

# Mesa Regal Pickleball Club

## WEEKLY NEWS

### January 8, 2023



WEBSITE: [www.mrpickleballclub.com](http://www.mrpickleballclub.com)

FACEBOOK: <https://www.facebook.com/groups/696462040860449>

(Mesa Regal Pickleball Friends and Players).

Suggestions/Comments: EMAIL [suggestion@mrpickleballclub.com](mailto:suggestion@mrpickleballclub.com)

Newsletter Editor: Nancy Stern [newsletter@mrpickleballclub.com](mailto:newsletter@mrpickleballclub.com)



**REGISTRATION QRCODE!!**

**Thanks for wearing your name badge on the courts!!**

PLEASE MAKE SURE YOU SIGN UP ON THE ONLINE MEMBERSHIP FORM.

**EVERYONE** needs to sign up for the 2022-23 season and you **MUST** be a registered member to participate in our scheduled play (Ladders, Shootout, Ladies/Beginners Social, etc.). We now have **413** members signed up for this season!!!

**SIGN UP** at [www.mrpickleballclub.com](http://www.mrpickleballclub.com) and click on 2022-23 REGISTRATION. If you have any trouble or questions, email Lawrence at [mrpickleballclub@mrpickleballclub.com](mailto:mrpickleballclub@mrpickleballclub.com) or email Nancy at [newsletter@mrpickleballclub.com](mailto:newsletter@mrpickleballclub.com).

**REMINDER**  
 ...if you are in a  
 scheduled play  
 that day...  
**DO NOT**  
**PLAY IN**  
**OPEN PLAY**  
 ...if courts are  
 busy!



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	<b>Open Play every day until 10:30AM</b>						
8:30 AM	Mesa Regal residents only						
9:00 AM	Courts 1-2 - Beginner (New - 2.5)						
9:30 AM	Courts 3-5 - Intermediate (3.0-3.5)						
10:00 AM	Courts 6-7 - Advanced (3.75+)						
							Rev. 12/19/22
10:30 AM	Beginner Lessons	Ladies 3.0	Ladies Social	Ladders Session 1 - 3.5	Ladies Social	2.5 Lessons	Mens 3.0
11:00 AM	10:30-12:30 Courts 1&2	Courts 3-7	10:30-12:30 All Courts	Session 2 - 3.0	10:30-12:30 All Courts	10:30-12:30 Courts 3-7	10:30-12:30 Courts 3-7
11:30 AM	Porter	Jolly Lindblom	Brodner	10:30-2:00 All Courts	Brodner	Pecot	Jolly
12:00 PM				Kehl			
12:30 PM							
1:00 PM	Mixed 3.5 Round Robin	Ladies 3.5		Mens 4.0	Mens APPL 3.5		Ladies 4.0
1:30 PM	12:30-2:30 Courts 3-7	12:30-2:30 Courts 3-7		12:30-2:30 Courts 3-7	12:30-3:00 Courts 2-7		12:30-2:30 Courts 1-5
2:00 PM	Carver	Benedetti	Mixed 4.0	Hartman	Sylvester	Mixed 4.5 Interpark	Courts 1-5
2:30 PM			2:00-4:00 Courts 3-7			1:30-3:30 Courts 3-7	Leblanc
3:00 PM	Mens 4.0	Mens 3.5	Lindblom	Mens 3.5	Ladies 3.5	Fauchoux	Open
3:30 PM	2:30-4:30 Courts 3-7	2:30-4:30 Courts 3-7		2:30-4:30 Courts 3-7	3:00-5:00 Courts 3-7		2:30-4:30
4:00 PM	Hartman	Nesbit		Nesbit			
4:30 PM	Fauchoux		Mens 4.0 APPL		Houghton	Lessons TBD	Couples All Levels
5:00 PM	Ladies 3.5 Round Robin	Open	4:00-6:00 Courts 3-7			3:30-4:30 Courts 1&2	All Courts
5:30 PM	4:30-6:30 Courts 3-7	4:30-6:30	Lindblom		Lessons TBD		Alei
6:00 PM					5:00-6:30 Courts 1&2		
6:30 PM	Trammell		Beginner's Social	Open			Open
7:00 PM	Beginner's Social	Mixed Round Robin	6:00-8:00 All Courts	4:30-9:00		Open	4:30-9:00
7:30 PM	6:30-8:30 All Courts	2.5-3.0 All Courts					
8:00 PM					Open		Mixed 3.0-3.5 Round Robin
8:30 PM		Smith			6:30-9:00		7:00-9:00 All courts
9:00 PM	Open	Open	Open				Aylward
9:30 PM							

