



The Kitchen Line...

October 2022

By Pickleball Manitoba Inc

Arborg Pickle Spiel

By all accounts, the 2nd annual tourney was exactly perfect! The club provided a Facebook Live video, so those who couldn't physically attend, could do so virtually! What a treat! For an on-location bonus, spectators and participants had access to a hearty meal and cold beverages. There was great competition in all categories. If you haven't had a chance, check out PMI's Facebook page, for more event pictures.



Selkirk Community Church (SCC)-

By Lisa Warkentine, Facility Coordinator SCC

When SCC decided to build a gym we hoped it would benefit the community. Pickleball was barely on the radar and it was anticipated that volleyball and basketball would be the primary sports. Wow, were we wrong. We could never have anticipated what an incredible demand for pickleball there would be. I've heard that pickleball is the fastest growing sport in the world and this certainly seems to be the case at SCC

Since opening in June of 2020 with two afternoons/week, our program has expanded with a mixture of private rentals and public sessions, running usually twice per day, every day! We typically have approximately 150 regular pickleballers. One of the unique and popular aspects of SCC's program is that you can attend on a casual or regular basis and sign up only for the slots that you want to attend. This makes it convenient for people who need flexibility. As well, we are happy to rent out our 4 courts, at \$30 an hour. Do you have a pickleball party, clinic or just some extra pickleball play in mind? For information or to

sign up, just go to selkirkcommunitychurch.com!

It has been quite a learning curve figuring out the different levels of play and how to keep players mixing, as well as the game strategies and skills: don't use so much wrist; get up to the kitchen line; don't hit it so hard! But really, how long do you need to play until you can hit a drop shot consistently? Thankfully, we've had many wonderful experienced players who have walked alongside us and helped us to navigate the world of pickleball. One event that largely accelerated our program, was a clinic where both **Rose Sawatzky** and **Barry McKeown** brought their knowledge and skills and helped many of our athletes to get more comfortable with their game.

A technicality you should be aware of, is you are gripping a paddle (a solid surface), not a racquet (open frame with strings). If you'd really like to call it a racquet, you'll hear a racket from an avid, slightly annoyed pickleballer! :D I have to confess to having done this a few times on purpose.

We hosted the 55+ games this past spring with some athletes qualifying and going on to the National 55+ games in Kamloops.

We are already planning our first pickleball tournament for spring of 2023. (Date TBD). We hope this will be an annual tournament that results in the gold winner names engraved on a plaque hung on the gym wall, creating a bit of history to look back upon as pickleball continues to expand in popularity!

On a personal note, when we opened the SCC gym I agreed to be (cont'd Page 2)





****FEATURE ARTICLE****

Physical Activity Intensities Achieved During Singles and Doubles Pickleball

In a previous article, I wrote about some of the psychosocial benefits of playing pickleball that have been cited in the literature. Surprisingly, few researchers have examined the physiological demands of the sport. Only a handful of studies exist, all with relatively small sample sizes. So, in the summer and fall of 2021, we measured heart rates, accelerometer activity intensities and steps in 22 singles and 31 doubles players to better understand how playing pickleball contributes to meeting physical activity guidelines. Our manuscript was recently accepted for publication in the Journal of Aging and Physical Activity.

In short, participants wore a Garmin Fenix 5 smart watch on their non-dominant wrist (to measure heart rate) and a small ActiGraph GT3X+ accelerometer over their right hip (to measure movement intensity and steps) while they played pickleball for a minimum of one hour. When participants were not on the court playing (e.g., waiting for the next court between games) they were asked to stand/sit quietly. This allowed us to recognize non-playing (off-court) time in the data and remove it from analysis.

The majority of participants rated their skill level as 3.5 or higher, reported playing pickleball for 4-5 years, and played more than 5 hours per week. The main results of the study are presented below.

