



# Mesa Regal Pickleball Club

## 'LEST WE FORGET'

### November 5, 2023



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

FACEBOOK: [facebook.com/groups/696462040860449](https://facebook.com/groups/696462040860449)  
(Mesa Regal Pickleball Friends and Players).

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

**QR Registration Code**



**PLEASE REGISTER at [www.mrpickleballclub.com](http://www.mrpickleballclub.com) to ensure you can participate in pickleball programs!! (327 registered already!!)**

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

Welcome back to those who have arrived at Mesa Regal and hurry back to those who have not yet made it to the 'fun in the sun!' Remember, wearing your name tag at the courts helps us with.....

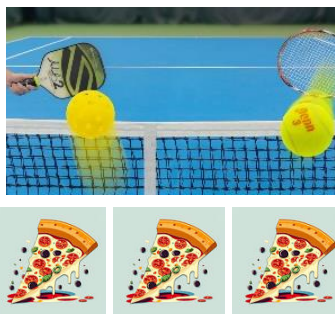
- **Your safety**....if by chance you are injured on the courts, we know who you are and who to contact!
- **Your name**....lol...after all we are all Seniors and sometimes after 7 months forget names!!
- **Your residency**....we are all paying a 'pretty penny' to be here at MR and your up-to-date name badge helps us know you are actually a paying member of Mesa Regal!!

Thanks again to all our volunteers who continue to take time and do what they can to ensure MRPClub continues to be the BEST!! Thanks for **being safe, kind, caring** and **volunteering for our club....all of you** help make it a great place to be!!

### **WELCOME BACK STREET DANCE INVITE - GET READY TO PARTY ON !!!**

Wow, the season is just starting and our club members have been invited to join our tennis buddies on **SATURDAY, NOVEMBER 18, 4-8 PM** at the tennis skybox parking lot. Sam & The Band will be playing and while there is no charge, you can drop in a donation for the music. Also, pizza from **MARCO'S PIZZA** will be available for purchase....BYOB.

A huge **THANKS** to our tennis buddies for giving us this opportunity to socialize and mingle with you to start off what should be another amazing SPORTS season at Mesa Regal!!



## WANTED - PROGRAM CO-ORDINATOR

The MRPClub is still looking for a coordinator to facilitate the **Thursday 6:30pm Mixed 3.0-3.5** program. If you are interested please contact Reggie at [Reggie@mrpickleballclub.com](mailto:Reggie@mrpickleballclub.com) for details. If there is no coordinator, it will be removed from the schedule.

## NEW.....70+ SCHEDULED PLAY!!

Amazing opportunity to meet and play with some 'seasoned' Seniors....haha. How did this happen to us....when we first started playing pickleball we were considered the youngsters, now we can participate in 70+!! **Courts 8-10 Wednesdays 2:30-4:30**. This is a mixed group play, so open to those rated 2.5 and above. For additional information contact [Sandyspengler@yahoo.com](mailto:Sandyspengler@yahoo.com)

A huge **THANKS to Sandy** for coordinating this event.

## PICKLEBALL MACHINE - THE LOBSTER

The MRPC has purchased a new Lobster ball machine for the membership to use to practice those shots you would love to get into your muscle memory!! Points to consider when wishing to sign out the Lobster ball machine:



1. Court times reserved for Lobster ball machine are:

Monday 2:30-4:30

Thursday 12:30-2:30

Please contact **Tammy by text (775) 354-8381** to coordinate setting up the ball machine. A ball machine volunteer will be at each session to help you run the machine and suggest drill ideas. They may even be participating.

2. Members can reserve a court on their own on the MRPC website and sign out the Lobster ball machine by **texting Tammy (775) 354-8381**. Hours to reserve are 10:30am-6pm, if courts are available. Tammy will coordinate with a ball machine volunteer to get the machine out and give members a brief in service operation on the Lobster ball machine.

3. One member will be responsible for the condition and treatment of the ball machine. This member may be asked to use their driver's license as a deposit. You will be responsible for picking up the balls and returning them into the ball machine and or ball basket

4. Lobster ball machine safety is a serious concern.

- Please do not put fingers or hands in the front opening of the machine, or on the top.
- Do not stand in front of the machine.
- Be careful of the speed of the balls as the balls will travel quickly (up to 60 MPH)
- Be mindful of the balls around your feet when you are drilling. Make sure you keep the area under your feet clear of loose balls.

Wearing safety glasses is recommended.

