

January 2025 Pickleblast

Club President's Message

Whoever ordered up the wind and cold weather please send it away (but hey – we could be in Florida, or anywhere else – right?). Regardless of the weather there is a lot going on in the club and in this month's Pickleblast what with upcoming social events, pilot programs, the club league, tournaments, member-authored articles and more.

Over time this space is going to evolve too and we'll try to expand provision of high quality, relevant content as part of our technology updates. Thanks for your support and patience I hope you enjoy this edition – many thanks to all the contributors!

Jeff Washburn - President, GVR Pickleball Club



1. Volunteer Recruitment Events – We love our volunteers and we are in constant need for more as we continue to grow. Many of you have expressed a desire to be more involved with the club but aren't sure how to go about it or even what may be available for you to do. Believe me, there are so many volunteer opportunities available--some short-term, some a bit longer, but all giving you a chance to be more involved and help us thrive as a club.

The club is going to start off by having two recruiting events:

- A) Wednesday, January 29th, at the East Center auditorium from 9am-11am and
 - B) Thursday January 30th at the Pickleball Center under the awning (blue canopy) from 10am -12pm.
- Light refreshments will be served.

Members of the club's Board will join me at these walk-in events to share information with you about the range of volunteer opportunities and possibilities available in the club. I am confident that we can find something to match your experience, skills, interests and availability. I encourage you to bring your questions and ideas about possibilities we may not yet considered. Even if you're already volunteering but would be interested in doing more, please attend. And if you can't make it at these times, please send an email to "gvrpbclubsecretary@gmail.com" and we'll respond directly to your request.

The club is growing and we need you to help us make a difference. Please consider coming out to one or both events and learning more.

2. Elections for the Club's Board of Directors – There are several board-of-director (BOD) positions up for election this spring: Vice President, Treasurer and two Member at Large positions. We have seven total BOD members who serve alternating two-year terms. Please consider contributing your experience and skills in serving in one of these critical positions. More information to follow.

3. **Annual Club Dine & Dance** - Please remember to sign up for the club's biggest social event of the year--Dine and Dance -- **Saturday, February 1st**, at the **West Center** auditorium. Come for the dinner at 5pm and stay for the dancing--or just came at 6pm to dance! BYOB. More information is in the [attached flyer](#). **Please sign up on Pickleball Plus before January 25th** (even though the flyer states the deadline is January 20th).

Note: Dietary needs? Contact Mary Wright via email at wmary1966@gmail.com for options.

4. **News from the Board of Directors:**

A) BOD Member Jay Salerno submitted his resignation from the board at the end of December. On behalf of the remaining BOD and all club members I would like to thank Jay for his service to our pickleball community and wish he and his family health and success in the future. Thank you Jay!

B) Subsequent to Jay's resignation, Greg Wright was nominated to and via a unanimous consent motion was selected to fill the remainder of Jay Salerno's Member at Large position which lasts until spring 2026. Many of you already know Greg from his amazing work with the testing / ratings infrastructure in the club. Welcome aboard Greg!

C) As was announced in the last Pickleblast and at the December BOD meeting – Maribeth Kwasneski is the new club secretary. Her email address for club business is gvrpbclubsecretary@gmail.com.

D) Court Expansion Project - At the January BOD meeting a motion was approved to fund the commission of architectural site studies to help determine a final project proposal and details. It is expected that the studies will take up to six (6) weeks to complete once the architect is engaged. We will provide information to club membership about the results of the study in future Pickleblasts and educational events. This is an exciting next step as we walk down the expansion path. If you are interested in participating in the site visits, please send an email to me at greenvalleypickleballclub@gmail.com, with the following subject line: "Site visit". Note: the steering committee will make final determination as to the participants – it will be impossible to accommodate everyone but we do want a broad range of member input.

E) Technology Corner - Pickleball Plus / Club Website - The porting of Pickleball Plus to an upgraded environment has begun and beta testing started last week. Just a little spoiler from me: It looks awesome and is fast! More to come. Yay, yay, yay!

F) Court Management - Weather Station Reminder: As has been noted previously, the club has dedicated weather stations at all pickleball locations. The temperature can vary widely from location to location. You can see the temperatures for the centers at: <https://www.gvrpickleball.org/weather>.

G) Overhead Display at East Center – There is a new monitor in place at the East Center – many thanks to Dean Bielke, Jay Salerno and others including GVR staff, The monitor displays the daily schedule similar to the one in the breezeway at the Pickleball Center.

