALL IS ALIVE AND WELL AND EXPANDING IN MANITOBA



First the GOOD NEWS, Pickleball will be an official sport at the 2013 Manitoba 55+ Games in June at Morris, Manitoba. The demo last summer helped make this happen.

The BAD NEWS is The Wildwood Club lost their courts this year BUT the good news is that most of their players have joined St. James 55+ and they are very happy to have them, bringing their experience and different styles & strategies. With only 3 courts and 24 to 30 players out each time

there are longer wait times. As the snowbirds leave, that will take off some of the pressure. Clinics like the one shown on the signboard to the left, have created more interest & more players.

Regardless of the level of their play, they look good in their Pickleball Manitoba shirts supplied by Brian Shippam.

"We need to find other places to play in the city but they require a much more expensive membership to join," said Maggie Martin. "We have 2 courts once a week and 3 courts twice a week at a local facility but with our growth this is nowhere near sufficient. We are looking to local schools gyms for evening play. We'd love to hear from others who solved this challenge."

TOURNAMENTS THIS YEAR FOLLOWING IFP RULES

2ND ANNUAL PICKLEBALL CANADA NATIONAL OPEN CHAMPIONSHIP, ABBOTSFORD, B.C.
CANADA'S LARGEST TOURNAMENT - JULY 6TH & 7TH. 20 EVENTS, 14 COURTS. MARK YOUR CALENDARS.
WE ANTICIPATE OVER 200 PLAYERS FROM ALL OVER NORTH AMERICA.

IF YOU HAVE A TOURNAMENT YOU WOULD LIKE OUR MEMBERS TO KNOW ABOUT LET US KNOW AND WE'LL POST IT HERE. ONLY REQUIREMENT IS IT MUST FOLLOW IFP RULES AND SACTIONING IS AVAILABLE (INCLUDING INSURANCE) FOR APPROXIMATELY \$2.00 PER PLAYER (MINIMUM \$50.)

Please re-new or join PICKLEBALL CANADA

Your support is needed to help us grow & meet our commitments to communities across Canada.

If you have questions, we'll try to answer them quickly.

If you are already a member, please share your information with us.

Membership is a Privilege - We want your participation in all decisions.

Help us grow - With your input and support we'll have so much more to offer all members.

There is strength in numbers. Contact us below or go to: www.pickleballcanada.org

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MEMBERSHIP RATES FOR PICKLEBALL CANADA

New/re-new membership rates are:

One year \$12.00
Three years \$32.00
Five years \$50.00



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RULES CORNER BY BEV BUTT

Chair Rules Committee P.C.O.

Did you know?

Setting Up Pickleball Court and Net Post Rule

As the popularity of pickleball increases, nets and courts are being placed in varied locations.

To set up a game similar to pickleball, one may use a net, posts, lines and paddles of choice.

However, for more serious play, there are formal rules for the layout and equipment. Reviewing measurements and proper names will give you some credit.

Net height is 34" centre and 36" at ends. A centre strap can be used to lower centre height.

Court is 44' by 20' with measurements made to outside of lines.

Non-volley lines are 7' from net on both sides.

Lines: centre line, baseline, sideline

Areas: service court, non-volley zone (no longer called kitchen)

Posts are placed outside the sidelines. 12" is recommended.

Remember this Rule: 12.I. Net Posts:

Net posts are out of bounds. If ball strikes net post or anything attached to net post, it is a fault. Ball is declared dead even if it lands in court. However, this rule does not include net, net cable, or rope between net posts.

Send questions/comments to bbutt@sasktel.net