



CAPAREAPB.COM

DEDICATED TO THE PROMOTION OF THE SPORT OF PICKLEBALL

From the President

By Rico Goedjen

I truly love Pickleball. It's fun, challenging, social...it's addicting. I never stop telling others how wonderful it is.

And I know I am not alone, many of you are ardent promoters as well. This year has been one of tremendous growth for us locally. We are working hard to keep up with all the challenges ahead.

Now the national media is running weekly stories about this phenomenal growth. Most articles spend some time with the back story of it how it came to be named or that it is a mash up of other sports. Many even credit COVID lockdowns with the

explosive growth. The newer story lines are about celebrity players or investors, big money tournaments, fancy new facilities, or billionaires dueling over control of the sport.

All of this attention is great, but I hope Pickleball keeps the elements that make it unique: a tradition of open play and the welcoming vibe that is the glue of this friendship-building sport. Not many other sports travel like Pickleball—a paddle and busy courts, and you are set. I may be showing my age, but the social part is as important as the play in keeping me coming back.

See you on the courts!

October 2022

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CAPA Info

[CAPA Website](#)

[Upcoming Events](#)

CAPA Board Meetings

CAPA Board Meetings are open to the public. Meetings will typically be held on the 2nd Wednesday of the month. Time and location noted in the Agenda on the [website](#).

Pickleball Central Discount

Don't forget to take advantage of the Pickleball Central discount: 5% to you and 5% credited to CAPA.

Discount code is: CRMadison

CAPA Membership

Don't delay – Join today! Click [here](#) for online membership renewal or new membership. Please share with others.

CAPA Newsletters

Look for the [CAPA newsletters](#) four times a year. If there is anything you would like to see included, please let us know by emailing pickleball@capareapb.com.

Pickleball Rules Update

By **Tim Duket**

While the ball is still in the air and coming down near a boundary line, one partner frequently says to the other partner "out", "no," or "bounce it". This is **not** a line call, but rather communication with the partner. Rule 6.D.11 says: "While the ball is in the air, if a player yells "out," "no," "bounce it," or any other words to communicate to their partner that the ball may be out, it shall be considered player communication only and not considered a line call".

Rule 6.D.12 goes on in part to say: "An "out" call made after the ball bounces is a line call. The ball is dead and play shall stop." Some opponents who hear "out" while the ball is in the air incorrectly believe this is a line call and stop play. The following proposed rule change in 2022 recently failed at the USAP rules committee level: While the ball is in the air, if a player yells "out," (whether or not the ball is in the air or has already landed) play stops but if the ball lands IN then the team that incorrectly called OUT loses the volley. Players may yell any other word(s) to communicate to their partner that they believe the ball may be out (e.g. "no," "bounce it"...etc)".

Continue to carefully distinguish whether "out" is called while the ball is in the air or after the ball bounces on the court.

Membership Update

CAPA has just ended the membership renewal drive. The membership stands at **733** as of October 3rd. You noticed on the registration form that the CAPA Board changed a couple of the skill levels and added two skill levels.

The changes were: Beginner 1.0-1.99 and Intermediate 3.0-3.49.

The additions were: Novice 2.0-2.99 and High Intermediate 3.50-3.99.

The purpose of the self-rated skill levels is to give event organizers an opportunity to target a specific audience. If you feel that you need to change your skill level, please contact Joanne Crapisi at joannecrapisi@yahoo.com.

The CAPA board is looking forward to continuing to provide opportunities that give value to the CAPA membership.

CAPA Annual Meeting Summary

The 2022-2023 Annual Membership Meeting was held at Kilkenney Farm Park in Waunakee on September 22, 2022. Some members enjoyed playing Pickleball on the Kilkenney Farm Pickleball courts prior to the meeting. There were about 68 members in attendance. The attendees were treated to Pizza Hut Pizza and Ice Cream Bars. Door prizes such as Pickleball backpacks, \$25 Pickleball Central Gift Cards, fee plays at Hitters, scrunchie hair ties, a coffee cup, a t-shirt from Bainbridge Island and lots of Pickleballs were given out throughout the evening. The members in attendance approved the proposed changes to the CAPA Bylaws. The most significant change was to the description of the At Large Board positions. Beginning with the 2023-2024 membership year, At Large Board members will be representing one of 5 areas in Dane County. With the increase in membership and available courts, the Board feels this is the best way to have all the members represented.



CAPA Player Development Update

The Player Development Committee has invited eight CAPA members who have formally expressed an interest in attaining a training certification to participate in a workshop this fall. We have partnered with the Professional Pickleball Registry (PPR) and Pickle Pro Courts in Madison to host a workshop in October. With our ever-growing membership base, there is a corresponding increased demand for clinics and training for those members who want to improve their skills and level of play. The Skills and Drills clinics offered at no charge to CAPA members fill up almost as quickly as they are published. To encourage more experienced players to become qualified trainers to focus on the novice (2.0) to low-intermediate player (3.5), CAPA is enacting the certified trainer scholarship program. With more available and qualified trainers, the goal would be to offer Skills and Drills clinics across the Dane County area to allow for better access and geographic coverage.

