
MARCH UPDATE

From the President

After the short reprieve in mid-February it was quickly back to winter in Wisconsin. Just for the record, the [pictures of play at Garner](#) were taken on 2/19: t-shirt and shorts weather!

The Board has been active dealing with a variety of CAPA concerns, but meetings have been infrequent due to the many warmer weather trips. I am working on this letter on a lanai in Florida with a light breeze and 78 degrees, took the morning off from playing pickle to finish this newsletter.

It is interesting to witness the growth of play. The number of courts doubled to sixteen where Jill and I play in Naples and so did the number of players. Ads on TV for retirement communities now feature pickleball. The local Y is putting in 8 outdoor courts. Women now are 47% of players, probably the biggest driver in the growth rate of the sport. While it may have taken 4 years to get two locations with dedicated courts in Dane County, awareness of the need for more facilities should be on the mind of every community.

The CAPA board and other members have been active in attending long range planning sessions held by both the Sun Prairie and Madison parks departments making the case for additional investment in pickleball facilities. The change of attitude in Madison is dramatic; three years ago they requested payment for dual stripping of tennis courts, now they will have dual stripped every two court location in the city by the end of the summer.

General Membership Meeting

There will be a general membership meeting at Madison Turners [3001 S. Stoughton Road, Madison](#) on Wednesday April 19. We will have a short social hour at 5:00pm followed by the business portion at 5:30pm. Soda and pizza will be provided. Agenda will be finalized by early April and will include suggested by-law changes. discussion on future tournaments, play/social events, and skills development programs. We also hope to have the new t-shirts available for distribution. (See related topic below.)

Membership

With the amazing growth over the winter months, CAPA has doubled in size since November to 172 members. Thanks to everyone for continuing to promote membership as you meet new players.

Parks Development Introductory Pickleball Lessons

The Madison Parks Department is offering a series of introductory lessons. Instruction will be led by CAPA members, Roxi and Jerry Gottzsaker. For more information, go to [Madison Parks Pickleball Lessons](#).

Garner Park Policies

CAPA has been working with Madison Parks to discuss policies for the Garner Park courts, but it appears we will have little say in this.

Progress has been slow in coming to an understanding with the Madison Parks Department regarding the administration of play on the Garner Park courts. At this point it seems prudent to establish a schedule for a trial period, probably one month, and re-evaluate as we go along. Hopefully we will have additional information to share at the April general meeting.

If anyone has any opinions about this before the meeting, please feel free to comment by email to: CAPAREAPB@GMAIL.COM

Tee Shirts

We now have available CAPA t-shirts. The cost is \$16 (add \$2 for each size X over one). They are a quick dry fabric in both men's and women's cuts. You can choose from a variety of shirt colors. The full color logo is in the upper left. An order blank is available on the CAPA website. [Please complete the order form](#).

The form does not total your order. We will send an email to confirm your order. Payment will be collected when you pick up the shirt(s).

Orders received by April 5 will be available on the 19th of April, at the next general membership meeting. There will be extra shirts available for

purchase at the meeting, but sizes and colors will be limited, so we suggest you pre-order to get exactly what you want. You can see the shirts at SanMar.com. Search for product codes ST320 (mens) and LST320 (ladies).

Dave Weinbach Clinic

Learn from the best! Dave Weinbach, CAPA member and holder of more tournament titles than we have room to list, has offered to conduct a nominal fee clinic for members. This is a "SAVE THE DATE" notice for Saturday May 6, 1:00 - 3:00pm with a rain date of May 7. There will be a limited number of participants so be sure to sign up right away when you get the official sign-up email.

Dave Weinbach Behind-the-Back Shot

Dave made an [amazing return shot](#) during recent competition at the 2017 Grand Canyon State Games, Arizona State Pickleball Championships. Dave made a sweep of all 4 competitions with his partners winning golds in the men's doubles 19+ age groups, men's doubles 19+ 5.0 skill groups, mixed doubles 19+ age groups and mixed doubles 19+ 5.0 skill groups.

Capital Area Pickleball Association Social Event

On February 16, CAPA sponsored a [pizza and pickleball social](#) at Prairie Athletic Club in Sun Prairie. Pickleball was played from 1:00 to 3:30 and was open play for anyone and all skill levels. Nine courts were available for the 45 plus players that came out to play. A good time and plenty of play was had by all.

From 3:30 to 5:00 about 30 CAPA members went to the Lost Court at PAC for some delicious pizza. Everyone seemed to have a great time visiting with fellow pickleball players. Thank you Prairie Athletic Club for hosting CAPA's first social. Hope you can join CAPA for their next social if you missed this one.

Prairie Athletic Club Tournament

On March 19 Prairie Athletic Club sponsored a one day [pickleball tournament](#) which included doubles and mixed doubles events by skill level. About 70

players participated throughout the day and many of the players were CAPA members. Participants came from as far as Green Bay and the Milwaukee area. For many this was their first tournament experience. A round robin format was used so everyone got in lots of playing time. A highlight of the tournament was having former Green Bay Packer Mark Tauscher playing in the men's 3.5+ doubles events.

