



PICKLEBALL *Press*



Pickleball has a funny way of finding you when you least expect it. For many, the introduction doesn't happen through a formal class or a TV broadcast, but through a persistent friend or a curious family gathering.

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

The story often begins with a skeptic. You might have seen the “wiffle ball” and oversized ping-pong paddles and thought it was just a hobby for the retirement crowd. But then, someone - perhaps a neighbor or a former tennis partner - hands you a paddle and promises it’s “easier than it looks.” Within minutes of your first “dink” over the net, skepticism usually vanishes, replaced by the realization that this game is addictive.

Recently, I was at a UPS store returning a paddle. The guy behind the counter asked me if I knew the history of how

pickleball started. I said yes and shared what I knew. He later explained that he lived on Bainbridge Island, four houses down from pickleball inventors, Joel Pritchard, Bill Bell and Barney McCallum. He knew these guys well, and most days as he drove by their houses, he would see them playing in the driveway with table tennis paddles and a perforated plastic ball trying to create something fun for their bored children. And of course, the famous dog that would retrieve the balls was there.

The UPS clerk became lifelong friends with the pickleball creators, and still

cannot believe where the sport is today. He remains grateful to have witnessed the creation of pickleball and the joy it has brought to so many.

Whether you’re dragged to the local court by a friend or you stumble upon play at a local park, that first introduction is usually the start of a much larger journey. Before you know it, you aren’t a beginner; you’re the one handing a spare paddle to a friend and saying, “Just try it once.”

Be grateful.

Christina Dupuch
President, AVLPA.org

PICKLERS CLUB

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

Dink Level - \$500 and above

Nancy Carr
Bonnie Knox
Jane Lawson

Mark Livingston
Esther Nevarez
Mimi Sexton

Paddle Level - \$250 to \$499

Anonymous
Christina Dupuch
Tom Hardecker
Dee Pierce
Kathy Scarborough

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

Pickle Level - \$100 to \$249

Tracy Absher
Anonymous (4)
Bob Bridges
Liz Button
Holly Fairbairn
Stephanie Fish
Michael Fortini

Annabel Haberkorn
Bill Lyng
Teri Lyng
Molly McMillan
Howard Philips
Lynn Roberts
Terry Roberts

If you'd like to learn more about the Picklers Club, [click here](http://avlpa.org).



Most players put their paddles away when the temperature drops below freezing, but this winter a new tradition was born out of pure grit and a love for the game.



IN THE SPOTLIGHT

THE POLAR BEAR CLUB

by Yia Pia Sanchez-Brugal

Defying the Winter at Weaver Park.

It started with Bill Wolfe and a small, brave group of players who refused to let the 30°F chill keep them indoors. While others were missing the game, Bill was on the court, encouraging anyone with enough layers to join him at Weaver Park. His message was simple: the winter cannot take our fun away.

To recognize those who braved the elements, Bill began awarding a tiny

Today, the club has become an inspiration and a challenge to us all. It is a beautifully diverse group - players of all ages and genders standing side-by-side against the wind.

polar bear figurine to those who showed up. With that small token of appreciation, the “Polar Bear Club” was officially born. We all know that feeling when the cold

penetrates every layer of clothing and the shivers set in. But there is nothing quite like looking at that little white bear on your bag and knowing you beat the odds. You conquered the winter to do what you love most.

We want to extend a special thank you to Bill for his unwavering spirit. The Polar Bear Club reminds us that as long as we have each other and a paddle in hand, the sun is always shining at Weaver Park - no matter what the thermometer says.

“Pickleball - learn the game and master the art of fun.”
– Anonymous



SPREAD THE WORD

APA has free beginner clinics starting Saturday, March 28th. If you have friends or family members who are interested in learning to play, please give them these dates so they can join in the fun!

Introduction to

Location:
Murphy-Oakley Park

March 28 Aug 29
April 25 Sept 26
May 30 Oct 24
June 27

**10 am
to
Noon**

Pickleball Clinic

**Equipment
provided**



**Register
on Playtime
Scheduler**

Join us to learn or volunteer!

