



# PICKLEBALL *Press*



What a day for a daydream...what better way to welcome spring's warm weather, blue skies and colorful flowers, than daydreaming about dedicated pickleball courts. Finally, our daydream is going to be reality. Dedicated courts are included in the recently passed \$20 million bond.

## C O U R T C O M M E N T A R Y

In respect to the City of Asheville, funding and bonds are never enough to build a perfect venue. APA knows that 8 to 10 courts are not enough. **If you agree, then help us raise money for enhancements!**

Asheville Parks and Recreation's (APR's) 2025 goal is to designate the location and to design the courts. APA has been visiting APR's suggested sites and is preparing to provide feedback. We invite you to be involved and give us your ideas ASAP regarding the future of Asheville (AVL) pickleball.

APA has been invited to bring ideas to APR and

connect with other city officials to explore a more serious partnership. This is why the AVL pickleball community must come together to raise more money. Money talks, and we want a LOUD VOICE for AVL pickleball.

APA Board of Directors has been brainstorming about enhancements and fundraising for the "extra" things that turn a basic set of courts into something better. Players are experts in knowing what is needed to have an enjoyable experience.

**Talk to us!** APA consistently listens to its members and the community about what

things enhance a pickleball experience. Please share your ideas and dreams [here](#). APA is calling the community to unite so we can create a venue to be proud of.

Daydreams can be turned into reality. Spring is about bountiful seeds growing to their full potential. We ask that you let the "seeds" in your mind and heart begin to sprout. Then, hopefully our community will tend to this project by offering **both physical and fiscal support** so the seeds sown will produce a new reality for AVL pickleball.

**Christina Dupuch**  
*President, AVLPA.org*

# PICKLERS CLUB

We would like to recognize our Picklers Club members for their elevated membership in APA!

*(List reflects members through 4/28)*

## Dink Level - \$500 and above

Nancy Carr  
Bonnie Knox  
Jane Lawson

Mark Livingston  
Mimi Sexton

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## Paddle Level - \$250 to \$499

Christina Dupuch  
Dee Pierce  
Kathy Scarborough  
sexton

Howard Waxman  
Alice Weldon *(in memory  
and honor of Stef Roemer)*

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## Pickle Level - \$100 to \$249

Tracy Absher  
Anonymous (4)  
Andrew Hart  
Janet Hart  
Kerry Levin

Molly McMillan  
Howard Philips  
Lynn Roberts  
Terry Roberts

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

“Those who bring sunshine to the lives of others cannot keep it from themselves.”  
– James Matthew Barrie

# CALLING ALL VOLUNTEERS



The Asheville Pickleball Association (APA), a 501(c)(3) nonprofit organization, hopes that you're ready to bring sunshine to others.

As shared in the March newsletter, to achieve our mission, we need YOU! APA's finalized committee structure consists of a board liaison, committee chair, and committee members:

- **Membership**
- **Volunteer Recruitment and Training**
- **Special Projects**
- **Marketing and Communications**
- **Adult Programming**
- **Youth Programming**

[Click here](#) for the APA Volunteer webpage. There is a link to each committee which includes a description of the committee and its responsibilities. We are hopeful that one (or more) of these committees will be of interest to you, so please sign up today.

We have already started our second afterschool program at Isaac Dickson Elementary School, but we are also in conversations with veterans, firefighters and other groups to bring programming to them. We need your help to keep these initiatives moving forward.

Please consider volunteering for one of these causes. We look forward to hearing from you soon.





Congratulations to all members of the Asheville pickleball community who took part in the 2025 Buncombe County Senior Games!



IN THE SPOTLIGHT

by Yira Pia Sanchez-Brugal

## BUNCOMBE COUNTY SENIOR GAMES *Part 2*

The event kicked off with a vibrant opening ceremony organized by APR. The inaugural celebration featured a flag presentation by the Reynolds High School JROTC program, followed by a warm welcome from Athletics Manager Zachary Stewart.

Pickleball was the first official event of the 2025 Senior Games. Athletes across five different age divisions competed in women's, men's, mixed doubles and singles,

showcasing hours of exciting and spirited play.

At the end of the day, players went home not only with several medals but also with a strong sense of camaraderie and excitement for the next step – the NC State Senior Games in October.

