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Play pickleball in style and have more fun Order your TVPC merchandise



- Silk screen shirts, embroidered caps, jackets, sweatshirts, and much much more!
- Our order will be placed when the total number of items ordered reaches 76.
- You will be emailed when we receive the orders. Then you will be able to pickup your merch at one of the playing facilities or our TVPC events.



President's Message

(Editor's note: This article was written during the last week of April when temps in the Tri-Valley were approaching 90°)

Hello fellow Picklers,

I'm happy to report that the rains and inclement weather in the winter of 22/23, have finally left us and Spring is in the air.



What does that mean for you? More pickleball opportunities, new friends, better health and fitness, excitement and the joy of playing the fastest growing sport in the USA.

The Sports & Fitness Industry Association reports that over the last three years, participation had grown on average of 158.6%, trailing only running and cycling. The paddle market is estimated at \$152.8 million in 2021 and may grow at 7.7% through 2028. No wonder I see so many people with the latest carbon fiber, smooth surface, gritty surface, thick, thin, long, short, fat and skinny paddles. It's hard to keep up with so many choices but what works for one person may not work for you. The bottom line is try many different paddles and figure out what feels the best for you. Several websites have paddle rental programs.

Please wear proper court shoes, protective eyewear, sunscreen and drink plenty of fluids, before, during and after playing.

Your Board of Directors are hard at work behind the scenes to provide you with as many opportunities to play, share some laughs, eat great food, make new acquaintances and stay fit. We have scheduled six Friday night social events, a skills and drills event, our Spring Round Robin Tournament, the second Annual Harvest Crush – now in September, and the club Doubles Championship in late October. We would love to see you at these events so sign up as soon as possible.

The newest line of TVPC apparel is available for you to see on the club website. For those of you familiar with the Livermore Downs clothing line, the latest line is of the same quality, and we will bring samples for you to see at various events. Get those orders in and rock the courts in style.

I hope to see you on the courts,

Kirby Wong





Upcoming Events

Social Events (Members Only - [Register](#))

- Friday Evening Potluck Socials: Apr 28, May 19, Jun 30, Jul 28, Aug 25, Sep 29
- **2nd Annual Holiday Party:** Dec 6th, 2023 (Save the Date)

Player Development

Introduction to Pickleball: ([Register](#))

- May 20, June 10, July 8, Aug 12, Sep 9, Oct 14
- Limit of 24 people per session, held at May Nissen Park, 9 - 11 AM
- Tell any friends, family or co-workers who are interested in learning the basics
- Open to Members and Non-Members - \$15 for Non-Members
- Held at May Nissen Park from 9:AM - 11:AM

Pickleball 101: Register through LARPD ([Register](#) - Click on Adult Pickleball)

- May 13, Jun 24, Jul 22, Aug 19, Sep 30
- Introduction to Pickleball through LARPD, held at May Nissen Park, 9:AM - 11:AM
- Same instruction and information as 'Introduction to Pickleball'

Skills and Drills: Members Only ([Register](#))

- Saturday June 3rd
- Time: 8:30 AM -10:30 at May Nissen Park in Livermore
- Hone and improve your skills while learning new and fun ways to do it

Tournaments ([Register](#))

- **Spring Round Robin** (Members Only):– May 6 & 7
- **Service Champions Classic:** May 27-29
- **2nd Annual Harvest Crush:** Sept 16 & 17 (Save the Date)
- **2nd Annual TVPC Doubles Championships:** Oct 28 & 29 (Save the Date)

PADDLE DRIVE PLEASE HELP!



- ⇒ We are short on paddles for our Intro to Pickleball Clinics and other activities.
- ⇒ We would like to collect them at our Friday Night Social (Apr 29th) and Round Robin Tournament (May 6th and 7th).
- ⇒ Please bring paddles you don't use anymore that you would like to donate (no wooden or broken paddles).
- ⇒ If this doesn't work, please give them to one of our board members (Kirby, Robert, Paula, Lori, or Larry)

Don't miss our latest announcements and photo postings with TVPC's two new social media accounts:



Instagram:

<https://www.instagram.com/tvpc4pickleball>



Twitter:

<https://twitter.com/TVPC4pickleball>

Tri-Valley Pickleball Club Members in Action!



The TVPC had a wonderful time playing with and against members of Brentwood Trilogy Pickleball in April at May Nissen Park.

Great games, new friends and social competition was the highlight of the day. Thanks to Brentwood Trilogy for visiting and bringing delicious snacks!



Ada C. and Jimmy D.
Mixed, 4.0+ ,
Bronze - Foster City



Matt W. and Jimmy D.,
Men's, 4.0+
Silver - Foster City



Mary and Lori
Silver Medals
Shamrock Shootout
in March



In Concord, on March 25th, Paul
and Mats won the DUPR Platinum
Medal and a ticket invitation
to play at Nationals in October

Member Spotlight

Kathy Anderson



We are excited to introduce new TVPC member and Volunteer Coordinator: Kathy Anderson!

Kathy is a realtor here in the Tri-Valley who has recently taken introductory pickleball classes through our club and the city. She has volunteered since raising her kids because she knows how important it is to the success of organizations and their events. In her free time, Kathy enjoys spending time with her grandchildren.

Please email Kathy to volunteer at tvpcvolcord@gmail.com

Volunteers Needed!

We are in need of help with our upcoming Round Robin Tournament and the Service Champions Doubles Championships. Both are fun events and no shift will be longer than four hours.

Please sign up for a shift on:

- This coming weekend May 6 & 7
- Memorial Day Weekend

SIGN UP



Volunteering at tournaments is great way to meet other club members, learn more about the game and see some great pickleball. Thank you!!

