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Penn Yan Racquet Club Spring 2023 Newsletter

Message from Murray

The club continues to have an influx of new members. And while we have also lost a few members, the demeanor of the membership is positive and strong. And with new members, we experience new ideas, many about the machinery of the club as administered by the Board. We encourage everyone who wants to take a leadership role in the club consider strongly offering their services through Board membership. This is not a job to take lightly, it requires thought and action. Opportunities abound both inside the club and outside in our community. Changes to the Bylaws made last fall mean that 1/3 of the Board membership may have seats available. Please contact any Board member for information about how the Board works, what workload can be expected, and what areas are in need of you expertise and interest.

We have completed our search for a vendor to supply new LED lighting in the racquetball court without the need to modify the rough openings. We have one last detail to determine the fit of the new fixture into the existing openings. The changeover will take about two hours and increase the light values in the court to recommended amounts.

We continue to find ways to provide needed services as well as improve safety on the courts. All chairs will be removed from the tennis/pickleball courts and be replaced with four folding wall-mounted benches. When not in use the will fold to within 2" of the wall and have no feet. Each bench can support 350 lbs. This will help avoid running into the benches while playing and to avoid injury.

With equipment in operation in the attic space, access is generally inadequate. Studies are underway to create a new way to access the attic space for inspections and maintenance of the air handling equipment.

We continue to consult with the Village to renovate and improve the current tennis courts at the boat launch area. Our suggestion is to remove the three existing courts and replace with two tennis courts and four pickleball courts, all with adequate spacing for top level play. Night lighting is also being considered.

I hope all is well. I look forward to saying hi to everyone whenever I am at the club. There is a lot of energy here,
Murray Hestley

Tennis Ideas From George

Mind-Body-Spirit. Each is necessary if you want to have fun on the tennis court and be more successful.

The mind is the captain of the ship, but the mind/brain is located within the ship. The mind and brain direct the activity, the training, the nutrition, the tactics, and the strategy. The mind does the learning, the mind reads and studies and applies knowledge gained. Decisions need to be made, and the mind/brain makes those decisions, whether it be to hit crosscourt or down the line, to use more or less spin, to attack the net or stay back, or to go after an opponent's weakness.

So the mind pretty much tells or encourages the body on what to do. Unfortunately, the body doesn't always cooperate haha. It gets tired, maybe due to lack of sleep or weak training or poor nutrition. But for the most part, if a tennis player wants to succeed, it must get the body to listen and act. Things that can help this issue include proper rest, excellent nutrition and hydration, specific practice and drilling, and choosing good equipment.

So having a sharp mind and an active and willing body can give you a great chance to play your best and enjoy some level of success. Winning is not everything, playing your best is more important, and striving to do each involves the spirit. The spirit motivates you to go to the gym when you maybe don't want to. The spirit can give you added confidence when you face strong opponents. The spirit moves you forward when the mind and body are not having a great day. The spirit makes you hustle and use intensity to overcome the competition and win.

So, in conclusion, we must be reminded that to do well on a tennis court, you must get the ball over the net, keep it within the lines, and do these things against an opponent or opponents with similar goals. If one can enlist Mind-Body-Spirit, maybe just a bit better than your opponents, success becomes more likely. Proper abdominal breathing can put these three facets into play. Proper

Age is no barrier. It's a limitation you put on your mind.

Jackie Joyner-Kersey

breathing can lower a rapid heart rate, reduce lactic acidosis deposition into your muscles, and calm a nervous mind. Use your spirit to breath in positive thoughts, and breath out negative thoughts. And good breathing will help a tennis player to stay in the present, and focus on hitting good shots, one by one.

Try to work on your mind-body-spirit triad, each is important, each is necessary for a positive outcome and confidence in tennis. And of course, these principles surely apply to Pickleball and Racquetball, and to most anything we do in this fun life that we live.
All the best, Dr. George F. Dieffenbach, USPTA

Racquetball Thoughts

February is a good time to look inward, instead of out the window, and what better place to be than in a windowless white room, contemplating racquetball trivia. Here are a few tips, selected from the official rules:

Rule 2.5.c, Apparel: Audio Devices. Players may not wear audio devices during play unless they are used to amplify one's hearing. *Colorful commentary and footfall rhythms will have to suffice as a soundtrack.*

Also under Apparel: Bright colors are allowed, but not overly baggy clothes that create a distraction or tripping hazard. And yes, Allison's shoes fall under allowable footwear, even the five fingers (toes).