For those candidates who successfully get certified as a new trainer, CAPA will provide a stipend of \$200 to help them offset a portion of their training, certification testing, membership and insurance expenses. In exchange for the \$200 stipend, those trainers will be expected to provide four sessions to CAPA members at no cost within the first 12 months of receiving the stipend. Similarly, any current certified trainers are eligible for a \$100 annual reimbursement and also will be expected to provide four sessions to CAPA members at no cost within the first 12 months of receiving the stipend. As this is a pilot program, the CAPA Board will be monitoring and evaluating it on a regular basis to ensure it meets the expected results. If you are interested in learning more, please email jeromelklein@gmail.com or call Jerome at (608) 334-8405.

Using MeetUp to Meet Up and Play Pickleball

Looking for others with whom to play Pickleball? Look no longer! CAPA members can join www.Meetup.com and meet us at scheduled events! Just go to www.Meetup.com, choose *Groups* and look for *Madison Pickleball Meetup Group*. Once you request to join, our Admin Team will approve you!

We started the Group a couple years ago and we now have over 300 members! Our Team has trained over 312 beginners and 77 novices, and 606 intermediate players have met at the courts in 2022, with a total of 1800 attendees since it began! Our Team of Administrators greet everyone at the courts, help them find others to play with and organize the rotation – all so everyone will feel welcome!

We're currently working with the Princeton Club - East to schedule indoor play during the inclement weather. Once you join, you'll get information on our winter schedule.

We're looking for more volunteers to help host events! Contact Shelley Reynolds at 608-957-3135, madcitshelley@gmail.com if you're interested!



Pickleball Warm Ups

When you arrive at the court and want to start playing right away, do you take the time to warm-up? A brief but strategic warm-up routine will allow you to reduce chances of injury, practice shots you will use in the match, as well as focus on pace and placement. Here is a routine that will take about 5 minutes but allows you to meet those goals.

Dinks (60 seconds)

- Start across from your partner and collaboratively dink straight across. After 4 or 5 dinks switch to a diagonal shot. Use both forehand and backhand dinks of varying depths and angles.

Drop Shots (60-120 seconds)

- One partner stands at the non-volley zone (NVZ) line and feeds the balls to the other partner who hits drop shots back into the kitchen while progressively working back to the baseline. Once there they move back to the NVZ hitting drops. Partners then switch roles with the other player hitting the drops. This should take about 60 seconds for each partner.

Volley (60 seconds)

- Both partners stand at the NVZ and hit the balls back and forth to each other. Vary the speed, do some block volleys, use both forehand and backhand. Try a couple of drop volleys into the kitchen.

Serves and returns (60 seconds)

- Remember to practice this skill as this is often neglected in warm-ups. After one person serves the ball the partner should work on their return of serve focusing on keeping it deep.

The keys to a successful warm-up:

1. 5-10 minutes of hitting shots you would normally hit in a game
2. Focus on split step and returning to ready position
3. Pace and placement
4. Stretching and easing into hitting harder shots

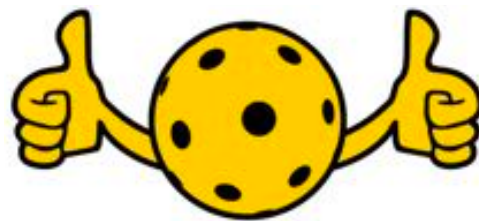
Adapted from PickleballMAX



Etiquette Corner

By Kevin Devine

One of the things that I love about Pickleball is that the overwhelming majority of players I have met are really nice. A feeling of camaraderie and helpfulness pervades the Pickleball world, and this is not just an accident. There is a solid Pickleball culture of etiquette that encourages everyone to be friendly and patient, even among the fiercest of competitors.



Sometimes, though, you run into a person who, for what may be the most altruistic of reasons, goes a little too far in being helpful. A player, perhaps you, makes a mistake. Your partner, or even an opponent, will kindly offer a suggestion as to what could have or should have done. If you have ever been in this position, chances are you know what you did wrong, and you know what you should have done – you don't need to be reminded. You feel like a heel.

For me, one of the key elements in Pickleball etiquette is keeping most of your suggestions for how your partner could improve their game to yourself. Obviously there are exceptions, such as if you know the player well. If your partner is making an egregious mistake that you think must be corrected, try asking them first if they are open to suggestions for how to improve their game – this will alert them to the idea of getting corrected, and gives you permission to continue. If they say no, honor their request. The beginner in me will thank you.



HAVE YOU SIGNED UP FOR PLAYTIME SCHEDULER?

Many players in our area now use a browser-based web service to arrange Pickleball sessions: PlayTimeScheduler makes it easy to propose and to join a Pickleball session. It's a great way to connect with players that you might not otherwise meet! Anyone can propose a session: Simply choose when and where to play along with a skill rating range. Players in that range are notified and may choose to join. There is no app to download and the base version of this web service is free.

