



A P R I L 2 0 2 6

PICKLEBALL *Press*



Ace & Eagle



Senior Games



Ace & Eagle



Reynolds High School



Craggy Prison



Montford



Ace & Eagle



Ace & Eagle

APA at Work

- **CONCLUDED** sessions at Eblen Middle School for 20 fifth and sixth graders on March 20th (see pg 2)
- **ADDED** 22 new members in March (see pg 3 for list)
- **HOSTED** beginners' clinic at Murphy-Oakley Park for 26 participants (see pg 2)
- **RECRUITED** volunteers for Isaac Dickson's afterschool program which begins its third year on April 13
- **ADDED** new site (16 total!) for collection of damaged pickleballs in Weaverville for recycling
- **HOSTED** "Check it Out" event showcasing the covered outdoor courts at Ace & Eagle

“At the end of the day it’s not about what you have or even what you’ve accomplished, it’s about who you’ve lifted up, who you’ve made better.”
– Denzel Washington

For the Love of



APA’s programming spreads the love of pickleball to many organizations. We’d like to recognize a few of these activities and share how your dollars made them possible.

Eblen Middle School: Your membership dues purchased pickleballs and youth-sized paddles to support our program at Eblen Middle School. We would like to recognize the volunteers who spread the love at this location:

Tammy Banich, Nancy Carr, Meg Chislet, Camille Cushman (onsite organizer), Gabe Enos, Stephanie Fish, Allison Grant, Annie Jonas, Sheri Lalumondier, Kristi Schleder, Meg Turner

Beginners’ Clinic: Membership dues supported the purchase of pickleballs, ball carriers, and semi-permanent nets to spread the love of pickleball to new players. Thanks to the March clinic volunteers:

Jill Fletcher, Carlton Freeman, Kevin Hall, David Kelly, Jennifer Kupper, Susan Meyers, Yira Pia Sanchez, Connie Schrader

Lastly, APA is requesting slightly used paddles to continue supporting these and other new programs on the horizon. Paddles may be given to any board member or dropped off at APA supporting businesses: Asheville Sports Club on Coxe Avenue or Ace & Eagle on Lyman Street.





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

Picklers Club

Dink Level - \$500 and above

Nancy Carr	Jane Lawson
Allison Grant	Mark Livingston
Bonnie Knox	Esther Nevarez

Paddle Level - \$250 to \$499

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

Pickle Level - \$100 to \$249

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

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

Welcome New Members

(List reflects new March members)

Carl Alguire
Sandra Alguire
Heather Amyx
Trish Brown
Deborah Compton
Jim Curley
Deidre Duffy
Robert Epstein
Emily Fader
Jill Farmer
Janine Ito-Michaels
Dan Lantry
Lisa Mathes
Greg Porray
Cathy Samford
Kiran Sigmon
Randy Talley
Steven Tobolsky
Nancy Valentino
Michel Valin
Joe Yanik
Maggie Zielinski

**Thank you,
APA sponsors!**

CHORUS
ASHEVILLE
55+ ACTIVE ADULT COMMUNITY



HOMINY
AT RIVERBLUE





CANDIE MOORE

by Yia Pia Sanchez-Brugal

Candie grew up in a small town in Ohio, where an active childhood filled with outdoor play helped shape her lifelong energy. Most of her adult life was spent in St. Louis, MO, where she raised two daughters and built a remarkable career in nursing, ultimately becoming a Geriatric Nurse Practitioner.

In 2016, she and her husband moved to Black Mountain to be closer to family. As retirement approached, she hesitated, unsure of what this next chapter might bring. That changed when a friend introduced her to pickleball. What began as a simple invitation quickly became a passion. She discovered not only a love for the game, but also a welcoming and supportive community.

Her dedication quickly grew beyond playing. She became an integral part of building the pickleball community, serving on the inaugural APA board. Through her involvement in clinics, community outreach, and meetings with the Asheville City Council, she has played an important role in helping the sport grow and thrive in the area.

Today, she leads the Black Mountain Pickleball Group, generously giving her time – organizing, teaching, and encouraging players of all levels. Her unwavering commitment to both the Asheville and Black Mountain communities has made a lasting impact. More than anything, she is the kind of person who shows up – with kindness, generosity, and a genuine desire to help others succeed.

Her story is a reminder that the best chapters often begin unexpectedly.