Blast rule: This one occurs under several classifications. If the ball (other than on the serve) caroms from the front wall to the back wall on the fly, the player may retrieve the ball on the fly or after if finally makes its way to the floor and has only bounced once.

There may a few members with thunder enough to create this scenario.

Arcane back wall rule: If the ball hits the wall above the red line on the back wall on the fly (before bouncing), it's a dead ball (point lost). If it hits there after it bounces once on the floor, it's a do-over. The same guidance appears if it hits the light on the back wall.

Court enhancement suggestions, other than re-walling and re-painting:

- A trap door at the best spot on the court (middle, slightly ahead of the service box), activated when someone occupies this place without earning it by hitting a good shot.
- Zapper on the left side wall that generates a mild 'reminder' when someone occupies this position for more than two seconds (when not waiting for a doubles partner to serve).
- Score keeping device projected on the front wall in giant digits, including AI technology that remembers who served last.



- Glass wall on the tennis/pickleball side of the court, so that members engaged in all sports can laugh at each other and add a new sort of distraction to their list of excuses for missing the ball.

What is Open Pickleball

The Pickleball committee would like to clarify what Open Pickleball is for. If you still have questions or concerns, please address them to one of the pickleball committee members. Our goal is for everyone to enjoy themselves!

1. Goal: have fun while dealing with Covid
2. There are 7 days a week that any member may sign up for
3. Depending on who shows up on a particular day, players can distribute themselves in ANY way they wish
4. You can ALSO play on ANY court you choose. This is indicated by where you put your paddle in the rack on wall to play on a particular court or just sub in at 1st completed game
 - A. If you choose to play on an advanced court, you should expect all players to play full out
 - B. If you are an advanced player and playing on an intermediate/beginner court, please play at a level commensurate with the other players and assist them in improving their game
5. You rate yourself, no one else does

PB Committee: Chris Hand, Bob Cody, Patti Eddinger, Christa Coriale, Gary Wallace

Significant Rules Change for 2023

from USA Pickleball

Official Rulebook 2023

Apparel (2.G.1/2.G.4)

Inappropriate apparel may now include apparel that approximates the color of the tournament ball. Section 1 encourages players to avoid wearing apparel that approximates the color of the ball. The Tournament Director retains the right to require an apparel change during a non-chargeable time-out.

Spin Serve (4.A.5)

Manipulating the ball to add spin during the release of the ball is not allowed. Some natural rotation of the ball when it is released is allowable, but the server must not impart manipulation or spin prior to striking the ball to serve. This applies to the volley serve and the drop serve.

Replay or Fault on the Serve (4.A.6/4.A.9)

The referee has the authority to immediately stop play and order a replay if the referee is not certain that one more required elements of a serve have been met. The referee will call an immediate fault if a serve clearly violates one or more of the requirements. The intent is to induce players to adjust their serve so that it clearly and obviously meets all requirements.

Player Questions about Correct Server, Receiver or Position (4.B.8)

Player questions about correct server, receiver or position remain allowed before the serve is hit. A generic question by the server such as "Am I good?" is considered to encapsulate both the correct server question and the correct position question, and the referee will answer both questions. In non-officiated play, a player may ask the opponent the same questions and the opponent must respond with the appropriate information.

Wrong Score Called (4.K)

If the wrong score is called, the referee or any player may stop play before the return of serve to correct the score. It is a fault to stop play after the return of serve to identify or ask for a score correction. It is a fault to stop play to identify or ask for a score correction when the score was correctly called.

Equipment Time-Out (10.D)

Players are not required to use a regular time-out for equipment adjustments or changes necessary for fair and safe continuation of the match. The referee will call an equipment time-out of a reasonable duration.

“Woody” Tennis Tournament



One day in March, a group of tennis enthusiasts decided to go back in time and play with wooden tennis rackets while dressed in white tennis attire. These 14-tennis enthusiast wanted a place to go, when the world was a much quieter place.

Penn Yan Racquet Club hosted its first ever Retro "Woody" Tennis Tournament on March 4th.

The days leading up to the tournament consisted of digging out an old tennis racket that I'm sure had lots of cobwebs and dust on it and coming up with an all-white Ensemble.

The magic ensued bright and early on an 8 o'clock Sunday morning and continued on until the tournament's conclusion 10 hrs later.

THANK YOU!!!

A big thank you for everyone who participated in the court clean up this spring. Many hands make light work and indeed that was the case with all the volunteers.

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