

Club President's Message

Season's greeting everyone! On behalf of the club's board of directors I wish you and yours a peaceful and happy holiday season in whatever way you observe it. Merry Christmas, Happy Hanukah, Happy Festivus, Happy New Year etc. We appreciate you and your support of our community.

As usual there is a lot going on with the club – here goes:

1. **New Board Member:** Please join me in congratulating and welcoming Maribeth Kwasneski to the club's Board of Directors (BOD) as secretary. Maribeth was nominated and subsequently approved at the December BOD meeting to fill the position that will be vacated when Julia Sheppard-Cole moves away from Green Valley in the near future. Maribeth brings a lot of enthusiasm and a wealth of relevant experience to this position.

It will be difficult to replace Julia on the BOD, we are sad to see her leave, but express our gratitude for her service to the club and wish she and her family all the best in the future. Don't forget us eh? For now, the previously announced Communications Coordinator role will revert back to the BOD.

2. **New Member Welcome Committee:** The New Member Welcome Committee was created by the BOD in November. Gail Gersonde and Al Willette are leading the effort with a good number of fellow club members volunteering to help out. We'll give you an update of their activities in a future Pickleblast. In the meantime – Thanks!

3. **Dues renewals:** You should start seeing the dues renewal dialogue box when you sign in to Pickleball Plus starting the last week in December. Dues are for the calendar year starting January 1st and ending December 31st. Note: Dues are currently \$15 / year.

4. **Court Expansion Project:** The BOD has created a Steering Committee and begun talks with GVR in regards to defining a Memorandum of Understanding between the club and GVR. We anticipate having specific information to share with the club sometime early next year. We appreciate the input we have received from many interested club members regarding this project.

5. **Ratings Policy Changes:** The ratings committee submitted a motion to the club at the December BOD meeting to change the ratings policy. The motion was discussed and passed. The updated policy can be found here: <https://www.gvrpickleball.org/policy-manual> (Section 6)

6. **Technology Corner - Pickleball Plus / Club Website:** Also at the December BOD meeting, a motion was made and approved to fund the initial phase of a Pickleball Plus upgrade. This upgrade is critical to the continued and future optimal functioning of current club processes such as event scheduling, court reservations, membership services and communications and will facilitate an improved user experience with the application. The BOD and development team are also considering potential enhancements to both Pickleball Plus and the club website which we think will greatly benefit club members. We will be providing more information in a future Pickleblast about the specifics of what enhancements are being proposed, how they will impact club members and how much it will cost us as a club for the enhancements should the club agree to go forward with them.

7. **Club Email:** If you have recently sent an email to the club and have yet to receive a response please be patient - we are in the process of revising email routing so that inquiries will go to the correct person or group. This will reduce the operational bottleneck of having all emails go to one club role. The club is just too big for one person to handle the volume of email that is sent to the club every day (growth is a good problem to have and manage).

8. **Court Maintenance:**

- a) A secure ball locker has been installed in the closet at the Pickleball Center.
- b) Standing ovation to Paul Smith for repairing and strengthening the sign in table at the Canoa Ranch courts.

c) Another ovation to Gail Gersonde and Maribeth Kwasneski (and others) for updating the Round Robin sheets and supplies at the pickleball and east centers (note: they made new sheets with larger fonts and added new markup sleeves and markers).

d) **Reminder:** Use the Onix (yellow) balls when the temp is 50 degrees or lower (Franklin balls [green] can be used when court side temperatures exceed 50 degrees). We are going through a lot of balls and casual observation reveals that lots of folks are using the green Franklins early in the morning. Don't rely on the weather app on your smart phone to give you an accurate temperature at the courts – there are weather stations at each pickleball center that indicate the temperature at that location (the temp on your smart phone for Green Valley may be off several degrees from the actual temperature at the courts. Also the temperature may vary between centers). The temperatures from the weather stations are available on the club website at: <https://www.gvrpickleball.org/weather>.

