

HAPPY PICKLEBALL NEW YEAR

Mesa Regal Pickleball Club

December 31, 2023

WEEKLY NEWS

HAPPY PICKLEBALL NEW YEAR

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!! (447 registered already!!)

Thanks for wearing your name badge on the courts!!

COURT SCHEDULE

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Open Play every day until 10:30AM						
8:30 AM	<small>Mesa Regal residents only Courts 1-2 - Beginner (New - 2.5) Courts 3-5 - Intermediate (3.0) Courts 6-8 - Intermediate (3.5) Courts 9-10 - Advanced (3.75+)</small>						
9:00 AM	<small>Rev. 12/30/23</small>						
10:00 AM							
10:30 AM	Beginner Lessons	Ladies 3.0	Ladders 10:30-1:30 All Courts	Mens 3.5 10:30-12:30 Courts 3-10	2.5 Lessons	Shootout All Courts 10:30-1:30	Play with a Coach Courts 6-10 10:30-12:30
11:00 AM	Ladies 3.0	10:30-12:30 All Courts	Bowers	Nesbit	Ladies 4.0 Intercity 10:30-12:30 Courts 6-10	Gonzalez	Grandy
11:30 AM	10:30-12:30 Courts 1-3 Porter	Brodner			10:30-12:30 Courts 3-5 Pecot		
12:00 PM	Porter				Janus		
12:30 PM							
1:00 PM	Mixed 3.5-4.0 Interpark 12:30-2:30 Courts 3-10	Ladies 3.5-4.0 Interpark 12:30-2:30 Courts 3-10		Mens 4.0 Intercity 12:30-2:30 Courts 1-6	Mens 4.5 Intercity 12:30-2:30 Courts 8-10	Mixed 4.0 Intercity 1:30-3:30 Courts 1-8	DUPR Ratings Play 12:30-2:30 Courts 6-8
1:30 PM				Grandy	Smith		Pecot
2:00 PM	Carver	Benedetti	Beginner's Social 1:30-3:30 Courts 3-10	Faushou	Smith	Carlton	
2:30 PM			Private Lessons 1:30-3:30 Court 2				Couples Social 2:30-4:30 Courts 6-10
3:00 PM	Mens 4.0 Intercity 2:30-4:30 Courts 6-10	Mens 3.5 Interpark 2:30-4:30 Courts 3-10	Rehder	Mixed 2.5 2:30-4:30 Courts 1-3	Ladies 3.5 2:30-4:30 Courts 4-10	Drop In Open Play Rating Specific Courts 3:30-5:30 All Courts	Thomas
3:30 PM				Smith	Houghton		
4:00 PM			Mixed 2.5-3.0 3:30-5:30 Courts 1-8	Ladies 3.0 4:30-6:30 Courts 3-10	4.0 Partners Interpark 4:30-6:30 Courts 5-9		Open
4:30 PM	TBD	Drop In Open Play Rating Specific Courts 4:30-6:30 All Courts	Smith	McDermott	Herle	Open	
5:00 PM	Mens 3.0 Interpark 4:30-6:30 Courts 4-10		MLP Scoring 3.5-4.0+ 5:30-7:30				
5:30 PM	Carnahan		Letkeman	Mixed 3.0-3.5 6:30-8:30 Courts 3-10	Beginner's Social 6:30-8:30 Courts 3-7		Mixed 3.0-3.5 Round Robin 6:30-8:30 All courts
6:00 PM							
6:30 PM	Beginner's Social 6:30-8:30 Courts 1-10	Mixed Round Robin 3.0 6:30-8:30 Courts 3-9		Both	Pomeroy		Aylward
7:00 PM							
7:30 PM	Rehder	Janzen	Open				
8:00 PM							
8:30 PM							
9:00 PM	Open	Open		Open	Open		Open
9:30 PM							

"Open" time slots are available in court reservation system, or may be available for drop in play

There have been some changes in our court schedule starting January 1, 2024. (MLP SCORING now Wed 5:30-7:30/Wed Ladders now has two sessions, etc.). Coordinators should contact you if there are changes to your scheduled play....but to make sure, check out the latest court schedule on the website. www.mrpickleballclub.com. You can also find information on Ratings, Executive, Club Minutes, Program Coordinators, Interpark play coordinator list, etc. There is a wealth of info on our website, including many pictures of Club tournaments and events. **Thanks Craig and Lawrence for keeping us all updated! You both ROCK!!**

3.5 TRAINING

Again this year MRPClub members are offering training to those players with a 3.5 skill level. A huge **THANKS** to **Jake Grandy and his team of coaches** for volunteering their time to do this. Please read the following information to see if you can **COMMIT** to these sessions.

Starting on **Sunday, January 7th**, from **10:30-12:30** until **February 25th** will be 3.5 level players opportunity to train/play with a coach. This is a **commitment of 8 consecutive Sundays** on participants' part. The focus of these training sessions will be :

Mechanics/Thinking of shot selection, Movement/Players court position, Team doubles strategies.

If you are interested in participating in these training sessions and are willing to **commit to 8 Sunday sessions**, then on **Wednesday sign up** on the **information sheet** that will be placed on the back bulletin board. Participants will be sent a sign-up genius invite .The maximum number of participants will be 20. The first 20 to respond to the sign-up genius invite will be selected.

Currently there are 4 volunteer instructors and I would like one more 4.0 plus player (male or female) to help out. This would allow for 20 participants with 5 instructors. If you would like to be a volunteer instructor, please contact either Nick , Lionel, Cal , Darren or myself. Paddles Up.....Jake

WEDNESDAY LADDERS - A SECOND SESSION HAS BEEN ADDED!!

