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Subject: Around the Post 1st quarter 2020
Date: February 14, 2020 at 12:03 PM
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Inaugural Issue

Welcome to the first edition of *Around the Post*! We are excited to offer an upbeat, fun, newsy account of life and events in The Annapolis Pickleball Club (aka APC, FYI.) Bearing in mind that this will only come out quarterly, check our website <http://www.annapolispickleballclub.wildapricot.org> for the most up-to-date schedules for open play, clinics, social gatherings and other APC happenings. We hope you enjoy!

President's Message

President's message

Ben Torreon



First, your 2020 board and I are honored to serve you in the coming year! We will work hard to continue to provide our members with opportunities to enjoy this amazing sport! As I talk to other clubs, we share some common challenges:

- Securing courts and providing open play both on weekdays and weekends – currently our greatest challenge, especially in the winter months when outdoor play is rarely an option, and
- Meeting the needs of both the casual player AND those who aspire to tournament play and are looking for ways to improve their skill level.

There will need to be short term and long term solutions to these issues. In the short term, we will:

- look for additional local venues beyond Pip Moyer Rec Center to supplement our court time,
- continue to work with PIP to maximize the use of the facility and
- monitor the progress of the work being done at Truxtun Park (which seems to have hit another snag – we'll keep on top of that).

We also have a Long Range Planning Committee that was put in place by last year's board. Tony Martinez has passed the torch to me on that group and we are studying the possibilities of "what could be" 3 – 5 years down the line by looking into what other regions are doing to address the explosion of popularity in the sport in their areas. Stay tuned!

I look forward to your ideas and input throughout the year.

See you on the courts!

Club Committees and Leaders



At the first 2020 board meeting, committees were confirmed and leaders have been identified in the following areas:

Training and Development Committee: Nick Pessagno and Rick Benton, co-chairs

Communications Committee: MaryMarie (MM) Quigley, chair

Information Technology Committee: Mike Klybor, chair

Social Committee: Suzan Cotter, chair

Equipment Committee: Frank Quigley, chair (Scott Taylor/Bethany Phillips overseeing PIP, Al Hansen overseeing Bestgate Courts, Frank Quigley overseeing PAL Park, Truxtun Park: TBD when we actually have courts there again!)

New Members Committee: Cindy May, chair

Programming: Ben Torreon, chair

Long Range Planning Committee: Ben Torreon, chair

If you have questions, concerns or ideas regarding any of these areas or are interested in helping out, please reach out to these people! They are working hard for you.

Improve Performance and Prevent Injuries

Warm up before you play!



Are you doing a proper warm up before you step onto the court? PIP Moyer's Personal Trainer, Darci Scaringe, has been offering **PICKLEBALL FITNESS CLASS, Thursdays at Noon**. Here is a 10-step warm up that Darci recommends:

1. Foot/Ankle Circles – 10–15 rotations, both directions, both feet
2. Foot Lateral rolls – 5-10 repetitions, both sides, both feet
3. Foot Ball Bounce (calf raises) – 15-20 repetitions, slow and then rapid. If stretch is needed/deeper steps
4. Bent leg swings, 15-20 repetitions, both legs - pull the leg up and back, don't let momentum do it for you!
5. Straight leg swings, 15-20 repetitions, both legs – pull the leg up and back, don't let momentum do it for you
6. Knee hip circles, 10-15 repetitions, both legs, both directions
7. Arm circles, small to large, one arm at a time, forward and backward, full range of motion, both arms
8. Internal and external humerus rotation, with or without paddle, both arms
9. Windmills and shoulder rolls both forward and backward
10. Cardio – Side or jumping jacks and laterals

These exercises and more info about the benefits of warming up can be found on our website, along with a video presentation:

<https://annapolispickleballclub.wildapricot.org/Warm-Up-Exercises>

Consider signing up (through PIP) for Darci's class designed just for us Pickleball fanatics! It's included with your rec center membership or daily entrance fee.

Equipment Committee Update

From Scott Taylor



More New Nets at PIP and other items

They're here! We have acquired 4 more new SWIFT Nets for use at Pip Moyer Rec Center! Yes, we're adding to the Swift Net fleet as we continue the process of replacing our older nets.

