



PICKLEBALL *Press*



From the beginning of APA's application to the IRS, offering pickleball to veterans has been a priority. According to WLOS and North Carolina Health News, in 2023, an estimated 16,000 veterans lived in Buncombe County.

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

The Charles George Dept. of Veterans Affairs Medical Center's website states that 49,000 veterans live in a 23-county area of WNC. The number of veterans and their needs are a perfect fit with APA's charitable mission.

For those living with Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Spinal Cord Injury (SCI), amputation, low self-esteem or challenges from their service time, pickleball offers a unique combination of physical activity, social interaction and mental well-being.

Preliminary studies have shown that pickleball offers valuable tools for healing and recovery:

Physical Health:

Pickleball is a low impact, cardiovascular workout that can improve strength, flexibility, and balance.

Mental Health: The social interaction of pickleball can reduce stress, improve mood, and enhance cognitive function. The various levels of competition can also build confidence.

Community Building:

Pickleball provides a platform for veterans to connect with others who share their experiences and create new, positive relationships.

Increase Confidence

and Self-Esteem: The opportunity to learn a new skill and participate in a

social activity can also boost confidence and positive self-awareness.

Improved Quality of Life:

Pickleball can contribute to overall well-being by promoting physical and mental health, as well as social connections.

Adaptive Pickleball:

Adaptations can occur to the rules and equipment so that the game is played to meet each person's abilities.

You can see why APA felt it was important to teach veterans pickleball as a top priority. APA offered its first veterans' clinic on May 17th; the second clinic will be held on June 21st.

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 5/20/25)

Dink Level - \$500 and above

Nancy Carr
Bonnie Knox
Jane Lawson

Mark Livingston
Mimi Sexton

Paddle Level - \$250 to \$499

Christina Dupuch
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)
Andrew Hart
Janet Hart
Kerry Levin

Molly McMillan
Howard Philips
Lynn Roberts
Terry Roberts

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

“Even if you just change one life, you’ve changed the world forever.”
– Mike Satterfield



CALLING ALL VOLUNTEERS

Love Pickleball? Get Involved with APA!

Are you passionate about pickleball? Help us grow the sport right here in Asheville!

The Asheville Pickleball Association (APA) is working hard to expand and improve the pickleball experience in our city. Our efforts include:

- **Improving and maintaining pickleball facilities**
- **Providing nets for public courts**
- **Hosting educational clinics for all ages**
- **Collaborating with Parks and Recreation to build dedicated pickleball courts**
- **Organizing competitive leagues, tournaments, and social events**

Help Us Share the Joy of Pickleball!

We’re always looking for enthusiastic volunteers to help spread the word and support our initiatives. Jill Fletcher (above), one of our newest board members, is now serving as APA’s Liaison to the Volunteer Committee. She’s here to help you get connected and find the perfect way to get involved.

Jill is friendly, helpful, and approachable. She loves assisting at pickleball clinics and especially enjoys working with new players as they learn the game. That might be because she’s passionate about learning more herself - something that makes her a great resource and a wonderful part of our community.

