

AROUND THE POST - Your ABPA Newsletter



Welcome to your Avalon Beach Pickleball Club newsletter!

NSW Pickleball Championships 2024

A big congratulations to three of our members who competed in the NSW Pickleball Championships 2024 held at Stanhope Gardens recently.

Christine Smyth won the **GOLD** in the 70+ Women's Doubles 2.99 And Under!

Peter Coon took **Silver** in the 60+ Mixed Doubles 3.5 - 3.99 category.

Peter Johnson also scored a **Silver** medal in the 70+ Men's Doubles 3.0 to 3.49 event.

Well done to these three and great to see such a result at that level!

SESSION BOOKINGS

Booking Etiquette: **Please don't book** into a session **if you know you are unable to stay for the full 2 hours** (injuries and exhaustion aside). This often leaves some members unable to play for the full session due to odd numbers remaining, additional sit-outs, as well as having less hands to help pack up at the end of the session.

If for any reason you can't attend a session you've booked in for, even at very short or last minute notice, please cancel on OpenSports ASAP. There is often a waitlist for some sessions, so this will give an opportunity for a fellow member to join in, and we can maximise the court usage.

Where we run multiple graded sessions on a day (typically Saturday's), if your session is full, remember you can often get a spot in a lower graded session. For instance, if you're an Advanced, you can still play in the "Intermediate and Above" and the "Upper Intermediate and Above" sessions.

You can always check your current grade by going to the member list on our website:

<https://avalonbeachpickleball.org.au/membership-list/> (Password: Pickleball002)

We often change members' grades, particularly those who have recently joined, so please review regularly.

Please remember to turn up for your session at least 10-15 minutes prior to the start, to assist with putting up the nets; this way we can all get the most play and fun out of our sessions!

ABPA NEW MEMBERS

We warmly welcome the following new members who have joined so far in April:

- Nicola Donlan
- Patrik Bergh
- Simone Bergh
- Scott Gresham
- Jo-Ann Masters
- Trish Gresham
- Dominic Masters
- **Jessica Rozario**
- **Katerine Boaler**
- **Katie Brennan**
- **Gayle Witchard**
- **Mary Megier**
- **Lisa Sestito**
- **Malcolm Thompson**

Always great to see new people joining the friendliest Pickleball Club around!

ROUND ROBINS

For a bit of variety, we have organised round robins for each of the three groups playing on Saturday 4th May. There are prizes to be won so get in quick! [All details on OpenSports](#).

NEW & CHANGED SESSION TIMES

We anticipate that the following changes will take effect as of Monday 6th May. Please check OpenSports.

Existing session time changes:

Monday: **6 - 8 PM** (was 7 - 9 PM) - All Grades

Tuesday: **6 - 8 PM** (was 7 - 9 PM)

New sessions:

Wednesday: 6 - 8 PM on the outdoor courts - Intermediate & Above

Thursday: 6 - 8 PM on the outdoor courts - Advanced only

WARMING UP

Your friendly newsletter author attended a morning session this week. A lot of us are used to warming up as a few minutes of dinking. This is a good start, and would also encourage a bit more volley practising; try for 10, then 20, then see how far you can go! Be that as it may, we all did - courtesy of **Colleen Lord** (legend) - a few minutes of stretching and light aerobics as a group. It was great to see everyone connect, and there were no pulled or strained bits throughout. I for one felt a lot better after the session than normal. Great idea and thanks Colleen!

HOSTS WANTED

As we expand our number of sessions for our club, so does the need for hosts for each of these sessions expand as well. If this is something you would like to do to give back to the club, please either let a committee member or a current host know, or send an email to mail@avalonbeachpickleball.org.au. It's really easy, and rewarding! If we get more hosts, we can share the fun as well when we take the occasional well earned break.

PICKLEBALL ETIQUETTE TIP OF THE WEEK

If you are asked to play with a group that you believe is lower skill level than you, graciously accept and play a game or two with them. Please don't offer unsolicited advice to another player during or after the game.

RULE(S) OF THE WEEK

Fault Rules

7.H. After the serve, the ball contacts a player or anything the player is wearing or carrying, except the paddle or the player's hand(s) in contact with the paddle and below the wrist. If the player is in the process of changing hands with both hands on the paddle or is attempting a two-handed stroke and either hand is hit below the wrist, as long as a player's hand is in contact with the paddle, the ball is still in play. The fault is on the player who was hit by the ball.

7.I. A ball in play that is stopped by a player before it becomes dead (e.g., catching or stopping a ball in flight before it makes contact with the playing

surface). The fault is on the player who stopped the ball. Exception: See Rule 4.B.9.a.

*So whilst a ball is "live" - i.e. has not yet touched the playing surface - even if the ball was clearly or likely going to go out, if you catch, touch, stop the ball, or the ball makes any contact with you or anything you're wearing or carrying, **it is a fault!***

VIDEO OF THE WEEK

▶ Worlds #1 Player Reveals Secret Tip For Better 3rd Shot Drops



LOST + FOUND

If you have lost or found any equipment, accessories, clothing etc., please let us know at mail@avalonbeachpickleball.org.au and we will include it in the next newsletter.

FOUND: April 19 - 8AM Friday - INTERMEDIATE & ABOVE - Avalon Outdoor

- Black jacket found
- Grey jumper found

LOST + FOUND: April 21 - 9AM Sunday - ALL GRADES - Avalon Outdoor

- Peta left a back North Face jacket behind. We did find a black Zeus branded jacket left behind, so perhaps the owner of that one took Peta's home by mistake.
- Also found was a small gold medallion indicating the owner was on blood thinners + the medication type.

Please contact the host of the session or the player for details.

It is also very helpful to post a message on OpenSports for the session that you lost or found something; every attendee will get a message, and belongings can be reunited with their owners.

EQUIPMENT FOR SALE

Have you upgraded your paddle and are now left with unwanted used paddles?

Looking for a new paddle and don't want to pay full price?

We maintain a Used Paddle Marketplace on our website!

<https://avalonbeachpickleball.org.au/used-paddles/>

To **BUY** a paddle:

- Please contact the seller directly (see website for details).

To **SELL** a paddle:

Send an email to mail@avalonbeachpickleball.org.au which includes the following:

1. A photo of your paddle
2. A brief, honest description of its age and condition
3. Your contact details
4. The price

SIX ZERO PADDLES

If you would like to try a Six Zero paddle before you buy, contact Rona Richmond: rona.richmond@gmail.com. You can receive a 10% discount using her Ambassador code plus 15% commission for our club which is given back to our members by way of prizes and OpenSports credit at special events.

We hope this finds you well, and see you on the courts!

Kind regards

Your Committee

<https://avalonbeachpickleball.org.au/>