HERE ARE SOME KEY POINTS TO KEEP IN MIND IN CARING FOR THE NETS:

1) Swift bags are not interchangeable with older model net bags. ONLY Swift Nets go in the bags marked "SWIFT."

2) Placing older nets in Swift Bags can cause damage to the bags or equipment. For example, this bag was recently torn:



3) If you are new to setting up a Swift Net, fear not; there is a short video on our website demonstrating this relatively simple process:

<https://annapolispickleballclub.wildapricot.org/Swift-Nets>

Please take a minute to view it and/or ask for assistance the first time you use one. Like most things in life, it gets easier after you do it one or twice. Bonus: they are super light to carry!

4) If you see nets at PIP in need of repair, please note the tag ID (every bag has one)

4) If you see nets at PIP in need of repair, please note the tag ID (every bag has one) and notify me (Scott Taylor) or Bethany Phillips.

Thanks in advance for giving your pickleball nets some luv!

And in other equipment news, we are trying out something new at PIP: Penn Red Indoor Balls



This newest color is said to have improved visibility for players, and the board voted to approve the purchase of some to test out, so let's give them a try and see what we think!

APC Members Appeal to County Executive Pittman



In January, a contingent of APC members showed up (with paddles in hand) at one of County Executive Stuart Pittman's town hall meetings. Member Kristin Schweitzer (who is also a USAPA Ambassador) made excellent use of her 2 minutes to present the facts about the exploding popularity of Pickleball in the area and the need for more facilities. Thanks to all who turned out that evening to show our strength in numbers!



Photo contributed by board member Cindy May.

Join the Volunteer Coordinator Challenge!



What is the challenge? How many members will find 2 hours, one morning a month to help with open play operations at PIP Moyer Rec Center?

We've all heard the saying "Many hands make light work," right? Well we could use a few more hands in the role of Volunteer Coordinator – a very important and helpful role

Upcoming Regional Tournaments



Want more competition? Here are some tournaments coming up that you might be interesting in! Sign ups can be done on www.pickleballtournaments.com – the site for tournaments nation-wide. Check it out!

Kent Rec Center March Madness: March 7-8, Dover, DE

Mayor's Cup: March 21, Annapolis, MD (SOLD OUT!)

Diamond State PB Open, Delcastle Tennis Club: March 21-22, Wilmington, DE

YMCA of Chesapeake Spring Fling: April 4-5, Easton, MD

Beach Blast: May (TBD), Dover, DE

Ocean Pines Summer Classic: June 6-7, Ocean City, MD

**REMINDER: YOUR ACTIONS
INFLUENCE OUR RELATIONSHIP
WITH PIP**



Recently an email went out to all members explaining our open play arrangement with PIP and the importance of NOT taking out our frustrations out on PIP staff when we are not granted access to an open court. PLEASE BE MINDFUL of the relationship that we have carefully developed with PIP over the years and express your frustrations to our board, not to the PIP staff. You can read the entire message here: [Critical Message for APC Members_PLEASE READ.pdf](#)

How Well Do You Know Your Pickleball Rules?



Question:

Your opponent hits a shot low over the net. You are positioned just behind the non-volley zone (NVZ) line and stretch to return the ball before it bounces. In the process your paddle scrapes the NVZ court surface just before you volley the ball. This is a non-volley zone fault because your paddle touched the non-volley zone during the act of volleying swing. [Rule 9.B.]

True or False?

This is just one of the questions that you'll find in the USAPA Players Rules Test found on their website <http://www.usapa.org>. So if you're surfing and tired of looking at

on their website <http://www.usapa.org>. So if you're surfing and tire of looking at people's selfies, entertain and educate yourself by taking the online, 50 question test! No lie, it's pretty fun. Make it a competition with a friend or partner and see who scores better! Come on... you're competitive... you know you want to. You can take the test as often as you like, so study up and take it again if you desire. Each time you will receive a follow-up email containing your test score so you can track your improvement. Before long you'll be scoring 100%. To challenge yourself even more, try the Referee Test.

Have fun and good luck! And by the way, the answer is TRUE.

Member Spotlight

