



Chilliwack Pickleball Club



April 2023 Newsletter

Welcome to the April 2023 Newsletter

Hello and a Happy Easter to everyone! By George, I believe we are into Spring, evidenced with the days getting longer, the farmers farming, and the snowbirds migrating home. Welcome to this month's addition to the Chilliwack PB Newsletter. We should probably come up with a name for the newsletter at some point, but that is for another time.

From our official website, we currently sit at 403 active members for our club. We also have over 200 inactive members who have not renewed their annual membership. As a point of information, members who let their club membership lapse are removed from the eligible players list for play sign up. Any playing credits on a lapsed member's account are cancelled on their fob, credits are non-transferable and non-refundable.

The club continues to accept new members every week, and the Board of Directors extends a warm welcome to you and trust you will enjoy your membership at the club. Many of you are new to the game of pickleball as we all once were. Be patient with yourself, it is a game that is easily picked up but slower to master. Enjoy the challenge and the process of improving your game through the many events and activities the club runs.

Hold on to your computer screens, the month of March was crazy busy, and April looks just as full. We trust the newsletter will be informative and mildly amusing.

Recognition Avenue

Provincial Volunteer Recognition Best Supporting

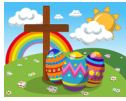
We have two members who have been nominated and recognized by Pickleball BC for their contributions to the Chilliwack Pickleball Club and the Chilliwack community. I know these two ladies won't like the attention, but hey too bad.

Our very own **Cathie Sessions** in the category of Best Supporting for the month of February. You will see Cathie cheerfully greet you, encourage you enthusiastically, and sometimes give you a great big hug when we need one. Cathie serves officially on the Board of Directors as the Director of Volunteer Services. She is ever present at the Landing and makes things happen seamlessly behind the scenes. She lives only

blocks away from the Landing and drops by almost every day to check on things.

Congratulations Cathie, xoxo from all of us.





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Provincial Volunteer Recognition Governance Category

Carol Hart was recognized by Pickleball BC for the month of March in the Governance Category. Carol is the backbone of the club, she appears to tirelessly plan the club's playing events, she books the facility, and is our club's Tournament Director when we put on the 3 to 4 tournaments each year. With her lovely smile I bet you she hides how tiring it must be to do all that she does. Carol wears two hats on the Board of Directors, she is both the Treasurer and the Events Coordinator. As a matter of fact, Carol also looks after the Pickleball Brackets structure for the club which involves the ratings, rankings, and registration. We are very fortunate of have Carol. And did I mention she and Kathy Isaac won the Bronze medal in women's 4.5 any age, at the Royal LePage Spring Fling 2023 in Vernon this month.

Congratulations Carol, lots of love from all of us.



Carol on the left and Kathy on the right

Annual Ladder League

After 6 Saturdays of ladder play with numerous players battling it out every week, game in and game out, rising and sometimes falling on the ladder, we have a new champion this year.

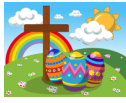
Congratulations to **Alexander Wildervanck** who eventually outlasted the competition to win this year's competition. Well done, Alexander, your name will be added to the trophy and you will have bragging rights for the year. I'm sure you will find a nice spot somewhere in your home to display the hardware.



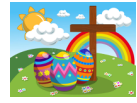
King of the Court 3.0 and Under

Our first King of the Court event, there turned out to be a Queen too. Congrats to Randy Infuso, and Eleanor Dear.





Chilliwick Pickleball Club

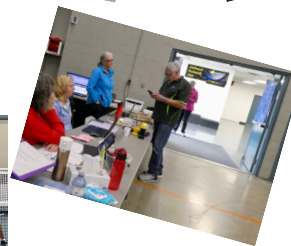


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March 17-19 Chilliwick PB Club In-House Tournament

We had a wonderful turnout for our Winter Tournament with 100 members participating in some amazing pickleball, socializing, eating and generally having a great time. Congratulations to all the players and a great big thank you to all the volunteers who helped make the tournament a success. A special mention to our tournament committee Lyle Simpson, Gerry Rostek, Raymond Hart, Tim Alsop and Cathie Sessions who went above and beyond. Also thank you to Linda Huffman, Betty Meizsner, Sue Johnston and Ray Dear for helping with the scoring. Of course, to Helen & Ken Janzen and team who kept everyone fed and therefore content! Sheila Armstrong for putting together the amazing door prizes. Thank you to all our sponsors for donating to the club. We couldn't do it without you.

Carol Hart
Tournament Director.





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Team Challenge Event March 28th

The Club held its first Team Challenge event with the top 24 club players participating. What is a Team Challenge event you may ask? Well, let me explain.

