

NO BALL
IS WORTH THE
FALL!



Mesa Regal Pickleball Club

January 14, 2024

WEEKLY NEWS

NO BALL
IS WORTH THE
FALL!



WEBSITE: www.mrpickleballclub.com

FACEBOOK: facebook.com/groups/696462040860449

(Mesa Regal Pickleball Friends and Players).

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

QR Registration Code



PLEASE REGISTER at www.mrpickleballclub.com to ensure you can participate in pickleball programs!! (494 registered already!!)
Thanks for wearing your name badge on the courts!!

COURT SCHEDULE - 2024

Again, a huge **THANK YOU** to all our coordinators for providing so many wonderful playing opportunities here at our club! Don't forget if you want to see the **CURRENT SCHEDULE** or **get your name on the invite** to a scheduled play, go to the club website www.mrpickleballclub.com and click on the court schedule then click on the coordinator's name and it will take you to their email.

MESA REGAL CAL AM TOURNAMENT TEAMS ARE READY!!

MRPClub is happy to announce our club members who will be representing us in the Cal Am Pickleball tournament January 31-February 2 at Val Vista Resort. Congratulations to all of our teams and **THANKS** to **Nancy Smith** for organizing our groups!!

Ladies Doubles Teams

Carrie Beechler and Allison Manning
Cheryl Kottom and Barb Harris

Men's Doubles Teams

Paul Schwob and Kevin Carver
Steve Gibson and Brian Boettger
Bill Steele and Brian Shelley

Mixed Doubles Team

Barb Harris and Ralph Lambertus
Tammy VanLydegraf and Kevin Carver



**** If you can help out reffing at the tournament please contact Nancy Smith so she can forward your name.**

NEW 2024 RULES REVIEW & REFEREE TRAINING SESSION

A **FREE** new 2024 rules review and referee training session is taking place at Venture Out Resort (Oasis Room) on January 26th. There are two sessions to sign up for.....the rules review 8:00-8:30 and USA Pickleball Referee Training 8:30-12:30. Please sign up using this [SUG link](#) . Learning the official rules and knowing how to apply them will benefit your personal game and maybe give you the confidence to help out local clubs during organized and tournament play by volunteering to ref.

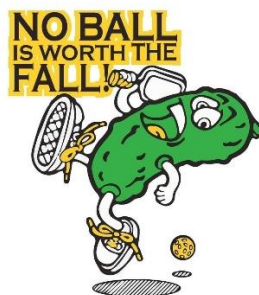
SAFETY ON THE COURTS

Just a reminder about being safe on our courts. A great game can change quickly if someone gets hurt on court and as we all know, accidents do happen. The **AED MACHINE** is located on the pickleball patio by the door and a great video to watch to see how easy it is to save a life is [HERE](#) . Also, remember there are ice packs in the freezer in the pickleball clubhouse kitchen and there is a first aid kit on the pickleball patio for those little scrapes.

Now, a reminder of how to **GO BACK** and get those pesky shots that go over your head. **DO NOT BACK PEDAL!** Proper Footwork is Required to Effectively and Safely Return a Lob. When retrieving a lob it's absolutely critical to have proper footwork. The **last thing you want to do when getting lobbed in pickleball is to backpedal to the ball** as you risk tripping over your heels and breaking an ankle, wrist or much worse. Here's what to do instead....

** If the ball is lobbed over your right shoulder, drop-step by pivoting on your left foot and opening your hips to the right. Conversely, if the ball is lobbed over your left shoulder, drop-step by pivoting on your right foot and opening your hips to the left. Once you have executed the pivot and have opened your hips in the direction of the ball, run forward in the direction of the ball. However, instead of running in a straight line directly to the ball, run slightly "around" the ball with the goal of beating the ball to the spot so you can get beyond the ball and create space to to hit your shot.....watch this [video](#) (it is long but to get the idea, you only need the first few minutes) to see the proper way of opening your hips and turning to chase down the lob. **And remember**.....not getting to one well placed lob is not going to be a game changer...haha.

