SLPC

Mentor Profiles

Members who are seeking a Mentor Opportunity are to do the following:

- Seek out other members with similar skills/needs to form a group of 4 (or 3)
- Review the Mentor Profiles below to look for a good match to your needs
- One person in the group is to reach out to the selected Mentor to arrange for a mutually agreeable time slot (note: it is preferred that training sessions be scheduled in less busy times like 8am, after 4pm, or on weekends)
- The Mentor will book the Training Event in Court Reserve - note the following:
    - The members will be charged their regular court fees
    - There will also be an additional $5 fee per player that will be charged automatically through Court Reserve
    - The Mentors do not get paid; all funds collected for training go to the Club

Note

- New Players can contact Barb Atsalinos directly (barbatsalinos@gmail.com) to arrange for a Learn to Play session
- **When you participate in a Mentor Session, you will leave with different skills or strategies that you should work on over the next few weeks.**
- **As such, we ask that you wait at least 4 weeks before participating in a subsequent Mentor Session.**

Mentor	Aldo Adamo		
Email	adamoaldo29@gmail.com	Cell	519-384-4696
Club Level	4.0	Level Focus	3.25 and 3.5
Scheduling Availability	● Weekdays preferred		
Coaching Focus	Sessions will offer insights on intentional play and focusing on how to control the play rather than the play controlling you. My focus will be on strengthening the simple foundational elements and concepts in order to become a more consistent player. Offering sessions that include game simulated drills, foot work, game strategies, and doubles play. Drills for constructive warm ups and pre game thoughts - **A's & B's** - reinforce your shot options from serving to the 6 shot in each rally so that your foundation becomes solid and shot selections become second nature		
Coaching Background	● 3 years of mentor sessions for the SLPC ● Tournament experience at 4.0 level ● 10 years of Coaching soccer		
Other	● 3 and me sessions with equal level players are preferred but not necessary ● Find your group and reach out to me to organize a session ● Sessions will serve as a reminder to all of us that there is so much to think about while we're playing, above and beyond our technical skills		

Mentor	Barb Atsalinos		
Email	barbatsalinos@gmail.com	Cell	226-988-4351
Club Level	3.5	Level Focus	2.0, 2.5, 3.0 and Learn To Play (for New Members)
Scheduling Availability	Mon, Wed, Thu, Sat and Sun - preferred 4-6 p.m. (but flexible)		
Coaching Focus	Offering sessions that encompass Mentoring, Drills and Skills Development with a strong focus on the foundation of the game; being the first 5 shots. My coaching style is highly interactive with approximately 80% drills-and-play and 20% instruction. I believe the more touches on the ball, the quicker skills start to feel natural. (Sessions can also be customized to meet individual player needs.)		
Coaching Background	● Pickleball Canada NCCP (National Coaching Certification Program) - Instructor Level 1 ● Member of the founding group of SLPC Mentors, established in December 2023		
Other	**WHY I'm Passionate about Pickleball Development:** I am driven and inspired every day by the joy and learning that happens on the courts and by the relationships built along the way. There's nothing better than seeing a player grasp a new skill, gain confidence and trust their game a little more each time they step on the court. **Player Development Mission:** To help improve your play by having you leave each session with greater confidence and at least one enhanced skill or practical tool that you can immediately put to use. Small improvements add up, and that's what turns effort into real results. And yes, be prepared to have fun!		

Mentor	David Begg		
Email	sabretooth@eastlink.ca	Cell	905-242-6587
Club Level	3.75	Level Focus	Learn To Play 2.0/2.5, and 3.0
Scheduling Availability	● Prior to 6pm		
Coaching Focus	● I have a very experienced eye for people's mechanics, and use what you have to mentor and improve your pickleball game. We will engage in numerous drills and change the drill dynamic, based on progression. ● A safety component is discussed as well as court etiquette. (If required) ● My attitude is relaxed but you will improve.		
Coaching Background	● I have and continue to coach youth volleyball for approximately 7 years. ● Mentored and coached pickleball for 6 years. ● Attend coaching podcasts. ● Coached and refereed youth soccer		
Other	● took and passed USPA line person exam. ● I helped with some clarifying wording in the USPA rule book. ● Retired. And happy!		

Mentor	David Caraher		
Email	dave.caraher2@gmail.com	Cell	519-328-4111
Club Level	3.75	Level Focus	2.0/2.5 and 3.0
Scheduling Availability	Flexible		
Coaching Focus	• Sessions would include working on court position, proper movement with your partner and shot selection. Sessions could also utilize the ball machine or feedback from game play. Sessions can be designed to work on skills or strategies that the participants identify as areas that they wish to work on. I have been teaming up with Dave Begg for informative and fun ´Dave & Dave ´ sessions!		
Coaching Background	• Retired teacher • Experienced coach for football, hockey, and track		
Other	• I would like to put my extensive teaching and coaching experience to use by helping others achieve their pickleball goals. I appreciate the help that many SLPC members have given me and would like to give back to others and be part of their pickleball journey.		