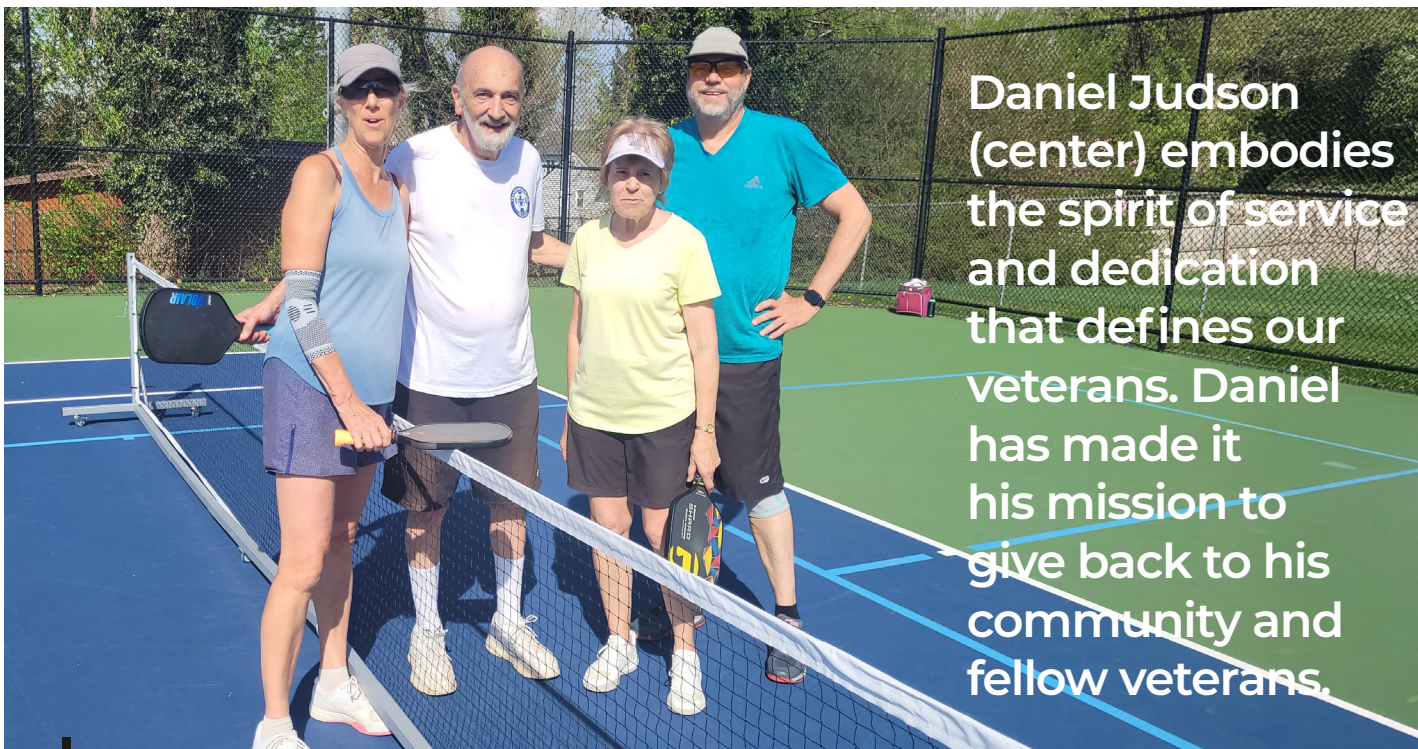
Join a Committee

APA has active committees in the following areas:

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

Most committees are currently welcoming new members - and we’d love to have you join us. [Contact Jill](#) if you are interested in serving on her committee or to learn more and discover how you can make a difference in Asheville’s pickleball community.

Let’s grow the game together!



Daniel Judson (center) embodies the spirit of service and dedication that defines our veterans. Daniel has made it his mission to give back to his community and fellow veterans.

IN THE SPOTLIGHT

DANIEL JUDSON

by Yira Pia Sanchez-Brugal

Since 2018, Daniel has volunteered at the Veterans Restoration Quarters as chaplain and bible study leader. He was instrumental in establishing free pickleball clinics for veterans, allowing us to connect with and assist a previously underserved sector of our community.

Daniel's journey is quite remarkable. Born in Syria, he spent time in Beirut before moving to the US in 1959 at the tender age of six. He went on to build a successful career

in the truck maintenance industry in New Jersey, where he worked as a technician, fleet maintenance manager, and product representative, until his well-deserved retirement. Daniel moved to Asheville over 30 years ago, and it was here that a good friend introduced him to pickleball. Starting at the YMCA in 2019 and later to public facilities like Murphy-Oakley Park and Stephens-Lee, Daniel discovered not only a great sport suitable for

all ages but also a welcoming and supportive community.

