

WELCOME TO OUR
Spring Newsletter
we're so glad you're here!



PRESIDENT'S MESSAGE



Last winter and early spring have not been very conducive to outdoor pickleball but there is light on the horizon. We look forward to the 2024 pickleball season and hope you are ready to play some ball, meet new people, say hello to old friends, stay happy, healthy and prosper.

With this first edition of our 2024 newsletter, I would like to introduce you to our new newsletter editor, Nikki Dow – Macosky. Nikki comes to us via Livermore High Girls Softball. She is new to pickleball but is excited to get on the courts with you all soon. Please say hello when you get a chance to meet her.

This season is full of social, fun, competitive and noncompetitive events that we hope you will like. We are right in the middle of the spring league and await a new champion once all the games are completed. Please read below for our upcoming tournaments. For this year's largest event, the Tri-Valley Harvest Crush, we are utilizing a total of twelve courts, four at Livermore Downs and eight at May Nissen!

Sprinkled throughout the year, we have socials planned where we eat, play, eat more, play more, and have fun. Always refer to the website for information. Also new for this year, we have accepted three businesses as our first three business sponsors. Pepino has a great looking line of apparel and they have pledged to help bring pickleball to lower income communities. If you are the adventurous type and itch to play our beloved game in another country while on vacation, Navigo has what you are looking for. Navigo is a travel agency, and they have great destinations planned and will provide cultural excursions as well as pickleball in faraway lands. Another new sponsor who joined our team is Renew + Restore Wellness Center located in Pleasanton. They are just what we all need after a long day of pickleball. They do Lymphatic Therapy, Lymphatic Facials, Medi Cupping, Myofascial Massages, Reiki Meditation and Infrared Light Therapy. Please see our website for more information and links to these three fine businesses. If you know of any other businesses that may want to become a business sponsor, please contact a board member. As a reminder, please report player usage to Dave Hickman via WhatsApp when you have the opportunity. For the TVPC to work closely with local governmental agencies, we must show player usage numbers that justify our requests for more and better facilities. Without the player numbers we cannot justify our suggestions and requests to the agencies that hold the funds. Please feel free to contact any of the board members with any questions, concerns, suggestions that you may have. We are here to serve you and make your pickleball experience the best.

See you on the courts,
Kirby Wong

Upcoming Tournaments

SPRING ROUND ROBIN TOURNAMENT: MAY 4 – 5, 2024

SERVICE CHAMPIONS DOUBLES TOURNAMENT - MAY 25-26

THIRD ANNUAL HARVEST CRUSH: SEP 14 – 15, 2024

CLUB CHAMPIONSHIP TOURNAMENT: OCT 26 – 27, 2024



Hello New Members

GOLD MEMBERS

Margaret Shindelus
Elizabeth Leary.

Travis Heninger
Marty Schwartz

SILVER MEMBERS

Tony Thomas
Evelyn Fletcher
Jacqueline Sanchez.
Jane Soltis
Pamela Taylor.
Kimberly Chandler

Michael Cooke
Ronna Oelrich
Anurag Reddy
Lizlynne Hannig
Stephanie Watts



BRONZE MEMBERS

MaryJo Visneski
Doug Faux
Amy Jones
Balaji Vijayakumar
Sabrina Peters
Marilyn Weinstein
Jose Luis Recoder
Girish Tekwani.
Liam Kelly
Michael Rodriguez
Kristian Ruby.
Quang Tran
David Adams
Allison Rodriguez
Janice Clark
Allen Jones
Ruth Goh
James Andrews
Bharadwaja Dasari
Renee Jordan
Marigrace Parker
Bill Rothgery
Paul Rodrigues
Jim Duperly
Paula Ng
April Gallagher
Britney Batey
Kristin Keeshen
Rob Bedi
JoAnne
Jason Morris
Robert Espitia
Annie Armstrong.
Sonya Karavaras
Rishab Panyam
Jim Gordon
Amy Gordon

