

Newsletter #1 – Spring '23



Welcome to our first Newsletter

It's everyone's club and we want to hear from YOU. Feedback and comments will help us develop more successful club activities. Please email us to tell us about what you like, what else you think we could be doing, and ideas or suggestions that might help us grow and strengthen our club together: perthpickleballclub@gmail.com.

If you've not already completed the Member's Survey Form, please take a few moments to give us your feedback.



We were very fortunate to have had Corinna Whitaker-Stone, the UK's highest ranking pickleball player, visit the club at UHI Perth College on 23rd January to deliver a coaching event designed to help players develop a better understanding of the game and improve their skills. Our thanks to Corinna for two excellent sessions that day; it was thoroughly enjoyed by all the participants, and we were grateful to Corinna for travelling across from Glasgow to support and encourage us. If you'd like to come along to a future coaching event, email us to indicate your interest. It would be helpful to know whether members would prefer weekday or weekend coaching events, and also what sort of skills & drills you'd like to learn.

In January, building on our club's affiliated membership of Pickleball Scotland, Wendy, Fiona, Ali, Jonathan, Sandra, John, Catriona and Susan attended the Ambassador training event hosted at Cowdenbeath Leisure Centre in Fife. Along with players and organisers from other Scottish clubs, everyone enjoyed the training session and Perth Pickleball Club has adopted the 5 key values of Pickleball Scotland: Be safe; Have fun; Game on – co-learn through game play; Be generous; and Efforts are successes!

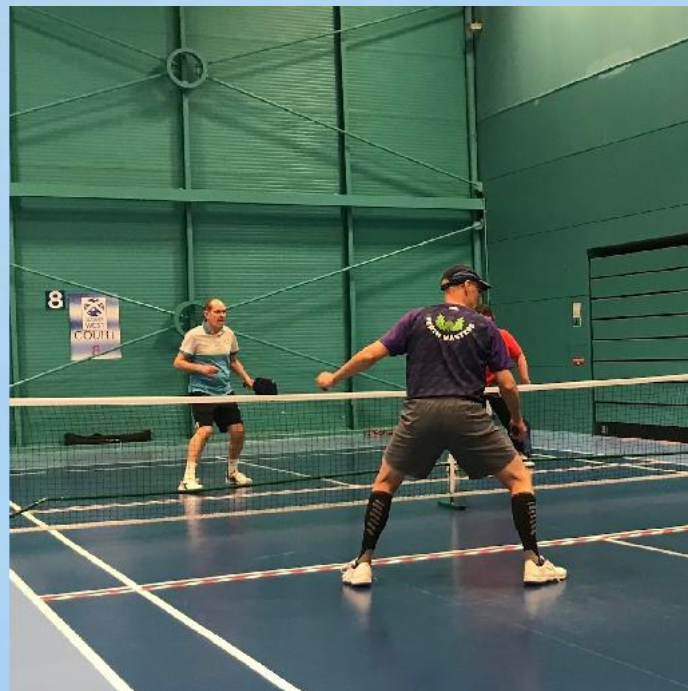


"Having no previous experience of sports or organised fitness activities, participating in 'soft' pickleball gives me a well-rounded exercise session and enables me to play at a pace that suits my fitness level. It's also great fun because there's a really happy vibe between all club members. Sessions have a feel-good factor which is good for my wellbeing and I always feel excited about the next sessions. I've definitely caught the pickleball bug!"

(Frances)



Further to the Pickleball Scotland Ambassador training and implementation of the 5 key values within PPC club sessions, in March Jonathan, Sandra and John travelled to Aberdeen where they undertook Part 1 of the Pickleball Scotland Club Coaching Award along with Ambassadors from other Scottish clubs. Since then, Jonathan, Sandra and John have been busy facilitating sessions, offering opportunities for players at all levels of play to learn more about the game and develop improved skills, and they're looking forward to organising club coaching events in the future as they work towards Part 2 of their Coaching Award in September (which is being hosted in Perth).



The club was delighted that several members and friends from other local clubs participated in the Pickleball Festival hosted by the Glasgow West club at the National Badminton Centre, Scotstoun, Saturday & Sunday 25/26th March. Well done Billy, Steve and Suzanne for so ably representing our club; it was great to hear that the competitive-but-friendly game format (no leaderboard) gave players at different levels lots of opportunities for some really excellent mixed doubles play – as well as the chance to socialise with pickleball friends from Scotland and beyond.



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We're pleased to announce that Perth Pickleball Club is joining the Live Active 'Sport For Change Network' and, following the successful pilot of our Monday 1-2pm 'Soft Pickleball For Wellbeing' sessions at UHI Perth College, in collaboration with Perth Live Active, Scottish Disability Sport and Pickleball Scotland, we are now one of the first pickleball clubs in the country offering an inclusive pickleball activity that can be adapted so that all participants get more active, achieve success and above all have fun.

