

# Pickleball is here!

The Committee is delighted to announce the arrival of *PICKLEBALL* at Bovingdon and Flaunden Tennis Club.



Following detailed discussions with the members and coaching staff, the Committee is pleased to launch *Bovingdon Pickleball* to our club. In early September the mini court will be prepared and repainted to allow all Members to enjoy this fun, friendly and quickly growing sport.



Pickleball is a game (usually) played by 4 people in two teams. Some liken the game to a cross between tennis and table tennis. It is played with flat paddles and a plastic ball with holes in (a pickleball). It can be played as a singles game as well.

Several of our members already play pickleball and we believe it's a fantastic addition to what we offer at the club. ***We will be running fun and friendly taster sessions in late September!***

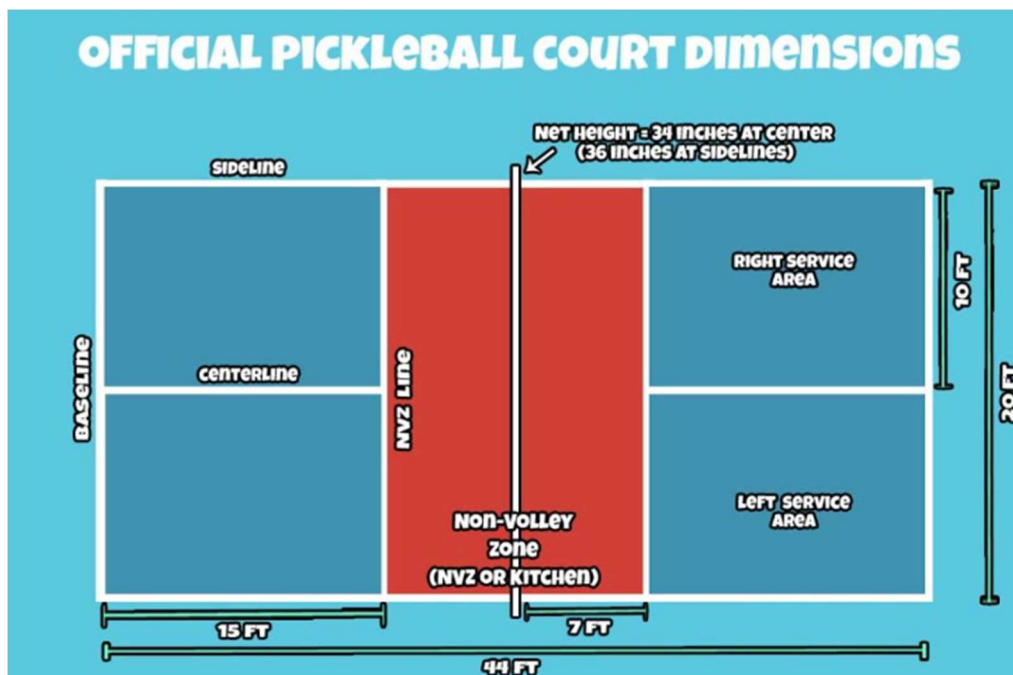
Please watch out for emails and WhatsApp newsflashes for the dates of our taster sessions. These will be held in the week commencing 23<sup>rd</sup> September. We will run sessions in the early evening as well as at the weekend to give as many people as possible the chance to try it out.

The Club has purchased all the equipment we need and following the launch event, the Pickleball court will be available for Members to book for free, making use of club paddles and balls.

*Read on for more.....*

## What is pickleball?

Pickleball is a two- to four-player racquet sport that borrows from badminton, table tennis and tennis. That makes a lot of sense once you realise that the game was improvised back in 1965 when two friends — Joel Pritchard, a Washington State congressman, and Bill Bell, a businessman — couldn't find badminton racquets at Pritchard's home. Using their creativity, they reached for the next best thing: table tennis bats! The game they created was such a success that they introduced the idea to friend Barney McCallum who helped finalise the rules.



## So, how do you play pickleball?

Pickleball is played as either singles or doubles with a badminton-sized court and a shorter tennis net. The game follows specific rules designed to ensure fair play and enjoyable competition. The court is divided into two service boxes and then a non-volley zone close to the net called '*the kitchen*'. To start a point the ball is served underarm into the opposite service box, clearing the kitchen. The serve and return of serve must bounce in court before any player can volley.

The rally continues until either a player/team make a mistake (e.g. hit a shot out of bounds or in the net) or someone hits a winner (ball bounces twice).

The kitchen is also known as the non-volley zone, meaning that if you play a shot inside the kitchen, you must let the ball bounce first, otherwise it's a point to the other player/team. To put it simply, only the serving team can score. You continue that back and forth until a team reaches 11 points, winning by two.

## How do you score in pickleball?

Scoring is simple – the winner is the first player or team to reach 11 points, however, you must win by two clear points. If the score is tied at 10-10, you keep going until one side goes two points clear.

The rules of pickleball state you can only win points on your serve and you continue serving until you lose a point. After winning a point on your serve, you swap sides to then serve to your other opponent/ into the other service box.

In doubles, players on the same side serve in turn. When you watch pickleball doubles, you'll often hear players call out three numbers when announcing the score – the third number refers to which of the two players is serving.

For example, if the score is 3-3 and your team is about to start serving, you would call out 3-3-1 – indicating that player one is serving. If you then lose the point, the score will become 3-3-2 as the serve now goes to your partner rather than the opposition.

The only time this is different is at the start of the game, where only one player gets to serve. For this you would call 0-0-2.

## Sounds great, but is it fun?

Yes! – its fun, easy to learn and suitable for people of all ages and abilities:

- **Social:** Pickleball is a social game that can be played with family and friends, or to meet new people.
- **Exercise:** Pickleball is a great way to exercise and stay healthy, burning up to 300 calories in a 30-minute game.
- **Low-impact:** Pickleball is low-impact, so it's less likely to cause injuries.
- **Inclusive:** Pickleball is a fun and inclusive activity that can bring generations together. The club will supply all the equipment you need until you decide to buy your own paddles and balls.
- **Fun for all:** Pickleball is fun for people of all ages and abilities.

Pickleball is a fantastic addition to our club. It is great fun and people of all abilities can play. You don't need to be any good at tennis to be good at Pickleball!

Watch out for more information on our taster sessions.