



J U N E 2 0 2 6

PICKLEBALL *Press*



APA at Work

- **ADDED** two new members in May (see page 3 for list)
- **CONDUCTED** three sessions at Isaac Dickson after-school program
- **PLANNED** Big Brothers Big Sisters event on May 30th at Warren Wilson College; however, it was postponed due to rain
- **COLLABORATED** with Asheville Parks & Rec to organize and publicize the summer Doubles League which will begin mid-June
- **CONTINUED** assisting HARK (Helping At-Risk Kids) with the promotion of their pickleball fundraising tournament on June 7 (see page 2 for more)

“Small acts, when multiplied by millions of people, can transform the world.”
– Howard Zinn

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 was held Sunday, June 7, from 10 AM – 4 PM at Ace & Eagle. All proceeds went directly to HARK's Children's Assistance Program. Thanks to the 72 pickleball players who registered for this worthwhile event.

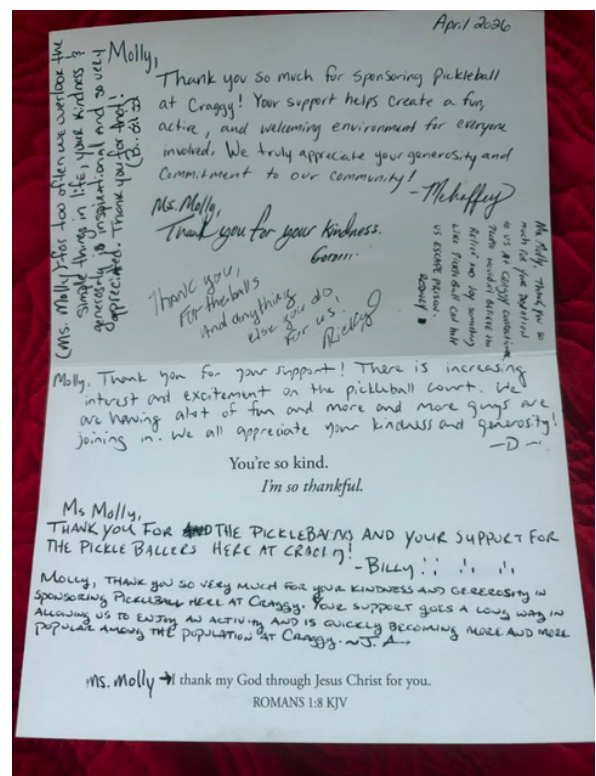
Craggy Correctional Center

Unfortunately, APA volunteers were forced to cancel four planned clinics at Craggy after the facility announced the relocation of all inmates and suspended volunteer access. The men who had continued to play on a homemade court with donated nets, paddles, and equipment provided through the generosity of APA members, sent a heartfelt thank-you note that included these messages:

“Thank you for your support. There is increasing interest and excitement on the pickleball court. We are having a lot of fun, and more and more guys are joining in. We all appreciate your kindness and generosity.”

“You wouldn't believe the relief and joy something like pickleball can provide, helping us escape the realities of prison for a while.”

“Far too often we overlook the simple things in life. Your kindness and generosity are so very appreciated.”





APA would like to recognize those supporting our organization. As Jean Baptiste Massieu shared, “Gratitude is the memory of the heart.”

Picklers Club

(as of May 31, 2026)

Dink Level - \$500 and above

Nancy Carr	Jane Lawson
Allison Grant	Esther Nevarez
Bonnie Knox	

Paddle Level - \$250 to \$499

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

Pickle Level - \$100 to \$249

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

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

Welcome New Members

(List reflects new May members)

Amy Harman
Ann Learn

What APA is doing for YOU:

- Working for dedicated pickleball courts
- Advocating for nets at public courts
- Planning leagues for all levels and ages
- Running clinics for beginners, youth, and veterans
- Hosting community social event

If you know others who should join, please share this message with them.

**Thank you,
APA sponsors!**

CHORUS
ASHEVILLE
55+ ACTIVE ADULT COMMUNITY



HOMINY
AT RIVERBLUE



IN THE SPOTLIGHT

SUMMER LEAGUE

by Yia Pia Sanchez-Brugal

Every summer, the Asheville Summer Pickleball League is one of the highlights of the season for our pickleball community. For the past five years, players have come together not only for organized and friendly competition, but also for the camaraderie, friendships, and connections that make our sport so special.

This year's league is a collaboration between the Asheville Parks & Recreation Department and the Asheville Pickleball Association, bringing players a high-quality competitive experience with structured matches and a clear path to a championship - all while keeping the welcoming and fun atmosphere our community loves.

The league will take place over five weeks at Murphy-Oakley Park. One of the things that makes this league unique is the opportunity to meet and play with people from different towns, backgrounds, and even different countries.

