

NO BALL
IS WORTH THE
FALL!



Mesa Regal Pickleball Club

January 28, 2024

WEEKLY NEWS

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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!! (520 registered already!!)
Thanks for wearing your name badge on the courts!!

PRO CERT RATING (Feb 4) RESCHEDULED

NEED TO GET RATED? If you need to be rated for club activities, the next Pro Cert rating at our courts is: **Sunday, Feb 11, 12:30, courts 8-10.** Contact our ratings chairperson, Colleen Janus, at colleenlouisejanus@gmail.com to get signed up!

DATE CHANGE...STARTING TOMORROW!

MESA REGAL CAL AM TOURNAMENT TEAMS ARE READY!!

Val Vista Villages have rescheduled **MENS EVENT** to tomorrow, Monday, January 29th, **MIXED EVENT** Tuesday, **WOMENS EVENT** has no change Wednesday. Play starts at 9:00!!
COME ON OVER TO VVV Monday-Wednesday AND CHEER ON OUR TEAMS.

Monday

Men's Doubles Teams

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

Tuesday

Mixed Doubles Team

Barb Harris/Ralph Lambertus
Tammy VanLydegraf/Kevin Carver
Sharon & Jay Slemp

Wednesday

Ladies Doubles Teams

Carrie Beechler/Allison Manning
Cheryl Kottom and Barb Harris



CAL AM TOURNAMENT #2 - March 6-8th at Val Vista Villages

Womens-Wednesday March 6th, Mens-Thursday March 7th, Mixed-Friday March 8th

TEAM SIGN UP...SKILL LEVEL 3.999 and below

Sign up forms will be at the Pickleball stage tomorrow January 29th until February 14th. Mesa Regal can have up to 3 teams & an alternate team, in each division. If more than 3 teams we will have a playoff.

PICKLEBALL PARTY (Regal Hall) - FEBRUARY 24th
TICKETS ON SALE THIS WEEK



WESTERN THEME - Barbecue chicken, scallop potatoes, corn, biscuit, cake

300 tix to be sold

Must be registered club member to purchase (+one non-member ticket)

RESERVED SEATING - \$25/ticket CASH ONLY!!

TICKET SALES AT PICKLEBALL STAGE

Tuesday, January 30th 9-11:00 a.m.

Wednesday, January 31st 9-11:00 & 1-3:00

Thursday, February 1st 9-11:00

8 seats per table - 3 tables in a row (24 total)

....and YES, you can buy for your table but all people you buy for must be registered members of MRPC and you will need their names.

DANCING WITH THE STARS - FEBRUARY 9th
OUR TALENTED PICKLEBALL CLUB MEMBERS

Did you know that we have two amazing club members who are partnering up with the professionals in **DANCING WITH THE STARS** here at Mesa Regal. Our own **VOICE OF PICKLEBALL** (Tournament MC), Fred Tintori and the **BEAUTIFUL** Heidi Trapp will be on stage competing against each other in the dance competition. Tickets are \$15.00 and can be purchased through MR ticket sales.

GRAB YOUR TICKETS AND COME SUPPORT OUR CLUB MEMBERS!

TOWERPOINT PICKLEBALL PARTY - February 9th

Our Towerpoint pickleball buddies are having a pickleball bash and it is open to other clubs. The theme is **SOC HOP** and there are prizes for dressing up in the 50's style, hula hoop contests and more!! Tickets are available through the activity office or Cal Am tickets online!! Credit card bar but bringing in snacks okay. The location is the ballroom at the center of the resort.

WEDNESDAY LADDERS RESULTS

RAINED OUT THIS WEEK....Rain, rain GO AWAY!! But.....**THANKS...**to all those helping hands who went to the courts to help clean them up as quickly as possible. Manny's crew, the pickleball club and tennis club members all helped! **YOU ALL ROCK!**



It takes a village to get our courts ready after the rain!

TRAINING WITH A PRO - THURSDAY

All spots for this exciting training opportunity are now filled. Susannah Barr will be training those participants who signed up, this Thursday from 10:30-12:30 & 1:00-3:00, courts 1 & 2. **Thanks to Colleen Janus** for setting this opportunity up for our club members.



SATURDAY SHOOTOUT RESULTS

THANKS to Ric for coordinating this activity!