**PADDLES UP**

## KEEP DRINKING...haha...AND COLLECTING CANS

Collect and crush those cans then bring them down to the pickleball clubhouse where you can put add them to the aluminum can bin behind the golf driving range. **NO PLASTICS OR GARBAGE** in the bin **PLEASE!!!** All proceeds go towards keeping our club supplied in pickleballs!!

## STEVE JUDY MESA REGAL PICKLEBALL TOURNAMENT

Tournament Director, Connie Craig, has met with her team and the search for volunteers is on to help out during the 3 day tournament. When you registered you may have signed up for a volunteer job at the tournament and may be contacted to set up some times you could help out during the tournament. Keep watching the newsletter as we get closer to the tournament dates November 27-29<sup>th</sup>, and volunteer opportunities will be listed.

### HOW WELL DO YOU KNOW PBALL RULES? REF CLINIC - Nov 11@1:30

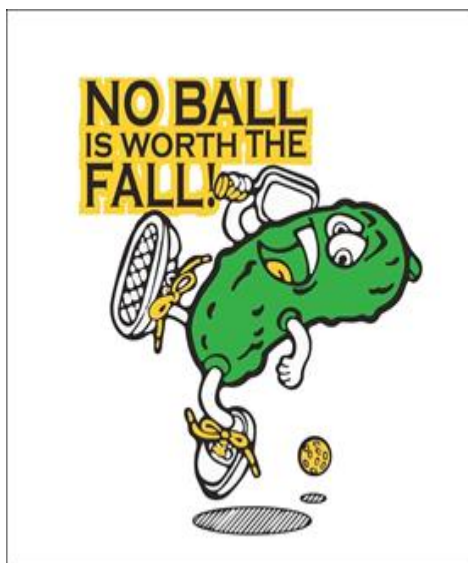
One of the best ways you can get better at pickleball is to understand the rules. You can find the updated rule handbook and basic rules summary here... [Pickleball Rules](#) . As well, you can watch this quick start reffing video here at [REFFING](#) .

**REFEREES are needed** for our upcoming Mesa Regal Steve Judy Pickleball Tournament, November 27-30. If you are interested in learning the basics of refereeing, we have a Referee Clinic scheduled for November 11 @ 1:30 at our clubhouse. Please sign up on the sheet on the pickleball patio or email Jake Grandy at [jake.grandy@yahoo.com](mailto:jake.grandy@yahoo.com) . Remember, you do not have to be a top level player to be a good referee and the more practice you have, the more confident you are!!

## SAFETY ON THE COURTS


### **BALL ON COURT !!**













STOP play immediately and replay the point.




### Pickleball Safety Tips

*Pickleball is friendlier on the body than most other sports. However, like any other sport, there is a risk of injury that comes along with playing the game. To help reduce the risk of injury on the pickleball court and play pickleball safely, consider the following pickleball safety tips:*



 <p>Be aware of your playing area &amp; its obstacles</p>	 <p>Avoid backpedaling on the pickleball court</p>	 <p>Stretch &amp; warm up your body before you play</p>	 <p>Wear proper court shoes &amp; eye protection &amp; use appropriate equipment</p>
 <p>Know your body &amp; give it enough rest</p>	 <p>Communicate with your partner to avoid confusion</p>	 <p>Improve your balance &amp; learn to fall without injury</p>	 <p>Wear sunscreen &amp; a hat when playing outdoors</p>
 <p>Avoid wet pickleball courts</p>	 <p>Hydrate!</p>	 <p>Work with a professional to improve your fundamentals</p>	 <p>Have a plan in case of an emergency on the court</p>

Help foster a safe & healthy pickleball community by following, and encouraging others to follow, these pickleball safety tips. For more safety information & other information on the sport of pickleball, visit [www.thePickler.com](http://www.thePickler.com)



