

Club News

October 2020

Fall Play at Belknap Park



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News & Events

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Play Safe ... Stay Safe

Director of Advance Play - Paul Richards
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Local News

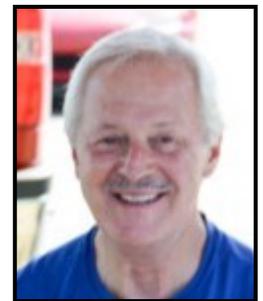
Mixed Ladder League Still Going Strong!

Ladder League is a Club group (mixed gender) that gets together on Tuesdays at MSA Fieldhouse in Cascade and plays competition starting at 11:00 am. You play three games with each of the double team members in your group of four. The total points scored in the three games determines your standing within the league. Each game is played to 15.



Thus, the maximum score for the day is 45 points for each player, if you won all three games. When play was discontinued in March 2020, there were 48 regular players. Ladder League restarted October 6.

Jim Price has been managing the Ladder since 2013 and actually began playing with the original pickleball group in 2009. Eric Gustafson, who took it over from John Schowalter, was more than glad to pass the Ladder on to Jim, who didn't realize he'd be



(Continued on page 3)

Two Club Members win Gold!

At the APP Cincinnati Open, held October 9-11, our club had two of its members win gold medals. Last month, Andrea Koop was featured as a gold medal winner at the APP tournament in Naperville, IL. This month Andrea did it again at the APP Cincinnati Open. She and her partner, Jay Devilliers, took gold in the mixed pro doubles. She then went on to win the silver in the women's pro doubles with Callie Smith.

The second club member to win gold at Cincinnati is Lea Jansen. Lea won the women's pro singles and won a bronze medal in the women's pro doubles with her partner, Spenser Smith. While somewhat new to the scene, Lea gave credit to Andrea for her help with training and a bit of coaching during the tournament. Although most pickleball players will tell you patience is the best way to success, Lea said that's not really her game. "I'm not patient," she said. "That doesn't really work for me. "The only way I know how to play is aggressive." Congratulations to both players.



Choosing the Right Shoes For Pickleball!

Your shoes are a very important factor in your total pickleball play. Although players can be very conscience of paddle wear, your shoes aren't always looked at or switched out as frequently. Players get comfortable with their shoes and sometimes are hesitant to give them up or don't even think about changing them. So, depending on the frequency of your pickleball play, your shoes should be changed even more often than your paddle. If you play daily, the best shoes can wear out in six to nine months. It all depends on how often you play, how hard your play, and the surface you play on.

Dr. Allan Rosenthal, of the Advanced Foot Care Center in Ridgefield, CT, is a sports podiatrist, Board Certified in his specialty. Dr. Rosenthal, aka "Dr. Pickleball," is an active pickleball, tennis, and platform tennis player. He is a member of the American Academy of Podiatric Sports Medicine and has been an advisor to shoe companies and area tennis clubs. Dr. Rosenthal addressed the importance of obtaining the proper shoes and

factors to consider in choosing the right shoe for you. The following are some of his thoughts and comments.

- Shoes lose their compression as they wear and thus becomes less shock absorbing and can create alignment problems in the foot. So, replacing your shoes is a good idea, and if you find shoes that you like, buy a second pair and rotate their usage.
- The ideal time to shop for shoes is after you have played or in the afternoon when your feet are swollen. This way, you can purchase shoes to fit the normal swelling that occurs.
- Wear socks that you normally



wear when playing pickleball. Socks should be made of material that takes perspiration away from the feet and helps keep the feet cool.

- If you wear orthotics, bring them with you when trying on shoes and remember to take out the shoe's insoles when fitting.

Now, here are ten steps in choosing the right pickleball shoes.

1. **Look for balance** between durability, cushioning, stability, and fit.
2. **Know how you run**, whether you overpronate (roll in on your foot) or

underpronate.

