

AROUND THE POST - Your ABPA Newsletter



Welcome to your Avalon Beach Pickleball Club newsletter!

IMPORTANT REMINDERS

- Please read all emails, including newsletters, from our club. These communications contain essential information, and missing out could lead to confusion or missed opportunities. This also helps reduce unnecessary queries and minimises extra administrative work. We appreciate your cooperation.
- 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 sessions!
- Members are expected to stay for the full 2 hour sessions **UNLESS** the host has, **as a one-off request**, given someone permission to arrive or leave a little early.
- 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.

ABPA ANNUAL GENERAL MEETING

We had a very successful AGM, with 32 members in attendance. The event took place at Pittwater Palms with Aveo generously sponsoring delicious snacks and wine. During the AGM, the following members were unanimously elected to serve on the Committee for the next 12 months:

John Fuller - President

Robert Deane - Vice President

Rona Richmond - Secretary

Michael Simonsen - Treasurer

Ordinary Committee Members - Ian Yeates, Mar Lar Deane and Rebecca Wall

CHANGED SESSION TIMES - SUMMER SEASON

Please note the session time changes starting **Monday 2nd September:**

SESSION	INDOORS/ OUTDOORS	CURRENT TIMES	SUMMER SEASON TIMES	**COURT
Monday morning	Outdoors	9 – 11 AM	8 – 10 AM	1
Monday evening	Outdoors	7 – 9 PM	7 - 9 PM	2
Tuesday evening	Outdoors	6 – 8 PM	6 – 8 PM	2
Wednesday morning	Outdoors	9 – 11 AM	8 – 10 AM	1
*Wednesday evening	Indoors	7 – 9 PM	7 – 9 PM	N/A
Thursday evening	Outdoors	6 – 8 PM	6 – 8 PM	2
Friday morning	Outdoors	8 – 10 AM	8 – 10 AM	2
Saturday morning	Outdoors	9 – 11 AM	8 – 10 AM	1 and 2
Saturday afternoon	Indoors	2 – 4 PM	2 – 4 PM	N/A
Sunday morning	Outdoors	9 – 11 AM	8 – 10 AM	1 and 2

* A new Intermediate and above session starting on 4th September. Tony Hamilton has very kindly offered to be the host.

** Court 1: Netball court; Court 2: Basketball court

ABPA NEW MEMBERS & MONTHLY PRIZES


We warmly welcome the following new members who have joined in July and August:

- Ingrid Head
- Robert McCaffrey
- Garry Twine
- Katrina Howard
- Bruce Peterkin
- Greg Johnstone
- Brett Nicholson
- Sue Hamilton
- Paul Bide
- Phil Tucker

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

Congratulations to **Robert Megier** on winning the monthly prize, a \$50 OpenSports credit. This and round robin prizes are paid out of the commission received for the sale of the hugely popular Six Zero paddles.

SPECIAL "OLYMPICKLES" EVENT

We all had an absolute blast at our Quadrennial Olympickles! A huge congratulations to the African continent for sweeping the podium! Gold goes to Kenya (Matt Sutherland & Sarah Sullivan), Silver to South Africa (Rona Richmond & Mel Sims), and Bronze to Egypt (Andrew Wiltshire & Mar Lar Deane). You guys are the pickle champions! 

[View photos here](#)

PICKLEBALL ETIQUETTE TIP

Keep the best player on the other team involved. Don't keep hitting to the weaker player just so that you can win. They want to play too!

RULE CLARIFICATION

When can you step into the kitchen (non-volley zone)?

We are still hearing people say: "You can't step into the kitchen until after the ball bounces". WRONG!

Clarification: You are allowed to step into the kitchen any time before the ball bounces. "You must get out of the kitchen right away after returning a ball which bounced first".

WRONG!

Clarification: You need not get out of the kitchen right away. You can stay in the kitchen as long as you want, provided that you don't hit a volley while lingering there. However, if you have to go into the kitchen, get out as soon as you can otherwise you are a sitting duck!

"Only one partner can stay in the kitchen at a time". WRONG!

Clarification: You and your partner can do what you like in the kitchen provided that you don't hit a volley.

The bottom line is both feet must have made contact with the playing surface outside the non-volley zone before you can volley the ball (hit it before it bounces).

VIDEO FOR NEWBIES & EVERYONE ELSE

Top 10 beginner mistakes:

<https://youtu.be/zpDfcoJG-pQ?si=GfV6JbQda46AfT7Y>

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 have demo paddles for all the different models, including the new, exciting [Quartz paddles](#) which come in 6 different colours. These \$99.99

paddles (\$90 with a 10% discount) are suitable for all grades, but are a particularly good choice for newbies who prefer not to fork out \$200 - \$300 for their first paddle.

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.

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.

MEDICAL EMERGENCIES

Just a reminder that you can become CPR friendly in minutes on Hutch's website. Take a look at his [free CPR micro trainings](#) and choose a CPR refresher from 5 seconds up to 3 hours! We highly recommend the [45 minute webinar](#). It's highly entertaining!

If you learn the simple skills to administer CPR until the emergency services arrive, you could save a life. 25,000 Australians die of a sudden cardiac arrest every year. Any attempt to resuscitate is better than no attempt and **EVERY MINUTE COUNTS!**

Go to our website for more detailed information:

<https://avalonbeachpickleball.org.au/medical-emergencies/>, including the location of defibrillators in Avalon.

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

Kind regards

Your Committee

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