PICKLEBALL EMERGENCY INFORMATION .pdf is available for you...click [HERE](#) . This is an excellent idea that our club member Sharon Slemp has passed on from her home club. This .pdf can be filled in with your personal emergency information and put in a plastic folder to keep on your pickleball bag. Also useful to have with you at any time and during any other sport you may be involved in. For us Canadians, it is a good way to have our insurance information with us at all times with numbers to call if we happen to have an accident at any time. This readily accessed information and phone numbers can help save us time and money. **THANKS**, Sharon, for this great idea to help keep all of us **SAFE!**











YEE HAW...MARK YOUR CALENDARS FOR THE ANNUAL PICKLEBALL PARTY

Saturday, February 24th. Put that date on your calendar and keep your eyes on our Facebook page and the weekly newsletter to find out about ticket sales. **WESTERN THEME, grab your spurs!**



WEDNESDAY LADDERS RESULTS

THANKS to Carol for coordinating this activity!

<p>Court 1 2.5-3.0</p> 	<p>Court 1 3.5+</p> 	<p>Court 2 2.5-3.0</p> 	<p>Court 2 3.5+</p> 	<p>Court 3 2.5-3.0</p> 	<p>Court 3 3.5+</p> 	<p>Court 4 2.5-3.0</p> <p>Georgeann H-51 Bridgette M-50 Greg W-48 Nancy S-17</p>	<p>Court 4 3.5+</p> 
<p>Court 5 2.5-3.0</p> <p>Clovis M-63 Randy G-58 Chuck D-44 Brian P-40</p>	<p>Court 5 3.5+</p> <p>Ken L-60 Stan T-44 Barb H-42 Reggie-30</p>	<p>Court 6 2.5-3.0</p> <p>Gail N-66 Kathy F-47 Theresa H-46 Mary K-37</p>	<p>Court 6 3.5+</p> <p>Brian B-66 Murray C-50 Paul B-47 Doug T-43</p>	<p>Court 7 2.5-3.0</p> <p>Ken V-56 Mike B-48 Lance V-46 Julia B-28</p>	<p>Court 7 3.5+</p> <p>Tammy V-58 Cindy L-50 Gina T-45 Tammy H-27</p>	<p>Court 8 2.5-3.0</p> <p>Walter P-62 Greta J-49 Rick L-41 Carol S-34</p>	<p>Court 8 3.5+</p> <p>Jim N-62 Robin C-57 Larry B-48 Calvin J-35</p>
<p>Court 9 2.5-3.0</p> <p>Brian M-62 Wayne T-53 Ian H-52 Heidi T-47</p>	<p>Court 9 3.5+</p> <p>Mike P-61 Brian N-60 Don L-55 Daryl H-46</p>	<p>Court 10 2.5-3.0</p> <p>Mark N-66 Tim C-40 Don F-38 Chris B-35</p>	<p>Court 10 3.5+</p> <p>Kevin C-62 Steve G-56 Ric G-48 Brad V-36</p>				

PICKLEBALL MACHINE - ANOTHER WAY TO IMPROVE YOUR GAME !!!!

Our club has a pickleball machine that you can reserve and practice those shots you want in your repertoire! To see the updated **GUIDELINES** for reserving the pickleball machine.....lovingly called **THE LOBSTER** go to our website www.mrpickleballclub.com , and click on **BALL MACHINE GUIDELINES**.

WANT TO IMPROVE YOUR PICKLEBALL GAME ????

Private lessons are available for MRPC members each Wednesday between 12:30 and 2:30 on court 2.


Information on the instructors can be found at [MRPC INSTRUCTORS](#) - you can contact each directly, or contact craig.carlton@gmail.com who can match you with someone to suit your specific needs.