	Singles Players (Average)	Doubles Players (Average)
Age (years)	61.0	62.8
Female:male ratio	9:13	16:15
*Monitored minutes of play	70.8	106.1
Average heart rate (beats per min)	111.6	111.5
Maximum heart rate (beats per min)	144.2	141.0
Average heart rate (% predicted maximum)	70.3	71.2
Percent play in light heart rate intensity zone	27.5	28.4
Percent play in moderate heart rate intensity zone	45.0	38.1
Percent play in vigorous heart rate intensity zone	27.5	33.5
*Percent play in light accelerometer movement intensity zone	19.0	49.6
*Percent play in moderate accelerometer movement intensity zone	81.0	50.4
*Steps per hour of play	3322	2791
Percent total monitored time in active play	77.7	78.7

*statistically significant difference between singles and doubles

The bolded rows in the table represent the most important find-

ings. Both singles and doubles players spent over 70% of play time in moderate and vigorous heart rate zones, with no statistical differences between singles and doubles. The majority of play time (81%) was also categorized as moderate movement intensity by the accelerometer for singles play, whereas for doubles the split was basically 50-50 between light and moderate movement intensity. Doubles data were collected outdoors and the mean temperature was 26.9°C (including humidex), warmer than the indoor singles environment. This may have resulted in slightly elevated heart rates in the doubles participants, however, these are common environmental conditions experienced by people who play outdoors. Of note, we did not match participants with those of similar skill levels and this may have resulted in some mismatch between physical activity intensities experienced by players in some matches (likely more apparent in singles).

The Canadian 24-Hour Movement Guidelines (<https://csepguidelines.ca/>) recommend that adults engage in a minimum of 150 minutes of moderate to vigorous physical activity per week and several hours of light physical activity including standing in order to lower risk of cardiovascular disease, type 2 diabetes, and cancer, and to improve bone health, cognition, physical function and quality of life. Our results demonstrated that participating in 4.5 hours of pickleball per week would allow people to reach this target. But, of course, we recommend that people do more than just pickleball, and include some resistance training, walking etc. in their weekly routine.

Thank you to all the pickleball players in Winnipeg who participated in our study.

Feel free to send me an email if you'd like more information (Sandra.Webber@umanitoba.ca).

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.

Selkirk Comm Church By Lisa Warkentine (Cont'd)

the volunteer facility coordinator. As a small church of less than 100 people we took a huge leap of faith and built a facility that we could never afford to pay without the partnership of our community. Part of our vision was that we would operate with volunteers, as we really wanted to engage with our community and really couldn't afford to pay someone. I had never played pickleball, but was a committed badminton player and played several times a week. I knew that taking on this role would make it difficult to continue playing badminton as competitively as I wished. What I didn't realize was that I would come to enjoy pickleball even more and eventually transition completely from badminton to pickleball. It's hard to believe how many pickleball friends I have made and how blessed I feel to be part of Manitoba's amazing pickleball family!!!

Why Become a Referee?



Officiating is an important component of pickleball and as the sport grows rapidly across Canada, we need more and more referees to officiate at tournaments all over the country. Referees ensure consistent application of the rules of pickleball and enhance the tournament experience for the players.

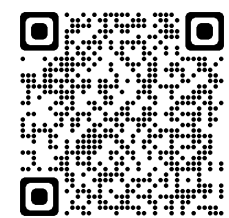
Refereeing is a great way to spread your love for pickleball, become an expert in the rules of the game, give back to your pickleball community, and travel to new destinations!



We congratulated these folks last edition, for achieving Level 2 in the referee program – and NOW we have outfitted them with the new PMI official referee shirts. L to R: Lisa Bergson, Paul Aquin (the man behind the Ref. Paul articles) and Judi Reid

Officiating may be right for you if...

- You love pickleball (especially watching it)
- You have an admiration for fair play and the rules
- You want to give back to your pickleball community
- You want to meet new people
- You are looking for a new challenge
- You are looking for opportunities to participate in local, provincial, regional, and national competitions



For more information, including the steps required to become a referee, scan QR code above or go to the [PCO officiating program](#)

PICKLEBALL RULE INTERPRETATION

YOU MAKE THE CALL BY REF. PAUL

The other day I was asked a question from a player as to whether or not it was their responsibility to make a fault call against their partner or, if it was the responsibility of the other team to make the call.

In a non-officiated game, and in the spirit of good sportsmanship, players are expected to call faults on themselves as soon as the fault is committed or detected. (Rule 13.D.1.C)

Case Scenario

In a non-officiated match, Team A plays a shot over the net into the N.V.Z. (Non Volley Zone). Team B plays the ball out of the air, stepping on the N.V.Z. line. Team A stops play and calls a N.V.Z foot fault on Team B. Team B denies that they stepped on the N.V.Z line creating controversy.

Does Team A lose the point for stopping play?