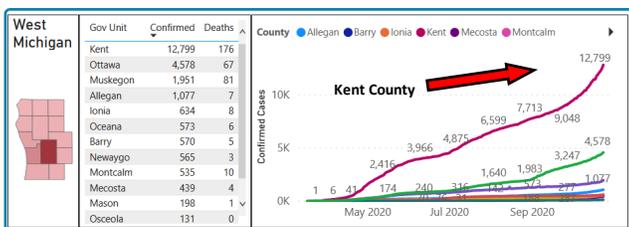
3. **Shoe shape.** Overpronators need a straight-last shoe or semi-curved-last shoe. Underpronators can compensate their gait with

(Continued on page 4)

The COVID Corner

(NOTE: No reported cases by club members to date!)

Kent County is experiencing a significant increase in COVID cases. Accordingly, take extra precaution in interfacing with others. For indoor play, seriously consider wearing masks, social distancing, washing hands, using sanitizer, etc. (Data as of 10/24/20 [accesskent.com](https://www.accesskent.com))



(Continued from page 2) **Ladder League**

running the league for a life-time.

This year with COVID-19, MSA Fieldhouse requires that a mask be worn 100% of the time. There may also be some other requirements. Wearing a mask will make it a little more difficult and you'll have to get used to the mask. If you haven't consider a 3D Mask Bracket, look these up on Amazon. The brackets, relatively inexpensive, fit inside your mask and allow you to breath a little easier.

If you think you might be interested in joining the Ladder League, contact Jim at pricejw@sbcglobal.net. Substitute players are always needed.

(Continued from page 3) **Shoes**

curved or semi-curved-last shoes.

4. **Durability.** If you primarily play on hard courts, you may want to pick out a shoe that has a guarantee on its outer sole. Look for outer soles of rubber or polyurethane.

5. **Cushioning.** When playing, you can produce a force of up to three times your body weight. The midsole helps to disperse this shock.

6. **Removable insoles.** These help to cushion your feet but will break down first.

7. **Internal support features.** The quick side-to-side and front-to-back moves a pickleball player makes calls for a stable shoe.

8. **External support features.** For added stability, a firm, resistant heel counter helps minimize rear-foot

motion. This is one of the first things to go on a shoe. If you tend to have ankle sprains, a mid-cut or high-cut shoe is ideal.



Wilson Rush Pro Shoes - A supreme blend of comfort and performance, Wilson's Rush Pro 2.5 Pickleball Shoe builds confidence and elevates expectations. Shoe features a breathable sock-like construction for a comfortable, intuitive fit and increased rubber density in the outsole for maximum durability on pickleball surfaces. (BCO/Club Sponsor)

9. **Fit.** There should be a space the width of your thumbnail between the end of toe box and the tip of your longest toe, which may or may not be your big toe. Make sure you can wiggle your toes. Your heel should be snug to prevent

rolling in your shoes when you suddenly shift directions to get that dink shot your opponent just hit.

10. **Buy your shoes from an athletic shoe store.** Try the shoes on for proper fit. Buying from the internet or without proper fit can lead you into a podiatrist's office with a foot injury.

In summary, what you need is a good shoe with good lateral support. Stay away from running shoes, walking shoes, or cross-trainers. Manufacturers are now making shoes specific to pickleball

play. Before you make that buy, do your research, try the shoes on, and if you want a second pair at less cost, you may be able to buy that extra pair through the internet.

Although we've provided some information you may find useful, always look to see what improvements shoe manufacturers have done to improve the safety and comfort of new pickleball shoes. Choose the one that best meets your own pickleball playing needs.

Note: Due to space limitations, this is not the complete article, originally published in 2018. However, we hope it has given you enough information for you to make a more informed decision in purchasing pickleball shoes. Good luck!

Dr. Rosenthal was gracious enough to allow usage of his article. He indicated that he also has videos on YouTube.com made with his cohort, CJ Johnson. If you'd like to see the videos and the different subjects presented, search for "Dr Pickleball".



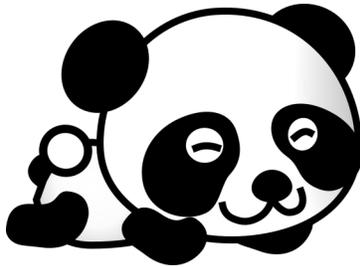
Priority Health, a BCO/Club Sponsor, is a nationally recognized nonprofit health benefits company focused on improving the health and lives of one million members across Michigan. Priority Health continues to be recognized as a leader for quality, customer service, transparency and product innovation. (Click on the Logo to go there)

Why Pickleball?

