



The Kitchen Line...

April 2022

By Pickleball Manitoba Inc

THE LAST TIME YOU ARE INVITED TO VOTE?



*** April 26 Matters! Register to Vote!

Pickleball Canada has called a Special Meeting for April 26, 2022, for current members to vote on proposed by-law changes.

The Pickleball Manitoba Board and those of Alberta, British Columbia, and Quebec, **representing 70% of the Canadian membership**, have several concerns with some key by-law changes. We share the belief that there has **not** been enough time to review the detailed by-law proposals and to resolve the concerns which have been raised. Pickleball Canada has denied our continued requests for more time to explore and discuss alternative by-law provisions.

This open letter to members outlines some of the key concerns raised and is structured as a Q&A.

How am I as an individual member affected by the Pickleball Canada by-law changes?

- Currently you are considered a “member” of Pickleball Canada and have the right to participate in and vote at Member Meetings.
- In the proposed by-laws you will become a “registered participant” and have no rights to be informed of, participate in or vote at Member Meetings (e.g. Annual General Meetings and Special Meetings) called by Pickleball Canada.
- Voting **NO** means that Pickleball Canada will need to reconsider their membership proposal.

What do other national sports organizations like Pickleball Canada have for membership categories?

- Many national sports organizations have more than one membership category. In the proposed by-laws Provinces and Territories are the only “members” category
- Pickleball Canada is a grass roots organization built on the strength of its individual members, clubs and provincial organizations. Let’s find a better way for these stakeholders to participate in Pickleball Canada than have been proposed.
- There are many problems with the current practice of providing 26,000 or more members voting rights, and the aforementioned province representatives want this opportunity to consult and get it right.

Provinces and Territories would have proportional voting at Member Meetings - doesn't that ensure my province has a representative say?

- The challenge with the proposed proportional voting formula is that 3 or 4 provinces with a large population of members could dominate decisions.
- Let’s debate whether some key national decisions - for exam-

ple annual fees for individual “registered participants” should require a double majority. This would mean both a majority of the provincial/territorial “members” AND a majority of the total individual “registered participants” represented by the provinces and territories voting in favour of that type of decision.

- A **NO** vote, means finding a way for ALL provinces and territories to have a more meaningful say.

What about the proposed changes to the Pickleball Canada Board of Directors?

- The proposed by-laws allow the Board to determine the actual number of Directors within a range of 9 to 13. The Board’s opportunity to increase or decrease the number of Directors opens up the possibility for abuse.
- In the by-laws the Board establishes the Nominating Committee which identifies and puts forward candidates for Directors. As well, the Board has the authority to make mid term appointments when a vacancy on the Board occurs. The Provinces and Territories as “members” should have these rights.
- In the proposed by-laws, Provinces and Territories will NOT have a designated representative on the Board of Directors. How will the Board of Directors know enough of what is happening in the provinces and territories and at the club level to set key policies for how our sport?
- Voting **NO** means the opportunity to ensure your National Sport organization is working for you and your province.

How will the Provinces and Territories be involved in setting the policy and direction for Pickleball Canada?

- The by-laws should provide the basis for a partnership relationship between Pickleball Canada and Provinces and Territories. The membership section of the proposed by-laws is more suited to a club than a national sports organization.
- The proposed by-laws give the Board of Directors the right to set policy and procedures for Pickleball Canada including the terms for the membership agreement that will replace the existing affiliation agreements with Provinces and Territories. Provinces and Territories should have rights to participate in establishing these terms, rather than having to accept membership on only Pickleball Canada’s terms.
- Provinces and Territories as “members” will only be able to participate in Annual General meetings or call a Special Meeting to pass resolutions that the Board of Directors will need to follow. However, the Board of Directors can delay a special meeting up to 60 days and the Board by itself can decide to suspend any Special Meeting. In our opinion, Provinces and Territories **MUST** remain part of the process in guiding the direction of Pickleball Canada.
- A **NO** vote would send the message that you want elected provincial representation on the board and at the meetings, rather than the 9 to 13 Directors of the (cont’d page 4)



****FEATURE ARTICLE****

TENNIS (PICKLEBALL) ELBOW

Tennis elbow (formally known as lateral epicondyle tendinopathy) refers to pain and dysfunction in the common tendon for the wrist extensors. This tendon connects wrist extensor muscles to the distal end of the humerus bone at the elbow (here's a picture to orient you - <https://www.shutterstock.com/image-illustration/tennis-elbow-condition-labeled-228843223>). Although the condition is typically referred to as "tennis elbow", it is commonly seen in athletes in all kinds of racquet sports and also in many adults (usually over 40 years of age) who do not pick up a paddle/racquet on a regular basis.

