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## Welcome to SJPA's Weekly Pickle, 15th Edition

1 message

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Fri, Jun 28, 2024 at 9:09 AM



*Welcome to SJPA's Weekly Pickle, 15th edition.*

*We hope you are enjoying it and finding the information useful. If you have any questions or suggestions, please feel free to contact us by hitting reply to this email.*

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# Women's & Men's Championship Tournament

This tournament will include six separate events, Women's 6.0, 6.5, and 7.0+ and Men's 6.5, 7.0, and 7.5+. Expect to have **fun** and some good competition as you pair off against players of similar levels. And **PRIZES WILL BE AWARDED !!** Start planning and find your partner now! **REGISTRATION OPENS JULY 5TH.** [Find out more](#)

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## We still need your thoughts, ideas, and suggestions

Attendance at many of our events has been down this year from previous years. The SJPA Board has had several in-depth discussions about the possible reasons for this. We believe increased travel, as well as, increased visits from family and friends have impacted attendance, but we need to know if there are other reasons. And for that, we're asking you, our members.

Thank you to our members who have responded. Your SJPA board members are looking forward to discussing all of the responses at our next board meeting and reporting back to you.

**For those of you who have not yet responded, will you please take a minute to provide us with your thoughts, ideas and suggestions.**

[Submit your feedback \(anonymously\)](#)

The SJPA is all about its members and if there is anything we can do to improve the value of membership to you, we want to hear from you.

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Rymer Courts, June 26th 3:45 pm  
hazy day, not full sun



PLAYING SURFACE TEMPERATURE – 133F



UNDER THE AWNING (Same as the air temp) 89F

## Stay Safe in the Heat

It's that time of year again. The time when we need to acclimate to the heat and humidity and remember how best to protect ourselves when we're out there on the courts. According to the CDC, over 1,200 people die each year due to extreme heat, and it's preventable.

To help you when you're at the courts, the SJPA has provided **benches in both the ladies' and men's rooms**. The bathrooms are air conditioned, so this provides the ideal spot to get out of the sun and cool your body down. In addition, there is a box of small zip lock bags located at the ice machine. If you're overheated, **fill the bag with ice and place it against your neck, under your arms, and in your groin area**, where large blood vessels lie close to the skin surface.

Check out the [Red Cross Preparedness Checklist](#). It provides guidance on what to do BEFORE, DURING, AND AFTER exposure to extreme heat.

FEMA also publishes a great reference, [Be Prepared for Extreme Heat](#).

**Be safe out there. Hydrate, take frequent breaks out of the sun, replace electrolytes (have a bag of potato chips), and try to stay cool. If you experience an episode of heat exhaustion (lightheaded, nauseous, just don't feel well), go somewhere cool and rest for the remainder of the day. Acclimatization to heat/humidity is different for all so listen to your body.**

*(with special thanks to Dr. Francesca Cariello for her valuable input)*



## **SJPA Board and Committee Meeting Summary - June 11, 2024**

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## Tips for a Better Pickleball Backhand

Start with a continental grip on your paddle

1. Turn sideways, prior to the ball bouncing, in preparation to hit the ball.
2. Contact the ball out in front. *More specifically: after you've turned sideways and are stepping forward towards the ball, your contact point is slightly in front of your foot or knee.*
3. Stay low as you swing through the contact zone. *The contact zone is the point of contact plus 12-15 inches beyond contact point.*
4. Reach out towards your target on your follow-through. If you are hitting some topspin on the ball then your follow-through will come up to the opposite side of your body.
5. Generally speaking, your swing is a low to high motion. This is Callie Jo Smith demonstrating a good contact point for a 1 or 2-handed backhand.



# SJPA Event Calendar

|  <b>St. James Pickleball 2024</b> |            |  |                    |
|---|------------|--|--------------------|
| <u>DATE</u>   | <u>DAY</u> | <u>EVENT</u><br><i>At Greg Rymer Courts<br/>unless indicated ( )</i> | <u>TIME</u>        |
| June 29   | Saturday   | Mixed-Up Doubles – Play with a Pro<br>SESSION 1                      | 4:00 pm to 5:30 pm |
| June 29   | Saturday   | Mixed Up Double – Play with a Pro<br>SESSION 2                       | 5:30 pm to 7:00pm  |
| July 31   | Wednesday  | Women's 6.0 Tournament   | 5:30 pm to 8:30 pm |
| August 1  | Thursday   | Women's 6.5 Tournament   | 5:30 pm to 8:30 pm |
| August 2  | Friday     | Women's 7.0+ Tournament  | 5:30 pm to 8:30 pm |
| August 6  | Tuesday    | <b>Social – Beach Night</b>  | 6:00 pm to 8:00 pm |
| August 7  | Wednesday  | Men's 6.5 Tournament   | 5:30 pm to 8:30 pm |
| August 8  | Thursday   | Men's 7.0 Tournament   | 5:30 pm to 8:30 pm |
| August 9  | Friday     | Men's 7.5+ Tournament  | 5:30 pm to 8:30 pm |
| September   | All month  | GotSneakers Drive  |                    |
| September 28 and 29   | Sat/Sun    | Battle of the Paddle   |                    |
| October   | TBD        | Mixed Up Double – Play with a Pro                                    |                    |
| November  | TBD        | Social - Halloween Pickleball  |                    |
| November 14   | Thursday   | <b>SJPA Annual Meeting</b>   |                    |
| December  | TBD        | Social – Holidink – Play with a Pro                                  |                    |

*Thanks for taking the time to read the Weekly Pickle. We welcome your feedback and any ideas you have for future issues of the newsletter.*

*See you at the courts!*