**\*\* NOTE OPEN PLAY CHANGES STARTING THIS WEEK BELOW**

## OPEN PLAY 7:00-10:30 CHANGES & FIRST AID SAFETY

With the upcoming busy season for pickleball at Mesa Regal and the fact that all open play is improving, the Board has made the decision to **change the format from a two-game rotation to a one game rotation** (as has been the case on courts 6 & 7 for years). This allows a quicker turnover of courts and another opportunity for all of us to meet more of our club members on the courts. Remember to introduce yourselves to one another and be sure to wear your **NAME TAG** as us Seniors are not always good at remembering names like we used to...haha! Remember, your name tag is for **SAFETY** also as if you get hurt on the court, we know who you are and who to call on our membership list to help you out. Also, there is a **FIRST AID KIT** outside court 3 by the can recycling that has Band-Aids, peroxide, gloves, etc. for any road rash you may get diving for the pickleball!!!! Ice packs are in the freezer inside the building for those bumps and of course Cal Am has a **DEFIBRILLATOR** on the patio wall by the door. As we know, you need no training for the defibrillator, just turn it on and it will walk you through the steps to possibly save a life.



## CANADA SOCIAL IS RECYCLING CANS FOR OUR CLUB!!!!

Thanks to pickleball club member, Darlene Roth, who is organizing the CANADA SOCIAL and having all those 'drinkers' save their cans for our club. A huge THANKS to Lionel and Annette Textor for delivering all the cans to the courts after the event! Darlene is calling all you Canadians in our club to get your tickets:

**Hear Ye! Hear Ye! Calling all Canadians get your tickets to the Canadian Social Banquet and Dance "Medieval Knight" theme. Get your costume and your friends gathered for a fun night (costume not mandatory).**

**Saturday, January 28th, 2023**

**\$30.00 US funds per person Program, Dinner and Dance to the band: 8 Tracs**

**Happy Hour 4:30-5:30 Program 5:30-6:00 Banquet Dinner 6:00-7:00 Dance to Follow Door Prizes to be won**

**Get your Ticket/s at Unit 1100 Sylvia Dunlop or from any table seller that you may know tickets are already 55% sold and going fast. (So, So sorry American friends tickets will not be available to you unless we are not a sell out by January 24th.)**



## DO YOU HAVE A 3<sup>RD</sup> SHOT DROP OR A 5<sup>TH</sup> SHOT DROP?

Everyone would like to improve their play and become more consistent out there on the courts. Always remember that **OVER IS BETTER** or **MISS HIGH**, that way at least you keep the ball in play.

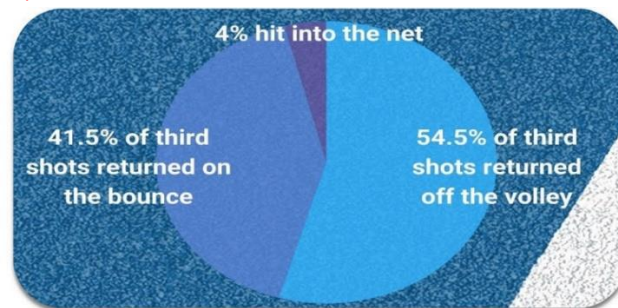
This is an interesting article with statistics from PRO matches. YES, those Pros have a great 3<sup>rd</sup> shot drop in their repertoires as well as a 5<sup>th</sup> shot drop and even a 7<sup>th</sup> shot drop!!! Open Play is a great place for you to practice the 3<sup>rd</sup> & 5<sup>th</sup> shot drops over and over and over until they become muscle memory for you!!!

### What's More Important Than the Third Shot Drop?

Besides dinking, there may be no more rudimentary skill in pickleball than the third shot drop. But as basic as this technique is, pro pickleballers also know the importance of what comes immediately after shot no. 3. Pro Pickleball Stats took a closer look at pro players' third shot drops during the PPA Hertz Championships in December.