Mentor	Jeff Hicks		
Email	hickjr@gmail.com	Cell	519-312-5455
Club Level	3.5	Level Focus	3.0 and 3.25
Scheduling Availability	Weekdays 8 am - 6 pm, Weekends require advance notice. Contact me to discuss!		
Coaching Focus	Offering sessions that include mentoring, drills and skill development, foundational strategy, and partner play concepts. Bookings can be customized to meet individual player needs upon request. My coaching style relies on the F.O.S.S. Method of instruction - **Framework, Objectives, Strategies, and Shots** - providing players with a clear, structured approach to understanding and improving their game.		
Coaching Background	I am an alumnus of two online training academies, **The Pickleball System** and **Dynamite Doubles for Pickleball**. From 2020 to 2024, I created and led a 10-week Drill & Play Training Program, as well as a 3-day immersive pickleball camp held throughout the Lambton County region.		
Other	**Player Development Mission:** Using a step-by-step approach, my goal is to help you understand the complete framework of the game - including the strategies, shot selection, and movement patterns needed to construct points and execute a winning game plan. Together, we will explore not just *how* to perform specific shots and movement patterns, but *why* we use them in different situations. Once you develop a good understanding of the game, we will follow a clear roadmap designed to give you everything you need to play confident, awesome pickleball.		

Mentor	Glen Knott		
Email	glenknott1964@gmail.com	Cell	519-464-6720
Club Level	3.5	Level Focus	Learn To Play 2.0/2.5 and 3.0
Scheduling Availability	● Mon, Tues, Wed, Thu anytime. Possible Fri/Sat/Sun (very flexible)		
Coaching Focus	● Sessions that encompass Mentoring, Drills and Skills Development with a focus on the foundation of the game; being the first 5 shots as described in our clubs philosophies. My belief, along with Pickleball Canada's belief is to have more touches on the ball. ● My coaching style is interactive starting with fun! ● Sessions would include working on items you need to succeed at your intended level. This would include - rules, court position, movement with your partner and shot selection.		
Coaching Background	● Pickleball Canada NCCP (National Coaching Certification Program) - Instructor Level 1 ● Coaching Intermediate NCCP Hockey, Assistant coach Ontario Level 1 Soccer London ● Hockey Referee for 10 years ● Member of the founding group of SLPC Mentors, established in December 2023		
Other	● Ball Machine use - could be a fun way to drill with a few others, using the machine as our first player - always places a ball - where you need to have it consistently to help master a shot or swing. ● 3 and me sessions with equal level players are preferred		

Mentor	Bill Lindsay		
Email	lindsaywp@cogeco.ca	Cell	519-381-6929
Club Level	4.0	Level Focus	3.25/3.5
Scheduling Availability	Afternoons		
Coaching Focus	● How to play with your partner as a team, since pickleball doubles is truly a team sport at the higher levels. ● Getting rid of Chaos pickleball - having a plan and strategy based on Objectives, rather than hitting random shots ● I like to explain and demonstrate why I suggest something, rather than just expecting you to believe it.		
Coaching Background	● Hold Certificate in Adult Instruction ● Have been teaching Pickleball at varying levels for 10 years ● Have played well over one hundred tournament games ● Two-time Canadian Nationals Gold Medalist ● Graduate of “Dynamite Doubles” Pickleball System		
Other	I am dedicated to pass on any learning I have gained to others, for the good of the Club and its other members		

Mentor	Jane Lindsay		
Email	janealindsay@gmail.com	Cell	519-490-1229
Club Level	3.5	Level Focus	2.0/2.5 3.0
Scheduling Availability	Open		
Coaching Focus	- Focusing on 1 hr fun drills and 1 hr play - Mastering the first 4 shots of Pickellball - Getting rid of chaos pickleball by using basic strategy and partner play - Stacking basics		
Coaching Background	- Have Certificate in Adult/Child Instruction - 12+ years Instructing Children,Teens and Adults - Worked in Recreation for over 5+ years instructioning all ages - Graduate of “Dynamite Doubles” Pickleball - Tournament experience and playing 10 years - Canadian National Gold Medalist		
Other	- I love to drill and want to share how beneficial and fun drilling is!		

