



CAPAREAPB.COM

January 2024

DEDICATED TO PROMOTING THE SPORT OF PICKLEBALL

In this issue

From the President By Kevin McPherson

Happy New Year!

I hope you are staying warm and playing Pickleball. If you are, you're either playing at one of the many indoor Pickleball facilities in Dane County (see the CAPA website for the latest list) or you are snow birding/vacationing in warmer climates. If you're traveling and looking for an out-of-town game, feel free to reach out to me or any of our Board members and we'll do our best to put you in touch with a CAPA member who knows where to get you on the courts at your destination.

The social aspect of Pickleball is often highlighted for good reason. Few, if any, activities have the power to bring together a diverse group of individuals who rapidly go from strangers to acquaintances to friends. I think

it's my favorite thing about the sport. If you're looking for an additional opportunity to play indoors, check out the newly launched CAPA indoor leagues at Pickle Pro Courts. They're off to a great start.

Keep your Pickleball friendships going strong through our Wisconsin winter. Before you know it, we'll be shoveling off the courts and playing outside again.

See you on the courts,
Kevin

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"One more game, then we'll get on the ark."

CAPA Info

BE SURE TO CHECK OUT:

****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 Steve Surprenant,
USAPA Credentialed Official

When I first started officiating about 12 months ago, this situation showed up everyday on one of the Pickleball Officials FB feeds. "The ball is returned and it bounces over the net to the opponent. After the bounce, due to wind or back spin it goes back over to the other side without being hit. So, basically it went back over, but wasn't touched." And the second scenario is very similar. "The situation is where spin/wind causes the ball to bounce back over the net and the receiving team (Team A) reaches over the net to hit the ball, the (Team A) player may not touch the opponent (Team B) or the net while the ball is still in play".

Who wins the point: In the first scenario the team that hit the first hit over the net wins the point because the second team did not contact the ball before it bounced twice. In the second scenario, Team A wins the point since they were able contact the ball after it had hit on their side, even though it had crossed back over the net where they made contact.

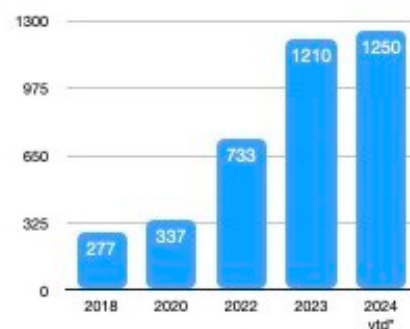
Official Rule

11.I. Plane of the Net. Crossing the plane of the net prior to striking the ball is a fault. After striking the ball, a player or anything the player is/was wearing or carrying may cross the plane of the net. The player may not touch any part of the net system, the opponent's court, or the opponent while the ball is still live.

11.I.1. Exception: If the ball bounces into a receiving player's court with enough backspin or wind aid to cause it to return to the other side of the net, the receiving player may cross the plane of the net (over, under or around the net post) to hit the ball. It is a fault if the receiving player (or anything the receiving player is wearing or carrying) crosses the plane of the net before the ball has first crossed back over the plane of the net to the opponent's side. It is a fault if the player touches the net system, the opponent's court, or the opponent while the ball is still in play.

Membership Update

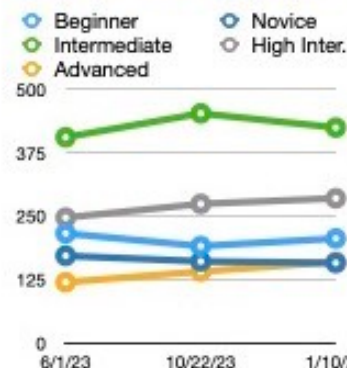
MEMBERS



YEAR	MEMBERS	%CHANGE
2018	277	45%
2020	337	-20%
2022	733	37%
2023	1210	65%
2024 YTD*	1250	3%

18 new members in the last 30 days

SKILL LEVEL TRENDS



SKILL LEVEL	6/1/23	10/22/23	1/10/24
BEGINNER	216	191	206
NOVICE	172	161	158
INTERMEDIATE	405	452	424
HIGH INTER.	247	274	285
ADVANCED	120	141	160

Beyond the Court: Charitable Impact of Pickleball in the Area

Throughout 2023 a number of pickleball events have been organized where players came to play and have fun, but at the end of the event, *charities* were the big *winners*! A big thank you to the many CAPA members that helped organize these events, participated by playing, but more so, donated generously to the charities that benefited from these socials. Below is a list of some of the 2023 events that raised funds for various organizations.

SHAMROCK SHENANIGANS 🍀 March 13, 2023

Organized by Stacy Weiner.