We are scaling up the sleeve stocking at all locations. If you would like to support this activity, please contact Jay Salerno or Wes Elder.

9. Court Etiquette (mostly reminders):

a) A club member asked me to remind folks to wear name tags while playing (if you need a name tag, I am sure Kris Swanson would be more than happy to help you out starting again in January (<https://www.gvrpickleball.org/name-tags>))

b) From club vice president Janet Reynolds:

Please respect GVR Policies regarding Use of GVR Facilities. These are designed to protect the life of GVR facilities as well as providing a safe and enjoyable experience for GVR members.

GVR Corporate Policy Manual (CPM)

References <https://www.gvrec.org/governance/documents/>

i. Furniture on Sports Courts Part 1 Membership and Facilities Sec 2 (1.2.6.G)

"Some rooms and facilities are limited to designated uses. Carpeted meeting rooms, for example, may not be available for exercise groups to limit wear and tear, and conditions affecting subsequent users." Chairs, coolers or any other type of furniture is not allowed on the Pickleball Courts as they damage the court surfaces and adversely affect court performance and maintenance.

ii. Animals at GVR Facilities Part 1 Membership and Facilities Sec 2 (1.2.6.H)

"Only working ADA Service Animals are permitted in or on GVR property, aside from GVR programs or events."

iii. Music at GVR Facilities Part 1 Membership and Facilities Sec 2 (1.2.6.I)

Audible media is not permitted in communal areas (e.g. pool decks, picnic areas, lobbies, sports courts, and fitness centers) except for GVR sponsored special events, special club events by reservation, and GVR dances. Members must use personal listening devices such as headphones or earbuds, or confine music audio media to recreation rooms at decibel levels that do not disturb facility users outside the room. "

c) Gentle reminder: Please be aware that in accordance with GVR policy, non-GVR-member guests are required to have valid guest passes.

d) Correction: In a recent communication to the club regarding the type play on court 3 at Canoa Ranch I used the word "recreational" when I should have used the word "casual". I apologize for the error and leave any editorial comments regarding this to your imagination.

10. New Feature: I am starting a new tradition of utilizing club members and / or their relevant expertise in areas that are of immediate interest and use for all of us. This month we kick it off with an article (see below) written by Dr. Shari Cook DC on the importance of proper footwear while playing pickleball (yeah – those Crocs are not the best choice).

11. Social: Lots of things happening in the near future (as well as one that happened in November):

a) Hold following dates:

January 18th - Thank You from The Drop Squad @ East Center. More details coming soon.

Entertainment provided by Angel Perez & Daniel; Dinner provided by Santa Cruz Catering Company. More details & signup coming soon.

b) Club showcase – we are participating in the club showcase again in January 2025. If you are interested in supporting our booth please contact Mary Wright. The club showcase is an open house where GVR members can learn about the various clubs available in Green Valley in one central location.

c) Food Drive - The club donated close to 500 pounds of food and over \$500 to the Green Valley Community Food Bank as a result of our annual November food drive. Thanks to all who donated and participated. The included picture shows Food Bank staff with club members Joan Tusa, Laura and Larry Broyles (the three of whom volunteer on a regular basis at the food bank) along with Mary and Greg Wright, Maribeth Kwasneski and myself. If you would like to donate or volunteer at the food bank please register at

<https://agvvolunteer.communityfoodbank.org> to create an account and fill out the application.



12. Player Development and Play Opportunities:

a) Coach Carol Hammerle and team are organizing an Advanced Play development program for 4.0 players to start sometime in January. 4.0 players should look for an email inquiring about interest and some program details in the near future. Note that the SLP+1 program from previous years is on pause this season while we work on revising it.