H) Thanks – The club received thank you letters from the Green Valley Parkinson's Support Group, and the Community Food Bank. Also, The Drop Squad hosted an awesome Thank You party last weekend for those sponsors and individuals who contributed towards their very successful run in the National Championships in Hilton Head SC in September.



5. **Annual Membership Renewals** – Club membership renewal season is underway. Memberships are \$15 / calendar year and include a wide range of benefits from balls to developmental and play opportunities of various types. There were a couple of technical glitches early on but we think those have been corrected, If you run into any challenges renewing please contact the club secretary at gvrpbclubsecretary@gmail.com.

6. **Celebration of Life** - A celebration for Marilyn Gaizband will be held on her birthday, February 28th 2025 at the Green Valley Recreation East Center Auditorium, 7 S. Abrego Dr. in Green Valley, beginning at 2 PM. Marilyn is the wife of Sam Schaen our diligent and resourceful club Web Master.

7. **Club showcase** – The annual GVR club showcase will be held at the Las Campanas GVR center on Friday, January 31st from 1-5 in the afternoon. Come check out all of GVR's 59 clubs and stop by our table and demonstration court. Thanks to Mary Wright and club volunteers for coordinating and running this event for us!

8. **Byrd Penny clinic** – February 10th – 13th. There are a few 3.0 and 4.5 skill level slots still available. Sign up now on [Pickleball Plus](#).

9. **APPL Team Play** – We have nine (9) teams competing in the Arizona Pickleball Players League (APPL) this year. Play started in early January. See Pickleball Plus for home league games (look in the "Courts" tab). Come out and cheer our friends and teams on!

10. **Club Intramural Pickleball League** – From league coordinator Steve Fernandez We are off to a great start for the pilot of our GVR Intramural League. With 95 players already signed up, we are looking at five 3.5 teams, five 3.0 teams and four 4.0 teams. Unfortunately, we have had only 3 individuals show interest in the 2.5 skill set. So it is not looking like there will be any 2.5 teams. I have started putting together teams and have communicated with several of you regarding team

names and who will be the captain. I will need this info sooner rather than later.

At the January 10th meeting we had given the date of February 1 st as the final day to sign up. Many have expressed the need to be able to practice as a team. So, the final date to sign up will be Saturday, January 25th, 2025. This will allow nearly 2 weeks of practice once the teams are posted. I am looking to have the teams posted on the GVR Pickleball website Monday, January 27th, 2025. The site address is <https://www.gvrpickleball.org/intramural-league>. This is also where the play schedule will be posted as well.

A separate document will have an in-depth explanation of the MLP league play format. Play will be on Saturdays starting February 8th, 2025 and end March 29th, 2025. We will play at the Pickleball Center from 2PM until approximately 4PM.

Anyone still interested in signing up, please get with me and I will get you assigned to a team. If you have friends that seldom read the Pickleblast, TELL THEM TO SIGN UP!!

The more the merrier!!! My e-mail is bellboyhou@sbcglobal.net. My cell is 713 857-1271.

Looking forward to hearing from you and see you on the courts! See [here](#) for more information.

11. 4.0 Advanced Play Pilot Program – The 4.0 Advanced Play Pilot Program is starting on Saturday January 25th at the Pickleball Center. The pilot cohort of 4.0 players has been selected. A major goal of this pilot program is to gather information to support the development of an approach for player development across all skill levels. Please contact coach Carol Hammerle at starfish59k@aol.com if you need more information.

12. March tournament – From Tournament Director Maria Acevedo

Save the date: March 15-16, 2025 – Pickleball tournament hosted by GVR Pickleball Club; More details about registration coming your way soon! Tournament Volunteers needed in the following areas:

Player Check-in, Match score entry, court score keeper, court monitor, parking lot & traffic control, assist with tables/chairs setup & breakdown.

-Volunteers: please call/text Maria Acevedo @ 630-935-4381

13. Scheduling Corner – From Janet Reynolds Club Vice President / Chair of the Scheduling Committee

Court Scheduling - Jan-March 2025

A) We have added a 3.5 Mixed Gender RR on Thursday afternoons at 3pm Courts 21-24, effective Jan 23, 2025.

B) Court Cacophony - General information and Tidbits about how we schedule our courts

The scheduling pattern for the Tuesday afternoon ladies mixer and the Friday Ladies RR at East Center has been to assign 8 courts from January through March or April, then eliminate them during the summer (as we do for many other events) due to heat and less players in GV.

