



New Tec Times

Spring 2026



From the President's Paddle!



**President
Sue Miadovnik**

Welcome to Our New Members!

First and foremost, I would like to extend a warm welcome and thank you to all of our new members that have recently joined. We look forward to seeing you on the courts.

We may be a small club, but we're a mighty one—and we've been working hard to elevate our game this year!

Be sure to mark your calendars and keep an eye on your email or our website for updates. Many of you are not receiving our emails.

Please look in your junk/spam folder if you don't see any emails from us (mark as "safe") and ensure you check off "opt-in" for our emails.

Upcoming Events!

May 3 – Hike for Hospice (Matthews House), 9:00 AM – 1:00 PM
We're also exploring additional events that support our community. Giving back not only helps those in need but also strengthens our club when applying for grants—a true win-win!

May 8 & 15 – Advanced Beginners Clinic, 7:00 – 9:00 PM at Banting
May 22 & 29 – Intermediate Clinic, 7:00 – 9:00 PM at Banting
We're thrilled to have certified coaches leading our clinics. They're excited to support and grow our club. Stay tuned—more details coming soon!

June 6 – 2nd Fun Day, 8:00 AM – 6:00 PM at AMA
How should we stay connected over the summer? Social gatherings, BBQS, outdoor courts outside New Tecumseh, indoor play options? The possibilities are endless but we need you ideas. Please send your suggestions to: info@newtecpickleball.org

August 7 – Alliston Potato Festival Parade

FALL
Another Fun Day for members (date to be confirmed – likely late October)

December 4 or 5 – 1st Annual Christmas Party at the Alliston Legion Dinner, dancing, and fun for all pickleball enthusiasts and friends! (Final details coming soon)



Board of Directors

President: Sue Miadovnik

smiadovnik@newtecpickleball.org

Treasurer: Patricia Koblizek

pkoblizek@newtecpickleball.org

Secretary: Yvonne Nunnaro

ynunnaro@newtecpickleball.org

Director: Kim Ellison

kellison@newtecpickleball.org

Director: Helen Wilks

hwilks@newtecpickleball.org

Director: Gary Levine

glevine@newtecpickleball.org

Director: Brian Partridge

bpartridge@newtecpickleball.org

[New Tec Website](#)

[New Tec Facebook](#)

[New Tec Instagram](#)

Newsletter: [Julia Levine](#)

Reporter: Janet Hayward



President's Paddle Cont'd! A Volunteer Opportunity...

Interested in volunteering for a **2-hour bingo shift in Newmarket?**

Funds raised will help us:

- Purchase windscreens for DR
- Offer more clinics
- Launch a youth program
- Grow our club initiatives

*Stay tuned for
more details!*



Exciting Community News!

We're not the only ones making progress—the town is too!
With pickleball being one of the fastest-growing sports, the mayor has announced:

- A **public pickleball facility** at the Simcoe Village/Manor campus expansion
 - A **sports dome** currently in the works (*pending approval*)

The Ultimate Guide to Pickleball Eye Protection

-  Impact-resistant lenses
-  Wraparound coverage
-  Secure fit
-  Ventilation and anti-fog



Spring Reminders!

As we head into outdoor season, remember to:

- * Warm up properly
- * Wear appropriate court shoes
- * Use protective eyewear
- * Most importantly have fun

See you on the courts!

President Sue

P.S. Share Your Photos!

*If you have photos of yourself playing pickleball in different places, send them in!
You might be featured in our newsletter or photo gallery.*



The Coldest Night of the Year!

Guest Contributor: Carrie Collett-Turman

Chris and I were able to head the New Tec Pickleball team in the Coldest Night of the Year walkathon this year in support of the Alliston homeless shelter. This event enabled Chris and me to bring two of our passions together: pickleball and helping others. We have both volunteered there over the years: contributing a meal, playing games with the residents, chatting, singing or just hanging out with families, teens and others who have, for various reasons, nowhere to sleep that night. We discuss housing options, work opportunities, education and just staying strong till things change.

This year, with the help of teammates Kim Ellison and Mike Wilson, and supporters like Scott Harris and many others from our club, we raised close to \$3,000! It was a wonderful community event in which many families and friends walked past the shelter on our 5 km trek, waving to honking cars in support of the worthy cause. We're hoping for an even bigger group of picklers next year. Thanks to everyone who supported us!

Editor's Note: The NTPC team was 7th among 44 registered in the walk for the amount raised! A special thank you to Chris and Carrie for organizing this on our behalf.



Chris Turman and Carrie Collett-Turman with her niece and her family who joined them on the walk, in front of the shelter (brown-and-white house).



Chris Turman and Carrie Collett-Turman with her niece and her family who joined them on the walk, with their pickler gear, at the end of the night.



Do you warm up...or groan later?

Warm-Up Exercises

It is essential to prepare the body for quick movements and reduce injury risk. Recommended exercises include marching in place, shoulder blade squeezes and toe/heel raises. These movements increase heart rate, improve coordination and loosen joints, making the body ready for the lateral movements and swings on the court.