Tennis elbow pain is usually isolated to a consistent spot on the lateral elbow that the athlete can pinpoint with one or two finger pads. The pathology associated with tennis elbow is complex and variable, involving inflammation of connective tissue around the tendon, partial tendon tears and degeneration of tendon tissue.¹ Repetitive exposure to loads that exceed the tendon's capacity is the primary contributor to the problem. The wrist extensor muscles are especially active (and exert load through the tendon) with backhand shots, but they also stabilize the wrist with other shots (forehands, volleys, smashes), so the muscle/tendon chain doesn't get a rest whenever the athlete grips the paddle. The localized pain tends to be worse with high loads on the tendon (e.g., backhand shots), and may actually seem to get better with some play (i.e., may be stiff to start with and then ease up somewhat) but usually worsens with more play as fatigue sets in.

Pickleball players who dramatically increase the amount of time devoted to the sport (and the amount of time gripping their paddle) and/or change their paddle (e.g., to something that allows more vibration to be transmitted to the arm) are at increased risk for developing tennis elbow, especially if they also have other risk factors for tendinopathy (e.g., diabetes, high cholesterol levels, older age, male sex, and inflammatory or autoimmune conditions).

If you suspect you have tennis elbow, see a physiotherapist to rule out other causes of lateral elbow pain (e.g., muscle strain, nerve entrapment, ligament sprain) and to receive early education and exercises to help reduce recovery times. Depending on how irritable the tendon is, you may need to take a short break from playing pickleball and other gripping activities that provoke pain. The bad news is that tendons need time to heal and recovery can take several months.

The good news is that exercise-based rehabilitation programs can help. Specific exercises with resistance levels tailored to the tendon's capacity to withstand loads during the healing process are the cornerstone of therapy, and are required in order to try to reduce the likelihood of recurrence.^{1,2} While complete rest will reduce pain, exercise is needed to strengthen the tendon to withstand loads in the future. Physiotherapists may use a number of other treatments to reduce pain (e.g., ice or heat, acupuncture, LASER, shock wave therapy), but following a slowly progressive loading program is key to recovery. The use of a counterforce elbow brace (strap around the upper forearm) is also recommended for people

PICKLEBALL RULE INTERPRETATION

YOU MAKE THE CALL (By Ref. Paul Aquin)

SECTION 7 - FAULT RULES

A fault (and resulting dead ball) will be declared for the following;

7. C. - Hitting the ball under the net or between the net and the net post.

Scenario: Team A hits a ball across the net. The ball lands in bounds on team B's court but with enough backspin (or due to the wind) that the ball travels back through the gap between the net and the net post

YOU MAKE THE CALL (See page 4 for answer)

recovering from tennis elbow and for people who have recovered (to try to reduce the likelihood of recurrence). So, see a physiotherapist, do your exercises, and wear your brace. You will certainly see a lot of other players out there also using tennis elbow straps - and remember to have fun playing pickleball!

Sandra Webber, PhD

Sandra is a physiotherapist who teaches and does research in the College of Rehabilitation Sciences (Rady Faculty of Health Sciences) at the University of Manitoba. She loves her job, except for the fact that it gets in the way of playing more pickleball.

1. Cardoso TB, Pizzari T, Kinsella R, Hope D, Cook JL. Current trends in tendinopathy management. *Best Practice & Research Clinical Rheumatology* 2019;33:122-140.

2. Anthony J, Fearon A, Hughes D, Kennedy C, Scott A, Yates M, Hoens A. Lateral epicondyle tendinopathy: Summary of the evidence for physical therapy interventions. UBC Department of Physical Therapy - Lateral Epicondyle Tendinopathy (LET) Toolkit - summary of the evidence updated June 2016. <https://physicaltherapy.med.ubc.ca/physical-therapy-knowledge-broker/lateral-epicondyle-tendinopathy-let-toolkit/>

EVENING COURT TIME..... At U of M!

Pickleball drop in program is available to Recreation Services Members, 10 Pass Users or Drop In Guests at \$15+GST. Membership schedule below. (subject to change)

Pickleball courts are currently open for singles or doubles play on Monday evenings only, from 8-10pm. Pre-registration is required. Email for more info rec_services@umanitoba.ca

Membership categories Access to both campuses	4/mth term		12/mth term	
	Total	Monthly	Total	Monthly
UM staff, alumni, on-campus groups	\$220	\$55	\$420	\$35
Community	\$260	\$65	\$540	\$45
Youth ** (ages 6-17)	\$140	\$35	\$300	\$25
Students *** (those who don't pay Sport & Rec Fee)	\$100/term			
Senior 60+	\$220	\$55	\$420	\$35

Pickleball Manitoba Inc

Battle of the Paddles



Brandon's Healthy Living Centre (HLC)

hosted a one day Doubles and Mixed tournament, on March 12th, 2022. There were 76 athletes participating. Included were categories from 2.5-4.0 in Women, Men and Mixed. Round-robin format meant lots of games and using Pickleball Brackets (made possible to affiliated clubs via the Pickleball Canada agreement) was a really convenient way to organize a tournament, as this program generates all draws and seeding.

Congrats to the following winners.

