



Pickle Juice

Words from the Editor

Joanne Griesser

Weather. We talk about it all the time, study it, curse it and love it. Weather has such a profound impact on our game. Spring showers keep the courts soggy but also presents beautiful Goldilocks days: not too hot, not too cold, they are just right. Summer sun can be so hot with stifling humidity; it gets us up early to play before the heat of the day melts our shoes to the court. Fall gives us wind that acts like that fifth player on the court. It is amazing to watch a perfect serve blow sideways out of bounds! Winter shuttles us indoors and out of the cold. Usually we can find some indoor places to play. This year will be tough. We can be more spontaneous when winter gives us a sunny day. The ball might bounce a little funny, gloves do not grip the racquet as well, but you can still have fun.

This Newsletter is for our members. If you have a story, a helpful tip, pictures, travel information, an event or you just want to have your voice heard, send your article to Joanne.Griesser@verizon.net. Your input could appear in the next newsletter.

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From the President's Desk

As we have seen and experienced, the pandemic is modifying behaviors of people in many ways. Our members are responding to the current situation in many ways as well. Some of our long-time members are only playing with their immediate family either out on their driveway's or at public courts. Others have purchased nets and have organized their own groups, keeping the size of who they play with a small select group. Some members have felt comfortable to return to playing as a group. The good thing is that we all are trying to play in our own way based on our own perspective of managing the risk of infection. So far, we have been lucky in that no one has reported being sick and we haven't had to conduct any contact tracing; knock on wood, this trend will continue.

As we prepare for the coming cold weather, the association is working to identify playing opportunities both outdoors and indoors as best we can. Unfortunately, several options we have utilized in the past are either no longer available to us or have changed their fee structures to make it cost prohibitive. The public-school system decided we needed to pay room fees for the use of the cafeteria's and gym we used in the past. That is too costly for the number of people these facilities can handle. Another lost opportunity is the Columbia Association's Owen Brown Tennis Club. It is my understanding that CA has decided to lock their facility when they are not staffing the office. We understand that the facility will be locked up after they close for the season to enforce their COVID-19 protocols. We will miss playing under the lights as we lose the day light in the evenings. We are waiting to hear about Monday nights at Chapelgate, anticipating the ability to return to using the gym. Once we get the go ahead, we will institute appropriate COVID-19 protocols to help minimize the risk. As best as we can, our board is exploring other outdoor alternatives that will work if the weather cooperates.

One of the bright spots for the last few months was our instruction efforts. Barry Leech, our New Player Coordinator has conducted several new player instruction sessions. Sonny Tannan, an association member and certified Pickleball Coach, offered several people an association-sponsored clinic. Duane StClair, one of our board members conducted an association sponsored intermediate clinic. All have been well received and appreciated. In addition, Marc Austin, an association member and certified Pickleball Coach, is working with Howard County Recreation and Parks to offer a variety of classes that seem to be very popular. As a result, we have acquired many new members over the past few months and our sport continues to grow.

Finally, I would once again like to recognize and thank our open play session coordinators who have volunteered to keep the Pickleball equipment and setup at various times. Their efforts both in bringing and taking the equipment as well as obtaining substitutes to cover when they are away has been the life's blood of our organization's ability to provide so many playing opportunities. Be sure to thank them yourselves if you get the chance! To my recollection they are: Tom Mauriello, Barry Leech, Nancy Hartka, Duane StClair, Linda O'Neill, Teresa Love, Dorothy Boulton, Don Schmidt, Ji-Hyon Kim, Harold & Carol White, Gail Kennedy and Mike Augustine. Additionally, we are grateful for Joanne Griesser and Valerie Pugh for volunteering to coordinate the upcoming Monday evening sessions at Chapelgate. I

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also want to thank those of you who have showed up early or stayed later to help with set up and take down of the equipment.

Stay safe and healthy as we move indoors and deal with new challenges.

Paddle's Up!

Duane's Court

Maryland Pickleball Ambassadors work to grow pickleball in the State

Maryland has USA Pickleball ambassadors in 13 counties around the State. Jointly the ambassadors have been working collectively to create more opportunities to play throughout Maryland. In 2019 the ambassadors created the first Maryland Ambassador Open that brought 96 players from around the State to Annapolis for a fun day of playing pickleball. This event was originally thought to be an annual event. Unfortunately, like much of our activity this year, COVID-19 prevented the Open from being held. Additionally, the planned hosting of the Mid Atlantic Pickleball Retreat has had to be postponed hopefully for just one year. The Retreat would have been an opportunity to highlight the growth of pickleball in Maryland with players from 6 other states.