Skipping/Jumping: Skipping or jumping is an excellent way to warm your heart and muscles. It's a simple cardiovascular exercise that can be done almost anywhere. You don't need a skipping rope for this—simply jump in place, ensuring you land softly to protect your joints. Wear proper footwear for cushioning and ankle support. Avoid jumping too high so as not to strain your joints, landing with straight legs or jumping too high.

Arm Swings: To perform arm swings, stand upright with your feet shoulder-width apart. Begin with small, controlled movements, allowing your arms to swing gently at your sides. Increase the range of motion gradually as your muscles warm up. Try to keep your shoulders relaxed and don't swing too forcefully.

Toe Touch: Toe touches are an effective exercise that stretches your hamstrings and lower back. Regularly incorporating this movement into your routine can improve your flexibility and reduce the risk of injury. During the stretch, bend at the hips and reach towards your toes, keeping your legs straight to maximize the benefits.

Which is better exercise, walking or pickleball?

Participants who played doubles pickleball experienced:

14% higher heart rates

36% more calorie burn

150% greater enjoyment levels

So while walking is a great activity, pickleball seems to have the edge. There is no mention of the elevated heart rate when you have missed a ball, however...





New Tec's Gotta Have Fun!



Director Kim Ellison

Our club continues to have fun playing together.

The Banting Monday night 3.25 Pickleball group celebrated Valentine's Day on Monday, February 9th. A lucky draw was held for those who dressed in pink and red.

Congratulations to Mary Parsons and Sarah Cornaby!

There are more good times to come.



L-R: Kim Ellison, Brian McLean, Angie Anslow-Grewal, Bob Mitchel, Mary Parsons and Sarah Cornaby.

Good Times at Banting High!

FUN DAY! June 6th at the AMA!



**Fun Day Chair:
Jody Macdonald**

Start your engines!!!

Warm up your pickleball paddles!!!

Grab your partner!!!

Don't Get Pickled!!!

Get ready for a day full of fun, friendly competition and great vibes on the court.

Whether you're a seasoned player or just in it for laughs, this is an event you won't want to miss!



Pickleballer Profile!

Chris Turman and Carrie Collett-Turman



Chris Turman and Carrie Collett-Turman

Something heard often from players that makes pickleball particularly appealing is that, unlike many other recreational sports which have men's or women's leagues, only, pickleball presents opportunities for couples to spend some quality time together on the court. And so, this issue, we feature a couple who are partners both on and off the court... (Submitted by Janet Hayward)

“We started playing pickleball in 2022 during the lockdowns when we were volunteering at a refugee house which backed onto Trinity Bellwoods Park in downtown Toronto. I was still teaching online and Chris was working at an aircraft overhaul shop when I “got the call.” I could hear the plunk thwap sound of the game and wondered, “What isss that?” The picklers responsible were quite skilled, but after my begging them to let me play and promising to listen to whatever correction they could give, they took me on. I think they saw the makings of a pickle-junky in “this one.” When Chris came home, I told him I was hooked on this new sport. Unfortunately, coming from a competitive sport background and being in my late 50’s, I went too fast too soon and tore my ACL and hamstring after just a few months. Following a year of therapy and slowly building my strength, we returned to the sport in Alliston 2 years ago. We are thankful for the many people who have encouraged us since.

The wonderful people in this community are one of the many reasons we keep coming back. Also, after taking advantage of the available court times more regularly, we can finally see we are getting it, slowly! Exercising in winter always gives you a rewarding feeling of satisfaction: you’ve done more than just work at your job (usually for someone else); you have done something for yourself and those who care about your health.

We are both still working on controlling our shots, slowing the game down and choosing from a growing number of choices of which way and how to direct the ball. Chris, a former tennis player, has to overcome the strangeness of getting to the net each rally, and I want a more effective and consistent serve. We would both love a workshop where someone is shooting balls at us and commenting on how we could improve.

As pickleball partners, we are different competitors: I’m more determined to learn, so losing but improving, is a win for me; Chris is less confident in the learning process, having played less competitive sports, so losing discourages him more easily. However, lately, many have commented on his improvement which has caused him to be more enthusiastic about the sport and his prospects in it. When we play together it’s fun to see the improvement each is making. Most of all, it’s nice to do something together that you both enjoy.

Besides playing pickleball, we enjoy many things. As mentioned, we lived downtown for two years during COVID with 65 different refugees (over that time) as “House Parents” for an organization called Matthew House. Our job was to help settle newcomers and walk them through the process of what it’s like to live in Canada. We taught them how to skate, toboggan, tube, cross-country ski, swim, canoe, hike, ride a bike, tap a maple tree, sing, pray, knit, sew, eat ice cream and apple pie, play games, play pickleball, shop, cook...and appreciate all the many things we can do freely in this great country. I am a grade 7 and 8 teacher at Hope Academy, a missionary school at Steeles and Hwy. 27. Chris plays piano and I, the ukulele, and we have been part of a band and sung in choirs. We go outback camping every summer and love live music and gathering with people of all kinds.”