



Chilliwack Pickleball Club AUGUST 2026 Newsletter



Welcome to the August newsletter!!!

Yes, believe it or not we are well into August already!! Hopefully you've been out enjoying the beautiful weather, enjoying time with your families, and out on the pickleball courts. It's an exciting time at our club as we watch the new Annex facility coming to life right in front of our eyes. The roof is on, the brick walls almost complete, and the front office area and foyer are now ready for interior work. The city is still hoping that December will be the completion date for the building itself and then work will begin on the flooring and interior finishes. In the meantime, the executive will continue meeting with city officials to finalize scheduling and prepare for our new pickleball home! Lots of work still to be done, and now that the major structure is up the city has also indicated that work on the 3 outdoor courts has begun! (They will be on the east end of the building, adjacent to the pup track.) The 10 top-quality indoor courts, and the extended hours for our club, will mean we will be able to offer a more robust pickleball experience for all of our members in the future, and we consider ourselves very lucky to be in a city that has committed to supporting the continue growth of this sport we all love!



SO EXCITING!!!!!!!



Chilliwack Pickleball Club AUGUST 2026 Newsletter



Congratulations!!!!

As always is the case during the summer months, it's been a busy tournament season, and once again many of our CPC members have been taking their talents out onto the courts! There's been lots of great competition, and congratulations to all those members that went out and gave it their all!!! Some were lucky enough to find themselves up on the podium at the end of the day and the following is a list, and some photos, of our CPC medal winners. (If for some reason your results or photos didn't end up finding their way to me in time for this current newsletter, please make sure to send them on to me a.s.a.p. and I will include them next month!!)

DOUGLAS PARK: Sandra Verschuur & partner, **SILVER**, Women's Dbls. 4.0 (60+)
Jacquie Dick & Graham King, **SILVER**, Mixed Dbls. 3.0 (60+)
Ed Nicholl & Graham King, **SILVER**, Men's Dbls. 3.499 and under (60+)



POCO SPORTS FESTIVAL: Csanad Solyom & partner, **GOLD**, Men's Dbls 3.5 (any age)
KITSILANO TOURNAMENT: Joanne Jones & April Graham, **GOLD**, Women's Dbls 3.5 (50+)
April Graham & partner, **BRONZE**, Mixed Dbls 3.5 (any age)





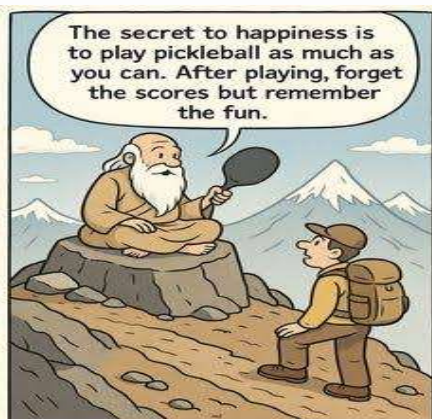
Chilliwack Pickleball Club AUGUST 2026 Newsletter



B.C. PROVINCIALS : *Lyle Simpson & Glen Marcotte, GOLD, Men's Dbls 3.0 (70+)*
Graham King & Ed Nicholl, SILVER, Men's Dbls 3.0 (60-69)
Hamish Hart & partner, BRONZE, Mixed Dbls 3.5 (11-34)
Carol Hart & Kathy Isaac, GOLD, Women's Dbls 4.0, (60-69)
Jeremy Spurgeon & partner, GOLD, Mixed Dbls 4.5 (35+)



Well done, everyone! Lots of tournaments yet to come this summer, so stay tuned for more podium updates next newsletter!!





Chilliwack Pickleball Club AUGUST 2026 Newsletter



CPC 2026 Annual General Meeting

Thank you to all of our members who attended this year's Annual General Meeting at the Chilliwack Curling Club. (If you were unable to attend the meeting, a copy of the AGM minutes is accessible on the CPC website.)

We had a wonderful turnout, and it was a great opportunity to be able to sit and chat with each other over some snacks and a beverage, instead of just across the net! Our current board members were all willing to stand for re-election for the upcoming year, so at this time, there are no changes in our leadership positions for the club.

