



# THE INSIDER

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## Improve Your Pickleball Game While Isolated

So when you are home, why not work on your Pickleball skills.

In case you haven't already heard, or didn't really realize it, the one **vital piece of the puzzle to improving as a pickleball player** is your hand eye coordination. Hand eye coordination is that magical element that **causes people to be able to hit a moving pickleball on the sweet spot of a moving pickleball paddle**. The better your hand eye coordination, the better your chances of getting the ball to go where you really want it to go.

People come into this great sport with varying degrees of hand eye coordination. Some have good hand eye coordination while others not so much.

But the **good news** is that you can develop and improve your hand eye coordination with one simple drill.

And the **really good news** is that you can do this anywhere, anytime, indoors or outdoors.

Most importantly, it does not require another player to be involved.

As simple as it may seem, bouncing the ball on your paddle and doing it with a purpose will improve your ability to hit the ball on the sweet spot more than any other drill we know.

[To see this drill in action: CLICK HERE](#)

## Practicing Indoors during the Pandemic

Want to keep your skills up while stuck inside these days. Here are some tips to turn your home into a practice court for the next while.

Click [HERE](#) for tips to help with your time in isolation.

# Pickleball Activities Impacted by the COVID19 Pandemic

## 1. Winter Programs at Laval and the Regina Christian School

Pickleball Regina Inc. winter programs were suspended as of March 15, 2020. They were expected to run until the end of April. If they will not be able to be resumed, prorated refunds for the remaining term will be provided to members.

## 2. Summer Programs

PRI has partnered with the Arcola East Community Association (AECA) to provide outdoor structured programming at the Douglas Park and Mahon courts over the summer months. The summer program will not be age restricted and will be open to PRI members, from all areas. This partnership will result in our ability to provide reasonably priced outdoor programs.

We also hope to offer indoor play on Tuesday and Thursday evenings at Evraz place.

An opportunity to register for summer programs will be available once the pandemic is over and facilities are re-opened.

## 3. Tournaments

The June 6 – 7 **Saskatchewan Provincial** Tournament in Saskatoon has been cancelled.

The June 16 – 18 **SSFA Provincial** Games in Prince Albert have been cancelled and rescheduled for July, 2021. The Canadian 55+ games in Kamloops have also been cancelled for 2020.

The July 24 – 26 **Western Canadian Regional Pickleball Championship** has **NOT** been cancelled. Registration will open on April 6 at 6:00 p.m. as planned. We ask players not to submit the registration fee until after June 1. A decision on whether or not the tournament can proceed will be made on June 1. We are still hopeful!

## 4. Referee Training

Refereeing provides a front row seat to follow the game and the players and is an excellent way to give back to the sport. Formal training opportunities are on hold. However, this time of social isolation provides an excellent opportunity for self-study. Pickleball Canada's new Officials training program is now available on PC's website at: [https://pickleballcanada.org/officiating\\_program.php](https://pickleballcanada.org/officiating_program.php)

## Grant Funding Support

Last June, PRI assisted the City of Regina in applying for a \$25,000 federal government New Horizons for Seniors grant. We have recently heard it has been approved. The funding will be used to apply a “picklepave” acrylic coating on the new Mahon courts. PRI will cover any shortfall to ensure this project proceeds.

We are waiting to hear about multiple grant applications for court improvements for members to enhance the quality of the various venues we use across the city.

PRI has plans to upgrade facilities during 2020 with windscreens, fence top protection and other improvements once the City opens the courts for summer play.

## Keeping Fit Before Getting back to Play!

All members are reminded that stretching your muscles and loosening your joints is important to reduce the risk of injury on the courts. This will be even more important when we resume play after the pandemic ends. Check [Warm Up & Stretch - Pickleball Canada Organization](#)

## Stay Safe!

Your 2019 - 2020 Board of Directors,

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**Learn, Play, Grow Together!**