We add it back to the schedule in Oct/Nov at 4 courts, the back up to 8 in January. December is an abnormal month for attendance due to many players leaving town for the holidays.

C) Balls, Balls and more Balls.....

You may have noticed that our Club uses a lot of balls. Believe it or not, the Club thinks about Balls a lot:

- i. Greg Wright is putting together a group of volunteers to keep the ball sleeves supplied. Contact Greg at gwmw2005@gmail.com if you would like to volunteer.
- ii. The 9 APPL teams have purchased balls for their use. Each AAPL team will use 6 new balls from their supply box (which they have purchased) for every home match. At the end of each match, they leave the lightly used balls in the court ball sleeves for club use.
- iii. When you are done playing, please put balls back in their sleeves to minimize deterioration from the weather. Also, please close the court gates when you are finished playing.
- iv. We collect broken balls in Bins, anyone know how to recycle them?? other than using them for decorations or buying a shredder machine. We could find an artist to build a sculpture of " the thinker" and call it the "Dinker"

Pickle on!

Next Board Meeting

Next Board Meeting: Thursday February 20, 2025, 4 – 6 PM, Location: West Center Room 2.
Note: We will be sending Zoom link for future BOD meetings.

Board Meeting Highlights

For the complete minutes from the previous board meetings go to the club's website under the "About the Club" tab here: [Board Agendas and Minutes](#)

An Exercise Craze among seniors has impacted sports injuries in Pickleball Players – Nancy Buseth RN

The sudden and enormous popularity of pickleball has included a surprising and large contingent of geriatric players. Similar to tennis and badminton, pickleball is a game with a short learning curve that offers low-impact cardiovascular benefits. Unlike tennis, most injuries in pickleball are sustained by older rather than younger players. In fact, pickleball-related injuries increase with increasing age. Such injuries include strains, sprains, joint pain, falls, and fractures. The most affected joints are the wrists, shoulders, knees, and ankles. Clinicians can advise their older pickleball patients on strategies and tips to minimize the risk of injury. This may be particularly important because many older individuals playing pickleball today were previously sedentary. Older people may be attracted to pickleball because it is an inclusive sport with a high socialization factor. Nevertheless, pickleball can deliver an excellent cardiovascular workout and it may be an example of a successful way to promote exercise among older people and those who resist exercise.

Why do seniors play pickleball?

The popularity of pickleball among senior citizens has surprised observers and created some clinical challenges while, at the same time, offering

geriatric citizens the many known benefits of regular exercise. **Pickleball may be considered a eudaemonic pursuit, that is, an activity that brings happiness, contributes to a sense of overall fulfillment, and allows participants opportunities for obvious self-improvement.**

Eudaemonic efforts are not purely hedonistic or pleasurable but revolve around finding happiness in a personally meaningful context. In other words, eudaemonic pursuits are not just about having a good time, they are about building a better life. It has been postulated that seniors pursuing sports activities, such as pickleball, may be acting to contribute to their own eudaemonic sense of well-being.

Pickleball injuries may be more severe among older players with osteoporosis or osteopenia, turning what might be a minor fall in a younger person into a fracture. Osteoporosis likely accounts for the higher rate of fractures among older female players who have higher rates of osteoporosis and osteopenia. Played judiciously with a holistic view of overall health and well-being, pickleball is a low-impact cardiovascular workout. Taken to the extreme, it can result in repetitive stress injuries. **Many older pickleball players are retired and play pickleball for hours every day, turning this low-impact cardiovascular workout into a mechanism for repetitive stress injuries.**

Older pickleball players as well as newbies to regular athletic activity need to learn the basics of sports safety: meticulous attention to warm-ups and stretching, devoting days of the week to rest with no play at all, consistent hydration, healthful eating habits, cross-training, and paying attention to the body. While pickleball may seem like an easy sport to learn and play, proper techniques, such as how to hold the paddle, can minimize the risk of injury. For example, good pickleball form encourages players to hit the ball below the waist, which minimizes stress on the wrist. Pickleball players do not have to be in good physical condition to enjoy the sport, but avid players should develop a well-rounded physical exercise routine to get in shape as regular and competitive play does require fitness to prevent injuries.