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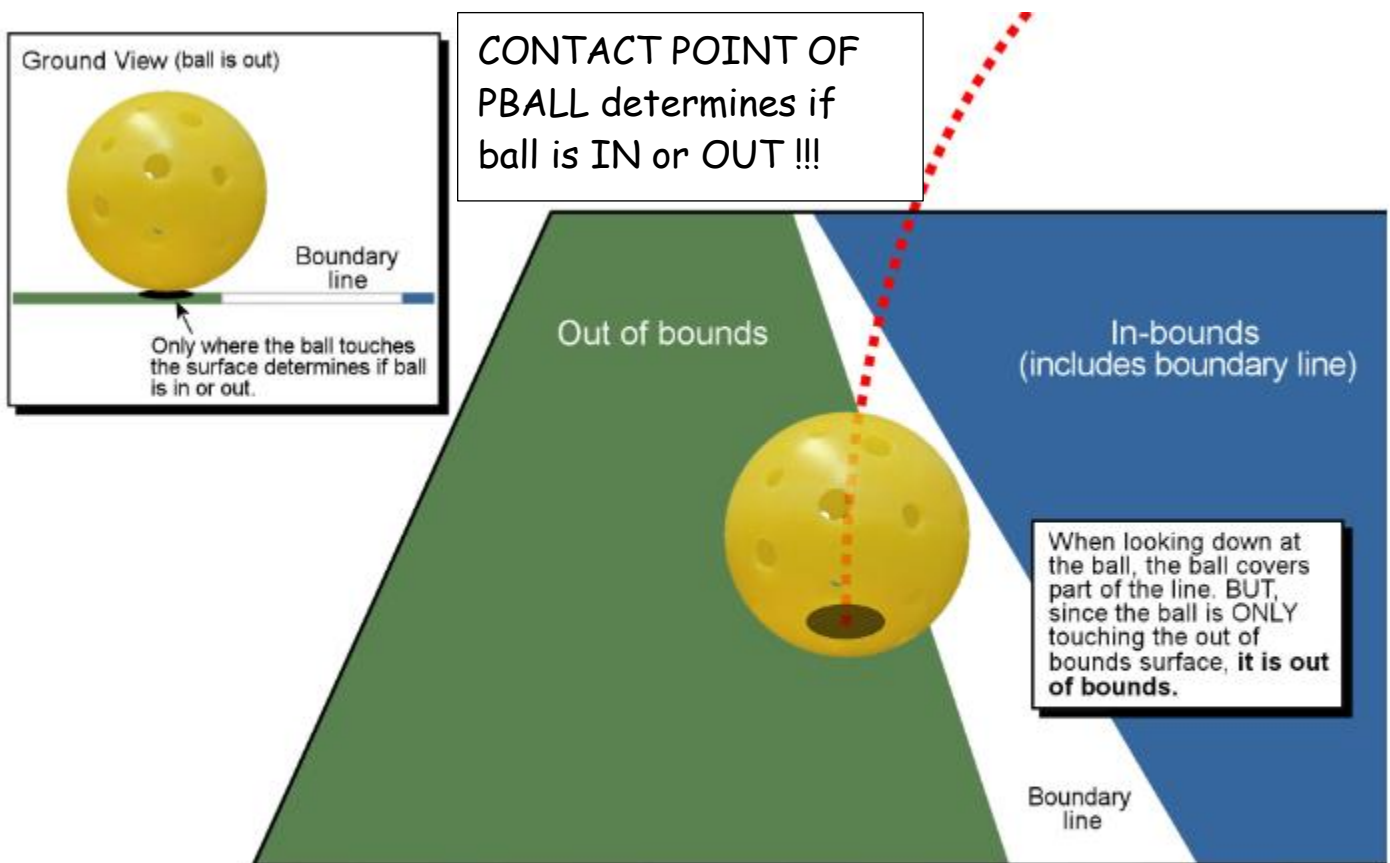
## HOW DO I GET MY NAME ON THE SCHEDULED PLAY LIST?

A huge THANKS to our MRPC executive and the many volunteer coordinators for putting together such an amazing court schedule for this season. If you would like to be a part of any of these playing sessions or would like to find out more about the program, you can go to our club website [www.mrpickleballclub.com](http://www.mrpickleballclub.com) and pull up the **COURT SCHEDULE**. Each scheduled program will have a coordinator's name (which is underlined). Click on the coordinator's name and you will be able to email them and find out all the ins and outs of that program.

**You MUST be a registered member of the club to participate in any scheduled program. It is free and easy....go to the club website at [www.mrpickleballclub.com](http://www.mrpickleballclub.com) and click on the link 2023-24 Season now available.**

## IS THAT PICKLEBALL IN or OUT??

Did you know that this particular question has ruined a lot of friendships?....haha. Let's take a look at how DIFFICULT it is to call the ball in or out on the court....and REVIEW the sportsmanship rule that if you are unsure or your call differs from your partners, the call goes to your opposition. FAIR, SPORTSMANLIKE play!!




From the above diagram, you can see there is a fine line for determining if a ball is actually 'in' or 'out'. The rule is that if you can see a gap between the ball and the line, the ball is 'out'. If you do not see a gap and can't determine if the ball is out, call it 'in'.