Mentor	David J Matheson		
Email	davidjmdc@gmail.com	Cell	(519)332-7653
Club Level	3.25	Level Focus	3.0
Scheduling Availability	● Monday - Saturday: 8:00a - 6:00p ● Sunday: 12:00p - 6:00p		
Coaching Focus	● Ball Machine use for various skill levels ● Creating space for your shot, footwork, the first 4 shots		
Coaching Background	● I've had approx 20y of martial arts (Kenpo karate & THAI Kick boxing) ● Started coaching & class instruction after my second degree black belt		
Other	● I am dedicated to the success of this club & I will do whatever I can to improve it & the skills of its members		

Mentor	Greg Mentley		
Email	lm_atombi@yahoo.com	Cell	519-466-8416
Club Level	3.5	Level Focus	2.0/2.5 and 3.0
Scheduling Availability	● Monday to Saturday ● Advance notice is good so as to eliminate scheduling conflicts.		
Coaching Focus	● Solidifying the foundations to reduce unforced errors, which account for 60%-75% of all lost points. ● Help create good muscle memory through drills and encouragement ● Develop court awareness, placement over power through patience.		
Coaching Background	● I am currently teaching beginner and intermediate pb players at the Petrolia YMCA and have been for the last 2 years. ● Also coached track & field (Youth) and baseball (8-10) ● Pickleball Instructor level 1 Certificate from TPA Canada		
Other	● I love the game and am excited about helping others get as much enjoyment out of it as I do.		

Mentor	Ron Mombourquette		
Email	alumadude89@gmail.com	Cell	519-381-2926
Club Level	4.0	Level Focus	3.0, 3.25, and 3.5
Scheduling Availability	When I'm in Sarnia I would be happy to do 1 session per week. Monday-Friday 8-6 is my preference but I could do weekend times when scheduled in advance.		
Coaching Focus	Helping players get better at the boring stuff!		
Coaching Background			
Other			

Mentor	Maria Rocca		
Email	maria.rocca21@gmail.com	Cell	519-384-1632
Club Level	4.0	Level Focus	Learn To Play 2.0/2.5, 3.0, and 3.25
Scheduling Availability	● Prefer evenings ● 2 days a week. Tuesday/Wednesday		
Coaching Focus	Focusing on keeping the ball in play, patience, working on footwork, soft game keeping dinks low to avoid being attacked, communication,defensive stance, first 4 shots. Transition zone. When to attack. Play some 3 and me as well.		
Coaching Background	● Introductory Instructor Training Program Certification through Pickleball Coaching International. ● Experienced coach for Basketball		
Other			

Mentor	Anne Thompson-Wambua		
Email	atwambua@yahoo.com	Cell	226-886-5008
Club Level	3.75	Level Focus	2.0, 2.5, 3.0, 3.25, 3.5
Scheduling Availability	● Prefer not Sundays ● Time is flexible		
Coaching Focus	1. Building skills 2. Court positioning and working with your partner to get to the kitchen line 3. Go to shot selections, where, when, why I enjoy breaking down skills into parts to help individuals improve their technique. Most of the time you need the correct technique in order to implement the shots you want in the game. I have picked up some good insights from other club members and Youtube that I can pass along when it comes to shot selection, court positioning and working with your partner as a team. My teaching and coaching style is positive and relaxed and I will do my best to make the session rewarding and fun.		
	● Retired Physical Education teacher, Middle School and High School ● Several coaching certifications over my teaching career ● Experienced coach for Badminton, Volleyball, Basketball, Soccer, Softball, Track and Field (over 30+ years)		
Other	I have played in several tournaments over the 3 years I've been playing. Started at 3.0, then moved to 3.5 and now beginning 4.0 tournament play. I had a lot of help along the way and would like to pay it forward.		

Mentor	Maria Varsava		
Email	Mvarsava14@gmail.com	Cell	519-332-9886
Club Level	3.75	Level Focus	2.0/2.5, 3.0, and 3.25
Scheduling Availability	• Available starting mid April • Saturdays are best with some availability on week nights.		
Coaching Focus	- **Option A**: Mentored session with 4 players will include drills & skills your group wants to work on **OR** we can focus on the needs identified during a directed warm up. We will end with games and incorporate the skills we worked on. - **Option B**: same as above but with **3 players & me**. After drills and skills, we play mentored games, taking turns partnering up.		
Coaching Background	• Retired teacher - coached most school sports • Pickleball Canada NCCP (National Coaching Certification Program) - Instructor Level 1 • Instructor at Homecourt Pickleball • 12 years playing experience including many tournaments		
Other	I loved teaching and now enjoy being able to use those same skills in a different setting.		

Mentor	Phil Warner		
Email	Warnerph@gmail.com	Cell	226-964-1465
Club Level	4.0	Level Focus	3.25 and 3.5
Scheduling Availability	• Weekday evenings and weekend mornings		
Coaching Focus	• Mentor Sessions will begin with a level appropriate warmup that leads into active, monitored play – stoppages will be used for learning opportunities		
Coaching Background	• Retired educator • Coached various sports (travel hockey, soccer, and baseball – high school wrestling, hockey, football, and track)		
Other	• I got involved with mentoring as I have always believed in giving back. Numerous players have helped me progress my game and and I want to pay it forward.		