

Pickleball in North Grenville



Presentation – February 13, 2019
Alison Sampson

Background

- I have lived in the community for over 30 years
- I am a Physical Education (Hon) graduate and retired teacher and am here representing a group of “Picklers”
- I have been working with a group of volunteers since the spring of 2018 trying to establish a pickleball club in Kemptville
- We are currently looking for an affordable place to play locally

What is Pickleball?

- Pickleball is a court sport played on a badminton-sized courtIt can be played indoors or outdoors and is easy for beginners to learn, but can develop into a fast-paced, competitive game for experienced players. In addition, the game has developed a passionate following due to its friendly, social nature, and its multi-generational appeal.
- <https://www.usapa.org/pickleball-fact-sheet/>

Interest is Growing



[https://www.pickleballcanada.org/docs/April_2018_Newsletter_\(E\).pdf](https://www.pickleballcanada.org/docs/April_2018_Newsletter_(E).pdf)

Why Play?

Canadian Physical Activity Guidelines (18-64)

Being active for at least 150 minutes per week can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

... and for 64+

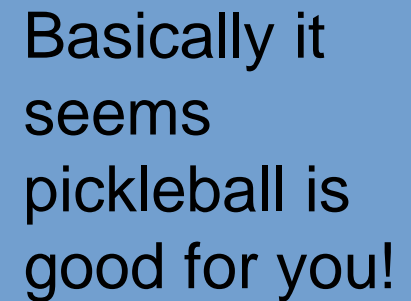
Canadian Physical Activity Guidelines (64+)

Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease)
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve Fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better



Basically it seems pickleball is good for you!

... and we do have a lot of fun!

Photo: Francine Cross



We have Equipment and Interest

- Our group has 4 official (portable) pickleball nets as well as balls and paddles
- We have 70 people on our contact list
- Since the start of September, our 4 courts have been full every Saturday (this past Saturday we had 16 playing on the courts with 12 waiting on the sidelines for their turn to play)
- New players come out every week to give it a try
- Players are asking for additional gym time so they can play several times a week (this is a good thing)

Doubles Play at NGDHS



Our 4 Portable Nets

Photo: Francine Cross



Recent Invitation



1ST SMITHS FALLS FUN PICKLEBALL TOURNAMENT

Saturday, JUNE 15, 2019 (rain or shine: indoor/outdoor courts)

Registration Deadline: May 1, 2019 (No refunds after May 15, 2019)

Registration Form - Please print clearly

Name: _____

Address: _____ Phone: _____

Email: _____



Here is what we can do....

- We can play outdoors at Riverside Park in the Summer months (2 of the 4 courts have appropriate lines)
- We can use the NGDHS gym time during the day in July and August
- We can cover the costs of the above during the summer months
- We currently cover the \$50 cost for 2 hours of play and insurance at NGDHS on Saturday afternoon (\$3 drop-in fee per person)

What we are asking for

- From the beginning of September until mid June we need a place to play at least twice a week (W.B. George)
- We are flexible (Monday and Wednesday from 7:00 - 9:00 PM would be ideal)
- W.B. George has 3 available courts but the rental fees are out of our reach
- Of the \$400/week charge we would incur we could cover \$100, so we are looking for \$300/week for 42 weeks
Total of $\$300 \times 42 = \$12,600$

North Grenville Pickleball

Photo: Francine Cross