By: Eric Gustafson

Why do you play pickleball? Lets count the ways .

1. **The people who play are friendly and welcoming**, and because of its growing popularity, one can find pick-up games wherever one travels. Just pack your paddle, a couple of pickleballs, some gym clothes/shoes, and there will be a court in the vicinity your travelling to. You just have to ask around or query Google.
2. For the tennis players, racquetball players, and even the ping-pong players who cannot keep up with both the speed of movement and game, **pickleball has become an alternative that allows them to continue to exercise in a friendly and/or competitive environment**. You may have to slow down a little because of injuries or age, but you can still play a racquet sport.
3. **Because it is just downright fun**. You laugh at your mistakes, your partner's mistakes, and yes, even your opponents mistakes (if they're a lot smaller and nicer than you). Why? Because they do the same to you, and everyone enjoys the cut-ups (well, most do). Of course, I am talking non-tournament play for the most part.
4. **It's addictive**. What better way to get 'high' than to enjoy a game of pickleball. You can begin your first game of the day feeling 'down' or tired, and by the time you quit, your feeling good again. As Arnold used to say, and probably still does, it 'pumps you up'.
5. Someone, no names here, once told me they really enjoy playing because of tournament play where **one never finishes any lower than second**. You're either first or second and if you stop to think about it, you really don't care because you had an enjoyable time playing. The next day you start all over again.
6. **One can meet a large assortment of people**, from nearby or far away, and not care who they are since they are not wearing suits & ties, uniforms, or flashing some identifying ID. You can play against anyone. When you get right down to it, everyone relishes a good game of pickleball



without worrying about who they 'are'; or 'are not'. Sometimes you can be amazed at just who they are; if you happen to ask.

7. Do you need a **release from the pressures of the day**? Pickleball will provide the outlet. Where else can four individuals playing on a court all forget the game score when it was just announced on the previous serve. I mean, come-on man, really. It was like only 10-12 seconds ago. It's always fun to try to resolve the issue, and in the long run, it always works out just right. It's just that sometimes it seems to happen all too often (personal experience).
8. **Pickleball can break up the monotony of golf** in the morning and having dinner on the patio in the evening. I'll bet you'll find yourself talking about the pickleball game more than the golf game (unless you made a hole-in-one but how many golfers do that?).
9. Pickleball can be **enjoyed by people of all ages**. Play with younger people or play with older people, sooner or later you'll discover yourself. You're only as old; or as young; as you feel. Surprise yourself – some days really are better than others. Just go with the flow.
10. **If it's not fun, lighten up**. It will be. And finally....
11. Someone once told me that **pickleball was an easy game**; just hit the ball over the net and within the boundary lines - nothing hard about that, right? Now hold that thought for your next match and keep telling yourself . . . it's an easy game . . . it's an easy game . . . it's an easy game . . .



"PICKLE ON".

What are “Lasts” from the Shoes Article

A **last** is a mechanical form shaped like a human foot. It is used by shoemakers and cordwainers in the manufacture and repair of shoes. Lasts typically come in pairs and have been made from various materials, including hardwoods, cast iron, and high-density plastics.



Shoe “Lasts”

Washing Your Mask

The CDC recommends that you regularly wash your face mask by simply putting it in with your normal wash load. Your mask can be dried either by air drying in direct sunlight or in your dryer on the highest heat setting. So, if you’re like me, periodically take your face mask out of the car or carry bag and wash it!

Mask, properly cleaned, can be washed two or three times and still be effective. However, guidelines change and you should always follow the most recent instructions for mask cleaning and wearing.

Fall Clean Up at Belknap Park

On October 17, club members met at Belknap Park to get the park partially ready for winter. There’s a number of items to take care of such as taking the windscreens down, storing the nets, straightening the storage shed, removing the court numbers, etc. It’s just part of the tasks that are done each year that the Club does as its part in taking care of the city’s fifteen courts. [This year and at the Mayor’s request, we left the nets up on 11 of the 15 courts to have play available as long as possible.](#)

Thank you volunteers!