The following are your current Board of Directors:

Lyle Simpson: President (2-year term)
Ray Hart: Vice President (1 year left in a 2-year term)
Carol Hart: Treasurer/Event Organizer (2-year term)
Kathy Isaac: Secretary (2-year term)
Fred Meyerink: Registrar (2-year term)

Directors at Large: (1 year term)

- Sheila Armstrong	-Cathie Sessions
- Dave Barham	-Ray Dear
- Shawn Iversen	-Ed Nicholl





Chilliwack Pickleball Club AUGUST 2026 Newsletter



A big thank you goes out to the above people who volunteer so much of their time to make sure our club continues to grow, flourish, and be one of the best places to play this wonderful sport we all love. Thank you also goes out to those of you who are not board members, but continue to offer your time, and support our club in many other ways. (A big thank you to Cheryl May for helping run our elections!)



*****Chilliwack Fall Tournament: October 2nd-4th, 2026*****

Calling all players and volunteers!!!! The end of August is just around the corner and before you know it we will be hosting our **Fall Tournament**. It is now open for registration at www.pickleball.com and the following are some important dates:

REGISTRATION:

**Before Sept. 13th, 2026 (9pm) - Early Bird (Members only) \$52.50 + \$21 /event
(Non-members) \$63.00 + \$21 /event**

**After Sept. 13th, 2026 (9pm) -Late registration
(Members only) \$63.00 +21 /event
(Non-members) \$73.50 +\$21/event**

Registration Deadline: Sept. 20th, 2026 (11:55 pm)

(NOTE: Pickleballtournaments.com also charges \$5 US per event (max 2) for their processing fees)

EVENTS:

On Friday, Oct. 2nd we will be running **Men's and Women's Doubles, 50 and over** (2.5 & under, 3.0, 3.5, 4.0, and 4.5 & over)

On Saturday, Oct. 3rd we will be running the **Mixed Doubles, Any age and 50 and over** (2.5 & under, 3.0, 3.5, 4.0, 4.5 & over)



Chilliwack Pickleball Club AUGUST 2026 Newsletter



On **Sunday, Oct. 4th** we will be running **Men's and Women's Doubles, Any age** (2.5 & under, 3.0, 3.5, 4.0, and 4.5 & over)

TOURNAMENT VOLUNTEERS NEEDED!!!!

Good tournaments rely on great volunteers!! CPC members have always stepped up to help us provide a wonderful experience for the 300+ players that attend, and we are hoping you will be able to help out once again, or if you are a new member, maybe even for the first time. There is a sign-up sheet now posted on the whiteboards in the Landing lobby where you will be able to jot down your name and join our wonderful crew of tournament volunteers! It's a great opportunity to see what tournaments are all about, and to watch some great pickleball. Feel free to sign up for more than one spot if your schedule allows, and if you have any further questions about helping out, please feel free to ask your host for more information.

*Pickleball rewards patience,
precision and placement.*

*On the pickleball court,
smart shots matter more
than power.*

SOFT HANDS, QUICK FEET
AND GOOD STRATEGY
WIN PICKLEBALL MATCHES.

August play sessions:

As many of you noticed we have once again reduced our play sessions for this month. Many people are playing outdoors or are busy with holidays during summer months, so a reduced schedule was required. In September, we will once again see a return to regular play sessions, Monday to Saturday. Unfortunately, the September calendar is not yet finalized so will not be attached to the end of this newsletter, as



Chilliwack Pickleball Club AUGUST 2026 Newsletter



usual. However, it will be posted as soon as possible (hopefully shortly after the 20th..we are waiting for some city staff to return from holidays). As soon as it is available, we will be posting it on the CPC website, in the lobby at the Landing, and September sessions will then show up on SignUpHub.