Over 9 men's, women's, and mixed matches, there were 563 drops analyzed. Those 563 third shot shots fell into three categories: third shot drops that opponents volleyed, ones that opponents played on the bounce, and ones that hit into the net. Only 4% were hit into the net.

About the fourth shot being hit as a volley or on the bounce, Pro Pickleball Stats says there are "optional" instances for both.



"Significantly more 4ths are volleyed rather than played on the bounce. **The pros 'miss' high, not low.** The pros don't mind missing high because they are confident their 5th, 7th, 9th, etc., shots will get them through the transition area and eventually achieve neutrality at the NVZ."

Rec players: a third shot drop doesn't need to be great when you are adept at your 5ths, 7ths, etc. shots. It is worthwhile to refine your third shot drops (and drives), but it is also valuable to practice those extra shots needed to advance through the transition zone.

**SO GET ON COURT AND PRACTICE YOUR DROP SHOTS!!!**

### ATTENTION PLEASE... THIS IS DISGUSTING

I can't believe we need to put this in our newsletter...but here goes!! Just a reminder for all our club members who play on our courts, it is all our responsibility to treat our courts with respect. Recently during **OPEN PLAY**, someone **SPIT** on the court and did not bother to clean it up. Not only is this **DISGUSTING**, it is also **UNHYGENIC** during these times of COVID et al. If you must **SPIT**, then please go clean it up off the court right away so other players do not see it or have their pickleball hit it during a rally. **PLEASE PEOPLE**, this is just **COMMON SENSE!**




## CAL AM RESORTS ONLY - PICKLEBALL FUN TOURNAMENT - FEB. 8-10

This annual tournament is for **Cal Am residents only** with a **skill level of 3.99 and below** and is being held at Montessa Resort just East of us at Gold Canyon. The tournament is scheduled for Feb. 8-10 (Wed-Mens, Thurs-Womens, Fri-Mixed) and our Mesa Regal Team tryouts/playoffs will be held January 20<sup>th</sup> (mens/womens) and 21<sup>st</sup>. (mixed). If you would like to play in this tournament, sign up with your partner on the signup sheets at the patio and you will be part of the team tryouts. MRPC can enter 3 teams in each event and have 1 alternate team.

**SIGN UP is NOW until JANUARY 14<sup>TH</sup> . GRAB A PARTNER AND REPRESENT YOUR CLUB!!**

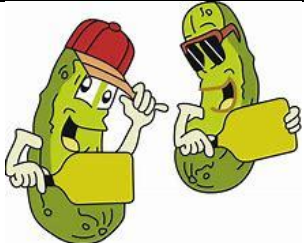
### WEDNESDAY LADDERS RESULTS

**THANKS MARILYN,** for volunteering your time to coordinate this activity!

Court 1		Court 2		Court 3		Court 4	
3.0	3.5	3.0	3.5	3.0	3.5	3.0	3.5
Allison-60	John G-56	Joan S-58	Don L-65	Mike V-63	Bob O-64	Doug D-59	Marilyn K-59
Terry-51	Collette-54	Dave S-43	Doug T-56	Maggie-50	Dan G-49	Brian G-49	Jim-47
Lance-45	Paul B-45	Rod-43	Marilyn J-47	Bobbie-48	Barb B-49	Mike B-47	Garnett-44
Susan-32	Chris G-23	Chuck-29	Barb H-44	Patty-47	Carol-42	Cindy-27	Gina-34
Court 5		Court 6		Court 7			
3.0	3.5	3.5		3.5			
Rick J-62	Jeff-63	Doug J-65		Ric G-51			
Stan-61	Tammy-53	Glen-56		Brian B-47			
Randel-55	Bruce-52	Bob G-48		Steve-46			
Brian M-50	Charna-50	Tom-37		Ray-12			

