



PICKLEBALL *Press*



Now that fall is in full swing, I want to highlight recent activities and successes.

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

APA continued to introduce pickleball to new populations. On October 10, we participated in the first pickleball club at Eblen Intermediate School. The club will continue monthly through March, excluding December. Nineteen enthusiastic middle schoolers either played pickleball for the first time or worked on honing their skills. Thank you to our four volunteers who made this a fun activity for everyone.

I hope you will read page 3 to find out the details of introducing pickleball to the inmates at Craggy Correctional Institution. While interest was high (100 inmates signed up

to participate), our four volunteers hosted a clinic for the twenty selected to learn.

Two board members recently attended a Park Bench Chat with Pete Wall, Assistant Director of Asheville Parks & Recreation (APR). A consulting firm has been selected to work on the dedicated pickleball courts. APR anticipates public engagement will begin soon. Please be thinking of ideas you have gathered while playing at other locations. This will be your chance to suggest programming, amenities, etc., so make your list now. APA will continue to communicate updates and information regarding

public meetings as we are made aware of them.

Lastly, a dedicated group of APA members have begun the task of repairing the pickleball nets at all public park locations. Once finished, each net will have one locking wheel. Please encourage everyone to make certain that they unlock this wheel before moving the nets. Also, remind players to return nets to the side fencing once they are done playing.

Take advantage of this beautiful weather and enjoy your time on the courts!

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 10/20/25)

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
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](#).

“Act as if what you do makes a difference. It does.”

– William James



CALLING ALL VOLUNTEERS

In January, APA contacted Pickleball for the Incarcerated Communities League (PICL) concerning starting a local program for inmates. PICL shared letters of support from wardens across the country. APA forwarded these to the warden of Craggy Correctional Institution informing him of our willingness to paint a court and supply the inmates with paddles, balls, and instruction.

Why PICL? Prisons have found a reduction in disciplinary problems in every correctional facility where the game has been introduced. The new motto on the inside is “don’t behave, don’t play.” Inmates are learning life skills, like teamwork, thinking about consequences, and learning from mistakes.

Understandably, the warden did not want any loose metal parts in the net supports. So, a few APA members found a DIY online and reengineered it. See page 8 for their creative solution.

Fifteen APA Members donated gently used paddles, Cherry Wolfarth provided 20 balls, and Donna Kelly donated a parking lot line machine. Marshall Janes made a line stencil and painted the court with the assistance of Bill Wolfe and Molly McMillan.

In October, David Kelly, Bill Wolfe, Tom Robertson and Molly McMillan led a 1.5-hour clinic with 20 inmates (a small portion of the interested 100 who signed up).

The men picked up the game quickly and enjoyed playing a competitive style clinic. The level of smack-talking on and off the court was epic.

Special thanks to Nikki Mehaffey, Education Coordinator of Craggy, for working on the inside to get us on campus.

Your volunteerism and membership dollars continue to make these activities possible. Thank you!

avipa.org



Connie Schrader is a familiar face (and even more familiar smile!) on the pickleball courts. She is a dancer and, until recently, a professor of dance at UNCA.



IN THE SPOTLIGHT

CONNIE SCHRADER

by Bonnie Knox

Connie recently performed a retrospective of her own compositions. She is a new member of the APA membership committee and was the driving force behind the gift basket promotions.

Q: As a lifelong dancer, how did you get into pickleball?

My neighbor, Kate Knowles, was my pickleball muse. She had a net which we set up on the street in front of her house and she showed me the basics. I got up my nerve and went to Shiloh and

met some wonderful folks there who were also very encouraging.

Singing had been my way of meeting people and working together with shared purpose. But just before COVID hit, I decided I couldn't do the rehearsals that ended at 10 PM anymore. I was looking for an activity that was engaging, active and opened the doors of new friendships. Pickleball fit that bill.

Then came COVID and I think the sport saved my spirits!

We painted a court on our street and had so much fun with our pick-up games. It was a life-saver for all of us!

Q: Do you see parallels between pickleball and dancing?

More than dancing, my years in Taekwondo have taught me athletic stance, ready-reset, and focus. The truth is, I play for fun, friendship, camaraderie, and for pleasure. I'll probably die as a 3.0 and that's fine by me!

JOIN US!

Serve, Support, and Share the Fun – Join the Asheville Pickleball Association!