Risks versus benefits

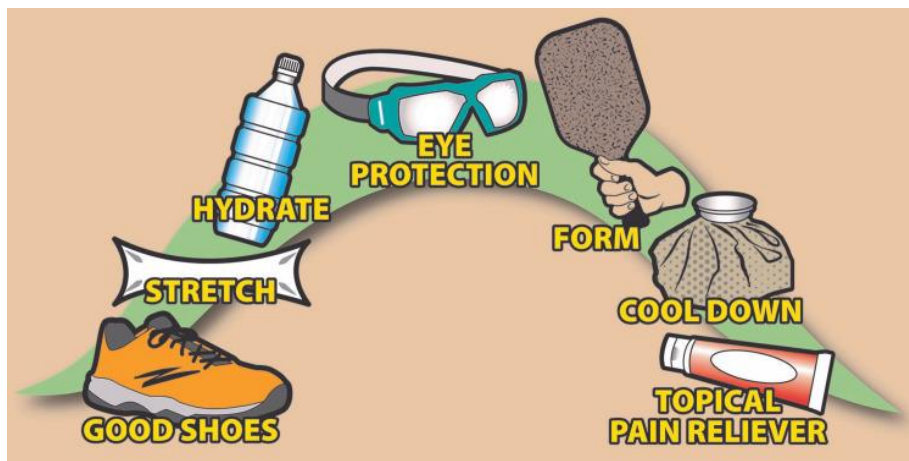
While seniors may have the highest injury rates in pickleball, the benefits of pickleball play often outweigh the risks for geriatric players. Properly pursued, pickleball is an excellent, enjoyable, low-impact cardiovascular exercise; regular cardiovascular workouts are known to improve cognition, reduce anxiety, help maintain a healthy weight, reduce cardiovascular and diabetes risks, strengthen bones, and build up muscles and endurance

While pickleball is not as strenuous as tennis or jogging, it can be fast-paced, which requires players to stay alert, promotes visual acuity, and can improve cognition as players strategize where to hit the ball next.

Common pickleball injuries for players of all ages

Injury	Cause	Preventive strategy
Ankle injuries	Rapid movement, sudden changes in direction, sudden stops and starts, and lateral moves can stretch the Achilles tendon or tear the anterior talofibular ligament	Wear good running shoes, avoid extreme motions, warm up before play, and cool down, even with ice packs, afterward
Knee injuries	Rapid movements, sudden changes in direction, sudden stops and starts, and lateral moves can sprain the knee and tear the medial collateral ligament	Avoid extreme lateral or zig-zag running; if knees ache before play, use a brace during or after play. Ice down after play
Muscle aches and pains in the leg	If hamstrings are not properly warmed up, large strides or sudden moves can strain or tear quadriceps muscles	Warm up consistently for at least five to 10 minutes
Elbow injuries	Twisting the wrist when holding the paddle can cause micro-injuries or tiny tears to the forearm tendons. This can be a version of “tennis elbow”	Learn proper technique to hold paddle, return ball holding paddle below the waist. Ice down wrists after play. If wrists are sore but not injured, play with a brace
Shoulder injuries	Sudden or extreme reaching up to return the ball can cause a tear in the rotator cuff	Avoid overhead returns as much as possible
Falls	Rapid movements, sudden changes in direction, and running backward can cause a fall. Falls can be exacerbated when the hands are used to break the fall—and get injured in the process	Avoid running backward or making extreme and rapid movements on the run. It is much better to lose the point than fracture a wrist. Those with impaired balance may benefit from balance exercises

Patient education basics for preventing injury during pickleball play



Pickleball players enjoy their workout. Pickleball players do not even consider their time on the court to be exercise or a fitness routine. They are not working out, they are playing. It is a time they look forward to and a time they enjoy. It is exercise, but it is exercise disguised as fun. Many other fitness regimens emphasize work, effort, sweat, and discipline. Pickleball, from its silly name to the funny-looking modified courts, is more fun than exercise.

The surprising boon in pickleball and its popularity among senior citizens has increased the rate of pickleball-related injuries seen in clinical practice. Clinicians should offer treatment for these injuries, which are far more common in older than younger players, and provide advice to pickleball players on ways to minimize their risk of injury. The benefits of pickleball, particularly for geriatric players, far outweigh the risks and pickleball may be an important cardiovascular workout program that seniors ardently embrace rather than reject.

Please take the advice of our coaches and instructors here at GVR to minimize your risk of injury and learn the safest and best strategies for play. In conclusion, enjoy playing Pickleball here in Green Valley and anywhere else!

Data and information in this article has been taken from the research study listed below.