New alliances are formed every summer, and many lasting friendships begin right on the courts.

Women's league play begins June 16, and men's league play begins June 18. Multiple divisions are offered to create competitive and enjoyable matches for players of different levels. Subs are also allowed because we understand that everyone has busy lives and schedules.

Even if you are not playing this season, we encourage everyone to come out and watch the exciting matches, support the players, and enjoy the incredible energy of our pickleball community.

For questions, contact [Zack Stewart](#).



COURT COMMENTARY

We all know that pickleball is the fastest-growing sport in the USA, largely due to its highly social and inclusive nature. However, as local public courts become increasingly crowded with players, maintaining proper court etiquette is essential.

Over the last few months, APA has learned about increased concerns on the courts. APA's partnership with Asheville Parks & Recreation (APR), plus member's experience on the courts, has brought forth the following concerns: players not adhering to posted timeframes while others are waiting to play, displays of very loud and inappropriate language, loud music being

Asheville's public parks were designed and created to be part of the city's neighborhoods. The intention to locate multipurpose courts, pools, ball fields, etc., has always been seen as an asset to the people who live near these parks.

played in the evenings at the courts, disrespectful interactions between people, serious vandalism with the electrical boxes to keep the lights on after a park is closed, etc. Of course, this is not everyone or everywhere, but it happening enough that it has the attention of APR and APA.

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by **CHRISTINA DUPUCH**



has always been seen as an asset to the people who live near these parks. Individuals and families are making great memories when growing up and playing in these parks.

But as the world has changed and pickleball has become a highly desired sport, the adherence to etiquette on the courts and the sensitivity to the community that surrounds the courts has become challenging.

APR is asking the pickleball community to report any incidents witnessed to Zack Stewart at zstewart@ashevillenc.gov or 828-545-1644. Please help keep our parks and community safe.



STEPS *to* SUCCESS

I'm writing to encourage players at all levels to occasionally enter clearly defined competitive events, tournaments, or leagues. While definitely not a requirement, I realize that the prospect fills many of us with dread because we are naturally prone to consider it a possible threat to be avoided. But if we can lean into another part of our mindset, that of curiosity and exploration, we can reinterpret it as a growth opportunity.

Instead of looking to the end result as validation or damnation, direct yourself to dig deep into the process of playing "for real" and find useful takeaways. This information gathering alone can galvanize your rec play. It can also wake us out of the mundane sameness that we tend to settle into in our customary environment.

Welcome to the growth mindset!

by **DAVID KELLY**



“We suffer more often in imagination than in reality.”

– Seneca

Why Your Feet (and Shoes) Matter More Than You Think

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

One of the biggest misconceptions I see among pickleball players is that footwear should primarily be designed to reduce impact. While comfort certainly matters, the real goal of a good court shoe is to help you move efficiently and react quickly. Fortunately, fewer pickleball players are showing up in traditional running shoes than they were a few years ago, thanks to the explosion of pickleball-specific footwear. But there are still plenty of players who could benefit from rethinking what's on their feet. Let me tell you why.

If we were to view pickleball from the ground's perspective, the only part of your body we'd ever see is your feet. Think about that for a second. Every movement you make - whether it's a quick lateral shuffle, a sprint to the kitchen, or a desperate reach for a wide ball - is built on what your feet are doing. Your ability to generate power, change direction, and stay balanced all starts there. And because nearly every lower-body movement in pickleball is weightbearing, your ankles, knees, and hips are constantly reacting to what your feet are doing. If foot function becomes compromised by fatigue or poor footwear, movement farther up the chain can start to become sloppy as well.

When evaluating a court shoe, don't focus solely on cushioning. Instead, look for features that improve your ability to push off, cut, and decelerate. Good tread improves traction. Reinforced sidewalls can enhance lateral stability and power. A roomy toe box allows the forefoot and toes to do their job, while a snug heel and midfoot prevent your foot from sliding around inside the shoe. And while you don't

need to go barefoot, a lower-profile sole generally keeps you closer to the ground, improving stability and change-of-direction speed. Remember, pickleball isn't hundreds of repetitions of straight-line running - it's a game of pivots, cuts, stops, and starts.

If there's one thing I'd encourage you to do after reading this article, it's to take a look at the shoes you're currently using for pickleball and ask whether they support the demands of the sport. If you're already dealing with foot or ankle discomfort, it may be worth considering a dedicated court shoe. For frequent players, it's also smart to evaluate your footwear every few months for signs of wear that may compromise performance. The important takeaway is simple: proper footwear can improve both your movement and your longevity in the game. The good news is that shoes are only half the equation. Your feet themselves can be trained too - but that's a topic for another newsletter.