YOU MAKE THE CALL (See below for answer)

Energy and Assistance Needed

Pickleball Manitoba is looking for a volunteer(s) interested in coordinating a "Learn to Play" (LTP) program throughout the province. This position could have two people sharing the role, working closely with the PMI board. Tasks will include:

- Responding to requests to PMI for LTP opportunities.
- establishing costs and collection of fees
- coordination of Instructors
- authorizing and tracking payments to instructors
- issuing and provision of PMI equipment if required
- Maintaining a log of clinics
- collecting feedback from participants and facilitators
- Promoting PMI

Setting up LTP clinics through PMI by, Creating clinics and advertising by email blast, our website....., procuring facilities, setting up instructors, collecting fees and authorizing payments for facilities as well as instructors

Players may call N.V.Z foot faults on the opponents' side of the court. If there is any disagreement amongst the players about a called fault, a replay shall occur.

ANSWER: Rule- 13.D.1.B.

***DID YOU MAKE THE CALL?**

Disclaimer: Please contact us 1pickleballmb@gmail.com to report any errors or omissions. We apologize for any inconvenience and we commit to posting timely corrections that are brought to our attention, on our FB page. Like & Follow us, to ensure you get those notifications.



Pickleball Manitoba Inc

GRIP it 'N RIP it turned out to be a great theme as **BRANDON's** Pickleball Club GRIPPED onto some great weather, WHIPPED up some great competition, and provided a RIP-ROARING good time! (Pictures on Page 5)

*86 teams; 106 players and had 352 games played over 2 days. The winners:

2.5 Ladies

Gold-Robin Dunlop/ Rebecca Riches
Silver-Nola Buchanan/Tracy Houck
Bronze-Joelle Suzuki/ Diane Dalkie

2.5 Men's

Gold-Cody Davis/Jacob Stanton
Silver-Dennis Kapraway/Jim Ready
Bronze-Gerry Rocan/Keith Smith

3.0 Ladies

Gold-Arlene Osicki/Janet Simpson
Silver-Kelly Wilcox /Sheryl Love
Bronze-Lauren Henning/Aurea Calderia

3.0 Men's

Gold-Micheal Debert/Seng Cau
Silver-Andrew Janz/Joe Healey
Bronze-Warren Nelson/Denny Quigley

3.5 Ladies

Gold-Erin Yang/Lorie Stutsky
Silver-Jan McNarry/Helen Nantais
Bronze-Diane Mooney/Lori Bresciani

3.5 Ladies Consolation

Gold-Beth Curtis/ Allison Manning
Silver- Jennelyn Collera/Ann Marie Bautista
Bronze-Sharon Brown/Melanie Juatco

3.5 Men's

Gold-Rodrigo Marouelli/Mark Juatco
Silver-Jesse Roziere/Troy Thomson
Bronze-Ken Kolisnek/Girard Osiscki

3.5 Men's Consolation

Gold-Rick Waterman/Quintus McDaniel
Silver-Allan Armstrong/Francis M
Bronze-Ron Rogowsky/Dimitri Calderia

4.0 Ladies

Gold-Linda Hiebert/Anna Dyachenko
Silver-Christine Curtis/Jackie Jacobsen
Bronze-Wendy Wolfe/Lisa Bergson

4.0 Men's

Gold-Kem Wong/Curtis Granger
Silver-Scott Miller/Phil Greenwood

How Will 90 Look on YOU?

About 5 years ago Len was invited to the Garden City CC in north Winnipeg to play some weird game called pickleball. As with most of us, what started as a

curiosity became an obsession. Len became a regular. When he and his wife Marge went to their winter home in Margate, Florida, Len found a group to play with there and didn't miss a beat.

Pickleball is part of a healthy and active lifestyle that keeps Len going strong. Now, at the age of 90, Len keeps young by stretching 45 minutes every morning and spinning on his exercise bike most every evening. He would tell you that, a big driver for his lifestyle is that he has to keep healthy so he can take care of Marge who now resides in a personal care home. Even though his pickleball time has been cut back from 3 times a week to once a week, due to spending time with Marge, he is a hero to the folks he plays with and is always greeted with cheers and hugs.

This past week, shortly after his 90th birthday, Len played in a mixed doubles pickleball tournament at Garden City Collegiate. A break took place in the tournament to surprise Len with a birthday cake and a plaque to honour him for playing pickleball at 90. The plaque was presented by Maples MLA Minto Sandhu, engraved with "Congratulations Len Bakalinsky, Pickleball at 90, Master of the Dink." Congratulations Len - We wish you all the best!