Elders’ Helpers Partners with Engage Pickleball to Grow the Game

Nikki Hoort, owner of Elders’ Helpers, and Jeffrey Howlett, Engage Pickleball representative and local pro instructor, partner to promote the health and social benefits of Pickleball. In addition to past sponsorship of the Meijer State Games and other pickleball tournaments, Elders’ Helpers and Engage Pickleball will help sponsor the 2021 Beer City Open. Elders’ Helpers is celebrating its 20th year as a locally owned business helping seniors live safely at home. In addition to caregivers providing housekeeping, preparing nutritious meals, and giving companionship, Elders’ Helpers nurses help clients with medical needs and check to ensure they safely take their medicines. Nikki Hoort is one of Jeff Howlett’s regular clients for pickleball lessons and Engage Pickleball equipment, and together they have brought many new players to learn and love the game of Pickleball. Elders’ Helpers is a BCO/Club sponsor.



Play on 52nd Street?

Frank Graves is continuing to look for players who are interested in indoor pickleball at St. Mark Lutheran Church on 52nd Street between Kalamazoo and Breton beginning November 1. St. Mark's has three courts and could reasonably accommodate 18 players. Frank said they already have nine players signed to play. Play is on Saturday morning from 9:00-11:00 am and Sunday afternoons from 1:30-3:30 pm. The cost will be about \$6/person. If seriously interested, please contact Frank Graves soon at revbev65@hotmail.com or 616-929-2267. Also, let him know what level of player you are. Thanks!

At the Perrin Pub, we invite our West Michigan neighbors to come and join us for local brews, eclectic food, and good company. You'll find 25+ beers on tap, and a beer-inspired menu of elevated pub fare featuring seasonal flavors and locally sourced ingredients. The Perrin team are positive people who take pride and are proud of the place they work. Come as a customer. Leave as a friend. Perrin is a proud sponsor of the BCO/Club tournament. (Click on Logo to go there.)



PERRIN
BREWING CO.

Christmas/Holiday Purchases

In November, some of us begin looking for Christmas purchases for family members and close relatives. As such, the club has two items which may interest you as on-line shoppers.

Pickleball Central has a program where they give back 5% of the purchase expense to the club and give you, the shopper, a 5% discount when you use the club's discount code of "crGrandRapids". Plus, Pickleball Central has everything you can imagine for pickleball gifts for that special person who's been possessed with pickleball play.

Smile.Amazon.com also helps the club when you buy any qualifying items from the website. There is no additional charge to you and a small percentage of the expense is given back to the club on an annual basis. If you haven't signed up in Smile.Amazon.com, you'll need to do so and designate "Grand Rapids Pickleball" as the charitable organization you wish the donation to go to.

To get to either website location, simply click on the respective logo.



The Training Page

How Do I Become a Referee?

By: Neil Johnson
GRpbClub@gmail.com

*Note: Click on the hyperlink button in the lower left corner to go to that location. Look for "***".*

Although not for everyone, refereeing is one of the most satisfying positions to hold in pickleball. When you referee, you have the best view in the house. You get to meet all the players. You're looked upon as a rules expert, and the referee group is like a fraternity or a sorority. So are you interested in becoming a USA Pickleball certified referee? If yes, here is a road map to start you on your course.

Some History: The USAPA, now known as USA Pickleball (USAP), was first organized in 2005. Since that initial beginning, the organization has slowly developed, including holding tournaments. Referees came into being as

sanctioned tournaments came online. Sanctioned tournaments, solely authorized by USA Pickleball,

Next, read this book. You're not expected to memorize the book but become familiar with it to (1) become



Positioning for Referee During Games

require the use of referees for every match played. Today, USAP has different levels of refereeing: Level 1, Level 2, and certified referee.

But first, there are some initial steps you can take to begin your travel to become a certified USA Pickleball referee, which is where I can assist. I can give you a good background before you start your journey. Contact me at: GRpbClub@gmail.com

To begin and if you aren't already, you'll need to become a member of USA Pickleball**. The cost is \$20, but it is well worth it. Your membership is needed to access various levels in the USA Pickleball website and to obtain certain referee documentation. One of the first items you'll need is the official rule book**, which you can download free from the website.

knowledgeable of the rules; and (2) know where to look when you have a question to look up. Once you become somewhat knowledgeable about the rules, there is a referee rules test** available on the USA Pickleball website. You'll need your membership number to take the test and you can take the test

as many times as you want. Your score is not recorded. Once you click on the connecting test link, you have about 50 minutes.