- b) Our annual Club Tournament is scheduled for March 15-16, 2025. This is a big one for us!
c) In case you are in tournament mode – there is a Tournament in San Carlos MX to which I received the following invitation last week:

Jeff, I am excited to send to you and your club a personal invitation to join us in San Carlos for our “Tournament Week” which includes our classic tournaments the Sombrero Showdown and Cross Border Games (team style). Looking forward to seeing you, Darren

Tournament Director

Darren Thompson

Mexico Office: + 52 622-226-2120

Call text or whatsapp

Mexico Business Cell: +52 622-116-1838

Darren Cell: +52 622-165-1762

Direct US line: +1 928-975-3823



The poster features a night view of San Carlos with a large pickleball graphic in the background. The text is centered and uses a mix of white and orange colors. At the bottom, there is a logo for San Carlos Pickleball Club and a website URL.

**TOURNAMENT WEEK
IN SAN CARLOS!**

**SOMBRERO SHOWDOWN &
GLP CROSS BORDER GAMES**

FEBRUARY 4-9, 2025
HOSTED BY SAN CARLOS PICKLEBALL CLUB

Get ready for an action-packed week in San Carlos!
Join us for 5 days of pickleball competition and fun,
featuring two exciting tournaments

SOMBRERO SHOWDOWN TOURNAMENT

February 4-6
Tuesday: Women's Doubles & Mens Singles
Wednesday: Mens Doubles & Womens Singles
Thursday: Mixed doubles

February 7
Friday: Celebration day, take a day off to celebrate
or relax- It's your choice

GLP CROSS BORDER GAMES

February 8-9
Saturday & Sunday: A team-play tournament with
players from from Mexico, United Sates and Canada..

**For more information and registration:
www.pickleballbrackets.com**

13. **Club-specific League:** I am pleased to announce that there will be a club-specific league this coming season – that is, a league for club members. Details will be provided soon. Thanks to Jay Salerno and the committee he assembled for putting this together.

14. **December Court Updates**

Court Schedule Updates for December 2024

Additional programming added in December: Sign-up required for all these new events.

3.0 - Added a 2nd RR on Wednesday from 3-5pm at PBC

3.5 - Two mixed Gender RR's have been added from 9-11am on Monday and Thursday.

4.0 - A lady's RR has been added at East Center on Thursdays from 12-1:30

December Court Closures

- Tuesday, December 24: All pickleball centers close at 6pm.
- Wednesday, December 25: The East Center courts will be open until 1 PM. The Canoa Ranch courts will be open. **The Pickleball Center will be closed.**
- Tuesday, December 31: All pickleball centers close at 6pm.
- Wednesday, January 1: Pickleball centers will be open as usual. (GVR offices and customer service desks are closed.)

As you can see there is a lot going on in the club. Nothing would be accomplished if it were not for our fabulous volunteers. I am grateful (and lucky) to be surrounded by so many talented people. Thanks to everyone for your support of our community and again, Best wishes for a happy, healthy holiday season!

Jeff Washburn - President, GVR Pickleball Club



Next Board Meeting

Next Board Meeting: Thursday January 16, 2025, 4 – 6 PM, Location: West Center Room 2.
Note: We will be sending Zoom link for future BOD meetings.

Board Meeting Highlights

For the complete minutes from the previous board meetings go to the club's website under the "About the Club" tab here: [Board Agendas and Minutes](#)

The Importance of proper footwear – Dr. Sheri Cook DC

Let's talk, or better yet, look at our pickleball shoes.

I know if we ignore them there's no problem right? Wrong.

So flip those shoes over and look at the sole wear pattern and the tread. That loss of grip means we will slip. Remember we aren't Rafael Nadal sliding all over the clay courts at the French Open. Happy retirement Rafael, who else thinks we'll see him on the pickleball courts soon?

If the wear pattern varies greatly from your right shoe vs your left or you have smooth areas, it's time to replace those well loved shoes.

The American Academy of Pediatric Sports Medicine (yeah they're the experts) recommend we check our shoes after 45 to 60 hours of sports such as tennis or basketball. That's about one million steps.