Peter Thorson
Beth Smith
John Weseloh
Melanie Deaver
Steven Tran
Debra Severson
Andy Hertz
Anand Verma
Denise Sereda
Terry Davies
Viridiana Ponce
Cheryl Atkins
Illya Adams
Joseph Rodriguez
Janice Clark
Paula Jones
Julie Schaub
Sharon McLeod
Karthek Chandu
Joshua Kurtz
Jim Burton
Tracie Snook
Beth Bostian
Kathleen O'Laughlin
Daryl Petrilli
Deirdre Polonsky
Laura Towle
Claire Keeshen
David Tobeck
Brian Gabriel
Michael Hibbard
Sue Bartlett
Henry Woo
Dafir Ouazzani
Francois Lortie
Mike Hannig
Maria Callaghan

Sam Wei
Peter Thorson
Jeff Grave
Arun Manoharan
Chirag Damania
Nandita Kell
Linda Florczyk
Harsh Tekwani
Trish Hyslop
Anita Aufdermaur
Claire Meager
Patrick Harvey
Jasmine Vasa
Sima Patel
Dilip Trivedi
Reena Trivedi
Kevin Feng
Nabil Bourdi
Yousuf Mamsa
Liam Kelly
Piya Mitra
Ken Moore
Zohal Nabiyar
Lauren Roth
Leah Sandoval
Candice Murray
Darlene Clendenen
Vinodh Rajagopalan
Erica Barr
Van Otten
Toni Foxworthy
Carol Ghinazzi
Jen Braswell
Kelley Ng
Idy Cheung
Debbie Lee
Danielle Devine

John Wu
Durga Raj Mathur
Maya Manoharan
Hector Vega
David Stunkel
Anisha Tekwani
Gina Rubino
Marie Ghiringhelli
Mary Meyer
Carol Ghinazzi
Wendy Graber
Liz Parker
Jen Swanstrom
Michael Parker
Trevor Kelsey
Stephanie Oertel
Mike Magagnini
Suzanne Poynter
Linda Cohan
Cathy Dugan
Gary Oertel
Evercita Eugenio
Jim Winter
Chris Ebsch
Laura Winter
Pat Cohan
Leslie Wirth
Eric Schneider
Shelby Moore
Ryan James
Alok Maheshwari
Nancie Hsing
Laurel Ng
Nancie Hsing
Blake Parkison
Paul Palmer

Upcoming events in 2024

SOCIAL EVENTS (TVPC MEMBERS ONLY)

Friday Evening Potluck Socials. REGISTER TODAY!

- Dates: **May 31, Jun 28, Jul 26, Aug 23, Sep 27**
- Time: 5:00 – 8:00 PM
- Place: May Nissen Park in Livermore or Muirwood Park in Pleasanton
- Limited to the *First 60* at May Nissen and the *First 25* at Muirwood
- Registration closes on Wednesday (at midnight) prior to the event

Pickles and Popcorn: Sunday, May 19th 8-11am @ May Nissen Park

2nd Annual Volunteer Appreciation Dinner: TBA

3rd Annual Holiday Party: December 11th, 2024

Player Development Opportunities



INTRO. TO PICKLEBALL (MEMBERS & NON-MEMBERS)

**DATES: May 18, Jun 8, Jul 13,
Aug 10, Oct 12, 2024**

- 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 all the basics
- \$20 for Non-Members includes 30-day membership, Free to TVPC members
- Paddles provided for participants, if needed

REGISTER NOW [CLICK HERE](#)



LARPD PICKLEBALL 101 (MEMBERS & NON-MEMBERS)

May 25th (May Nissen)

- *Time:* 9 – 11 AM
- *Cost:* \$20 – \$22 (Based on residence and location)
- For new players where you learn the rules, scoring, basic strategy, etc.
- Paddles provided for participants, if needed

REGISTER NOW
(click on Pickleball Classes)



SKILLS & DRILLS (MEMBERS ONLY)

**DATES: June 14, August 16,
October 6, 2024**

- *Times:* Sundays 8:30 AM – 10:30, Fridays 5:30 PM – 7:30
- May Nissen Park, 685 Rincon Ave, Livermore
- Hone and improve your skills while learning new and fun ways to do that