JOIN US!

by Tom Hardecker

**Paddle
Demo Day
and Used
Equipment
Sale
Saturday,
April 11th!**



Have you ever wanted a new paddle but didn't want to buy one without trying it first? Now is your chance!

On Saturday, April 11, from 1 - 3 PM, APA will host a Paddle Demo Day at Ace and Eagle, 284 Lyman Street, in the River Arts District.

This members-only event gives you the chance to test paddles from Selkirk, Flick, Gearbox, Holbrook, and 11six24 (with possibly more brands joining). Members are also encouraged to swap paddles with each other for demo purposes and sell used paddles or pickleball gear - think of it as a members-only pickleball garage sale. Note, manufacturer paddles will be available for demo only, not for sale.

After trying out new gear, stick around to grab a beer at Hi-Wire, enjoy savory snacks from the food truck, and have some fun with fellow APA members.

Click below to join:

- [Standard](#)
- [Picklers Club](#)



**Not a member yet?
Join now so you don't miss out!**



“Focus is a matter of deciding what things you’re not going to do.”

– John Carmack

There is a widespread tendency among players to lose control of the paddle tip during a shot, with high and over hit results. In many instances, it is far better to treat the complete paddle, from handle to tip as one plane moving as a unit; don’t let the tip win the ‘race’, in a flipping motion.

To elaborate, if you consider the angles your hand with fingers straight can take, there are 3 basic positions relevant to PB: extension which has the fingertips pointing back, neutral, where the fingers are in a vertical line with the palm, and flexion, where the fingers pass the forearm and end up pointing.

When flexion is introduced in the contact zone, massive variation with inconsistencies is inevitable. Not encouraged!

I know it seems complicated, but feel free to ask me for a demo and all will be revealed.

HARD DAYS AND LIGHT DAYS: A SMARTER WAY TO PLAY MORE PICKLEBALL



One thing that's interesting about pickleball players is that most of us don't give much thought about playing frequency. The game is just too fun. If the courts are open and friends are playing, we show up and go all-in. I'm guilty of this too. The problem is that our bodies still operate on the same rules as any other sport. Imagine your body as a cup and every workout, match, or practice session as water being poured in. As long as the cup stays below the brim, everything is fine. But when it overflows, that's when aches, soreness, or injuries tend to show up. In many other sports, athletes intentionally alternate between hard days and easier days to avoid this overflow.

A "hard day" of pickleball can look different for everyone. For some players it might be two hours of intense competitive doubles matches. For others it might be several hours of drills in singles. The key indicator is how your body feels afterward and the next morning. If you wake up with joint

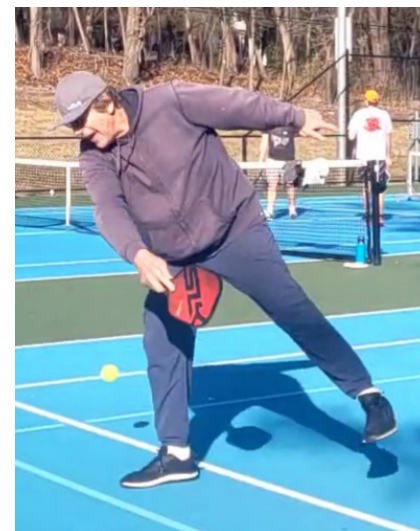
discomfort or muscles that feel like they aged 20 years overnight, that session probably counted as a hard stimulus. That's not a bad thing - it just means your body might benefit from a lighter day next.

A "light day" doesn't mean skipping the court altogether. It simply means shifting toward activities that are less explosive and less physically demanding. This could include serving practice, dinking drills, technique work, or specific shot repetitions. These sessions still help improve your game while giving your body a chance to recover. A simple weekly rhythm might look something like hard play early in the week, lighter drilling the next day, then returning to competitive play once your body feels ready again. The main takeaway is simple: not every pickleball session needs to be an all-out max-effort battle. Those sessions are fun and valuable - but they're not the only type that improves your game. Remember, listen to your body and alternate your workouts.

by Dr. Asa Walker, PT,
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HAPPENINGS

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**THANK YOU,
APA SPONSORS!**

CHORUS
ASHEVILLE
55+ ACTIVE ADULT COMMUNITY

HOMINY
AT RIVERBLUE



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