Local Charity: Sun Prairie Emergency Food Pantry. The monetary food drive total was \$2260, which is equivalent to 15,820 pounds of food!

DINK, DONATE & BE SPOOKY 🎃 Oct 31, 2023

Organized by Stacy Weiner with help from Jan Holsinger.

Local Charity: Dane County Humane Society. Event raised \$535 in monetary donations plus various items and supplies.

DINK, DONATE & BE THANKFUL 🦃 Nov 15, 2023

Organized by Stacy Weiner.

Local Charities: Sun Prairie Emergency Food Pantry. The event brought in a collection of bags and monetary donations of \$620, which is equivalent to purchasing 3200 pounds of food, as well as supported the Hat/Gloves/Socks and Winter Apparel Drive for Cards Closet in Sun Prairie.

DINK, DONATE & BE MERRY 🎅 Dec 18, 2023

Organized by Stacy Weiner with help from Rich Holsinger & Christi Winchel (from Sunny Nutrition).

Local Charities: Toy and Gift Drive for the mothers and their children at Shelter From the Storm Ministries in Sun Prairie.

The event had a silent auction and monetary donations for the American Family Children's Hospital Kids' Cancer Fund (University of Wisconsin Foundation) and raised nearly \$1800.



Local Tournaments Score Big For Charities

In the past year, the Madison Area Sports Commission raised roughly \$15,000 that helped various organizations and disadvantaged youth be given the same opportunity as their peers to be able to participate in sports. One of the fundraising events was the MadTown Pickleball Open (MPO). The MPO raised funds to:

- Provide necessary helmets and locks via Free Bikes 4 Kids to help serve underprivileged youth in gaining access to bicycle ownership.
- Significantly lower yearly participation fees for the South Madison Panthers Track Club, removing key barriers for youth to enjoy the sports they love.
- Help purchase replacement helmets and other gear for the South Madison Youth Football program after a fire destroyed their warehouse and inventory this past year.

Last August, the inaugural CAPA Cup raised \$2000 for the Boys and Girls Clubs of Dane County.

Also, this past year, the ACE Mentor Wisconsin Pickleball Tournament Fundraiser, with help from Anthony Suy, raised just over \$5000.



CAPA and the Boys and Girls Clubs of Dane County.

CAPA would like to thank all the of the participants in these great events that helped raise funds for these worthwhile causes. And a big thanks to all the organizers of these events that gave the opportunity to play Pickleball and help others at the same time. What could be better than that?!



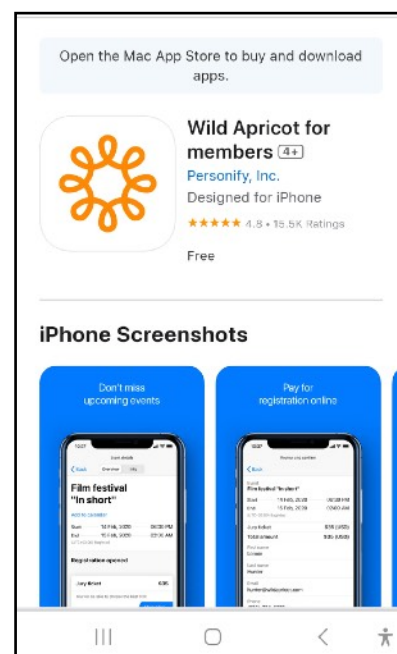
CAPA Website on Your Smartphone? There's an App for That

Want to access the CAPA website from your smartphone? There is an app for both iPhone and Android devices. With the application you can:

- Renew your membership or cancel a pending renewal
- View and update your member profile
- View another member's profile
- Email your fellow members
- View a calendar and details of upcoming events
- Register for an event and pay the registration fee
- Join a waitlist for an event that has reached its registration limit
- View your existing event registrations
- View your membership card

[Download the iOS Mobile App](#)

[Download the Android Mobile App](#)



2024 CAPA Events

Wyndham Hills in Sun Prairie will again be hosting the **2nd Annual Fun Prairie Pickleball Open Tournament**. New to this year will be two age divisions: 59 & under and 60 & over. The tournament will be held on **June 7-9, 2024**.

Organizers are planning on including the following levels and events:

- Levels: 3.0-3.49, 3.50-3.99, 4.0-4.49, & 4.5 +
- Events: Mixed, Men, Women

The Fun Prairie Pickleball Open committee is seeking individuals who would be willing to lead and direct the 4.0-4.49 and 4.5+ levels. If you are interested contact Mick Viney at maviney@gmail.com.

