



J U L Y 2 0 2 6

PICKLEBALL *Press*



APA at Work

- **ADDED** 17 new members in June (see page 3 for list)
- **HOSTED** beginners' clinic at Murphy-Oakley Park for 24 participants
- **CONTINUED** collaboration with Asheville Parks & Rec to organize and run Asheville Summer Doubles League consisting of 42 teams (see page 2 for details)
- **HOSTED** Big Brothers Big Sisters event on June 6 at Warren Wilson College for 4 participants (see page 2 for details)
- **HELPED** HARK (Helping At-Risk Kids) raise \$10,124 at their pickleball fundraising tournament (see page 2 for details)



“There is no better exercise for your heart than reaching down and helping to lift someone up.”

– Bernard Meltzer

For the Love of



APA continues to spread the love of pickleball to many individuals and organizations.

HARK (Helping at Risk Kids) Fundraiser

This tournament raised \$10,124 for HARK's Children's Assistance Program. Thanks to APA volunteers who assisted HARK in organizing this successful fundraiser.

Big Brothers Big Sisters Clinic

APA hosted a clinic on June 6 for four participants at Warren Wilson College. Following the clinic, everyone enjoyed a pizza party and swag bags containing 2 paddles and balls for future play.

Asheville Summer Doubles League

The league is off to a strong start with 42 teams participating:

Women's 3.0 - 12 teams

Women's 3.5 - 10 teams

Women's 3.75 - 4 teams

Men's 3.5 - 12 teams

Men's 4.0 - 4 teams

Four weeks of play have concluded, but there is still time to cheer for these teams. Women's final matches will take place on Tuesday, July 14; men's final matches will be on Thursday, July 16.





APA would like to recognize those supporting our organization. As Maya Angelou shared, “When we give cheerfully and accept gratefully, everyone is blessed.”

Picklers Club

(as of May 31, 2026)

Dink Level - \$500 and above

Nancy Carr	Bonnie Knox
Allison Grant	Jane Lawson

Paddle Level - \$250 to \$499

Anonymous	sexton
Christina Dupuch	Mimi Sexton
Tom Hardecker	Alice Weldon <i>(in memory</i>
Dee Pierce	<i>& honor of Stef Roemer)</i>
Kathy Scarborough	

Pickle Level - \$100 to \$249

Anonymous (5)	Terri Lyng
Bob Bridges	Molly McMillan
Liz Button	Lynn Roberts
Holly Fairbairn	Terry Roberts
Annabel Haberkorn	Meg Turner
Bill Lyng	

If you'd like to learn more about the Picklers Club, [click here](#).

Welcome New Members

(List reflects new June members)

Beth Bansen
Jo Bate
Donna Birch
Jessica Canaday
Bert Edwards
George Elam
Carolyn Fialkow
Jill Grodi
Randy Grodi
Darren Hollis
Joan Kolkey
Taylor Nicks
Kristal Perez
Gregor Scott
Jean Van't Hul
James Veilleux
Jacob Zimmer

***Asheville Pickleball Association
is a non-profit 501(c)(3)
organized for the benefit of
our pickleball community in
Western North Carolina.***

**Thank you,
APA sponsors!**

CHORUS
ASHEVILLE
55+ ACTIVE ADULT COMMUNITY



HOMINY
AT RIVERBLUE



IN THE SPOTLIGHT

by Yia Pia Sanchez-Brugal

Families, Fun, and Pickleball A Summer Tradition Takes Shape in Asheville

A recent trend is the growing number of families discovering pickleball. Local courts are buzzing with energy as parents, teenagers, and young players grab their paddles and enjoy the game from morning until evening.

Not long ago, pickleball was considered a sport primarily enjoyed by older adults. While remaining a favorite among seniors, today's courts tell a different story. High school students are learning the game, siblings are challenging one another to friendly matches, and parents are picking up paddles alongside their children.

That's part of what makes pickleball special - it brings people together regardless of age or experience level. Families can enjoy friendly competition while spending quality time outdoors. It's not uncommon to see three generations sharing a court, cheering each other on, laughing through every rally, and celebrating every point.

APA has seen tremendous enthusiasm from new players eager to join the sport. Our monthly beginners' clinic consistently hits capacity, and the excitement doesn't stop when the clinic ends. Many players stay connected, practicing their skills, making new friends, and enjoying games.

As pickleball continues to grow, it's inspiring to see the next generation embrace the sport with such enthusiasm. The laughter, teamwork, and friendships being created on our courts today are helping build a vibrant future for Asheville pickleball.



COURT COMMENTARY

Asheville's Pickleball Boom Continues! The Asheville pickleball scene is undergoing an exciting transformation, with major investments in both public parks and private facilities. Driven by strong local demand, our region is rapidly expanding its court infrastructure to provide more opportunities for players of every age and skill level.

The City of Asheville has selected Roger Farmer Park in West Asheville as the site of its first dedicated public pickleball complex. The project will include 8 to 10 dedicated courts, with initial design concepts expected later this summer.