Bronze-John Regan/Paul Aquin

2.5 Mixed

Gold-Seng Cau/Diane Paskewitz
Silver-Joe Healey/Katherine MacFarlane
Bronze-Jim Ready/Robin Dunlop

3.0 Mixed

Gold-Dimitri & Aurea Calderia
Silver-Jeff Templeton/Kelly Wilcox
Bronze-Mike Delbert/Lauren Henning
Bronze-Mike Brownridge-Sue Davidson

3.5 Mixed

Gold-Cassandra Haynes/Jesse Roziere

Silver-Rodrigo Marouelli/Sharon Brown

Bronze-Reg Lakeness/Jan McNarry

3.5 Mixed Consolation

Gold-Raymond Greenwood/Sheryl Love
Silver-Darren Sinclair/Marilyn Woods
Bronze-Ron Cornell/Lorie Stutsky

4.0 Mixed

Gold-Phil Greenwood/Anna Dyachenko
Silver-Jason & Christine Curtis
Bronze-Claude Pellerin/Maureen Bonar

4.0 Mixed Consolation

Gold-Daniel Yeo/Erin Yang

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GRIP it 'N RIP it—Brandon

(Results Page 4) Pictures are in random order



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The Portage Pickleball courts are official!!

If you look back at last newsletter, you will see this picture (right) of the new courts opened in Portage La Prairie. This fall, the courts had their official day.... And the weather wasn't all that different! But look at the group dressed in all-weather attire, in order to get that ribbon cut and make these courts official!



History books for the city will show these folks as pioneer members of the club who brought pickleball and pickleball courts to Portage La Prairie. What a great success story!



Left to Right: Ann Bautista- Treasurer. Wendy Love - Equipment manager, Barb McColloch- Secretary, Sue Davidson - President, Jim Leslie - Vice President, Sharilyn Knox - Councillor city of Portage la prairie, Ian Wishart- MLA for Portage and Lisgar, Ken Brennan- Community foundation of Portage and district



PMI HOODIE



We've had a Stormtech hoodie designed with the PMI Logo. ORDER by DECEMBER 1st—from 'pickleball attire' tab on www.pickleballmanitoba.ca

ARBORG PICKLE SPIEL

(Cont'd from Pg1) (For space sake: Gold=1st, Silver=2nd, Bronze=3rd)

Ladies 4.0 ~ 1st-Jun L/Rose S, 2nd-Jackie J/Christine C, 3rd-Lisa B/Judi R

Ladies 3.5 ~ 1st-Pam M/MaryB S, 2nd- Jeanette C/Janice S, 3rd-Viola L/Lynda B

Ladies 3.0 ~1st-Shelly/Aurea, 2nd- Martha/Suzie, 3rd- Lynne/ Patti

Ladies 2.5 ~1st-Teresa/Karen, 2nd-Jayann/Teresa, 3rd-

Sharon/Arlene

Mens 4.0 ~1st-Curtis/Kaz, 2nd-Damien/Gui, 3rd- John/Lyle

Mens 3.5 ~1st- JB/Arni, 2nd- Al A/Eric Z, 3rd- Bob S/Gerry H

Mens 3.0 ~1st- James R/Eprel L, 2nd- Arthur C/Mike T, 3rd- Jamie D/Scott M

Mens 2.5 ~1st- Ed R/Macel G, 2nd- Keith F/Bryan F, 3rd- Lucas C/Eduardo T

Mixed 4.0 ~1st- Rose/Curtis, 2nd- Phil/Anna, 3rd- Jun/Kaz

Mixed 3.5 ~1st- Al A/Sue A, 2nd - Alex P/Barb P, 3rd- Dimitri/ Aurea

Mixed 3.0 ~1st- Eric Z/Suzy W, 2nd- John D/Janice S, 3rd- Jamie D/Tara D

Mixed 2.5 ~1st- Cameron P/ Ling J, 2nd- Femil J/Audrey E, 3rd- Edwin R/Arlene M

Singles Ladies ~1st- Erin Y, 2nd- Sandra W, 3rd- Amy L

Singles Mens ~1st- Jason C, 2nd - Mark P, 3rd- Dave H