Grants Update

Since establishing the club last autumn, PPC became an affiliated member of the Governing Body, Pickleball Scotland, as well registering with Perth & Kinross Accredited Club Excellence Scheme (PACES). We applied for three grants and so far we have been successfully awarded two: £944 from PKC Volunteer Resource fund: used to purchase start-up essential equipment including nets, paddles and balls.

£400 from Live Active: used to help us underwrite court fee costs for scheduled block-booked sessions at UHI and NIC; we also funded training fees for committee members who undertook Ambassador and Club Coach certification with Pickleball Scotland, which enables the club to be supportive to members and adequately trained to coach, encourage and safeguard our players, whatever the ability levels, through volunteer-led and facilitated sessions.

All of these activities are important for club development and puts us in an excellent position for further grant applications; also, potential access to more funding pathways through partnerships with other sports, health, and education organisations, as well as recognition from key governing bodies for volunteer-led work we're doing to positively engage with Perth & Kinross community.

"I've always played racquet sports but I particularly enjoy pickleball. It's easy to pick up, great for overall fitness, and it seems to be good for the mind too. As soon as you learn the basics and get used to the scoring, you can start playing friendly games, meeting other players with different abilities, and it's great for improving reflexes plus hand-eye coordination. The players at PPC support and encourage each other, plus there's coaching to help us improve our game. All in all, a great way to spend time and stay active!"

(Jim)

Upcoming events:

APRIL - Inter-Club Match

The club is pleased to have an inter-club match organised with St Madoes Sun 16th April 11-1pm at North Inch Campus, Perth. Best of luck to our PPC teams: Billy & Ian; Jonathan & Fiona; Jane & Anne. It'll no doubt be an excellent event with lots of energetic and enthusiastic pickleball being played, as well as plenty fun, friendly inter-club social interaction for everyone involved. Thanks to Jonathan Whitaker and the players for efforts made to plan and arrange this sort of inter-club activity. If you're interested in getting involved with future matches, please speak to Jonathan as we'll need a group of players that we could potentially select suitable teams from depending on different matches, dates, and various levels of play. Jonathan can be contacted on 07717 717894, via the PPC club WhatsApp chat, or by email: jonathanwhitaker90@gmail.com.

Pickleball Skills & Drills Clinic

Facilitated by Sandra, John & Jonathan

Come along and develop key skills:

Dinks & court positioning, **Volleys** & overheads

Pop-ups - what they are and how to avoid them

Sunday 23rd April 11:00-1:00pm

At North Inch Campus, Perth

Max 42 places available - first come basis

Open to all levels of player

Book your place by email reply to Jonathan

£10.00pp - all proceeds go to Perth Pickleball Club

Sold out!

APRIL - Skills & Drills Clinic

A coaching event scheduled for Sun 23rd April, to be facilitated by Jonathan, John & Sandra at North Inch Campus, was offered to players who hadn't previously attended coaching and/or might benefit from the opportunity to learn more about the game and mix with other club players. Due to limited places being available and high demand, we're proposing to offer another coaching event in the near future. If you'd like to come along, please email us to indicate your interest. It'd be helpful to know whether members would prefer weekday or weekend coaching events, and also what sort of skills & drills you'd like to learn.

MAY – Launch of Saturday sessions



Join us on **Saturday afternoons** for inter-club recreational play.

Mixed, friendly games for fun.

Open to all levels of play.

Meet other local pickleballers!

Commencing **13th May 4 - 6pm**

Academy of Sport & Wellbeing,

UHI Perth College, PH1 2NT

£5pp to book email:

perthpickleballclub@gmail.com

"I've never been a racquet sport player and wasn't sure what I was letting myself in for when I agreed to give pickleball a try. I certainly didn't expect to get hooked on it! But it's fun and a mood-booster – not just while you're playing – because it has a positive social element to it. I've met lots of lovely people through participating in the organised club recreational sessions and everyone's friendly and welcoming, regardless of ability. It's good physical exercise too, and the sort I actually look forward to – not a feeling I've ever had about the gym! I'd played netball for 40+ years and was missing regular group sports activity, but I'm happy to say Perth Pickleball Club has filled that void."

(Jackie)



JUNE – National Pickleball Championships

Good luck to all club members who have entered the Scottish National Pickleball Championships & Masters 2023 to be held **2-4 June** at Allander Leisure Centre, Milngavie, Glasgow. Even if you're not participating in the tournament, it's set to be an exciting event with lots of great pickleball games to watch.

Spring Session Programme:

Monday – UHI Perth College

1-2pm

New Starts & Beginners

Soft Pickleball for Wellbeing

Skills & Drills

2-4pm

Recreational round robin play

Thursday – UHI Perth College

10am-12noon

Performance session

(Suitable for experienced players)

NEW

Saturday – UHI Perth College

4-6pm Commencing 13th May

Recreational play

(Mixed & inter-club games for fun open to all levels of play)

Committee information:

Wendy Coventry (Chairperson)

Fiona Clark (Secretary)

Ali McGowan (Treasurer)

Jonathan Whitaker (Social & Team Liaison Officer)

Sandra Macrae (New Start & Well-being Officer)

Contact: perthpickleballclub@gmail.com



Our partners:

