



MPC DROPSHOT NEWS

June 1, 2021 Edition

Dropping News from the Meaford Pickleball Club into Your Kitchen!

Drop Shots!

Game Schedule:

Mon., June 7. 9:00 - 10:15 &
10:30-11:45

Wed., June 9. 9:00 - 10:15 &
10:30-11:45

Fri., June 11. 9:00 - 10:15 &
10:30-11:45

Sat., June 12. 9:00 - 10:15 &
10:30-11:45

Game Invites:

All games will be offered through EZin Sign Up System. Invites went out for Monday June 7 today and Wednesday June 9 games will go out Thursday this week.

If you need help check the MPC EZin page on our website or contact Brian Bell.

Capacity Limits*

June 7 - 12 - Max. of 5

June 14 - 19 - Max of 10

July 5 - Max of 25

*Assuming Ontario Reopening Plan takes effect on schedule.

MPC Hats on Order!

First MPC merch is our drawstring bags - next is our hats. Should be here later in June.

MPC email address:
meafordpb@gmail.com



**Join MPC now
and receive
this free bag!**

**All members including
those who signed up
already will get a bag.**



PARTICIPACTION

Let's get moving.

participACTION.com

June is ParticiPACTiON month in Canada!

MPC has been a recipient of a Participaction Grant and we are excited to join the Community Better Challenge.

Download the APP now and track you activity this month personally, with a team of friends and at Pickleball.

See the following page for more details.

Check it
out!

How to play Skinny Singles - page 3 below.

Don't forget to join the Club!

**All players will need to be members before you
will be permitted to play at Club games. Join the
Club at www.meafordpb.ca through PCNS.**



ParticipACTION Community Better Challenge



The Meaford Pickleball Club (MPC) received a grant of \$400 from ParticipACTION to be used to increase physical activity of community members. The Community Better Challenge is a national physical activity initiative that encourages Canadians to get active.

MPC Goals:

1. Increase the number of people playing pickleball and joining our club through lessons and drills
2. Sponsoring youth (12-17) learn to play sessions with the hope of creating a youth league to play during the summer months, COVID permitting. If you know any youth that might be interested, please forward their name, parent/guardian name and contact information to **Donna Lowe** by **June 11**. Contact Donna at 519-377-9622 or email at lowedonna1863@gmail.com.
3. Tracking physical activity of club members
 - From June 1 to 30th we would like members, family members (over age 17), friends to track their physical activity minutes through the ParticipACTION app. Download the app from Google Play or the App Store. This app can be linked to a fitness tracker (Google Fit, fitbit and GARMIN) and will automatically track your activity. If you do not use a fitness tracker, your activity minutes can be entered manually into the ParticipACTION app. Community members under the age of 17, activity minutes need to be tracked on the ParticipACTION website.
 - For every pickleball session in the month of June, group activity minutes will be tracked by the MPC Executive and entered into the ParticipACTION website.

This year is ParticipACTION's 50th anniversary and is being celebrated all year long by getting retroactive. ParticipACTION is hosting retroactive Fit breaks live on Facebook every Tuesday, Wednesday and Thursday at 12 pm EST throughout the month of June. Exercise videos are available on the ParticipACTION website that can be used anytime.

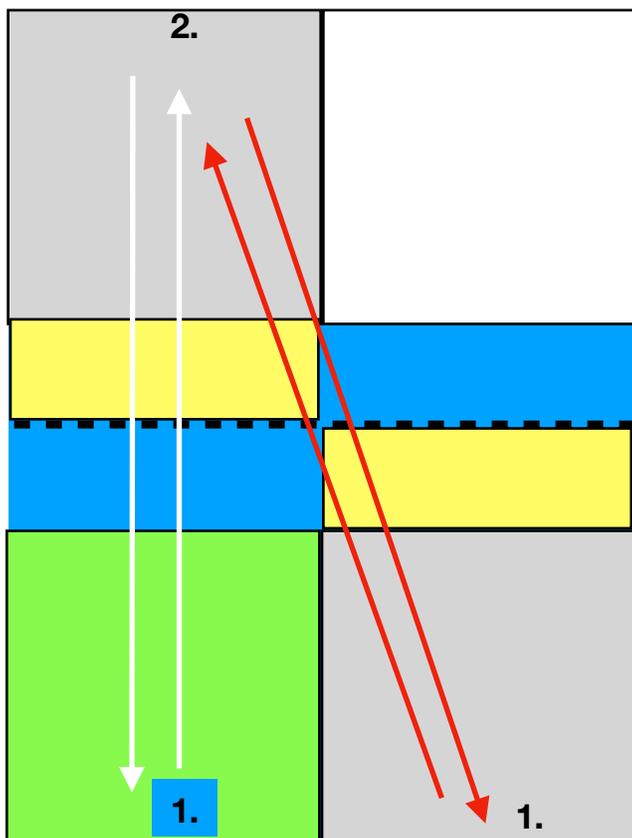
Let's Get Active, MPC!

Repeat from May 21 Newsletter - In case you missed it?

We Can Play!

The following are the arrangements we are implementing for starting pickleball up again.

1. The Tennis Courts will be open as of May 22. We will not be offering PB sponsored by MPC at the Tennis Courts. It's your choice to play there and you will need your own balls / paddles. Please note maximum 5 players. (Our understanding is that only singles games are within the provincial guidelines at this time. If you play with someone you live with doubles is accepted.)
2. Play at the Harbour Pavilion Courts will be run under our auspices. Singles games only - 2 people per court. Max of 5 players permitted for week of June 7 - see page 1 for schedule.
3. M - W - F & Sat morning sessions offered. 75 minutes each.
4. Session Times 1) 9:00 - 10:15 a.m., 2) 10:30 - 11:45 a.m. More days and times up to 4:30 pm may be added.
5. Ezin Sign Up system will be used. A club wide invitation will be sent out to all members - first come, first served for singles play.
6. Due to size limitations - one session per week per member unless the sessions are not full.
7. Preference on Saturdays will be given to those who are unable to play on weekdays due to work commitments.
8. All players must be members of MPC for club sanctioned play (ie Harbour Crt) having signed up on our website and paid fees in full.
9. The courts have had some great repair work done: those troublesome cracks have been filled; a third court is ready to go; new ball containment fencing is being made; Flower pot traffic barriers are due to be placed on the south and west side of the courts.
10. For new players - instructional sessions will be offered weekly.
11. Doubles play will begin once provincial restrictions are adjusted.
12. Questions? - please send us an email at meafordpb@gmail.com.



Skinny Singles Explained:

Here's how you can play singles and build your skills too!

1. Server 1 serves cross court and rally is played within the grey section of the court, including yellow shaded area of kitchen. (Red arrows.) If server wins point player 1 moves to other side of court (green side) and serves to opponent 2 who stays at grey side. (White arrows.) Point plays out in half of the court only. If server wins point, player moves back to grey side and serves cross court again until serve is lost.
2. Once opponent begins to serve a similar format follows.
3. Players move sides only if they win a point.
4. Players starts in right side of court with score of 0, which is known as the even side of the court. The other left side is known as the odd side of the court so you can know which side you are to serve from depending on your score.
5. Game continues until one player wins first to 11.
6. It's great to work on controlling your shots and reduces the amount of running required.
7. Alternative method is to simply play a game straight on against partner on one side of the court or just hitting cross court only.