Teams were created by using the club ratings and ranking data. There were 4 Teams consisting of 3 men and 3 women. Teams were created by using the following formula:

Team 1:- Women 1st, 8th & 9th/ Men 4th, 5th & 12th

Team 2:- Women 2nd, 7th & 10th/ Men 3rd, 6th & 11th

Team 3:- Women 3rd, 6th & 11th/ Men 2nd, 7th & 10th

Team 4:- Women 4th, 5th, & 12th/Men 1st, 8th & 9th

Games consisted of Women's Doubles with 3 games, Men's Doubles with 3 games, and Mixed Doubles with 6 games. A win in your game scored you a point for your team total. Games were scored using the rally point system which is played to 21 points and a bunch of new rules. We all got the hang of it eventually.

It was a fun and exciting event with tight games, having your team mates cheer and coach you on throughout your matches. The winning team would get bragging rights but even better each team member would win hard cold cash, \$100 each. Needless to say, there were 6 extremely happy players at the end of the competition and 18 extremely jealous players. We all laughed and shared in the fun of high stakes Pickleball. Thank you, Carol for organizing, Lyle and Cathie for score keeping and record keeping. Unfortunately, Lyle and Cathie were not swayed with any bribes to make it more interesting.

Congratulations to Team 1 consisting of Nicolene Wildervanck, Manjit Lalli, Kas Ingwersen, Alistair Hart, Jeremy Spurgeon and Larry Caza





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Mixed Assessment Coaching

17 Couples took part in a Mixed Doubles Assessment Session with coach Robin D'Abreo from Vancouver on Friday March 31st. The focus of the session was to improve mixed doubles play with insight to better strategy, court placement and shot selection.

Robin played on the Canadian National Field Hockey team for 15 years including Olympics, World Cup, Pan Am Games and Commonwealth Games.

He is a former National Men's team field hockey coach with over 20 years working in Coaching Development. He started playing pickleball in 2019 and was a Gold medalist in 4.5 Mixed doubles at National Pickleball Championships in 2021 with wife Dana. He is sponsored by Head Pickleball.

Elder College Pickleball 101

We finished up our last session of the Elder College Spring course today. I think everyone learned and had fun at the same time. Fun to watch participants playing real games by the end of the course.

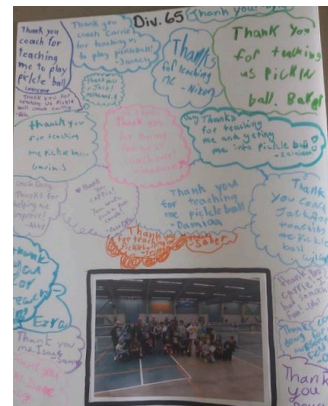
Thanks to our volunteer coaches Nicolene Wildervanck, Darci Reeves, Ed Nichol, and Glen Marcotte. Thanks, Nalla for your help.



Lyle Simpson

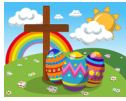
Teaching Chilliwick Schools

The news is out, and teachers are on to us. Several teachers have asked to help teach their students pickleball. Well, it's hard to say no but is also hard to teach 50 young kids to play pickleball. In the end, the club volunteers headed up by Lyle do an awesome job and the kids have a great time. Who knows, many of these kids may go on to become pros and come back to teach us a thing or two.



Thank you card from Stitos School students who came to the club on Tuesday. I love the comments like "Coach Larry your da best!" Thanks to all the volunteers who made this possible: Jerry Reimer, April Gardner, Jack Dickout, Brett Lovely, Nicolene Wildervanck, Ray Hart, Doug Gascon, Carrie Klassen, Sheila Armstrong, and Lili Blackwell.





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April Events

Junior Program

We just wrapped up our second session with 22 eager junior players. Some of the children have developed their ball handling skills enough to actually start playing games. We are now accepting registrations for session 3 & 4.

King Of The Court - Monday April 3rd, 10.30-1.00pm

A fun session for 20 players only who are club rated between 3.0 - 3.5. Players will be placed on nets by a random draw. Games will last 12 mins. The winners will move up a net and split, the losers move down a net and split. The object is to win the game at the top net by the end of the session. The two winners will be crowned KING OF THE COURT and win a prize. Do not OPT

IN to play if you cannot play for the entire duration of the session. No scores are recorded! Only 20 spots available. Register on Pickleball Brackets

Singles - Monday April 3rd, 3.30-5.30pm

A chance to practice your singles game before the start of tournament season or try your hand at playing singles. Register on Pickleball Brackets.

First Avenue Church

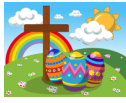
Now the better weather is upon us and registration for play at the church has dwindled, playing sessions at the church will discontinue.

Beginner's Play

Beginner play sessions will continue to be held on Tuesday afternoons from 3.00-4.45pm. This is a great opportunity for beginner's to come on out and play with other players of a similar skill level. A host will be on hand to answer any questions and to offer some advice.

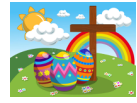
Mayday Mayhem Tournament

Registration is now open on www.pickleballbrackets.com for our May Tournament. There will be events in Women's Doubles, Men's Doubles, Women's Singles, Men's Singles and Mixed Doubles. Some brackets will have age divisions.