Court 1 Rnd 1 Julie R-43 Louise J-40 Terry K-30 Terry B-30 Karen B-27	Court 1 Rnd 2 Heidi T-44 Brian-34 Terri B-27 Karen B-26 Terry K-21	Court 2 Rnd 1 Ken V-41 Chris B-37 Lance V-35 Heidi T-30 Brian G-23	Court 2 Rnd 2 Lance V43 Louise-35 Mike B-33 Julie-29 Mark H-22	Court 3 Rnd 1 Wayne T-44 Dana M-40 Mike R-38 Mike B-34 Mark H-28	Court 3 Rnd 2 Ken V-38 Chris B-38 Barb H-33 Mike R-32 Marketha-23	Court 4 Rnd 1 Mary L-44 Terry M-34 Maggie N-29 Barb H-28 Marketha L-27	Court 4 Rnd 2 Ian H-44 Maggie-37 Dana-36 Wayne-31 Paul-30		
Court 5 Rnd 1 Laura H-44 Edith G-38 Lois L-37 Paul B-35 Ian H-32	Court 5 Rnd 2 Garnett-44 Mary-34 Sharon-26 Lois L-22 Terry-20	Court 6 Rnd 1 Steve G-43 Don L-42 Garnett-30 Sharon S-25	Court 6 Rnd 2 Laura-43 Calvin-42 Gina-36 Edith-31	Court 7 Rnd 1 Jay S-44 Ken L-34 Doug J-33 Gina T-28 Calvin J-27	Court 7 Rnd 2 Steve G-41 Lou-38 Doug J-33 Bruce-32 Don L-22	Court 8 Rnd 1 Robert S-39 Ed M-38 Ed G-37 Lou L-31 Bruce N-23	Court 8 Rnd 2 Ken L-44 Ed G-39 Rick G-37 Jay S-33 Kurt-31		
Court 9 Rnd 1 Jim N-39 Ralph L-38 Tammy V-38 Ric G-35 Kurt G-24	Court 9 Rnd 2 Ed M-44 Brad-32 Robert S-31 Doug-22 Tammy V-21	Court 10 Rnd 1 Andrew G-40 Bill S-39 Rich V-39 Doug-38 Brad V-28	Court 10 Rnd 2 Rich-42 Jim-42 Bill-36 Ralph-35 Andrew-33						

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

COURT SCHEDULE

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.

USAP 2024 PICKLEBALL NATIONALS - MESA NOVEMBER 10-17

Just announced...the Pickleball Nationals are coming back to Arizona next fall. There should be some exciting matches to watch, opportunities to volunteer and possibly some of our club members will play in Nationals seeing it is so close. The tournament will be hosted at the Arizona Athletic Grounds (formerly Legacy Bell Park) and will not be a PPA event. More information will be coming out from USAP as our season progresses.

TIPS.....PICKLEBALL AND TENNIS - PLAYING THEM BOTH!!

An interesting article written by a Certified tennis and pickleball Professional outlines how tennis and pickleball techniques tie together. Read about it [here](#).

Another great article that our Towerpoint buddy Marian posted on Towerpoint FB page highlights some of the things you can do to take your pickleball game to the NEXT LEVEL!!

As we climb higher and higher in our games, the "next level," counterintuitively, isn't determined by our shot execution, but rather by our decision making.

More and more players are drilling, so they're becoming proficient at making their balls, yet so many that I've watched in tourneys and rec are still having a difficult time with making high percentage choices.

The two most overused, low percentage shots that run rampant in the amateur game:

- Trying to hit your way out of trouble (instead of resetting).***
- Attacking/counter-attacking from transition (instead of resetting).***

Changing gears from fast to slow within the chaos of power coming at us, or having to remain calm while we run and stretch is a difficult skill.

Hitting with power is easier (and more fun), I get it, and is why the lower level courts are full of players who "see ball, crush ball."

So how do we begin to switch those poor decisions? Not by drilling it, but instead by mentally envisioning those correct decisions. We must first change the framework of how we view the game and what those highest, long term percentages are ... and know Why they're high percentage decisions. We have to start with a macro understanding of why we should reset and not attack from those two scenarios I mentioned above. The answer and vision need to be embedded into our DNA before any type of drilling will work. A physical shot in practice doesn't override a lack of understanding in a match.

Why is hitting our way out of trouble or re-attacking a ball from transition a poor, long term choice? What do those specific reset situations look like in our mind's eyes and why will they bring us more success in the big picture?

Create a strategic understanding, mentally, before hitting the courts and working on the new shot execution, physically.

(FB page-THE KITCHEN - A PICKLEBALL COMMUNITY...Dayne Gingrich)

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.

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 VILLAGES (Main Street), Cal Am residents **ONLY** (Skill 3.999 & under) January 29-31st .

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 - VAL VISTA VILLAGES (Main Street), Cal Am residents **ONLY** (Skill 3.999 & under) - March 6-8th .

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