After taking the test, you'll begin to understand that the rules cover a lot of different situations and just how much you'll need to know to become more proficient in your rules knowledge base.

Next, on YouTube, watch the video entitled "USAPA Referee Quick Start Video**". This video provides the basic referee techniques to officiate a game. Keep in mind that the video was made in 2018 and there may be some changes since 2018.

Now, this is where I can help. Contact me and we'll begin going over any questions you may have as well as actual referee techniques you

(Continued on page 9)

Click Here

Membership (USAP)



Rule Book



Referee Test



Referee Video



Score Sheets



Certification Info



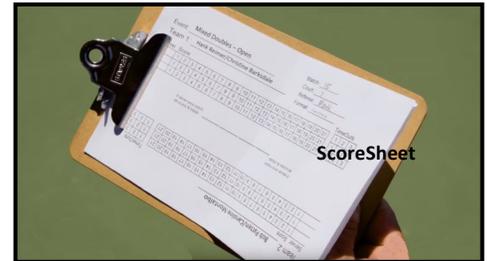
The Training Page

(Continued from page 8) **Refereeing**

observed in the video. One of the items you'll need is USAPA scoresheets**. I can provide the other items you'll need. Lastly, we'll practice officiating at local games here in Grand Rapids. Initially, you can shadow me if you like or you can jump in immediately, whatever works for you.

We did talk about the different levels of refereeing. Those involve more instruction from a certified trainer, who for our Great Lakes Region, is located in Indiana. There is a possibility of more formal training before the Beer City Open next summer. As an alternative, you may want to review how to become a certified referee on the website**.

Note: I have referee evaluation sheets that are not shown on the site. They can be duplicated and shared. Contact me to get a copy and as a bonus, you get my evaluation. My Email is GRpbClub@gmail.com.



Now, just get out and referee!

WE WANT YOU!!

We'd like to hear your comments/critique about the newsletter - what you like and dislike, what could be improved, what other subjects you would like to see, etc. If you get a chance, thank Neil Johnson and Eric Gustafson, two of the editors, who have dedicated long hours to the newsletter.

Please forward any negative thoughts and comments to efgustjr@hotmail.com and positive comments all go to grpclub@gmail.com!

If you have both, send them to kwol47@gmail.com.

Gracias! The Editors.



National News

Pickleball is 55 Years Old This Year!

Many players are NOT aware of how old pickleball really is. It all started back in 1965 on a small island near Seattle, WA. Since then, it has continued to expand throughout the USA as well as into many countries throughout the world.

In the last ten years, it has grown exponentially and is believed to have well over three million players just in the USA. Because of this super growth, there is a lot of discussion of potentially getting pickleball in the Olympics.

In the USA, pickleball has been introduced into numerous school systems, but still has a long way to



[Click to go to their website!](#)

go.

As an example, Larry Keefe, a USA Pickleball Ambassador and Club member, recalls when he attended Western Illinois University in 1980-1981 playing intramural pickleball. Larry said they played mostly singles using the inside line of badminton courts. The University's Intramural Director had

actually come from Oregon and in 1982 had an open pickleball tournament with approximately 150-160 tournament players. He doesn't recall that he won the tournament, but it was fun for everyone.



Larry Keefe

Upcoming Tournaments in November

Association of Pickleball Professionals (APP)



We didn't find any November tournaments listed, but for December 03 - 06, there is the So Cal Summer Classic Pickleball Open with a purse of \$25K. It will be held at the Bobby Riggs Tennis Center in Encinitas, CA. Registration is \$65 per player. Go to pickleballtournaments.com for more information. Click on the APP logo for info about APP events.

Professionals Pickleball Association (PPA)



The PPA just announced their 2021 tournament schedule with the first tournament scheduled in February 2021 at the Mesa Grand Slam with a \$55K purse. Click on their PPA logo to get more details.