Sign up today to get out and play! PlayTimeScheduler.com

New Court Site Update

In the spring letter we announced several new court projects in the CAPA area. Here is the current status of site work, starting with those that have already been put in play. When all these courts come on line we will have 82 dedicated outdoor courts available for play in our area, yes, Pickleball has really arrived.

Wyndham Hills in Sun Prairie completed the four court addition just in time to host the largest tournament in this area of the state in July. Hard work put in to raise the required funds to partner with the city to move this project along. This is a first class 10 court site.

Cross Plains finished their 4 courts in early August. Located at Baer Park it has side fences and an adjacent basketball and skate park.

Waunakee has a surprise gem in Laubmeier Park behind Octopi Brewing that we did not even have on our radar. A single court in a small neighborhood with adjacent restroom facilities, completed and ready for play.

McFarland should have 8 courts with lights ready by the time this is published. What a great place to play as the days get shorter and we lose the light.



New courts in McFarland

DeForest is also in the final stages of their 4 court project which will also have lights. Just waiting on nets and wind screens before the site is ready for play which should be any day.

Spring Green has been busy converting an underused site in to 3 pickleball and 1 tennis court. They are located at the Municipal Park adjacent to the community pool with nearby restrooms; ready for play any day now.

Cottage Grove was well on the way to completing the 4 courts this fall until they ran in to a problem with the net post positioning. Apparently, the contractor made an error and the issue is being resolved. Unfortunately, the courts will not be available until spring.

Oregon has moved forward with 6 courts which are part of a much larger project and the pickleball phase was originally scheduled for next year. Thanks to hard work by CAPA members Mike Barone and Jerome Klein, it was moved up to this year. Since the decision was made so late, the site will not be completed until early spring.

Sauk City has a major project going at Culver's Community Park. This is a major project, with many features and a budget north of \$13 million. Black top in place but completion of 4 courts will be finished in spring of 2023. Complete plans are for 4 additional courts and lights.

CAPA Player Profiles

Michelle Hebert

Last fall after both of my kids went off to college and I was officially an empty nester, I needed something new and competitive to fill my extra time. I've always been an athlete, so I thought I would try golf. I found out that I can't swing a club to save my life and quite frankly, it was a snooze fest! I heard about this thing called Pickleball and became curious. So I found a beginner Pickleball MeetUp on the MeetUp app and played for the first time at Taylor Park in September of 2021. Richard and Abigail were instrumental in creating the spark that has now become an obsession in this crazy sport called PICKLEBALL!! Who would have thought?!?

I enjoy everything about Pickleball! I love that it is competitive but social. I love that it tests my athletic ability and helps to keep me in shape. I love all the new people I have met locally and while playing in tournaments across the state. I love that all age ranges and skill levels can play. But my most favorite thing about Pickleball is that you can be so focused on playing a point and then break out in belly-busting laughter after the rally is over! So many amazing things can happen in a matter of mere seconds. Priceless!!

Last fall in early November, I was introducing a new friend to Pickleball. We were looking for outdoor places to play and we found out that Stoughton had a new facility that we wanted to check out. We showed up at Mandt Park and saw the amazing new courts they had just put in recently and we were so excited to start playing. We got out of the car and walked over to the gate only to realize that the gate was locked. We looked at each other, totally disappointed at the hindrance! Being the rebel that I am, I said, "Let's just jump the fence!" The fence is not short mind you, but we made it over fully intact. We grabbed our paddles and a ball and started walking onto the court. At the same moment, we instantly started laughing hysterically when we then realized that there were no nets on the courts!! They had already been put away for the winter, and with everything else going on, we failed to notice this very important detail! LOL!

When I'm not playing Pickleball, I'm definitely thinking about Pickleball! I also love to spend time with my kids, play softball, sit by the bonfire, play backgammon, hike, spend time with my dogs, listen to music, travel, and hang with friends. I just love being active in general.

I plan to continue to play in tournaments in the future and am always looking for new partners to play with. I'm hoping to break that 4.0 barrier within the next year so reach out if you wanna play! Hope to see you all on the courts soon!



Kate and Gordon Dalby

We've been playing Pickleball since the year Garner Park opened in 2016 close to our house. Having caught the bug, we are kind of permanent fixtures there. We really enjoyed being part of "The Polar Bear Club" playing all winter outside with other hardy folks. When traveling cross-country by car, our favorite activity is searching out courts in each state and challenging the locals. It's been such an enjoyable endeavor that we have proudly checked off playing in 28 states so far. Mostly New England and the East Coast have eluded us so far, but...someday! Our favorite venue is Pictona in Holly Hill near Daytona and with the addition of 25 new courts to the already existing 24, it will be great fun going to this place again, meeting people from all over the country. We are always proud to say we are from Madison, home of The Badger.



Pickleball Pictures from Around the Area

Have pictures you want to share? Send them our way:

pickleball@capareapb.com



Cross Plains Players



CAPA Board members at Pickle Pro Courts



New courts at Wyndham Hills, Sun Prairie



Round Robin in Stoughton



CAPAREAPB.COM



CAPA League at McGaw Park, Fitchburg

DINK WISCONSIBLY!