In the words of one of our latest State Senior medalists Bonnie Knox, "There have to be some perks for getting older, and one of them is participating in the NC Senior State pickleball tournament.

After years of toting young people to their travel sport competitions, we 50 & (some of us waaay) over 50, can now participate ourselves.

I've competed in the state finals for the past two years, played some dynamic, tough opponents, and made some great new friends. .

I encourage everyone who qualifies to enter the state competition – let's represent Asheville!"





# JOIN US!

**The Temptations sang “I’ve got a sweeter song than the birds in the trees.” To a pickleball player, that “sweeter sound” is the satisfying whack of hitting the sweetspot on the paddle as the ball lands directly on an opponent’s toes.**

Or perhaps it’s the friendly tap of paddles at the end of a hard-fought match. But clearly, the sweetest of all is the clink of glasses at a local brewery signifying the celebration of friendships that began on the Asheville public pickleball courts.

Belonging – it’s really all about being a part of the healthy, fun and fastest growing sport in the USA.

While these friendships are sweet for sure, becoming a member of the Asheville Pickleball Association is like hitting that perfect sweetspot. A twenty dollar (or more if you’re inclined!) yearly membership signifies your commitment to the Asheville pickleball community. The APA is a 501(C)(3) organization, dedicated to creating the best possible pickleball scene in Asheville. We sponsor clinics for beginners of all ages. We work with APR to provide pickleball lines and nets on all public multi-use courts. We are currently helping Asheville plan a pickleball facility that was made possible when the bond passed last November.

**You may have joined or renewed your membership already. Check the current list of 2025 members on the next page, and if you don’t see your name, please [join or renew](#) today. We need you!**

# APA MEMBERS

Thank you to our valuable members!

*(List reflects members through 4/28)*

Tracy Absher	Janet Hart	Isaac Rosenberg
Elaine Andrews	Steve Heiselman	Dana Roth
Tammy Banich	Samantha	Kathy Rubendall
Thomas Beckstead	Herrington	John Stephen
Marcy Blick	San Hise	Rushton
Betsy Blose	Audrey Hodel	Kathy Scarborough
Tiffany Brott	Lisa Jackson	Kristi Schleder
Leanne Brunton	Marshall Janes	Matthew Schwartz
Richard Burgner	Bonnie Knox	sexton
Bob Campbell	Stephen Knox	Mimi Sexton
Nancy Carr	Jennifer Kupper	Ricky Sill
Dennis Cole, Jr.	Sheri Lalumondier	Jody Smith
Marzi Davis	Jane Lawson	Williams
Arun Devani	Mark Lenzen	Bob Sterr
Susan Dixon	Kerry Levin	Pam Tellock
Cate Douglass	Caroline Lindow	Mario Tercero
Christina Dupuch	Mark Livingston	Adi Toth
Jill Fletcher	Ade Lobel	Catherine
Dave Foppert	Teri Lyng	Underdown
Terry Foppert	Jayne McDonald	Deborah Vigeland
Rachel Friel	Molly McMillan	Howard Waxman
Patty Gilliam	Susan Meyers	Alice Weldon
Heidi Golightly	Candie Moore	Jim West
Valerie Gortmaker	Howard Philips	Rosie White
Allison Grant	Dee Pierce	Luke Willert
griff	John Pierce	Stephen Wollentin
Christy Gunther	Colin Richmond	Joe Wombwell
Caroline Hall	Lynn Roberts	David Wood
Andrew Hart	Terry Roberts	

# APR BOND NEWS

An Interview with  
D. Tyrell McGirt, APR  
Director

**1. APA is interested in contributing enhancements to the future pickleball courts. If you are interested in exploring this, please advise who APA would need to contact.**

We welcome the opportunity to explore potential enhancements to the future pickleball courts in collaboration with APA. To best understand the types of contributions APA is considering, could you please share some initial ideas or areas of enhancement you have in mind? Knowing this will help me connect you with the most appropriate person on our team to discuss these exciting possibilities further.