Treating Geriatric Sports Injury Among Pickleball Players: A Narrative Review of an Exercise Craze Among Seniors [Joseph Pergolizzi Jr](#)¹, [Jeri Matera](#)², [Jo Ann K LeQuang](#)

Want to reduce risk of stroke, heart disease, infection? Socialize

Here's a [link](#) to an interesting article that provides even more reason to be part of the pickleball community.

Special Notices

2025 Rules Changes

Here's a [link](#) to the 2025 USA Pickleball Rules Book

Court Updates & Reminders

The volunteer members of the scheduling committee would like to welcome our seasonal players back to Green Valley and extend a warm welcome to all new members to the club. The GVR Pickleball Club prides itself on being a friendly group that offers competitive play in a recreational environment. It's going to be another busy season of Pickleball in beautiful Green Valley! We are looking forward to seeing you all on the courts!

Reminder: **Priority use of courts**

Although our club is privileged to have 36 courts, there are certain times that there will be high demand for the same courts. Club membership is now almost 1,100 people.

As our 36 PB courts begin to fill up for the winter season I would like to remind players of individual court use priorities:

Court use schedules can be found on the home page of the club website and on PB+ in the courts tab.

Priority 1 - play format* assigned on the schedule (and skill level if assigned)

Priority 2 - skill level (if assigned)

Priority 3 - anyone else

* Play formats are defined at the bottom of the court schedules on the club webpage.

Court assignments are designed to incorporate the multitude of skill levels and interest groups among our players.

Continue to stay tuned to the court schedules and *Pickleblast* for any future court schedule changes.

As always, thank you for your continued cooperation.

Court Schedule Changes:

Skill Ratings

Skill Ratings testing has started again. For complete information about Skill Ratings and RAP (Rating Assessment & Demo Practice) visit the Club's website Rating tab at: [Ratings | PB2021 \(gvrpickleball.org\)](#).

Members whose skill rating has changed through the Club rating process, IPTPA, APPL Index or other accepted rating testing:

2.5 - David Bidwell, Greg Boyle, Barbara Hall

3.0 - Lisa Fenner, Karen Huddleston, Michael MacCaskey, Steven Ramp, Cheryl

Rykaczewski, Barbara Trentadue, Jim Weisz

3.5 - Jill Evers-Bowers, Susan Flores-Dow, Khoa Nguyen, Nadine Zollner

4.0 - Annie Bessette

New Members

Please join us in welcoming following new members to the club:

Alan Minatra, Ken Hargreaves, Dominique Hargreaves, Mike Davis, Stephen Sleeman, Kim Gilbert, Doris LaFevre, Randall LaFevre, Robin Popp, Craig Lasater, Paul Nei, Lonie Nei, Mike Rennick, Roland Reidhead, Cynthia Degraaf, Stacey Reichardt, Anthony Spencer, Nuncia Campbell, Greg Boyle, Ronald Rowcotsky, Marianne Wray, Diane Brown, Robert Brown.

Winter 2025 Club Classes

Note: These days / times are subject to change – always check Pickleball Plus for the current schedule.

Developing Skills:

The Club offers a Developing Skills program to active 2.0 & 2.5 GVR and club members looking to learn and improve their skills. Players are encouraged to use the Developing Skills sessions as a stepping stone to improve their skills after taking a GVR Pickleball 101 class. There is no charge for this program which incorporates drills and game play with a coach observer. However, after four sessions players will need to join the Pickleball Club to continue to attend. Coaches are authorized to advance players club skill level ratings from 2.0 to 2.5.

Developing Skills sessions are on Tuesday and Thursday's 12:00 – 3:00 at the Pickleball Center. Sign up on [Pickleball Plus](#).

GVR Classes

From our GVR coaches - See the Winter 2025 GVR Catalogue (hard copy or online) for classes and sign up information. The next classes start in [February](#).

Training for Ball Machines

The Club has a Lobster Ball Machine at the East Center and the Pickleball Center. Both are available to reserve through [Pickleball Plus](#). If you want to be trained on the Lobster ball machine, check "Events" in Pickleball Plus for the monthly training sign ups (in season only).

Play Safe and Be Prepared

As a reminder, when you go to play pickle ball it is a great idea to have a copy of your insurance card, driver's license, and emergency contact with you. Plastic bags in the cabinets at the 3 locations, they are to be used for impromptu ice packs in case there are no ice packs in the first aid kits.