COURT COMMENTARY

According to the Perplexity AI platform, the “pickleball-core” movement of 2026 has transformed the sport from a weekend hobby into a full lifestyle. Players now prioritize social connection, high-performance gear, and proactive wellness. While 94% of avid players still cite physical benefits as their main motivation, research shows the joy of the game and a desire for deeper community connections are close behind.

For many, the experience extends well beyond the final point. Hybrid venues - combining courts with food, drinks, and social spaces - have become central hubs for this evolving lifestyle. Players increasingly expect versatile, stylish apparel that transitions seamlessly from competition to socializing. This demand is reflected in clothing designed with ergonomic cuts, four-way stretch fabrics for dinks, volleys, and overheads, and moisture-wicking blends like polyester, nylon, and spandex to handle intense rallies. Thoughtful innovations - such as grip-tech panels for drying hands and deep pockets for multiple balls - blend performance with convenience, while still looking sharp off the court.

Today’s players are also more informed about their equipment than ever. Many are turning to “smart paddles” with built-in sensors to track swing speed and spin, alongside AI-powered coaching apps that use smartphone cameras to analyze shots and provide real-time feedback.

Pickleball isn’t just something you play anymore - it’s something you live.

Now...go out there and have fun.

by **CHRISTINA DUPUCH**



Players increasingly expect versatile, stylish apparel that transitions seamlessly from competition to socializing.

STEPS *to* SUCCESS

**This month's message is simple:
Action produces information.**

I recently came across an obscure YouTube video featuring a top-tier male player conducting a casual, hours-long lesson with two gentlemen (not sure of the cost!). He put them through a challenging exercise: one player stood on the baseline defending roughly half the court; before moving to the other side, all while being pummeled by the other two from the Non-Volley Zone (NVZ).

The drill was timed - roughly five minutes - and you simply count the number of balls the lone player failed to return.

While the pro was obviously superior, what he said afterward was most revealing: **he volunteered that some of his shots were of poor quality, but he didn't care, as long as he "made balls."**

Over the net and inbounds. That was the goal... not to produce video-worthy shots with exemplary technique.

Try it sometime. And reevaluate your intentions before beginning! **MAKE BALLS.**

by **DAVID KELLY**



“ Action produces information. If you're unsure of what to do, just do anything, even if it's the wrong thing. This will give you information about what you should actually be doing. Sounds simple on the surface - the hard part is making it part of your process.”

*– Brian Armstrong,
Tech Entrepreneur*

Why Most Pickleball Injuries Happen When You're Tired

by Dr. Asa Walker, PT, DPT, LAT, ATC, OCS, CSCS
Owner of Built For Pickleball
Learn more at builtforpickleball.com
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There are a few common situations where fatigue really starts to creep into pickleball. Multi-round tournaments in the heat, rec sessions that stretch past the two-hour mark, or the moment you're about to go and someone says, "C'mon, one more game." And you say yes, because the game is too fun. But fatigue has a sneaky way of showing up right when we're trying to squeeze the last bit of play out of the day.

As fatigue builds, a cascade of changes start happening in your body and your game. Coordination drops, reaction time slows, and decision-making gets a little fuzzier. Your legs stop bending as much to get under the ball, which is one reason stroke accuracy can drop significantly. Change-of-direction speed also declines, making it harder to chase down wide balls or recover to position. Meanwhile, every shot starts to feel harder than it should. Most importantly, fatigue increases the chance of a misstep or sloppy movement during a fast play and that's when injuries or falls are more likely to occur.

Fortunately, your body usually gives you warning signs before things reach that point. One easy screen is the Talk Test: if you can't comfortably finish a sentence between points because you're breathing so hard, fatigue is probably high. Another is your rating of perceived exertion - if you'd rate your tiredness an 8/10 or higher before a match even starts, that's a red flag. You can even try a quick balance check: stand on one leg for five seconds. If you're wobbling all over the place, your body may be telling you it's time to ease off.

"Take small breaks between points, sip water with electrolytes, and grab a quick carb snack if you're in a long session."

On the court, fatigue often shows up as heavy legs, slower reactions, and a rising number of unforced errors.

If you notice these signs, the goal shifts from pushing through to strategic damage control.

Simplify your game by focusing on high-percentage shots and ditching the hero plays. Take small breaks between points, sip water with electrolytes, and grab a quick carb snack if you're in a long session. Afterward, refuel with some protein and carbs to help recovery. And sometimes the smartest move is simply skipping that "one more game." Because the goal isn't just to play today - it's to make sure you're healthy enough to enjoy the next time too.