The **MadTown Pickleball Open will be held July 11-14, 2024**. You are not going to want to miss this one as the organization team has been hard at work to make improvements to what they hope will become the pickleball event of the summer! Registration is scheduled to open **Monday, April 1st**. More information to come.

The Tournament Committee is working on setting a date for the **2nd Annual CAPA Cup**. As soon as the date is set it will be posted on the Events page on the CAPA website.

Please check the [events listings on the CAPA website](#) for more events. If you have an event that you would like listed, please use the "[Contact Us](#)" in the upper lefthand corner of the website home page.

CAPA Leagues Move Indoors

Over the past few years, the CAPA Organized Play Committee has organized round robin leagues during the spring and summer at various outdoor locations in the area. And now for the first time, the leagues have moved indoors! Thanks to league organizers, Karen Sage, Jon Walton, Liz Schlagenhaft, Michelle Hebert, and Mark Blitz, CAPA has offered leagues at three levels each week during the winter months. The leagues have been running at Pickle Pro Courts on Madison's Northeast side. It has been a great opportunity for CAPA members to meet new players, play with players at or around their level, and enjoy some friendly competition. The league organizers would like to thank all the participants for joining and making these leagues a fun experience. And a thank you goes out to Pickle Pro Courts for making this happen. The CAPA leagues will continue through the winter until we move back outside for the outdoor season.



CAPA 3.5-4.0 League



CAPA 3.0-3.5 League



CAPA 4.0+ League



Etiquette Corner By Kevin Devine

Playing With and At Different Levels



One of the frustrating issues I see come up time and again in recreation play is how to play against opponents that are beginners. Do you prioritize winning, rationalizing that the only way they will get better is if they get a taste of your superior talent? Or do you have pity on them, meanwhile becoming increasingly frustrated that they are wasting your time?

If you've ever played against someone dramatically better than you, you know how humiliating it can be to have them nonchalantly pound you into submission. Don't be that person.

Instead, play the game to your mutual benefit. You can work on your placement, hitting shots that can reasonably be returned, keep the rally going, and let your opponent make the error. This is also an excellent time to practice third shot drops and dinks, encouraging your weaker opponent to come to the net. If your opposing team has a stronger and a weaker player, try mixing up your shots, hitting hard to the stronger player and easier to the weaker player.

And what if the shoe is on the other foot - you are teamed with a player at a lower level than yourself, and your opponents continually hit to them, leaving you out of the action? I have had pretty good luck just asking stronger opponents to feel free to blast me with whatever they have, but to take it easy on my partner. Everybody wins.

CAPA Members Share their Pickleball Knowledge in the Sunshine State

On January 3, CAPA members Jill Smith, Stacy Weiner, Lisa Otis, Lori Kilian and Karen Jerg (CAPA board member) conducted two free clinics for the residents at Westgate at Imperial Golf Estates in Naples, Florida. Pickleball 101, offered for beginners and players who would benefit from a review of pickleball fundamentals and rules, was taught by Jill, Lori and Karen. Pickleball 201, offered for intermediate/advanced players, included shot and game strategies as well as court movement and drilling, and was taught by Stacy and Lisa. Each session ended with the participants playing games. Jill, a Prolite sponsored athlete, coordinated the clinic. It was a fun morning of reviewing skills the players already had and learning new skills. The five ladies also enjoyed their week-long stay in Naples. 😎



A Week in Paradise: Our Pickleball Camp Experience in Playa Del Carmen, Mexico

By Shelley Reynolds

Nestled along the breathtaking coastline of Playa Del Carmen, Mexico, four players from the Madison area (me, Brenda Lein, Pam French, and Sara Slough) embarked on a week-long journey that combined stunning beach views with our passion for Pickleball. This unforgettable experience was a delightful escape from the -35 degree wind chills and a chance to improve our skills in one of the fastest-growing sports in the world.



With the turquoise waters of the Caribbean Sea as our constant companion, the camp was designed to offer a holistic Pickleball experience, focusing on skill development, gameplay, and ample time for relaxation. The heart of the camp was the rigorous daily schedule that consisted of three hours of instruction and play. Each morning, we gathered on the Pickleball courts, eager to learn from our coaches. The camaraderie among the participants created a warm and welcoming atmosphere that made even the most challenging drills enjoyable.

The coaches, who were experts in the game, introduced us to new skills and strategies every day. Whether it was mastering the art of the dink, perfecting the serve/return, or improving our volley technique, we were exposed to a plethora of invaluable insights. The coaches did a fantastic job of breaking down each skill, explaining the mechanics, and

highlighting the reasoning behind it. This approach allowed us to understand the "why" behind the "how" and encouraged thoughtful discussion among the participants. The coaches provided personalized feedback and were always willing to answer questions, fostering an environment where we felt comfortable asking for clarification or seeking guidance.