*Some of the “Check It Out” group
in September, post-play at Sierra
Nevada Brewery.*

A huge thank you to everyone who supported the APA Crop Hunger Walk team – whether you walked, donated, or cheered us on. The Asheville Pickleball Association proudly sponsored the event and raised an impressive \$1,755 to help fight hunger locally and around the world. If you would like to donate, it is not too late. Visit the Crop Hunger Walk and search for Asheville Pickleball Association. Your generosity and team spirit truly reflect the heart of our pickleball community. We’re making a difference – on and off the court.

Next, mark your calendar for our third **“Check It Out” event on Wednesday, November 19, from 3 – 5 PM at the new Ace and Eagle courts**, 284 Lyman Street in the River Arts District. This APA members-only event is free for Ace and Eagle members and just \$10 for non-members. It includes 2 hours of play. Afterward, relax and mingle over a refreshing beverage at the adjacent Hi-Wire Brewery. It’s the perfect chance to explore a beautiful new venue, enjoy great pickleball, and connect with fellow APA members.

And for anyone ready to jump into the sport, join our next **Free Beginners Clinic at Murphy-Oakley Park on Saturday, October 25, from 10 AM – 12 PM**. Sign up on PlayTime Scheduler and learn the game that’s taking the country by storm.

Finally, help us keep the momentum going – **join the Asheville Pickleball Association for just \$20 a year**. Your membership fuels clinics, events, advocacy, and new court development. Let’s rally together and grow the sport we love!

[Join or renew today.](#)
[We need you!](#)



“How you hit the ball matters. Where you hit it matters more. Where you hit it from matters the most.”

*– Craig O'Shannessy
(last sentence by David Kelly)*

Most of the learning process is habit replacement or modification and constantly reminding yourself of the new course.

Start with one micro habit and begin to scaffold from there. Let's take paddle position when close to the net. The typical default position I observe is to have the orientation mostly down with the elbow pinned

against the ribs, resulting in the paddle tip essentially pointing down. Let's start by repositioning the elbow away from and in front of the torso; the tip may be pointing at the net cord or above because there is personal choice involved. Now try to use the tip of the paddle to follow the path of the ball and notice how much more involved you are

in the point without even touching the ball.

Perhaps this new proactive paddle position will lead to taking more balls in the air and not instinctively stepping back regardless of the height of the approaching ball. Then, you'll create a new habit (but only if you persist and remind yourself constantly of the necessity)!



DON'T SKIP LEG DAY: THE ENGINE BEHIND YOUR GAME

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

Owner of [Built For Pickleball](#)

Learn more at [builtforpickleball.com](#)

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If you hang around a pickleball court long enough, you'll hear players talk about their paddle control, spin technique, or third-shot drop. But how often do you hear someone say, "I've really been working on my leg strength"? Probably never - and that's a shame. Because the real engine behind your power, balance, and endurance isn't your paddle arm...it's your lower half.

Your legs do the heavy lifting every single rally. They're what help you accelerate to the kitchen, stop on a dime for a reset, and stay balanced for that perfectly placed drop shot. When your legs are strong, your joints are better protected and your movement looks smooth and effortless.

When they're not, your knees, Achilles, and low back take the punishment. In short - if your legs fatigue first, everything else starts to fall apart.

The good news is that building court-ready legs doesn't mean living in the gym. A few smart exercises go a long way. Try split squats or lunges to mimic your forward and side-to-side movement. Add step-ups to train the push-off strength you use on every transition. Include calf raises to keep your Achilles resilient, and finish with wall sits or paused squats to build endurance for those longer matches. Even 5 - 10 minutes, two or three times per week,

can make a real difference in how you move and feel on the court.

Bottom line: your paddle might win the point, but your legs get you there. Treat them like the MVP of your game, and you'll not only move better - you'll play longer, hit harder, and recover faster.

Quick At-Home Leg Circuit (2 - 3 rounds)

1. Split Squats

Step one foot forward and lower your back knee toward the floor. Keep your chest tall and drive through your front leg to stand.

2. Step-Ups

Use a sturdy step, bench, or stair. Push through your entire foot and squeeze your glutes at the top.

3. Calf Raises

Hold onto a wall or chair for balance, lean slightly forward, and raise up onto your toes. Pause at the bottom stretched position.

4. Wall Sit

Back flat against the wall, knees at about 90 degrees, chest tall, and breathe.

Pro tip: Do this 2 - 3 times per week - it should be hard! Your knees, calves, and back will thank you during those long rallies.

HAPPENINGS

2025