15 Pickleball Tips to Help You Rack Up More Wins

- #1. Talk, talk, talk!
- #2. Get up to the kitchen line
- #3. Practice your dink
- #4. Mix up your shots
- #5. Pay attention to the wind
- #6. Hit to your opponent's backhand
- #7. Improve your footwork
- #8. Master the third shot drop
- #9. Use your partner to your advantage
- #10. Get your serves in
- #11. Keep your opponents back
- #12. Know if you're on offense or defense
- #13. Know if you're on offense or defense
- #14. Be prepared at all times
- #15. Don't overthink it!

SATURDAY SHOOTOUT RESULTS

THANKS to Ric for coordinating this activity!

Court 1 Rnd 1 Rick M-37 Louise J-34 Terry M-34 Denise S-25 Terry K-16	Court 1 Rnd 2 Cindy-44 Louise-36 Chris B-31 Denise-30 Terry-25	Court 2 Rnd 1 Chris B-44 Darlene R-42 Gail N-37 Cindy S-36 Chuck D-35	Court 2 Rnd 2 Mike R-44 Rick M-41 Tarra-31 Gail N-28 Dana M-26	Court 3 Rnd 1 Barb H-44 Edith G-41 Dana M-29 Mike R-30 Mason N-21	Court 3 Rnd 2 Mike-1 Chris-36 Randy-33 Maggie-29 Darlene-15	Court 4 Rnd 1 Ken V-45 Mike-26 RayRay-24 Randy G-24	Court 4 Rnd 2 Barb-45 Edith-45 Paul-31 Lance-30		
Court 5 Rnd 1 Louis L-42 Stan W-37 Paul B-36 Lance V-25	Court 5 Rnd 2 Ken-45 Gina-34 Reggie-30 Ray-25	Court 6 Rnd 1 Garnet -42 Lois L-41 Walter P-37 Gina T-31 Reg D-25	Court 6 Rnd 2 Lou-43 Calvin-41 Stan-30 Walter-29 Don-25	Court 7 Rnd 1 Kurt G-44 Bob P-37 Don L-36 Calvin-29	Court 7 Rnd 2 Chuck M-44 Robert S-42 Garnet H-38 Lois L-34	Court 8 Rnd 1 Brad V-45 Bruce N-34 Robert S-34 Chuck M-31	Court 8 Rnd 2 Ken-37 Kurt-36 Jim-36 Bob-19		
Court 9 Rnd 1 Tammy V-45 Ralph L-38 Jim N-36 Ken L-31	Court 9 Rnd 2 Mike P-44 Andrew-35 Bruce N-32 Brad V-21	Court 10 Rnd 1 Ric G-45 Bill S-35 Mike P-32 Andrew E-29	Court 10 Rnd 2 Bill S-45 Tammy V-41 Ric G-40 Ralph L-38						

Great turnouts for our Wednesday Ladders and Saturday shoot out!!! Well done everyone!

TOURNAMENTS

REMEMBER...If the tournament you are signing up for is sanctioned, you **MUST** have a **USAPickleball** membership to register. www.usapickleball.org and look under memberships.

UPCOMING LOCAL TOURNAMENTS - all tournaments can be found at
www.pickleballbrackets.com

CAL AM - VAL VISTA, Cal Am residents **ONLY** (Skill 3.999 & under) **SIGN UP FOR TRYOUTS....SHEETS ON PICKLEBALL PATIO - MR Tryouts** Jan 13 & 14 and Cal Am Tourney - January 31-Feb 2

VENTURE OUT ALL CITY, Mesa Az - February 6-8 - **Registration open**. This is a **SANCTIONED TOURNAMENT** and you must have a **USAPickleball Membership** to register. This tournament is across the street and offers age/skill divisions (50+/60+/70+)

LEISURE WORLD, Mesa Az - February 15-17 - **Registration opens December 4**. This is a **SANCTIONED TOURNAMENT** and you must have a **USAPickleball Membership** to register.

CAL AM - CANYON VISTA, Cal Am residents **ONLY** - **March 6-8**

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