### SATURDAY SHOOTOUT RESULTS

**THANKS RIC,** for volunteering your time to coordinate this activity!

Court 1 Rnd 1	Court 1 Rnd 2	Court 2 Rnd 1	Court 2 Rnd 2	Court 3 Rnd 1	Court 3 Rnd 2	Court 4 Rnd 1	Court 4 Rnd 2
Chris G-42	Bridgette-42	Rick J-44	Barb-44	Paul B-41	Rick-37	Jim O-41	Collette-40
Rod S-41	Greta-33	Marketha-32	Cindy-37	Mike B-34	Laura-37	Garnett-39	Mike-34
Bridgette-37	Louise-26	Ann T-28	Chris-32	Joan S-32	Doug T-35	Collette-38	Gina-30
Lance-34	Lance-24	Greta-24	Rod-31	Barb H-28	Joan-28	Doug T-34	Paul-26
Jennifer-32	Jenn-33	Louise-16	Ann-26	Cindy-17	Marketha-19	Laura H-28	Barb-22
Court 5 Rnd 1	Court 5 Rnd 2	Court 6 Rnd 1	Court 6 Rnd 2	Court 7 Rnd 1	Court 7 Rnd 2		
Andre-42	Jim-44	Tammy-44	Brian-41	Darren M-44	Darren-44		
Stan W-37	Don L-35	Tom S-37	Bruce-40	Ric G-38	Ric-32		
Don L-34	Garnett-34	Marilyn K-35	Marilyn-37	Doug J-35	Tammy-27		
Barb B-34	Dan G-29	Dan G-33	Andre-36	Brian B-34	Tom S-26		
Gina - 33	Bob O-22	Bob O-29	Stan-34	Bruce N-27	Doug-25		

### APPL LEAGUE - SCHEDULE

Mesa Regal has 5 teams in the APPL League. These competitive times are great for our members to come down to the courts and **cheer on our teams**. Team captains and game times on our court schedule are as follows:

<p>3.5 Women's Team - Carol Bowers (Captain)  <b>MESA REGAL SWEET PICKLES</b>  <b>Fridays @ 3:00</b>  January 20  January 27  February 17  March 10</p>	<p>3.5 Men's Team (2 teams!)  Robert Sylvester(Captain) Brad Vollrath(Captain)  <b>SCORPIONS</b>                      <b>TRAILER PARK BOYS</b>  <b>Fridays @ 12:30</b>  January 13                                      January 13  January 20                                      January 20  February 10                                      February 3  March 3    March 3  March 10    March 3</p>
<p>4.0 Men's Team - Clarence Lindblom (Captain)  <b>SHOCK TOP N AWE</b>  <b>Wednesdays @ 4:00</b>  January 11  January 25  February 8  February 22  March 8</p>	<p>4.0 Mixed Team - Colleen Janus (Captain)  <b>CAL AM PICKLERS</b>  <b>Wednesdays @ 2:00</b>  February 5  February 15  March 5 (Sunday @ 2:30)  March 15</p>

**THANKS to the TEAM CAPTAINS for organizing this activity for our club!!**

### UPCOMING TOURNAMENTS

[www.pickleballtournaments.com](http://www.pickleballtournaments.com) or [www.pickleballbrackets.com](http://www.pickleballbrackets.com)

**REMEMBER**...If the tournament you are signing up for is sanctioned, you **MUST** have a USA Pickleball membership to register.

**\*\*\* THESE ARE TWO TOURNAMENTS HERE THAT ARE CLOSE TO MESA REGAL and GREAT TO ENTER FOR THAT TOURNAMENT EXPERIENCE (also help establish your skill level rating).**

Remember....you need a USA Pickleball membership which can be purchased at [www.usapickleball.org](http://www.usapickleball.org) and look under memberships. If you played in our Mesa Regal tournament, these two tourneys would be great for you to enter too!

**22<sup>nd</sup> ANNUAL ALL CITY PICKLEBALL TOURNAMENT (Venture Out) 50+ & 65+ events**  
Mesa, Az - January 31st-February 3<sup>rd</sup>                      **Registration open!**

**7<sup>th</sup> ANNUAL LEISURE WORLD TOURNAMENT 50+**  
Mesa, Az - February 16<sup>th</sup>-18<sup>th</sup> **Registration open!**

**\*\*\*\*\* Be sure to let Nancy (ndsterno54@gmail.com) know when you medal in a tournament and we will share your success with all our MRPClub members!!!**

**That's all for this week folks....keep safe, keep positive, keep smiling, and happy playing!!!!**