Important Upcoming August Sessions to note:

Mixed Set Doubles (DUPR, no scores entered)-Thurs., August 27th, 9:30-11:45

Mixer (DUPR, no scores entered)- Monday, August 24th, 9:30-11:45

- Thursday, August 14th 9:30-11:45

DUPR Small Rating Group sessions (scores entered)- 7:00-9:15

DUPR:

Our club will continue to offer more and more DUPR sessions in the near future. The executive is still working out details on types of sessions and how they will be implemented. In the meantime, it will be important for you to make sure you open a DUPR account (if you don't already have one). If you are having trouble with that, or need a hand figuring things out, there is an information sheet posted on the whiteboards, or you can always see if there is an executive member around that might be able to help you out. (As we get closer to moving over into DUPR we may also try and arrange some information sessions where you can get one on one help to sort things out.)

For those unfamiliar with DUPR it is a global rating system (starts at 2.0 and goes to 8.0) that updates your rating with every match score entered.

HOW DUPR'S ALGORITHM WORKS

- Performance vs Expectation**
Each match has an expected score based on player ratings.
Score more than expected = your rating will move up.
Score less than expected = your rating will move down.
- Type of Match**
A club or tournament match influences your rating more than a self-posted one.
- Match Recency**
Newer matches have a bigger impact on your rating than older ones.
- Match Volume**
Each match refines your rating — more match history leads to a more accurate and stable rating.



Chilliwack Pickleball Club AUGUST 2026 Newsletter



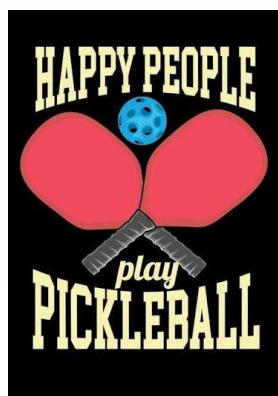
****** If I've already lost you.....ignore the next paragraph or two and jump down to the next section written in red text!!!******

An extremely important part of your DUPR rating is something called your 'Reliability Rating' (it is found in a small circle to the right of your rating number on your profile page). This number is very important because it is basically telling you how valid your current DUPR rating is. If you have very few games entered into the system (or haven't entered any new data in a long time) your Reliability Rating will be very low. That is the systems way of saying that the DUPR rating you currently have is not necessarily very accurate, because the system doesn't have enough data to rely on in order to assess your level of play. If your Reliability is low, new data coming in will also usually cause greater swings (either up or down) as the system tries to get closer to your actual play performance rating. The algorithms are obviously very complicated, but DUPR has indicated that in order for someone's DUPR to be fairly accurate, their Reliability Rating needs to be around 65 or higher. (scores go from 1-100) A Reliability score of 100 is basically saying that the system feels very confident that your rating is currently a reliable reflection of your playing level.

The other important area of the DUPR scores is the source of the data (games) being entered. Scores entered by tournaments carry slightly more weight than scores entered by Club leagues, and scores that are entered by individuals themselves will have the lowest effect on your rating.

SO HOW DO I GET A VALID DUPR RATING??? The best way will be to participate regularly in Club DUPR Sessions where scores are entered (or tournaments, if that kind of competition is your thing).

Some of you are reading this and thinking "BUT I DON'T CARE ABOUT HOW DUPR WORKS!!!" Please don't worry!.....we know that not everybody at our club is here for the competitive side of pickleball, and moving to DUPR doesn't mean that is what will happen. We will work hard to continue to provide a good assortment of play sessions for everyone at our club whether we use a DUPR rating, or a Club rating! The new facility, with access to more play time for the CPC, will certainly help us be able to this more easily.





Chilliwack Pickleball Club AUGUST 2026 Newsletter



Ladies' Team Event

Early last month we ran a very successful Ladies' Team Challenge event. Thirty participants were divided into teams of 5, given a coach helper, and competed in a morning full of fun, competitive games and a wonderful lunch! A big thank you goes out to Carol Hart for organizing the event and for her team of helpers! (A special thank you to Lyle and Ray for there amazing work on the food tables!!! Perhaps there is a retirement career waiting for you both???)

The teams battled hard and congratulations goes out to all the participants! It was a wonderful display of competition and great sportsmanship, and the Landing was filled with smiles and laughter, and well as great pickleball!