REGISTER NOW

What's Been Happening

Pickleball 101s



Winter League Medal Winners



2.5-3.0 Group 1
Mark Ludwig (Gold), Sylvia Harvey (Silver), Kathy Scarbrough (Bronze)



2.5-3.0 Group 2
Ed Roudebush (Gold), Bryan Deaver (Silver), Kim Threets (Bronze)



3.5+ Group 1
Kevin Feng (Gold), Paul Hendrickson (Silver), Robert Beanland (Bronze)



3.5+ Group 2
Prashant Gupta (Gold), Dale Brewer (Silver), Dennis Rosario (Bronze)

Spring League Medal Winners



2.5

Gold-Gina Rubino, Mike Lyons
Silver-Elizabeth Barger, Peter Thorsen
Bronze-Tracie Snook, Chad Snook (not pictured)



3.0

Gold-Donna Vercelli, Travis Heninger
Silver-Cathy Edwards, Ed Roudebush
Bronze-Tina Lanfri, Tony Lopes



3.5+

Gold-Lori Dorsey, Robert Beanland
Silver-Stephanie Watts, Paul Hendrickson
Bronze-Alyssa Leapley, Shafik Samaha

Thank you to our Sponsors

Pepino



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Where and How to Hit the Ball

by Rich Hume



One of the skills of a good player is to hit balls in the area in front of the body.

Any ball that gets past you, is difficult to return. Oh, you can do it, but there needs to be a lot of wrist deflection and reaching back to do it. Hard to do and it's easy to fall trying for those kinds of shots.

No, it's much better to hit the ball before it gets to you.

"Easier said than done," I hear you say. And you are not wrong, but let's think about how we might do this. The major effort is to move the feet. Probably the first lesson in all of PB. You have to get in front of the ball.

Then you have to be ready for it. Where the ball will come depends on a couple of things. Firstly, where are you in the court? The closer to the baseline, the more likely you are to hit the ball on the bounce. If you are at the net, then the opponents will be trying to hit the ball at your feet. If they drive the ball, then expect a shot above the net.

Thus, when we say, "being ready," we are talking about paddle position. We want it in front and at the proper height for the expected shot. If ball comes down at you, you and your paddle want to be low. Raise the paddle if the shot is a drive, about net height is perfect. If you dealing with a service return or are in a defensive mode, then you will have more time to move the paddle around, and it's more likely you will be hitting the ball with a low to high swing.

If you watch tennis players who have converted to PB, you will notice that they will hit the longer ground strokes by letting the ball get even with their body and that they will shift or turn the body so that the feet are roughly perpendicular to the net. There are reasons for this as the tennis ball and racket are heavy and require more power to return a ball. In PB, we are blessed with lightness and there is no need nor desire for a long stroke or for a lot of foot work, you can easily hit the ball without a lot of foot movement. The paddle shouldn't go behind your body (if you do this when serving, that's fine -- whole different thing), and the stroke is short and shouldn't wind past your body. Extra points if it will bring your paddle back to the ready area.

If a ball is to the side, it's easy to reach forward with forehand or backhand and hit it back. Note that we want to usually break the wrist to present the paddle in front of us -- more later. These shots are easy and you probably do them when dinking without much thought.

The difficult shot is the one that's right at your body. In order to get the paddle properly on the ball and in front of you, you will need to reach forward. If you let the ball get to you, you are in trouble.

When I teach beginners, I make sure they have a grip that allows them to present the paddle to the ball with an "open face" regardless of whether they are hitting a forehand or backhand. (An open face is where the face of the paddle points above the net. Closed is when the face points to the ground a bit, and neutral is when the face is parallel to the net plane.) All shots, except for smashes, have to be hit with an open face to get the ball over the net. when you are hitting the ball in front of you, you still need this face angle. So you will need to manipulate your wrist to do that. Again the difficult shot is low in front of you. Reach in, get the paddle below/underneath the ball and hit it from there.

A useful time to train for this is when dinking, which almost everyone uses as a warm up. Move your feet, move your paddle, and endeavor to hit the ball in front of your body. If you apply this to ground strokes, you will find them easier to control also.