

SW19

Tennis and Pickleball

MONTHLY NEWSLETTER

NEW ITEMS FOR SALE



New:
Hoodies
T-Shirts
Long
Sleeves

KC
Pickleball
Paddles



More
'notes
to
self'
Merch



Sharon G. Aubuchon



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PICKLEBALL TIP FROM COACH CATHIE

The two-ball dink drill is a great way to improve tracking the ball, hand-eye coordination and reaction time within pickleball play at the kitchen line.

This is a two-person DINKING drill using just ONE side of the pickleball court. The hardest part of the drill is making sure you both start your ball feed with perfect timing. Then, you'll both dink the ball back (cooperatively) to your partner.

Start with both players positioned at the kitchen line directly across from each other for the entire DINK drill. Start the ball in unison and dink it to your partner. Then, you'll dink each ball back to your partner and work as a team to keep the rally going.

You can visit YouTube to find many examples of this drill when you want to get some practice in.

Register now for our Friday Intermediate 6-8PM Pickleball League
via Court Reserve or sw19kc.com!

PICKLEBALL COACHES

Cathie Hopkins: 913-269-8637

Newbie & Beginner

Ray Hubbard: 816-820-8597

Intermediate & Advanced

Jacob Beck: 913-749-6046

Intermediate & Advanced

Daryl Wyatt: 816-437-8451

Intermediate & Advanced

Tim Bratton: 816-808-8440

Intermediate & Advanced

SAVE THE DATE

Halloween Pickleball Mixer

Saturday, October 28
6-9PM

Halloween Open Play
Sunday, October 29
2-4PM

HAVE FUN & PLAY ON!