

# AROUND THE POST - Your ABPA Newsletter



Welcome to your Avalon Beach Pickleball Club newsletter!

## SAVE THE DATE - ANNUAL GENERAL MEETING - Saturday 3rd August 2024

We warmly invite you to our inaugural Annual General Meeting (AGM) which will be held at Pittwater Palms, Avalon Beach on Saturday, 3 August 2024, starting at 5 PM. Please place this date in your diary.

Following the AGM, we will be providing complimentary charcuterie boards, wine and soft drinks. There will also be a raffle with a hamper as the prize.

We hope to see at least 50 of our members in attendance.

Full details will be shared with you soon.

## INVITATION TO RENEW YOUR MEMBERSHIP FOR 2024-2025

Thank you for supporting our club during its inaugural year. We truly appreciate your involvement and commitment.

We are excited to invite you to renew your membership with the Avalon Beach Pickleball Association Inc., a dynamic and inclusive community passionate about pickleball.

Our annual membership renewal fee of \$48 is **due on 1 July and payable by July 28, 2024. To renew, simply click the link below to pay with your credit or debit card.** Please note that if you do not renew by the due date, your membership will lapse, and you will need to reapply to join at a later date.

>>> [PAY NOW](#)

If any of your details have changed since you joined the club, please let me know by emailing [mail@avalonbeachpickleball.org.au](mailto:mail@avalonbeachpickleball.org.au)

We look forward to sharing many more happy hours of pickleball with you!

## SESSION UPDATES

### **New sessions:**

Wednesday: 9 - 11 AM on the outdoor courts - **Intermediate & Above**

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

As a reminder, **Lower Intermediate** and **Beginner** players still have the option to attend the following four sessions before advancing to the Intermediate level:

- Monday morning: 9 - 11 AM
- Monday evening: 7 - 9 PM
- Saturday afternoon (indoors): 2 - 4 PM
- Sunday morning: 9 - 11 AM

For the above four ALL GRADES sessions, this will mean that if you are a more experienced player, you will likely be paired with or face a lower graded opponent. Be their cheerleader, not their critic. After all, we were all newbies once. The same goes for Intermediate and Above sessions :)

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 & MONTHLY PRIZES

We warmly welcome the following new members who have joined in May and June:

- Sue Hanrahan
- Pat Hanrahan
- Rebecca Shanahan
- Phillip Baker
- Jenni Mony
- Sheba McCaffrey
- Kirsten Gyles
- Tony James
- Peter Sullivan
- Kim Johnstone
- Stephen Guildford
- Deborah Neutze
- Jane Ford
- Judy McEnally
- Rochelle Webb
- Jane Lee
- Wayne Brown

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

Congratulations to **Bevo Dessen** on winning the new member monthly prize for April, a \$50 OpenSports credit.

## SPECIAL EVENT - 27 JULY

We are excited to announce our very own "Olympickles" event on Saturday, July 27th, coinciding with the Opening Ceremony in Paris. There are prizes to be won and the event will be followed by more "pickles" and a picnic.

Although pickleball's earliest possible inclusion in the Olympic Games is 2032, we're creating our own Olympic experience now. We have space for 28 Intermediate and above members.

Please only book if you are committed to attending, as last-minute withdrawals make event organisation very challenging.

Join us at 8.45 AM to celebrate the Olympic spirit with pickleball! Bookings are open, but spaces are filling fast!

Don't forget to wear a mix of bright, Olympic ring colours i.e. blue, yellow, black, green and red .... as colour uncoordinated as possible :)

After the presentation, we'd love you to stay for some social nibbles and drinks. Please bring a small plate of finger food and your own drinks.

[CLICK HERE FOR ALL DETAILS](#)

## WARMING UP

A well-rounded warm-up routine should target key muscle groups and mimic the movements you'll be performing during the game. Here's a simple yet effective on-court warm-up routine tailored specifically for pickleball players:

1. **Running Laps of the Court:** Start with a few gentle laps around the court to get your heart rate up and increase blood flow to your muscles.
2. **Laps of the Court Low Doing a Side Shuffle:** Mimic the lateral movement along the kitchen line in pickleball by performing side shuffles across the court. This helps to activate the muscles responsible for quick directional changes.
3. **Calf Raises:** Strengthen your calf muscles and improve ankle stability by performing calf raises. Simply rise onto your toes, hold for a moment, and then lower back down.
4. **Forward and Back Leg Swings:** Stand facing a wall or a partner for support and swing one leg forward and backward in a controlled motion. This dynamic stretch loosens up your hamstrings and hip flexors.
5. **Side to Side Leg Swings:** Similar to forward and back leg swings, but this time swing your leg from side to side. This helps to increase hip mobility and prepare your body for lateral movements.

## 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](mailto: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

Call "**BALL**" loudly when a ball from another court comes onto your court, or your ball goes onto another. Play should stop immediately and the point replayed if needed. Pick the ball up and return it to the server on the other court. Never swat the ball across the floor.

## RULE(S) OF THE WEEK

### Non-Volley Zone (Summary)

- The non-volley zone is the court area within 7 feet on both sides of the net.
- Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
- It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
- It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- A player may legally be in the non-volley zone any time other than when volleying a ball.
- The non-volley zone is commonly referred to as "the kitchen."

Full details can be found in the [2024 Edition Official Pickleball Rulebook \(Revision 1\)](#) : Section 9 - Non-Volley Zone Rules.

## VIDEO OF THE WEEK

▶ How to Keep the Ball Low and STOP Pop Ups in Pickleball



## LOST + FOUND

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

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](mailto: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](mailto: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.

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

Kind regards

Your Committee

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