EXERCISE AND SUDDEN CARDIAC DEATH: WHAT CAN A BYSTANDER DO?

By: Ashvin K Patel, MD, FACC. Professor of Medicine (Emeritus),
University of Wisconsin School of Medicine and Public Health, Madison,
Wisconsin - and CAPA member

“Pickleball player back from dead - literally” By Katy Read, Star Tribune April 22, 2015

Randy Hall was on the pickleball court when he suffered a sudden cardiac arrest. “I was pretty much dead” said Hall, 64, a retired teacher who lives in Willmar, Minnesota and spends winters in Florida. “ I had a five-vessel bypass that night.”

Two months later, Hall was back on the court. His status as a top rated pickleball athlete helped. “I recovered quickly,” he said.

The recent sudden cardiac death of Alan Thicke, iconic TV dad, has sparked further interest by lay public about sudden cardiac death and what action they can take, if they witness such an event.

EXERCISE RELATED SUDDEN CARDIAC DEATH

Recent published literature suggests that of all cardiac arrest, approximately one third occurred during exercise. Paradoxically, regular moderate exercise is the best way to prevent sudden cardiac death. Research shows that nearly one third of those who engaged in regular moderate exercise experienced some cardiovascular symptoms such as chest pain/discomfort and breathlessness during the week preceding sudden cardiac arrest. An important message for pickleball players to draw from these studies is that heart disease often gives warning signs. If one feels any chest discomfort during the exercise or have difficulty with undue breathing or even feel more

drained than usual, they should stop and let someone know or seek advice from a physician.

DETERMINANTS OF OUTCOME FROM SUDDEN CARDIAC DEATH

An early intervention by a bystander can result in a substantial increase in survival. Unfortunately nationally, only one in 4 or 5 persons receive bystander-initiated resuscitation. To encourage more participation by the lay public, the American Heart Association has simplified the protocol to Hands Only Resuscitation. They are encouraged to compress the chest, at a rate of 100 to 120 compressions/minute at a depth of at least 5cms (Pump hard and fast). A trained health personnel is encouraged to perform both cardiac compression and ventilation at a ratio of 30 compressions to 2 breaths (30:2 ratio). The survival rate is almost identical in both cases. A number of states have adopted laws to train high school students in basic life support. This would substantially increase the number of bystander-initiated resuscitation in the community.

Early Defibrillation is another form of intervention that results in significant increase of survival. When a person suffers a heart attack because there is a blockage of the artery supplying blood to the heart (coronary artery occlusion), the heart rhythm changes within a few seconds from a coordinated regular rhythm to a fast chaotic rhythm termed ventricular tachycardia or fibrillation. This can be restored to normal by applying electric shock via a portable defibrillator (Automatic Electric Defibrillator, AED). These are widely available in the community and placed in key locations where there is a gathering of a large number of people.

HANDS ONLY CARDIAC RESUSCITATION

ASSESS FOR INDICATORS OF LIFE

- Arousal: Shake patient. Are you OK?
- Absent or abnormal breathing

ACTIVATE THE EMERGENCY MEDICAL SYSTEM

- Call 9-1-1

BEGIN COMPRESSION

- Place hands in mid chest (sternum). Push at least 5cm at a rate of 100 to 120/minute (HARD AND FAST). Allow for complete recoil.
- Continue compression until emergency medical care is available. Try to avoid any interruptions in cardiac compression.

- If a person trained in life support is available, ventilate every 2 breaths for 30 chest compressions (30:2 ratio).

DEFIBRILLATION

- As soon as AED is available, apply the paddles, assess the rhythm and defibrillate if shockable rhythm is present.

WHAT IS THE ROLE OF ASPIRIN GIVEN EARLY IN CARDIAC ARREST?

If the chest pain is suggestive of cardiac origin, one adult aspirin (or 2 low dose aspirins) can be given immediately. The tablet should be preferably chewed and swallowed so that it is rapidly absorbed and therefore more effective. The bioavailability of enteric-coated aspirin is similar to regular aspirin. One should make sure that the person is not allergic to aspirin or has no bleeding tendency. If in doubt, wait until an emergency medical personnel arrives and decides on it. There is evidence that early administration of aspirin after heart attack, compared to later after hospital arrival, decreases mortality.

A classical chest pain of cardiac origin is termed angina pectoris. This is a mid-chest, retrosternal, compressive vice-like pain that may radiate to the neck, shoulders or inner surface of the arm. Not all patients present symptoms of classical chest pain. Women tend to have atypical symptoms and may just be more tired or breathless than usual.

BE PREPARED: YOU CANNOT PLUG A HOLE, WHEN THE DYKE STARTS LEAKING

There are a number of centers where you can obtain proficiency in basic life support. Everyone should be encouraged to take this course and someday you may save life of a beloved one or a stranger.

See you on the Courts!
Rico Goedjen
President