Web: GRPICKLEBALL.COM
Facebook: Grand Rapids Pickleball Club

Club Information

Club Officers:

President

Steve Elzinga

Vice President

John Frizzo

Secretary

Cari Brooks

Treasurer

Hub Capes

Director of Advanced Play

Paul Richards

Director of Open Play

Tom Miller

Communications

Suzanne Schmieder

Social Events

Lori Mann

[Contact US](#)

Lessons / Equipment

The Grand Rapids Pickleball Club does not endorse or recommend any individual instructor or distributor. This is simply a list of GRPC members who offer lessons/equipment and is for the convenience of the GRPC membership and others looking for Pickleball Instruction or equipment in the Greater Grand Rapids area. (Alpha Order)

Jeffrey W. Howlett

dgfjeffb@gmail.com

616-299-2000

Distributor for: Engage Equipment

Linda Jirous

lindenvp@yahoo.com

616-238-4412

Distributor for: Paddletek Equipment

Larry Keefe

lkeefe@bmc-pos.com

616-446-4000

Ross Kornoelje

rosskornoelje@gmail.com

Bob Trout

<http://www.facebook.com/pickleballlessonandclinics>

bob.teamseirk@gmail.com

bob.teamseirk@gmail.com

616-240-1413

Distributor for: Selkirk Equipment

Larry VanderRoest

<https://www.facebook.com/PickleballCoach1>

pbcoach@comcast.net

pbcoach@comcast.net

810-923-8290

Equipment Distributors Only (No Lessons)

James Stokes

616-560-0405

imboldone@hotmail.com

Distributor for: Gearbox

Jamin Stokes

616-690-3111

jaminstokes@gmail.com

Distributor for: Gearbox

AED - This life-saving machine is located in the shed. If you're not familiar with its operation, please review the associated video.

[How to Use AED - Click Here](#)

Club Discount and Credits

Pickleball Central gives you a 5% discount on eligible purchases and gives another 5% back to the Club. Use "crGrandRapids" as the discount code. Click on image to go there.



Smile.Amazon.com provides a small percentage back to the Club for eligible purchases. There is no additional cost to you. You do need to set up "Grand Rapids Pickleball" as the charitable organization. Click on image to go there.



DONATE TO THE CLUB!

Your tax deductible donation significantly benefits the Club in so many ways. Your funding is used in court maintenance, equipment purchases, as well as a host of other expenditures. Consider donating today.

[Donate](#)

Renew Membership

[Click](#)

COVID-19 HOTLINES

Phone: **616.893.7516**

Steve Elzinga

Email: covid@grpickleball.com

USA Pickleball Ambassadors:

Paul Richards—Area Team Leader

John DeHoog

Linda Jirous

Larry Keefe

Ross Kornoelje



2021 GRAND RAPIDS



BEER CITY OPEN

\$30,000

\$27K Open Pro/\$3K Sr Pro
*Estimated payout to the top six places
based on ten entrants for Open Pro



BEER CITY OPEN

GRAND RAPIDS, MI

July 7-11

BELKNAP PARK
Indoor backup GR Racquet & Fitness
Same surface as

USA PICKLEBALL SANCTIONED TOURNAMENT
Qualifying Event for the 2021 NATIONALS



WEDNESDAY, JULY 7TH

Women's Singles – ALL
Men's Singles – Under 60
Men's Doubles – 60+

THURSDAY, JULY 8TH

Mixed Doubles SR Pro \$\$
Mixed Doubles 50+
PRO PRACTICE - Afternoon

FRIDAY, JULY 9TH

Mixed Doubles PRO 19+ \$\$
Women's Doubles SR Pro \$\$
Men's Doubles SR Pro \$\$
Mixed Doubles – Under 50

SATURDAY, JULY 10TH

Women's PRO Doubles \$\$
Men's PRO Doubles \$\$
Men's Doubles – Under 60

PLAYER PARTY

Thursday, JULY 8th

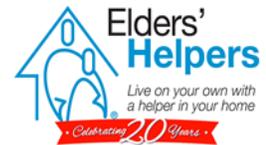
6:00 – 8:30PM

PERRIN BREWING

SUNDAY, JULY 11TH

Women's PRO Singles \$\$
Men's PRO Singles \$\$
Women's Doubles – All
Men's Singles 60+

PLATINUM SPONSORS



GRPC/BCO SPONSORS

IPA SPONSORS