**2. We have visited all the sites you have mentioned as possibilities and are eager to visit more potential sites. Please let us know what other sites you are considering.**

At this time, we are not actively considering sites beyond those we already shared [Aston, Ray L. Kisiah, Richmond Hill, and Roger Farmer Parks]. However, we value APA's perspective. We would be very interested to hear if, during your visits to other APR parks (the full list is available [here](#)), you encountered locations that you believe might be suitable for pickleball courts. While there might be existing constraints at some of those sites, we are open to discussing your observations and any potential challenges

you foresee. Please feel free to share your thoughts, and we can further discuss.

**3. Are there any updates concerning the pickleball project that could be shared (draft design ideas, timeframes, obstacles, etc.)?**

There have not been significant developments on the project since the updates provided February 20th. Currently, our primary focus and resources are dedicated to the ongoing Helene recovery planning efforts to ensure that our recovery initiatives are coordinated and integrated with existing capital and bond projects. We, however, remain committed to plan for dedicated pickleball courts in 2025.

**4. Has there been a financial budget designated for the dedicated courts/facility?**

Not at this time. Currently, projects are being prioritized based on other City capital projects, staff capacity, and Helene recovery efforts. This calendar year, we are focusing on planning for dedicated pickleball courts, which includes site selection, some preliminary design, and cost estimation. A specific percentage of the bond allocated to pickleball will be finalized as part of this planning. We will provide more detailed information on budget allocation as the planning process progresses this calendar year.





# STEPS *to* SUCCESS

by DAVID KELLY



“Somebody gives you an opportunity, say yes to it. So what if you fail? You won’t know if you fail or succeed unless you try.”

– Ann Meyers

Recently, I’ve been prioritizing “the swing” with the people I work with. With few exceptions, players need to create a swing of some sort every time contact with a ball is made. (an exception might be a very minimal block volley). And unfortunately, the ball is the biggest

obstacle to the focus needed to be self aware enough to understand what swing you have. We all have a particular swing, and for the vast majority of us, it contains useful elements and also inefficient tendencies, but we are too busy hitting the ball, and often at the same

time, watching it depart the paddle. It is crucial that you change the concept into treating the ball as incidental to the motion of your swing. Only then can you begin to notice it, and that is the first step to improving.



# PRIME YOUR SPINE

## WHY ROTATION PREP MATTERS IN PICKLEBALL

Written by: Dr. Asa Walker, PT, DPT, LAT, ATC, OCS, CSCS

Owner of [Built For Pickleball](#)

Email: [asawalker0910@gmail.com](mailto:asawalker0910@gmail.com)



Hitting an overhead smash is one of the best feelings in pickleball – right up there with a zippy drive or a clean backhand dink. What do all those moves have in common? Rotation. Your spine and torso twist and turn through nearly every point. So before diving into a game full of fast, explosive movement, it pays to warm up in a slow, controlled way. Your muscles, tendons, and ligaments love a little heads-up before you throw them into the deep end. A simple rotational prep can help reduce injury risk and give your game a boost.

Besides a quick jog around the court to get your blood pumping, try the Seated Windmill - pictured above. It's a simple drill to get your spine moving through its full rotational range. It helps loosen things up, improve power transfer, and - bonus - sometimes gives you that satisfying “pop” in your back that feels like your spine just

said, “Thank you.” No gear needed, and it only takes a minute.

Sit on the edge of a bench or drop into a low squat, keeping a tall posture (think “proud chest”). Push your knees out slightly. Slide the back of one hand down the inside of your leg while rotating your chest in the opposite direction and reaching the other hand up and back. Keep your eyes on the overhead hand, exhale into the stretch, then return to center. Repeat 10-20 times each side. You'll head into your match feeling more mobile, more powerful, and a whole lot more ready to move.

Make this a habit before each session and your spine will thank you - not just on the court, but off it too. Move better, play better, and set yourself up for a healthier, longer pickleball season.



# HAPPENINGS

2025



 KENDRA SCOTT

*Join Us*



DATE & TIME

Kendra Scott Biltmore Park Town Square  
Saturday, May 3<sup>rd</sup>, 2025  
12:00-2:00PM

DETAILS

Kendra Give's Back Event  
Enjoy sips, sweets, & shopping  
while 20% of your purchase will benefit  
The Asheville Pickleball Association!  
Can't make it in store? Use code GIVEBACK-JBZVY  
at online checkout on our website.  
(Code valid 5/1/2025-5/5/2025)