In spite of the virus, the growth of pickleball around the State has continued to bring new players into our sport. New venues are opening and more tennis courts are getting pickleball lines. We collectively are looking for a more normal return to play in 2021.

Pickleball Instructional Tip-Communicate with Your Partner



How often do we see a ball down the middle go between two players with each expecting the other to hit the ball, or two players both hitting the ball with their paddle? There is no reason not to let your

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partner know when you are going for the ball or expect your partner to take the shot. Not communicating with your partner can lead to hesitation that can lead to losing a point. Another time to communicate with your partner is when a ball is going out and you do not want your partner to play the ball. Doubles play requires communication and teamwork so do not be afraid to talk with your partner.

Don't give away easy points!

Many games are won or lost by a few points. Every easy point you give up can make the difference in the outcome. The first easy point you might be giving up is hitting balls going out. When watching opponents hitting a return shot watch the speed and height of the shot. Also important is the position on the court of your opponent and your position. If you are behind the midpoint on your side and a hard shot is approaching at shoulder height let the ball go. The final factor to consider is whether you are with the wind or against the wind. If your opponents are hitting with the wind more of their shots will go out. If your opponents are hitting against the wind more of their hard shots will stay in.

Here is a video of the point: https://www.youtube.com/watch?v=YTHU7mj_kYo

The second easy point given away is not getting your serve in bounds. It doesn't make sense to attempt a serve that you can only get in 75% of the time. The serve in pickleball isn't often an offensive weapon so "just get it in bounds."

The Sonny Side

Some pickleball habits to work on developing...

Well, we are all still here!

It seems like time has passed us by ever so slowly, and yet sometimes ever so fast. Milestones in people's lives have continued to pass us by and we continue to persevere. I hope all of you are continuing to find ways to stay active as well as safely healthy.

As I continue to see more and more players finding a routine schedule of play, I keep hearing this common phrase, "I know there are things I should be working on, and I know what I'm doing wrong. I just don't always know how to go about fixing it!"

I would like to share a few tips on how you can start to create new habits...and in essence, begin to "fix it".

As #Fansof3 here are 3 tips on how to create habits, and this is in no means the only ways to think about this...let us just keep it simple though:

1. Visualization – it must begin with a mindset that you want to accomplish something and what is that something
 2. Positioning – set yourself up physically and mentally to begin working on that something
 3. Communication – don't think that you have to do this on your own, let your partner know that you are working on something
- **Before you play** – think about what you want to work on during your play session. Pick 1 thing you want to really focus on improving.
 - **During play** – continue to practice that 1 thing that you have set your mind to focusing on during your session, even if you miss more than you succeed.
 - **Post play** – review how you think you did and be honest in your self-assessment, what can you do next time you play to work on that 1 thing.

By creating these habits and building muscle memory, we minimize the stress and anxiety that we sometimes feel when we don't know what to do, or how to do it. But by focusing on developing your own game in this way, you ultimately improve how you play in the future.

If you are interested in learning how you can bring out the best in your own play, feel free to connect with me on Facebook, LinkedIn or Instagram and let's get to work on enhancing your game.

See you on the courts!

With Optimism,
Sonny



Sonny Tannan

PPR Certified Professional | Team HEAD player | USAPA Ambassador



Apple added Pickleball to the Workout Application

HOW TO GET THE PICKLEBALL WORKOUT OPTION ADDED TO YOUR APPLE WATCH:

- Update to watchOS 7 by accessing the iOS Watch app and navigating to General then Software Update
 - * **watchOS 7** requires iPhone 6s or later with iOS 14 or later and one of the following Apple Watch **models**: Apple Watch Series 3 or above.
- Once updated, go to the “Workout” app on your watch
- Scroll to the bottom of the workouts and click “Add Workout”
- Search for “Pickleball” within the alphabetized workouts!

Western Regional Park

There are eight outdoor courts at Western Regional Park. Several times a week a few pickleball players setup nets and play. There are some tennis players using the facilities, but there is usually an empty court.

Due to regulations, the Howard County Pickleball Association cannot reserve the court for weekly play. Bring your net and a few friends and enjoy these courts.

Humor

Great minds Dink alike

Dink responsibly, don't get smashed

Dinkin' GoNuts!

Relish Pickleball

Pickleball Star- Dill with it

Carpe Dinkum

Travel

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Naples, FL. The US Open Pickleball Championship Games:
Susan Dreisch, Patti Dixon, Renae Schieber, Jackie Jarrett, Leslie Minchew