In pickleball the average player takes about 3000 steps per hour.....so we should look at our shoes after roughly 300 hours (math is hard).

Some of you, and you know who you are, play several hours a week. This is where I'll let you do your own math.

The point is our shoes are losing their cushion, support, and grip a lot faster than we think.

Poor footwear regardless of the sport can lead to injury and undo wear and tear on our all important joints. Some common problems linked to poor or worn footwear include plantar fasciitis, stress fractures, tendonitis such as to the Achilles tendon, and damage to the ligaments and tendon of the foot and ankle or even further up to the knees or hips.

What are your favorite brands? I see a lot of K Swiss on the courts, let me know if you have a brand you love or have stood the test of playing time.

One final tip about shoes I'd like to share, it is so important that we wear a good supportive shoe in the house. I know many of us, especially those of us from the Midwest automatically take off our shoes in the house, and for darn sure if we go into someone else's house, but here in AZ our homes have tile floors and even if an area is carpet it's on top of cement. If we walk around barefoot in our homes this can lead to back, hip and knee pain and then you'll be seeking the care of providers like myself. I tell all my patients to have a designated pair of shoes for inside only, something such as a cushioned slide that has arch support that you can quickly slip on when those outside shoes come off. This doesn't mean a flat no support slipper or flip flop. You get the picture.

Stay healthy, keep those feet in good shoes, and I'll see you on the courts.

Dr. Sheri Cook DC

IN8 Chiropractic 520-329-3345

shericookdc@gmail.com

Special Notices

Court Updates & Reminders

The volunteer members of the scheduling committee would like to welcome our seasonal players back to Green Valley and extend a warm welcome to all new members to the club. The GVR Pickleball Club prides itself on being a friendly group that offers competitive play in a recreational environment. It's going to be another busy season of Pickleball in beautiful Green Valley! We are looking forward to seeing you all on the courts!

Reminder: **Priority use of courts**

Although our club is privileged to have 36 courts, there are certain times that there will be high demand for the same courts. Club membership is now almost 1,100 people.

As our 36 PB courts begin to fill up for the winter season I would like to remind players of individual court use priorities:

Court use schedules can be found on the home page of the club website and on PB+ in the courts tab.

Priority 1 - play format* assigned on the schedule (and skill level if assigned)

Priority 2 - skill level (if assigned)

Priority 3 - anyone else

* Play formats are defined at the bottom of the court schedules on the club webpage.

Court assignments are designed to incorporate the multitude of skill levels and interest groups among our players.

Continue to stay tuned to the court schedules and *Pickleblast* for any future court schedule changes.

As always, thank you for your continued cooperation.

Court Schedule Changes:

1. APPL (Arizona Pickleball Players League)

Practices for the APPL League teams started in November. Certain courts have been designated for league practice during the afternoon hours. Here is an example of how this looks on Pickleball Plus:

And here's how to read it:

APPL 4.0 / 50+ / Kathy Burns captain / courts 9-11

Note: All APPL practices and home matches are scheduled in the afternoons at the PBC or East Center. Home Matches will run from January through March (also in the afternoons). There are currently eight Green Valley teams registered with APPL. Stay tuned...there could be more.

2. Lobster court 17

By popular request...use of court 17 for various play formats has been adjusted. The new schedule for lobster reservations is reflected on Pickleball Plus.

3. Mixed Skill Level Play (MSLP)

Although a popular format during the summer, the "mixed" level play ends its run on October 31. Please follow regular Skill Level Play.

4. Play Format

During prime time, all skill levels have Open Play (OP) (aka Paddle-up) and Round Robin (RR) play formats available. Please check the court schedules for which day and location each level plays and the play format on:

- Pickleball Plus ([Pickleball Plus](#)),
- the club website (gvrpickleball.org) OR
- the monitor in the PBC breezeway.

5. Canoa Ranch Court Reservation Update

The reservation process for the courts at Canoa Ranch is being adjusted to accommodate prime time play for the upcoming fall/winter season. What's changing?

