



LET'S PLAY PICKLEBALL

Beginner Lessons – For new players wanting to learn the game of Pickleball and beginners wanting to improve (their) skills. This introductory program will leave you feeling comfortable on the court and excited to join the Lacombe Pickleball Club and enjoy weekly play times.

Session #1 - Learn the basic rules of pickleball to get you started including serving rules, how to score, basic strategy and shots of the game. These parts of the game are taught through fun drills and mini games. Pickleball is a fun, inclusive way to get exercise and meet people.

Session #2 - Dive a little deeper into the shots of the game. Learn about dinking at the net, blocking a shot, third shot drops and getting through the transition zone. All these pieces of the game are important no matter what level you play at. The more consistently you practice and use these shots, the better player you become.

Instructors:

Carol Graham fell in love with the sport of Pickleball three years ago. Previous to her picking up the sport of pickleball, Carol was involved in numerous sports including basketball, indoor and outdoor soccer, squash, track cycling, marathons, road cycling and triathlons. She is a certified NCCP Pickleball Coach. Carol's desire is to help people learn the game of pickleball (or any sport) and fall in love with it like she did. Pickleball to Carol means that she can continue to learn and develop her skills, feel like an athlete still as she ages, stay healthy and active, pass on her knowledge and experience and hang out with lots of amazing people.

Sheila Crouch fell in love with Pickleball when her parents introduced her to the sport 10 years ago. She was introduced to a small group of players who had brought the sport home with them from down south in Arizona. She was one of the founding members of the Red Deer Pickleball Club, instrumental in developing new players, through beginner lessons, and running programs through the club. She was a board member for many years, and continues to volunteer whenever possible. She developed her love for coaching players, by getting her IPTPA certification in January 2019. She then became an accredited Level 1 referee in 2021, with her next goal to become a Level 2.

To further enhance her own personal skills, she has taken several personal coaching sessions from top players in Alberta. She is also an avid tournament player who has won many medals over the years, with a few Canadian National medals; gold in 3.5 mixed in Kelowna, 2018. And bronze in 4.5 mixed in Red Deer, 2021.

Pickleball continues to be a big part of her life. Her favorite part about the sport... the people!!

Date: Monday, September 11 & 18

Time: 6:00 – 8:00 PM

Place: Burman University Gymnasium

Fee: \$20 (Includes Both Sessions)

Maximum: 32 participants

Registration: Begins August 21st To Register [Click Here](#)