Ladders will resume **THIS WENESDAY** with two sessions... 3.5-4.0+ session 10:30-12:00 & 2.5-3.0 session 12:00-1:30. If you have not received an invite email from coordinator Carol, check out the court schedule on our website www.mrpickleballclub.com and CONTACT Carol Bowers to get your name on the sign-up list. Thanks **CAROL** for coordinating this event!

MESA REGAL TRY OUTS - CAL AM RESORTS PICKLEBALL TOURNAMENT

This is a great tournament to play in. It is fun and you get to meet other players from other Cal Am Resorts and there is a **wine and cheese at the end of each day for participants and volunteers (refs?)....YAHOO!!** Each Cal Am Resort can send 3 teams per event so it is an opportunity to have lots of our players involved. **No 4.0+ players can enter** so if your UTPR/DUPR/WPR/PCO ratings are 4.0, you are out of luck....lol. Mesa Regal try out schedule is below and signup sheets will be on the pickleball patio for you to sign up (sign up your name and your partner).

SATURDAY, JANUARY 13th @ 3:30-5:30 Mixed team tryout

SUNDAY, JANUARY 14th @ 10:30-12:30 Women's team tryout

SUNDAY, JANUARY 14th @ 12:30- 2:30 Men's team tryout

We are also looking for **referees** for the tryout games....sign up sheets are on the pickleball patio.

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**.

MRPC CLUB SKILL RATING NEWS

DUPR Ratings Play - Sessions starting Sundays, Jan 7th!

For the second season, we are offering DUPR play sessions for members wanting to obtain a DUPR Rating. DUPR stands for **D**ynamic **U**niversal **P**ickleball **R**ating and is a nationally recognized pickleball rating system. Obtaining a DUPR rating is one way to get a rating to play in skill-level programs here at MRPC that require a rating.

The first session will be held on January 7th at 12:30 on courts 6, 7, and 8. They will run every Sunday. If you are interested, please sign up on the DUPR Sessions clipboard located on the stage near the pickleball courts.

The format for these play sessions is a round robin. You will play games against other members and your match results will be recorded and uploaded to the DUPR system by the Coordinator.

This program will initially be targeted towards members that currently have no skill level rating but would like to play to earn one. Use your self-rating to decide which week to attend. Here's a link to the [USAP description of skill levels](#) for your information.

January 7	Women	Beginners	(skill level 2.0 to 2.499)
January 14	Men	Beginners	(skill level 2 to 2.499)
January 21	Women	Intermediate	(skill level 3.0 to 3.499)
January 28	Men	Intermediate	(skill level 3.0 to 3.499)

If there is a need we can schedule more sessions in February. **ACTIONS NEEDED** after signing up:

- 1 - You must create a DUPR account and join our DUPR Mesa Regal "club".

Create an account by downloading the DUPR app and following the prompts, or at their website - mydupr.com/signup

- 2 - Once signed up and logged in scroll down to "Clubs", search for Mesa Regal Pickleball Club and Join Club. If you have played in tournaments before it's possible that you already have a DUPR profile. Make sure to search for yourself during sign up and if you see an account then "Claim your account" to prevent duplicates.

If you have any questions, please contact [Mike Pecot](#), program coordinator or ColleenLouiseJanus@gmail.com, Ratings Chair.

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.



SET SOME NEW YEAR PICKLEBALL GOALS!!!

MESA REGAL PICKLEBALL SWAG

Mesa Regal picklers that are just returning to AZ and those of you who did not get the new shirts supporting our club, it is not too late. We still have a full size run on all items. Some sizes are getting low. Text me and I would be happy to meet you to show you the merchandise. I'll be having sale times and days soon down at the courts too. Support your club and look good doing it! Tammy @ 775-354-8381 **THANKS, TAMMY** for volunteering your time!!



SAFETY ON OUR COURTS

Did you know that Cal Am has an **AED** (Defibrillator machine) located on our pickleball patio (corner by the door) in the unfortunate scenario that someone on court may need it? The AED machine is a life saver for people going into cardia arrest. Thanks to Ethel Freeman for sharing this video on the CPR/AED machine with us. Click [HERE](#) to see how easy it is to save a life.. Also, by the defibrillator there are instructions of how to direct emergency vehicles to our address and pickleball area.

.....**AND SPEAKING OF SAFETY**....that is why we ask you to **wear your nametag**...if you happen to fall on court we need to know who to contact to ensure you are safe. Also, did you know we have a **FIRST AID kit** on the stage for those nasty little scrapes and **ICE packs** in the kitchen freezer in the clubhouse for any bumps or bruises that you may encounter.



911 Calls



Mesa Regal RV Resort, 4700 East Main Street, Mesa
Advise them you are located at West End Sport Complex...
Greenfield gates open until 7 pm (between Main &
University)

- Stay with injured party. **DEFIBRILLATOR** (if needed) is located by the door on the pickleball patio.
- If there are additional people at the courts, first extra person goes to street level to direct emergency crews to courts.
- If there is another extra person - send them to the main entrance to provide directions to EMS as they arrive, if after 7 pm.
- Attempt to obtain emergency contact information.
ALL PLAYERS SHOULD CARRY ID (Identification) on person or bag. MESA REGAL NAME TAG A MUST!!

All persons with significant medical conditions pertinent to emergency care are responsible to have that info available.

Make sure you let a MRPC executive board member know about the incident.

Help your sport partners help you in an emergency situation.



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) **January 31-Feb 2**
VENTURE OUT ALL CITY, Mesa Az - February 6-8 - **Registration opens January 5**. 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!!!!

HAPPY NEW YEAR TO ALL

Pickleball for all ages...you just gotta love those grandkids who are starting pickleball **WAY YOUNGER** than any of us at MR did....right Colleen?