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CPC Mayday

Mayhem

Tournament

May 20th-22nd

Divisions

May 20th: - Women's Set Doubles & Men's Singles

May 21st:- Men's Set Doubles & Women's Singles

May 22nd:- Mixed Set Doubles

(Any Age & 60yrs & above in some Men's Divisions and 50yrs & above in some Women's & Mixed)

Register: www.pickleballbrackets.com

Early Registration \$50 (for Club Members \$40.00) plus \$15 per event.

After Apr 30th @ 9pm late registration is \$60 (Club Members \$50) plus
\$15 per event.

Deadline May 10th.



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Chilliwack Pickleball Club

present

PLAYING IT SAFE: INJURY PREVENTION + MANAGEMENT STRATEGIES

Are you a part of the Chilliwack Pickleball Club, 45+ or someone who wants to be proactive in your longevity? Join us for an evening of 5 sessions - 15 minutes each with a Q&A - led by some of the Fraser Valley's finest physiotherapists to discuss how to prevent and manage injuries as you age.

TOPICS

"Core Performance"

Greg Bay, Physiotherapist of the Canadian Men's Soccer Team

"Staying Active with Knee Osteoarthritis"

Gillian Hatfield, PhD Associate Professor at UFV

"The Importance of Staying Limber for Longevity"

Remmert Hinlopen, Physio & Owner of FusionPhysio

"Be Kind to Your Feet & Ankles"

Jeremy McAllister, Sr. Physio at FusionPhysio

"Pickleball Injuries: How to Avoid 'Em and How to Fix 'Em"

Victoria Renwick, Sports Physio at FusionPhysio



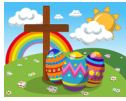
**Chilliwack Curling
Rink**

Upstairs Banquet Room



**WEDNESDAY, APRIL
26TH**

6:00 - 7:30 PM



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Club Sponsors Program

Hello Fellow Pickleballer's

When is the sun going to stay - we are tired of the snow. Now that the weather is starting to turn, go visit one of our sponsors' special sites - District 1881. You might enjoy the coffee, baked goodies, stop for a beer or go shopping. Whatever you like District 1881 has got lots to offer and a beautiful environment. Thanks to our sponsor The Algra Brothers.

Because of the sun is coming, you can check with one of our other sponsors - Pickleball [Depot.ca](https://www.pickleballdepot.ca) To order your outdoor balls, new paddles, nets and clothing. They have it all. So just say you're with the Chilliwack Pickleball Club when ordering to receive an extra 10 % off.

On a side note, we have a real good Q&A night of learning and understanding of injuries and preventions for our sport and life styles, coming up on April 26th 6pm at the curling club, with 3 very talented quests including one of our own Remmert Hinlopen. So don't miss it, they will also have some products that will fit your needs for injuries CORE SHORTS


Don't forget to play safe, wear your safety glasses and have fun!
Terrible T



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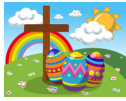
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APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
01						
Cancelled						
02	03	04	05	06	07	08
Cancelled	10.30-1.00pm King of the Court, 3.0-3.5 & Rec Social Play 3.30-5.30pm Singles Play	12.30-2.45pm Rec Social & Competitive 3.00-4.45pm Beginners Play	10.30-1.00pm Mixer	12.30-2.45pm Skills & Drills & Rec Social 3.00-4.45pm Partner Drills	12.30-3.00pm Men's Rec Social & Women's Comp 3.00-5.30pm BYOC	10.30-12.30pm Competitive & Rec Social
09	10	11	12	13	14	15
12.45-2.45pm BYOC	10.30-1.00pm Competitive & Rec Social	12.30-2.45pm Competitive & Rec Social 3.00-4.45pm Beginners Play	10.30-1.00pm Mixer	12.30m – Cancelled 3.00-4.45pm Skills & Drills	Cancelled	Cancelled
16	17	18	19	20	21	22
Cancelled	Cancelled	12.30-2.45pm Competitive & Rec Social 3.00-4.45pm Beginners Play	10.30-1.00pm Mixer	12.30-2.45pm Skills & Drills & Rec Social 3.00-4.45pm ½ Court Singles	12.30-3.00pm Men's Comp & Women's Rec Social 3.00-4.30pm BYOC 4.30-6.30pm BYOC	10.30-12.30pm Competitive & Rec Social
23	24	25	26	27	28	29
2.30-4.30pm BYOC	10.30-1.00pm Competitive & Rec Social 3.30-5.30pm Jr Program	12.30-2.45pm Competitive & Rec Social 3.00-4.45pm Beginners Play	10.30-1.00pm Mixer	12.30-2.45pm Skills & Drills & Rec Social 3.00-4.45pm Partner Drills	9.00-4.00pm Teach the Teachers Mixers:- 9.00-11.00am 2.5 & Under 11.15-1.15pm, 2.51-3.25 1.30-3.30pm, 3.26 & Over 3.00-4.30pm BYOC 4.30-6.30pm BYOC	10.30-12.30pm Competitive & Rec Social
30						
12.45-2.45pm BYOC						