- ✓ Courts 1 and 2 which are typically "open play" can now be reserved on weekdays for either the 1pm or 2:30pm time slots. Reservations are made on [Pickleball Plus](#).
- ✓ Court 3 as noted above is now an "open play" court at all times except for 3 one-hour blocks (1pm, 2pm and 3pm) on weekdays. The court can be reserved for "casual play only" for those times by sending an email to reservations@gvrec.org.
- ✓ Court 4 will continue to be an open play court throughout the day.

Skill Ratings

Skill Ratings testing has started again. For complete information about Skill Ratings and RAP (Rating Assessment & Demo Practice) visit the Club's website Rating tab at: [Ratings | PB2021 \(gvrpickleball.org\)](#).

Members whose skill rating has changed through the Club rating process, IPTPA, APPL Index or other accepted rating testing:

- 2.5 - Sheri Cook, Josie Trobec, Michaelene Lucia, Chuck Hunt, Rich Burns, Kathy Arnold, Mike Arnold, Beth Stewart, Steve Sherlock, Stephanie Hone, Dan Frink, Steven Ramp, Lise McNally, John McNally
- 3.0 - Elizabeth Baker, Carol Benight, Edward Smith, Josie Trobec, Sheri Cook, Britt Marie-Berntsson, Beth Stewart, Lynn Ocone
- 3.5 - Chris Seat, Gary Ream, Beth Lierman, David Chartier, Phil Hirtes, Carol Paveglio, Laura Ramp, Keith Wunderlich, Kim Johnston, Gillian Kenny
- 4.0 - Suzanne Remington, Margaret Hyer, Julie Zeilenga

New Members

Please join us in welcoming following new members to the club:

- Stephanie Hone, Peter Beck, Cathy Beck, Ron Schoenfelder, Natalie Whitman, Dennis Oeding, Donna Cebuhar, MJ Vanveldhuizen, Brian Hurtgen, Chuck Hunt, Kim Johnston, Patricia Haskell,

Josie Trobec, Annie Olson, Derek Remington, Remington, Khoa Nguyen, Stacey Nguyen, Suzanne, Susan Lee, Gillian Kenny, Steven Kenny, Rich Burns, Frank Benarth, Paul Carney, Steve Schraw, Cynthia Schraw, Wendy Myers, Suzy Kruppa, Bart Clark, Mary Morley, Darcy Holding, Robert Huppert, Vicki Baier, Katherine Clark.

Winter 2025 Club Classes

Note: These days / times are subject to change – always check Pickleball Plus for the current schedule.

Developing Skills:

The Club offers a Developing Skills program to active 2.0 & 2.5 GVR and club members looking to learn and improve their skills. Players are encouraged to use the Developing Skills sessions as a stepping stone to improve their skills after taking a GVR Pickleball 101 class. There is no charge for this program which incorporates drills and game play with a coach observer. However, after four sessions players will need to join the Pickleball Club to continue to attend. Coaches are authorized to advance players club skill level ratings from 2.0 to 2.5.

Developing Skills sessions are on Tuesday and Thursday's 12:00 – 3:00 at the Pickleball Center. Sign up on [Pickleball Plus](#).

GVR Classes

See the Winter 2025 GVR Catalogue (hard copy or online) for classes and signup information

Training for Ball Machines

The Club has a Lobster Ball Machine at the East Center and the Pickleball Center. Both are available to reserve through [Pickleball Plus](#). If you want to be trained on the Lobster ball machine, check "Events" in Pickleball Plus for the monthly training sign ups (in season only).

Play Safe and Be Prepared

As a reminder, when you go to play pickle ball it is a great idea to have a copy of your insurance card, driver's license, and emergency contact with you. Plastic bags in the cabinets at the 3 locations, they are to be used for impromptu ice packs in case there are no ice packs in the first aid kits.