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## Welcome to SJPA's Weekly Pickle, 19th Edition

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*Welcome to SJPA's Weekly Pickle, 19th 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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## MARK YOU CALENDAR It's time for a BEACH PARTY! August 6th, starting at 5:00 St. James Beach Club



The St. James Pickleball Association (SJPA) and the St. James Tennis Association (SJTA) invite you to our 2nd annual Beach Party. Meet, mix, mingle, and enjoy a **FUN** evening with games and dancing.

Entertainment provided by DJ Rodney Axsom from 6:00 pm to 8:00 pm.

All SJPA and SJTA members and their guests are invited. There is no fee for this event but please bring a non-perishable item for the Southport-Oak Island Interchurch Fellowship (SOIIF) Food Pantry

[Find out more](#)

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## Women's & Men's Championship Tournament

**THERE'S STILL TIME TO SIGN-UP FOR WHAT'S GOING TO BE A GREAT TOURNAMENT!**

Your team will play on **one evening from 5:30 pm to 8:30 pm**. That's it! What a great way to get involved in tournament play if you haven't had the experience.

Women's 6.0 (*two 3.0 players*) – July 31

Women's 6.5 (*one 3.0 and one 3.5 rated player*) – August 1

Women's 7.0+ (*two 3.5 rated players OR one 3.0 & one 4.0 rated player*) – August 2

Men's 6.5 (*one 3.0 and one 3.5 rated player*) – August 7

Men's 7.0 (*two 3.5 rated players OR one 3.0 and one 4.0 rated player*) – August 8

Men's 7.5+ (*one 4.0 rated player and one 3.5 or greater rated player*) – August 9

Expect to have **fun** and some good competition as you pair off against players of similar levels. And **PRIZES WILL BE AWARDED !!** Find your partner and register. **REGISTRATION IS STILL OPEN.** [Find out more](#)



## Topspin Volley

Learning how to hit a good topspin volley can be a game changer and can take your game to the next level.

Topspin causes the ball to dip faster and sooner than when the ball is hit flat, making it more of a challenge for your opponent to return.

When used as the fourth shot, the receiving team's response to the server's third shot drop or low drive, this shot can significantly delay the serving team from making it to the No Volley Line (NVL.) In doing this the receiving team holds on to the offensive position and will be more likely to win the point.

### Technique for the topspin volley:

- First, think of a bicycle turned upside down. You are standing behind the wheel to spin it in a forward direction.
- Place the palm of your hand in a finger tips down position (approximately a 45 degree angle).
- Place the paddle in your hand with light to medium tension, with the top of the paddle down.
- Move your hand low to high on the wheel to spin it forward (like spinning the bicycle wheel.)
- The primary movers of this motion comes from a light bending of the elbow. (The paddle is an extension of the palm of your hand.)
- Now, as the ball is tossed towards you and is descending from the top

of its arc, connect with the ball and move your paddle low to high (as if the ball is the bicycle wheel.)

- ***Voila, you should have some topspin on your ball.***
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## LOST AND FOUND

**LOST SOMETHING?** Check the ***SJPA storage box*** located at the Rymer Courts, outside of Court 1. If your item is not there, check at the Founders' Tennis Shop.\*

**FOUND SOMETHING?** Place the item in the ***SJPA Storage Box*** located at the Rymer Courts, outside of Court 1.

As a courtesy, please also post the item on the St James Pickleball Facebook page.

*\*Lost items will be taken from the SJPA storage box to Founders' Tennis Shop once a week.*

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## SJPA Event Calendar



## St. James Pickleball 2024

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u> <u>At Greg Rymer Courts</u> <u>unless indicated ( )</u>	<u>TIME</u>
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 28 and 29	Sat/Sun	Battle of the Paddle	
October	TBD	Mixed Up Double – Play with a Pro	
November	TBD	Social - Halloween Pickleball	
December	TBD	Social – Holidink – Play with a Pro	

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*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!*