His passion for the game and his community led him to partner with Karen Brinkman, and together they recently earned a Silver medal in the Buncombe County Senior Games, qualifying them to proudly represent Asheville in the State Senior Games. Daniel Judson's story is one of service, friendship, and the pursuit of an active, fulfilling life that enriches both himself and those around him.



JOIN US!

Spring is in full swing, and there's never been a better time to join or renew your membership with APA. For just \$20 a year, you're supporting local pickleball and opening the door to make a real difference in our community.

This month, we're proud to highlight exciting new ways our members and partners are stepping up. We hosted our first Veterans Pickleball Clinic for Transformation Village, with more to come. We're wrapping up our after-school program at Isaac Dickson Elementary in early June. Asheville Sports Club has volunteered to be the final collection site for our broken pickleballs to save APA shipping costs for recycling. Even more exciting: we've just received permission to lead clinics for incarcerated men at Craggy Correctional Center. And of course, our regular monthly beginner clinics continue to welcome new players of all ages.

All these great activities require equipment and volunteers, and that's why we need YOU to join. Whether you'd like to help kids, veterans, beginners, or those turning their lives around, there's a place for your paddle and your heart.

Joining is easy, just click below to become a member. We're also continuing work with Asheville Parks & Rec on the new dedicated pickleball facility funded by last November's bond vote.

Check our website for beginner clinics and more, because joining the Asheville Pickleball Association gives you opportunities to share the joy of pickleball with children, adults and people who need a new sport to help cope with a hardship. Together, we can grow the game and serve our community!

Join or renew today.
We need you!

avlpa.org



STEPS *to* SUCCESS

by DAVID KELLY



“Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.”

– Samuel Beckett

Linear teaching is the least effective, yet certainly the most dominant methodology of pickleball instruction. What are the characteristics of linear pedagogy? Deconstructed, top down, repetitions in a

controlled environment in order to find the “muscle memory”. Doesn’t sound much like actual pickle to me, but can indeed give the illusion of learning.

The reality is that learning should be messy and not

curated. Good teaching is about presenting problems and not doling out facile solutions. This produces resilient and adaptable players. Let me know what you think.

GET A GRIP

WHY WARMING UP YOUR WRIST IS WORTH IT

Written by: Dr. Asa Walker, PT, DPT, LAT,
ATC, OCS, CSCS
Owner of [Built For Pickleball](https://builtforpickleball.com)
Learn more at builtforpickleball.com



Pickleball is fast, fun, and full of flicks, but if your wrist isn't warmed up before a match, you're setting yourself up for pain (or at least a few clunky shots). Whether you're reaching for that low dink, snapping a quick volley, or smashing an overhead, your wrist is doing a lot more than you probably realize. That's why it's worth giving it a little love before you hit the court.

A simple, effective drill? Just grab your paddle and move your wrist through its full range of motion. Start with a bent arm, then straighten it out, mimicking those game-day positions – overhead, out to the side, and low below the knee. Hit every direction: forward, backward, twisting in (pronation), and twisting out (supination). Do 10-20 reps in each direction and, as you start to loosen up, add a little speed to prime those tendons and ligaments for the quick reactions they'll face in a match.

Make this a part of your pre-game routine and you'll be swinging, dinking, and smashing with less risk of overuse injuries, a stronger grip, and a much happier wrist.

Already feeling a bit of wrist or elbow pain? No problem. Just choke up on the paddle and limit your range of motion to what feels comfortable. And if you really want to bulletproof those wrists, add some strength training. Wrist curls and reverse wrist curls are great, and you don't need a fancy gym setup to do them. Just grab a free weight, a heavy can of soup, or load up a backpack, and let your wrist fully stretch before curling back up. Aim for 12-20 reps to really build resilience.

HAPPENINGS

2025