The City has also unveiled plans for the French Broad Riverfront Parks project. As part of a \$60 million post-Hurricane Helene recovery initiative, the revitalized corridor - including French Broad River Park and Carrier Park - will feature new pickleball, basketball, and volleyball courts alongside expanded greenways and restored natural floodplains.

Just north of downtown, another exciting project is taking shape. The former 132,000 square-foot Ballcrank Corporation headquarters at 115 Reems Creek Road is being transformed into the Ballcrank Arcade & Fairgrounds, anchored by the Ballcrank Pickleball Club, scheduled to open in late summer 2026.

by CHRISTINA DUPUCH



The 30,000-square-foot indoor facility will feature 12 professional-grade courts, including two oversized championship courts, built-in video capture on six courts for instant replay and game analysis, a bar and lounge, outdoor patio, showers, a pro shop, and flexible pay-as-you-play access with optional memberships.

More courts. More community. More joy. Asheville's pickleball future has never looked brighter!



STEPS *to* SUCCESS

A few observations and quick remedies from watching the Asheville men's league on Thursday:

1. The returner of serve is forced to make an initial step backward, leading to zero forward momentum towards net. Solution: stand at least 3 feet behind the back line (much closer to net or fence) and time your step forward to coordinate with the ball bounce. Momentum = easy flow to net.
2. A team which is in the dominant position at the NVZ line hitting balls from high to low, attempting a delicate, short drop volley to 'catch' opponents. Success rate: 10%, usually overhit, and inviting the stressed team to freely move forward, nullifying your positional advantage. Solution: angle your aggressive overheads slightly so the ball exits the back 5 feet of a sideline.
3. Players dumping swing volleys into the net from an advantageous position, because the paddle head is losing velocity as the player attempts to 'guide' the ball. Solution: accelerate through contact, swing freely while controlling the swing path and paddle face. This will result in shape and forward drive.

I salute all the women and men showing up to compete each week! I recommend that you join them next time.

by **DAVID KELLY**



“Trying to make art is the easiest way to keep yourself from actually making art.”

– Austin Kleon

The Secret to Faster Feet Might Be... Your Feet

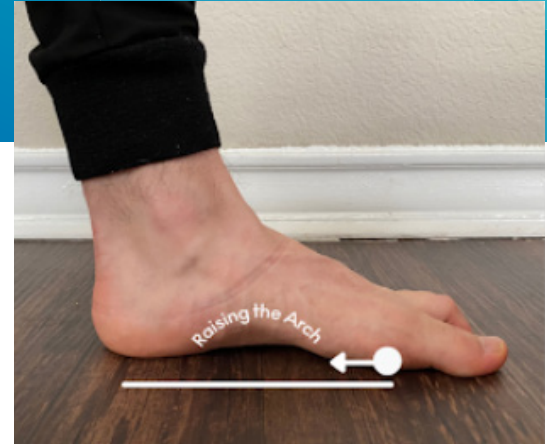
by Dr. Asa Walker, PT, DPT, LAT, ATC, OCS, CSCS, Owner of Built For Pickleball
Learn more at builtforpickleball.com; Email: asawalker0910@gmail.com

Last month we talked about optimizing what goes around your foot - your shoes. But what good is wearing top-of-the-line pickleball shoes if we don't optimize the foot itself? That's a bit like buying a Ferrari because it looks fast before checking whether the engine can actually produce any horsepower. Your footwear matters, but your feet are the engine.

Most people have heard of the plantar fascia, the thick band of tissue that helps support the arch of the foot. Fewer people realize there are 20 small muscles on the bottom of each foot that need attention too. Their primary jobs are to maintain your arch ("doming" the foot) and grip the ground with your toes. Together, these muscles help create a foot that is stiff when it needs to be, allowing you to absorb force, stay balanced, and push off explosively during quick changes of direction. During a hard lateral cut in pickleball, your foot can experience forces up to 1.5 times your body weight. If all that force is going through a "floppy" foot, you're not doing yourself any favors.

The good news is that these muscles don't need an elaborate workout. One of the easiest ways to challenge them is simply by spending a little more time barefoot around the house (assuming you don't already have foot pain - if you do, it's worth consulting a physical therapist or podiatrist before making major changes). The second is an exercise called foot doming (see photo).

While standing, keep your toes wide and gently grip the ground as if you're trying to root your foot into



the earth. Without curling your toes, lift your arch by engaging the muscles underneath your foot. If you're doing it correctly, you should feel the effort in the bottom of your foot and even into your calf. Hold for 30 - 90 seconds, repeating for 2 - 4 sets, and gradually progress to performing it on one leg. An easy way to build consistency is to pair it with a habit you already have, like brushing your teeth.

It doesn't take much to make your feet noticeably stronger. Just like every muscle in your body, the muscles in your feet respond when you challenge them - and they weaken when you ignore them. A few minutes of attention each day can improve your foundation, make you feel a little more springy on the court, and help build the kind of resilience that keeps you playing for years to come. Your shoes are important, but they're only half the equation.