

Tuesday, April 26th
2022

brought to you by...



Tuesday Schedule

- 7am-2pm* Check In Available
- 8am-8pm Mixed Age Doubles
- 8am-11am Mixed Pro Split/Age Doubles
- 8am-11am Anyone can watch matches on Zing Zang Championship Court (no ticket required)
- 11am-2pm Entertainment: Duncan Wheeler

Food served all day at Delicious By Design in the Landshark Beer Garden Tent and at the Food Trucks (by the Fan Zone)

FEATURED MATCHES ON ZING ZANG CHAMPIONSHIP COURT (PURCHASED TICKET REQUIRED)

- 2pm Mixed Pro Split/Age
- 3pm Mixed Pro Split/Age
- 4pm Mixed Pro Split/Age
- 5pm Mixed Pro Split/Age Gold
- 6pm Mixed Pro Split/Age Bronze
- (times subject to change)

NO TICKET? 2 OTHER WAYS TO WATCH TODAY'S MATCHES

1) At the Fan Zone on the Video Wall while you enjoy some dinner and drinks at the Food Trucks. 2) On-line at PickleballChannel: Facebook, YouTube or Global Live. Go to: www.pickleballchannel.com/live

Please check out today's Draws/Match times at: www.USOpenPickleball.info > Draws-Results

*Registration will remain open until 2pm or until everyone for that day's matches are checked in.

Congratulations to all Medalists

All results thru yesterday will be posted at: www.usopenpickleball.info > Draws-Awards

2022 Pro Split/Age Medalists



Men's Pro SplitAge

- Gold: Riley Newman/Dayne Gingrich (lf)
- Silver: Mircea Morariu/Jw Johnson (rt)
- Bronze: Steve Kennedy - Dekel Bar



Women's Pro Split Age

- Gold: Irina Tereschenko/Cammy MacGregor (lf)
- Silver: Eva Welsher/ Callie Smith (rt)
- Bronze: Julie Johnson/Jorja Johnson

Pro Split/Age is a team of one pro under 50 and one pro 50 & older (2nd year of this popular event).

A Big SHOUT-OUT to our ParaPickleball Players

You all are amazing and gracious and great ambassadors of Pickleball!



This is a Hard Article to Write...

Why? Because I like an alcoholic beverage (or two) each night and then I think I don't need water. I mean, seriously, doesn't a beer or glass of wine or coffee have water???

(I'm drinking a beer right now)
So I interviewed Dr. Nancy Burns PhD, LAT, ATC in the Arthrex Wellness Tent (where the Athletic Training, Physical Therapy and Massage area is at The OPEN). She told me some interesting facts about drinking WATER...YES, plain, clear unadulterated water. (I dumped the beer now and I'm drinking some water...)

Dr. Burns told me HYDRATION ISSUES are the number one enemy of the US OPEN Pickleball Championships. Especially after day two or three and especially in this heat and humidity.

Her key points are this:

1. The athletic population (*that's us*) ... should make it part of our EVERYDAY LIFE-STYLE to drink 100 ounces or more of WATER EACH DAY (preferably cool or room temperature since ice water absorbs slower-really!).
2. Heat related illnesses are 100% preventable by drinking Water. Hydrating (drinking water) days before your event starts; while in your event and after your event. Yes, 'added tools' such as Tsamma Watermelon Juice and other electrolyte drinks are great but PLAIN WATER is key!
3. After day two of competition (or even every day of athletic play) your water stores deplete and if not restored, you'll start the next day in a dehydrated state. This is where the trouble starts. You need to hydrate enough to replenish right now, for the next day and then just 'top it off' and drink some more.
4. One indicator if you are hydrated properly is the color of your urine. It should always be light yellow to clear. In fact, what Dr. Burns tells her athletes, make sure your pee is clear (twice) before going to bed. (*Be right back, I have to go check mine again*)

Dr. Burns has worked 3 years for CORA - Sports Medicine Division called ActiveTracks. (ActiveTracks role is to engage and support the community of Naples) and a total of 13 years as a ATC. Nancy and her colleagues are here this week (in the Arthrex Wellness tent) offering free services to athletes in everything from pain relief, advice, minor aches and pains and injury prevention. Please visit the Tent this week for all your needs or just to say thank you. (*Drink up, water that is!*)

by Connie Martin



Dr. Nancy Burns




MADE ON THE FARM
tsamma
(SAH-MAH) WATERMELON

TRY SOME TODAY
Tsamma® Watermelon Juice Watermelon juice is an excellent source of lycopene, potassium, L-citrulline, all of which have been proven to improve athletic performance and recovery. Each bottle is 95% watermelon Juice. For Sale at the US Open!

Tuesday Photos

more at:

www.usopenpickleball.info



We want your stories and your Photos
Have anything interesting about yourself or fellow players here at The OPEN? Or Photos to share? Go to www.usopenpickleball.info and click on the Share button.