A warm welcome to our new members!

New Silver Level Member

◇ Russ Bell

New Bronze Level Members

◇ Jeannette Albiez

◇ Asif Godil

◇ Cezar Bagaforo

◇ David Bain

◇ Lillian Bain

◇ Kerry Barger

◇ Gerry Bauman

◇ Kelly Bayani

◇ Lisa Bell

◇ Kevin Brooks

◇ Amy Carr

◇ Julie Castillo

◇ Brian Chinn

◇ Melinda Chinn

◇ Bill Collins

◇ Jessica Di Dio

◇ Mary Diligent

◇ Mark Elgood

◇ Mark Evans

◇ Farzin Firoozmand

◇ Kelly French

◇ Joanne Gallagher

◇ Carol Ghinazzi

◇ Jeremy Grano

◇ David Haitema

◇ Brent Halford

◇ Deb Halford

◇ Michael Hibbard

◇ Sheila Hibbard

◇ Erin Hopcus

◇ Lori Kennedy

◇ Jacki Klein

◇ Alice Klingmann

◇ Jeff Klingmann

◇ Darrell Kuykendal

◇ Roger Lamb

◇ Debra Larder

◇ Jennifer Larder

◇ Karrol Leary

◇ Kristin Leary

◇ Carolynne Levers

◇ Melissa Lowenstein

◇ Noel Madden

◇ Cheryl Mapes

◇ Danielle May

◇ Melissa Mcelfresh

◇ Sheryl Meagher

◇ Susan Moeckli

◇ Jason Morris

◇ Jen Murphy

◇ Paula Ng

◇ Julie Nostrand

◇ Olivia Poe

◇ Monica Pope

◇ Lisa Rosare

◇ Eric Sher

◇ Jessica Schreiber

◇ Lara Schreiber

◇ Angela Schurhoff

◇ Jenny Shiblaq

◇ Michelle Silva

◇ Denise Simmons

◇ Ken Simons

◇ Lori Souza

◇ Christine Sullivan

◇ Sierra Swansiger

◇ Debbie Sweeney

◇ Candice Tallsalt

◇ Tammy Thompson

◇ Brett Walsh

◇ Omid Yeganeh

◇ Chung Yen

◇ Denielle Yost

◇ Jennifer Zuanich

HELLO!

New Members!

Your Board Members:

President: Kirby Wong

Secretary: Lori Dorsey

VP: Robert Beanland

Merch & PR: Larry Bird

Treasurer: Paula Orrell

info@trivalleypickleballclub.com

More on Selecting a Great Paddle (by Rich Hume)

(Editor's note: Due to popular demand, we're revisiting this recent topic. Future newsletters will feature different pickleball articles)



Paddles and Beginners

If you are looking to get started playing and you want to buy a paddle, there are many options to buy a two-paddle set with balls for less \$100 whether online or at Costco. Don't worry about specs or weight or anything. All those considerations will come later when you decide what your playing style is going to be. After that decision, then a paddle's characteristics will be important. Just get out and play and hit the ball in the middle of whatever paddle you get. Also, places like pickleballcentral.com often have returned paddles on sale occasionally. If you are a TVPBC member, remember to enter your discount code!

However, if you've played and want more, then please read on . . .

There are just a couple of things that affect a paddle's performance:

- How **soft** or **hard** the paddle is
- Its general **shape** and **length** of the paddle
- The size of the **sweet spot**
- The amount of **spin** the surface might produce
- Paddle **weight**

Before I go into the details of the characteristics, the bigger question is what kind of a player are you now, or will be? Until you can answer that, you don't know what the best type of paddle to buy.

The types of players are **bangers**, **control players**, and **spinners**.

Bangers like to hit the ball hard, rarely seek to dink, and will attempt to apply speed to any pickleball problem. A lot of folks go through this model of play. Racquetball players seem to fit this mode. Often a player will "grow" out of this mode and embrace the soft game to some extent.

Control players want a paddle that allows them to hit soft shots that have a lot of feedback and thus promote a good sense of touch. The soft paddles are the opposite of the hard ones and with such a paddle, you will find dinking and placement easier but will find "put aways" to require more effort. Generally, a thicker paddle will feel softer and not hit as hard as a thinner one. If you have tennis or golf elbow, a softer paddle might help with that. If you develop it while playing, a paddle change might be a good idea.

The **spin potential** is a function of the surface material, and possibly, the core material of the paddle. Note that good technique is needed to create a lot of spin regardless of the surface material. Also, the roughness of the surface will wear smooth after some play and its spin potential will fall off a bit as it's used.

Shapes! There are just a few details here. Most manufacturers provide the traditional square shape, there are also ovals and those with an extended length. A longer paddle will be narrower than the other shapes. All paddles have about the same surface area. A way to think about these shapes is that a rounder/squarer paddle is generally fast at the net, but not as good for powerful groundstrokes. Typically a longer paddle will provide a bit more power as the longer paddle will generate more speed. Longer paddles give you an extra inch of reach.

Sweet spots are a problem with the paddles. There can be a significant drop off of energy restitution the more the shot misses the center of the paddle. The sweet spot on the traditional paddle is not directly in the center, but a bit further away from the handle. The sweet spot is affected by perimeter weighting, its location, and the weight of the paddle. I've found the sweet spot is more important when dinking than ground strokes.

We've had a long slog to get here, but let's decide what to buy for your first more serious paddle. Firstly, decide if you want power or control. Then decide on the shape of the hitting part and handle length. If the idea of a two-handed backhand appeals, look for a longer handle. After those decisions, I would look for reviews. I like the work of Chris at PickleballStudio.com, who is in the business of rating paddles. He is also on YouTube, as are a lot of paddle reviews.