Gold medal winners: Brenda Rattray, Helen Janzen, Carol Rieder, Mary-Ann Muskett
Tina Ackerman (coach Sheila)

Silver medal winners: Colleen Martin, Tina Loewen, Debbie Forde,
Candace Clouthier, Sandi Ten Cate Brouwer (coach Janice)

Bronze medal winners: Christina Garson, Glenda Bysterveld, Brenda Pare,
Jamie Yerbury, Leanna Peters (coach Carrie)





Chilliwack Pickleball Club AUGUST 2026 Newsletter



Help us help you:

Here's a few things to remember that help make the hosting job (for both new and old hosts) a little bit easier:

- please show up on time (which means at least 5-10 minutes before start times!)
- please refrain from entering the play area until the host is ready to invite you in
- if you would like to help with nets, just check in with the host first
- please refrain from asking the host questions before sessions start (ones that can wait until later on, or can be answered by reading the notice board, because they often have courts to organize, or reorganize, and it can be a busy time)

Recording Scores: We have had a number to incidents lately where Club play scores have been written down incorrectly on the sheets and yet everyone has signed off on the sheet. We realize that it's easy to make a mistake (we do it ourselves as we enter scores), but we are just hoping that everyone can take an extra second to double check the scores before adding your initials.

Thank you!



Chilliwack Pickleball Club AUGUST 2026 Newsletter



Tips of the Month:

Here are a few posters that I found that have some good pointers! Lots of things we may already know, but great reminders of ways to keep improving our play.

6 SMART HACKS
THAT **DOMINATE PICKLEBALL**

- 1 OWN THE KITCHEN OR LOSE THE POINT**
Control the NVZ. Step up. Stop backing off.
- 2 AIM FOR FEET — NOT HIGHLIGHTS**
Low body shots force pop-ups and weak returns.
- 3 SLOW THE GAME — BREAK THEIR RHYTHM**
Resets beat rushes. Control beats chaos.
- 4 DEPTH IS A WEAPON**
Deep shots steal time.
Short balls invite attacks.
- 5 MOVE TOGETHER OR GET EXPOSED**
Slide as a unit. Cover lanes. Trust your partner.
- 6 PATIENCE CREATES FREE POINTS**
Force nothing. Let opponents make mistakes.

BRUTAL TRUTH
Power gets attention. **SMART PLAY COLLECTS WINS.**

Educational content for skill awareness and general coaching guidance.

Top 5 Footwork Mistakes
in Pickleball
That Cost You Easy Points

- 1 Standing Flat-Footed**
 - ✗ Waiting for the ball
 - ✓ Stay on the balls of your feet
 - Slow reactions = late shots
- 2 Not Resetting After Each Shot**
 - ✗ Watching your shot
 - ✓ Split-step as the opponent hits
 - Poor balance and recovery
- 3 Backpedaling Instead of Shuffling**
 - ✗ Running straight backward
 - ✓ Side-shuffle or drop-step
 - Loss of control and weak returns
- 4 Overstepping into the Kitchen (NVZ)**
 - ✗ Leaning forward after volleys
 - ✓ Stop outside the NVZ line
 - Unforced foot faults
- 5 Reaching Instead of Moving**
 - ✗ Stretching for the ball
 - ✓ Move your feet first
 - Off-balance shots and errors

Sponsors:

Once again, we would like to thank the following sponsors for their continued support this year. **If you are looking for services or products, be sure to shop local and check them out!** We also have a few spots that have opened for additional sponsors, so if you know a local business that would love to support our club and have their banner on a net, (along with advertising on our website, newsletters and



Chilliwack Pickleball Club AUGUST 2026 Newsletter



during our tournaments), then please have them contact Ray Hart at Rayhart58@gmail.com, or via text at 604-807-2533.



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Chilliwack Pickleball Club AUGUST 2026 Newsletter



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the AC
APOLLO CLINIC



(UNFORTUNATELY ,THE SEPTEMBER 2026 CALENDAR IS NOT FINALIZED YET,
PLEASE LOOK FOR IT ON THE CPC WEBSITE IN THE UPCOMING WEEKS)



Happy pickling everyone!



Chilliwack Pickleball Club

AUGUST 2026 Newsletter



Kathy Isaac, CPC Secretary