Around The Post

NEWSLETTER OF THE VENTURA COUNTY PICKLEBALL CLUB

2nd Quarter 2022

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Special THANK YOU to Tom and Carolyn Murphy for building VCPC's media stand, used for the first time at March Madness

March Madness Comes to Rancho Conejo!

Doubles Gold Medal Winners

3.0 Men	Estevan Juarez/Caleb Juarez
3.0 Women	Kellie Gunner/ Jolie Franciscus
3.0 Mixed	Alan Bell/Kristen Bell
3.5 Men	Chuck Smith/Andres Melendez-Ek
3.5 Women	Beth Pattee /Linda Bearss
3.5 Mixed	Kevin Lashley/Beth Pattee
4.0+ Men	Jeremy Rex/Brad Whetten
4.0+ Women	Amanda Oh/Stacy Potter
4.0+ Mixed	Tom Costa/Danica Wolf

See the full March Madness story with pictures on page 3

Ventura County Pickleball Club

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https://venturacountypickleballclub.com

2022 Board of Directors

President, Kathrin Nolan

1st Vice President, Linda Pappas-Diaz

2nd Vice President, Tobye Bernstein

Secretary, Valerie Radocay

Treasurer, Carole Linderman

Around The Post

Quarterly newsletter of the Ventura County Pickleball Club

Editor, Allan Linderman

Associate Editor, Pamela Collins

Editors invite all members to submit their own stories about their pickleball experiences at all levels: allanlinderman411@gmail.com

Meet the Board of Directors: Kathrin Nolan, President

(Each issue of 'Around The Post' will feature a member of the Board of Directors, in their own words.)

Kathrin (left) playing in March Madness with Laura

By Kathrin Nolan

I discovered Pickleball after my dad, Pete and step-mom, Marsha became Pickleball addicts. It took a while before I dove in fully but now I admit that I am also joyfully addicted. We are so lucky to have the excellent courts at Rancho Conejo, courtesy of Conejo Recreation and Park District. I love volunteering on the CRPD tournament committee and I love being a USA Pickleball Ambassador. Colette Berney has been and continues to be my mentor as an ambassador for the sport. I love that we have created and are still creating a strong community of Pickleball fans and am grateful for the opportunity to continue to serve on the VCPC Board. Thank you to Mark and Valerie Radocay, Bill Weiss, Janet Clark, Carole Linderman, Sharon Pacheco, Pat Rosenthal, Irene Weidelman, Pamela Collins and all of the members of our founding committee and our volunteers for getting us to where we are today. I look forward to working closely with all of you and other members who would like to get involved in 2022.

To be part of this group and become a member of the Ventura County Pickleball Club, visit our website at https://venturacountypickleballclub.com and click on "SIGN UP". As a club member, you can improve your game, compete in future Ladders and Round Robins, participate in the Education program and/or help us advocate for more courts.

March Madness Takes Over Rancho Conejo's Courts

The weekend of March 5-6 found pickleballers from all over the area competing for medals in VCPC's first official tournament, *March Madness*, held at Rancho Conejo Courts. (Winners listed on page 1.)

A total of more than 100 teams competed at the 2.5, 3.0, 3.5 and 4.0 levels in Men's Doubles, Women's Doubles and Mixed Doubles. Despite a very windy Saturday, win or lose, there were LOTS of smiling faces on and off the courts, on both days.

Tournament players in action

Pat Rosenthal (l) and Jay Oken managing the Tournament in real time

Sign-ins (l) and sponsors out front

Tournament Players in action

Pickleball in the News

From CNN, "The sport with the funny name that's sweeping America": https://www.cnn.com/2022/03/20/us/pickleball-explainer-wellness-cec/index.html

From *Shape Magazine*: "Why Pickleball Should Be Your Next Hobby": https://www.shape.com/fitness/trends/what-is-pickleball

From NPR, "America's fastest-growing sport is a cross of tennis, pingpong and badminton": https://www.npr.org/2022/02/19/1081257674/americas-fastest-growing-sport-pickleball

From *Parade* Magazine: "10 Things You Need to Know About Pickleball, the Sport Everyone in the U.S. Is Playing Right Now": https://parade.com/1277671/margie-zable-fisher/what-is-pickleball/

From the New York Post: "Pickleball mania leading to an epidemic of injuries among baby boomers": https://nypost.com/2022/03/01/pickleball-injuries-are-on-the-rise-amongst-seniors-baby-boomers/

From WESA-FM, Pittsburgh: "Pickleball, the game with the funny name, is taking over Pittsburgh: https://www.wesa.fm/arts-sports-culture/2022-03-21/pickleball-the-game-with-a-funny-name-is-taking-over-pittsburgh

Rule Changes for 2022

According to PICKLEBALL UNIVERSITY these are the "10 Pickleball Rules Changes to Learn for 2022". Below is a summary. **To read the complete story, go here**: https://www.pickleballuniversity.com/home/10-pickleball-rule-changes-to-learn-for-2022

1. The drop serve is no longer 'provisional".
2. Rally scoring is rejected.
3. Official scoring nomenclature to start remains 0-0-2.
4. Reinstating the let serve rejected.
5. Chainsaw (spin) serve outlawed.
6. Visibility (of the pickleball) is 100% necessary.
7. Keep playing on the wrong score call
8. All good with extra balls.
9. Tunes are not allowed on the court.
10. Removing player x ref conflict.