The highlight of each day was the gameplay session. We were divided into groups and matched up against one another, allowing us to implement the skills we had learned in real-game situations. What made the experience even more valuable was the presence of the coaches, who closely observed our play and offered constructive feedback. I've taken other classes with great coaches but I feel that the difference in this camp was the fact that we spent five days with coaches who identified both our strengths and weaknesses. They pointed out the nuances of our gameplay, highlighting areas where we excelled and areas that needed improvement. This real-time feedback loop was instrumental in our growth as Pickleball players.

Beyond the court, the camp fostered a sense of community. During the evenings, we met with the group for drinks and/or dinner or went out on our own to explore Playa Del Carmen. The group excursions to local attractions provided a perfect balance between learning and leisure.

Our week at the Pickleball Camp was an opportunity to not only enhance our skills but also to connect with fellow enthusiasts in a paradise-like setting. The coaches' dedication to our development, their insightful guidance, and the breathtaking backdrop of Playa Del Carmen combined to create a memorable experience that we will always remember. If you're a Pickleball enthusiast seeking both growth and adventure, a destination Pickleball camp is an absolute must-try.



CAPA Player Profile

Christi Winchel

I've been playing Pickleball for about six years and right now I'm not playing enough! I'm not one that is very good at organizing pickleball play, so I rely on others to set up games or I play in the leagues. During the winter, I'm probably only playing 1-2 times a week, which makes me crazy, but as we all know, there are not enough indoor places to play. As soon as it is above 40 degrees this spring, I'll be playing outside! During the warm months, I typically play four times per week.

I love the social aspect of the game! It's a great sport that anyone can play and it's amazing how many people who were never active before and now are living a fuller, more active life due to Pickleball. I hadn't played any competitive sports since college, and I was surprised at how much I missed the competition. In my daily life, my goal is to always do a little bit better than the day before in everything that I do, and I have that same philosophy in Pickleball as well. Next year, I don't want to be at the same level that I am at right now. I want to be playing a smarter game. It's all about growth as a person and as a player.

I tried out for the Semi Pro Pickleball League this year and I'm grateful I did. I honestly struggled on whether I should join because I turned 60 years old and I started letting the number get in my head. 60.....holy cow! Who will want to draft me as I'm sure I'll be the oldest player on the league? All of a sudden, I realized that I was letting age define me. I'm healthy, I'm active and I can kick butt, so why was I letting age define me?! It's only a number! I was the oldest woman in the league and the second oldest person in the league, but it gave me so much confidence in my ability, my wisdom and my willingness to always improve myself. I learned a lot from my team, but I also gained so much from my competitors. By the way, our team made it to the playoffs and I couldn't be more proud of us!! I learned so much from them.

My favorite time to play is summer! Some of my fondest memories were made at the courts in Sun Prairie on league nights. It's warm, people are happy to be playing outside, and we always have some great games! We all pack a cooler and sit and laugh and share a beer and a story. It doesn't matter if we've been friends forever or just met that night...Pickleball gives us all something in common.

In addition to Pickleball, I'm passionate about helping others improve their health! I help clients lose weight, gain muscle mass and have more energy. The beauty of Pickleball is that it has gotten so many people moving their bodies which is incredible, but if a person isn't fueling their body with great nutrition they only have one oar in the water. It has to be a balance of great nutrition and moving your body! For all you Pickleball players, we also have an incredible athlete line that will improve your game. Feel free to message me if you'd like to learn more. My business is located in Sun Prairie at it's called Sunny Nutrition.



Pictures from Around the Area



I'm Possible SkillLab Tuesday and Thursday Mornings



MSCR Wednesday Night Pickleball at Memorial High School



Outdoor Play when the weather was still accommodating



Cold weather players played outside at Garner Park until December 27th!



Winnequah Park in Monona, Early December

More Pictures from Around the Area



Cold weather players stayed outside until December



Round Robin Tournament winners at The Princeton Club, Jan. 3. Bill Raeder, John Adams, Kim Veith and Deb Jenson.



Miah Jerg, winner of Best Halloween Costume at the Prairie Athletic Club October Pickleball Social



Fred Frank (left) and partner, Gold Medal winners in a tournament in Naples, FL



Good form!



Pickleball Clinic in Naples, FL

More Pictures from Around the Area



Ladies Group Play



Ladies Group Play Selfie



Christmas-Themed Ladies Group Play

Have pictures you want to share? Send them our way: pickleball@capareapb.com

DINK WISCONSIBLY!