Click on this link to watch a video and find out more.....[IN OR OUT](#)

## SATURDAY SHOOTOUT RESULTS

**THANKS to Ric for coordinating this activity!**

<b>Court 1</b> <b>Rnd 1</b> Ray Ray-32 Chuck D-24 Chris B-23 Vicki S-13	<b>Court 1</b> <b>Rnd 2</b> Chris B-31 Brian-26 Mike-22 Vicki S-13	<b>Court 2</b> <b>Rnd 1</b> Ann K-F-33 Chris G-27 Brian G-23 Mike B-21	<b>Court 2</b> <b>Rnd 2</b> Ray C-29 Paul G-27 Barbara K-24 Chuck D-14	<b>Court 3</b> <b>Rnd 1</b> Brian M-27 Dan G-26 Paul B-23 Barbara K-10	<b>Court 3</b> <b>Rnd 2</b> Patty-31 Anne-26 Chris-22 Julia-13	<b>Court 4</b> <b>Rnd 1</b> Chuck M-33 Doug T-22 Patty J-22 Julia B-15	<b>Court 4</b> <b>Rnd 2</b> Dan-33 Gina--26 Reggie-22 Brian-17		
<b>Court 5</b> <b>Rnd 1</b> Barb B-30 Reggie-25 Jacinthe-25 Gina-14	<b>Court 5</b> <b>Rnd 2</b> Chuck-33 Stan-20 Doug 19 Don-18	<b>Court 6</b> <b>Rnd 1</b> Lawrence-33 Dave W-22 Stan W-19 Don L-19	<b>Court 6</b> <b>Rnd 2</b> Andrew-32 Sharon-27 Jacinthe-22 Barb-15	<b>Court 7</b> <b>Rnd 1</b> Bill S-30 Kevin K-28 Andrew E-23 Sharon S-13	<b>Court 7</b> <b>Rnd 2</b> Lawrence-33 Doug J-25 Dave W-25 Brian B-25	<b>Court 8</b> <b>Rnd 1</b> Murray C-27 Dan F-27 Doug J-23 Brin B-12	<b>Court 8</b> <b>Rnd 2</b> Bill-31 Kevin-30 Jay-30 Bruce-25		
<b>Court 9</b> <b>Rnd 1</b> Jeff A-32 Greg S-30 Jay S-28 Bruce N-24	<b>Court 9</b> <b>Rnd 2</b> Mike P-32 Tammy-31 Dan F-25 Murray C-22	<b>Court 10</b> <b>Rnd 1</b> Jonas P-33 Ric G-27 Mike P-27 Tammy-25	<b>Court 10</b> <b>Rnd 2</b> Jonas P-32 Ric G-31 Jeff A-31 Greg S-28						

### 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](mailto:craig.carlton@gmail.com) who can match you with someone to suit your specific needs.

## TOURNAMENTS

### GLO PICKLEBALL TOURNAMENT WINNERS!!

Congratulations to our own club members....Tammy Van Lydegraf and Ric Gonzales who **LIT UP** the courts and brought back second place medals to Mesa Regal in the recent Gene Autry Glo Pickleball Tournament. You two look AWESOME!!



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

**WOOHOO....**

**COUNTDOWN TO OUR STEVE JUDY MESA REGAL TOURNAMENT IS ON...21 MORE SLEEPS!!!** Find out how you can **VOLUNTEER** by reading the **WEEKLY NEWSLETTER**.....Found on our website..... [www.mrpickleballclub.com](http://www.mrpickleballclub.com)!!

**UPCOMING LOCAL TOURNAMENTS** - all tournaments can be found at [www.pickleballbrackets.com](http://www.pickleballbrackets.com)

**12<sup>th</sup> EAST VALLEY TOURNAMENT** - A great tournament across the street at Venture Out. Mesa, Az - November 14-16<sup>th</sup> - This is a superb opportunity to play a 'close to home' tournament. Registration is open until November 1<sup>st</sup> for 50+ and 65+ skill level events. This is a **SANCTIONED TOURNAMENT** and you must have a **USPickleball Membership** to register.

**STEVE JUDY MESA REGAL** - This is our tourney....whether you are registering to play or just volunteering to help, you will have a lot of fun! Mesa, Az -November 27-29<sup>th</sup> - Registration is open!! This is a **SANCTIONED TOURNAMENT** and you must have a **USPickleball Membership** to register.

**\*\*\*\*\* Be sure to let Nancy ([ndsterno54@gmail.com](mailto: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!!!!**