PICKLEBALL UNIVERSITY notes as a Takeaway, "The changes listed above are just a few of those slated for 2022. Official rules and changes will be posted soon."

LADDERS ARE WHAT MATTER

By Mary Lyman

VCPC launched our inaugural club ladder competition February 9 and the response has been overwhelmingly positive.

Ladders are a type of competition where members play matches against each other and move up and down the ranking with the input of each score. The purpose of ladder competition is engagement (new friends), competition against players of similar ability and FUN! Ladder competition is played at 12noon every Wednesday at the Conejo Recreation and Park Department **Rancho Conejo Playfield** pickleball courts. The ladder captain assigns play groups by ranking each week – you just show up.

We capped our first league at 32 participants to go through our learning curve with a manageable number. For sessions 2 and 3 we're ready to go with more players which contributes to greater energy and more diverse playing partners each week.

VCPC is planning to run 3 ladder competitions in 2022:

- Session 1 February 9 – April 13. 10 weeks
- Session 2 May 4 – June 22 8 weeks
- Session 3 September 7 – October 26 8 weeks

(One of the learning elements of Session 1 was that 10 weeks may be too long.)

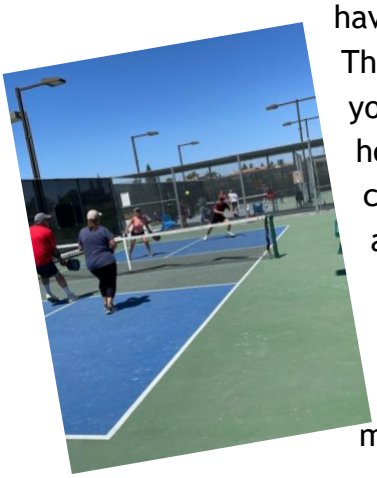
Participants adhere to established court rules, including leaving the court after each game to 11 and using the paddle rack to get in line for return. We enjoy interacting with the non-ladder pickleball players and work hard to ensure they know they are not being blocked by our rambunctious group. Frequently they ask "how can I join this fun?".

Sample Wednesday schedule:

- **11am** arrive on property
  - Take a few minutes to walk up from the parking lot, set up your chair, refill your water bottle, put on shoes, chat with your friends, etc.
  - Cycle into a few random games via the paddle rack to warm up
- **11:45am** gather your playing partners – is everyone here?
  - Place your 4 paddles in the paddle rack and get started by 12noon
  - Rotate within your group of 4 so that everyone plays 3 games total – with a different partner each time
  - Turn in your score sheets; consider staying to play more ad-hoc pickleball with others

Scores are input into the ladder software (holdmycourt.com) by league captain Wednesday afternoons. Standings are then circulated among participants.

One of the keys to making the ladder so successful is the excellent effort Session 1 participants have taken to keep the ladder captain apprised of their availability. The ladder schedule is flexible – you can miss a few sessions to live your best life. The key is to let the ladder captain know via email (48 hours in advance) when you're not available. You can imagine the chaos if you have 6 or 7 or 8 groups of 4 ready to go on a Wednesday, and there are some unexpected no-shows.



Sign up is via VCPC email newsletters. Participants must be current VCPC paid members. Ladder competition is free to members, not an additional fee.

Most common feedback from participants:

- "I didn't think I'd have so much fun"
- "I love meeting new people; I see a lot of faces I recognize and now I know their names"
- "It's enjoyable being in a group of similar level players with competitive games"

Come join the fun!

VCPC Ladder Competition #2 is set for May 4-June 22!

NOW IS THE TIME TO SIGN UP

Contact ladder captain Mary Lyman at m.gaudino.lyman@gmail.com.

UPCOMING TOURNAMENTS*

DATE	TOURNAMENT	PLACE
June 25-26	June Gloom	Rancho Conejo Playfields
October 29-30	CRPD Monster Smash	Rancho Conejo Playfields

Ventura County Pickleball Club (aka VCPC) is organized for the purpose of encouraging interest in the fun, healthy, recreational and competitive sport of pickleball. Our club strives to facilitate a sense of community, provide guidance to those who are new to the sport, assist in organized play options for all, advocate for creation of more places to play and to provide basic instruction to those who are new to the sport. The club also works to promote good sportsmanship, fellowship, and a fun and enjoyable experience for all members playing pickleball.

*Visit www.venturacountypickleballclub.com for more information