3.0 and under - Men
Tim Wiebe/Lorne Warkentine -Gold
Dave Vasconcelos/Josh Rhule -Silver
Brian Livingstone/Neil Graham -Bronze

3.5 and Above- Men
Girard Osicki/Ken Kolisnek -Gold
Terry Browett/ John Houlihan -Silver
Shane Thompson/Troy Thomson -Bronze

4.0 and Above - Men
Jason Curtis/ Claude Pellerin -Gold
Jim Howarth/ Ken Bradford -Silver
Kem Wong/Dave Goertzen -Bronze

3.0 and under - Mixed
Lisa Vasconcelos/Dave Vasconcelos -Gold
Nancy Deroo/Athur Dornn -Silver
Michelle Wilman/Clayton Wood -Bronze

2.5 - Mixed
Tiana Vasconcelos /Josh Rhule -Gold
Brenda Linski/Neil Graham -Silver
Tracy Latell/Darcy Peppin -Bronze



Pictures are in no specific order, look at the smiles of fun and achievement!

3.5 and Under - Mixed
Kim Ezzard/David Holder -Gold
Helen Nantais/Dave Goertzen -Silver
Susan Armstrong/Sanjay Satch -Bronze

3.5 and Above - Mixed
Erin Yang/Ken Kolisnek -Gold
Jan McNarry/Ron Cornell -Silver
Barb Parobec/Alex Parobec -Bronze

4.0 and above - Mixed
Chris Curtis/Jason Curtis -Gold
Jackie Jacobsen/Darren Maginel -Silver
Sandra Webber/Mark Poole -Bronze

2.5 - Women
Michelle Wilman/Nancy Deroo -Gold
Brenda Linski/Diane Paskewitz -Silver
Tiana Vasconcelos/Lisa Vanconcelos -Bronze



3.0 - Women
Jennelyn Collera/Ann Bautista -Gold
Susan Armstrong/Allison Manning -Silver
Noel Rogowsky/Nola Buchanan -Bronze

3.5 - Women
Helen Nantais/Jan McNarry -Gold
Barb Parobec/Maureen Bonar -Silver
Christine Curtis/Erin Yang -Bronze.

(LAST INVITE TO VOTE?) (Cont'd from page 1)

....Pickleball Canada Board, who could potentially all be from one province.

It sounds like there has been a lot of time spent on the by-laws, why are these concerns coming out now?

Provinces and Territories received a first draft of proposed changes on January 18, 2022 (French translation in early March) and have had less than 3 hours of time at national meetings to discuss the changes. This short timing has not allowed for adequate consultation with clubs or individual members. There were **NO consultations** with provinces and territories in drafting the specific by-law provisions

Although the four provinces of British Columbia, Alberta, Manitoba and Quebec raised several concerns and appealed twice to the Pickleball Canada Board to delay the Special Meeting to allow more time to explore some alternatives, this has been denied.

Voting **No** means you feel the legal document of Pickleball Canada by-laws deserves a responsible consideration and discussion by all provinces, and you would like that to happen.

The bottom line... the process has been rushed with no meaningful consultation. In good conscience, representation of 70% of the Canadian pickleball players cannot support the changes proposed. The question is does this representation matter to you?



We'd like you to be informed and invite you to vote!!! A vote "no" to not accept by-law amendments will give more time for dialogue.

[Ways to vote](https://pickleballcanada.org/govern/special-meeting-april-26-2022/) and [how & when to register](https://pickleballcanada.org/govern/special-meeting-april-26-2022/) for the April 26th meeting are described here ... <https://pickleballcanada.org/govern/special-meeting-april-26-2022/>

Please register **before April 21st** and mark your calendar for **April 26th**. We will provide a reminder of these details closer to the deadline.

Questions / comments?

Send an email 1pickleballmb@gmail.com

National Coaching Certification Program (NCCP)

This newly created coaching program started up once Covid mandates were lifted mid-March, with a stop in Manitoba. We had very little wiggle room for scheduling, But were able to schedule two courses — each began with an on-line portion, followed by a full-day of on-court instructor-led education. Many snowbird players weren't back in time to participate, but we look forward to providing more opportunities, in the future. <https://pickleballcanada.org/support/coaching/>

WESTERN CANADIAN REGIONAL PICKLEBALL CHAMPIONSHIP 2022
REGINA-SASKATCHEWAN

Registration Opens Apr 04, 2022 6:00 PM

Find details of 'Sanctioned Tournaments' on www.pickleballcanada.com

SMASH INTO SUMMER
HLC PICKLEBALL TOURNAMENT

Registration Opens Apr 06, 2022 8:00 AM

Tier 3 sanctioned tournament on 10 hard-wood floor courts, 200 athlete max, free registration T-shirts. Canteen on-site and other **VENDORS** are welcome to apply.

***DID YOU MAKE THE CALL?**

ANSWER: Team A has executed a legal shot by hitting the ball across the net and in bounds. Team B must make a play on the ball before the ball either hits a permanent object, bounces twice or otherwise becomes dead. In this scenario, team B did not make a play before the ball travelled through the gap between the net and net post. Team B may however, reach over, under or around the net to make a play on the ball as provided for in Rule 11: 1: