



Saskatoon SSFA Pickleball Newsletter



News You Can Use Holiday Hours

- **Elim Church**
Last Day for Elim Church is Friday, December 22nd. Play will resume January 8th, 2024.
- **Cornerstone Church**
Last Day for Cornerstone is Wed. December 20th. Play will resume January 8th, 2024.
- **Ebenezer Church**
Last Day for Ebenezer Church is Friday December 22nd. Play will resume January 8th, 2024.

Free Week of Play



In appreciation of our members, SSFA Pickleball is again offering free play to all our members starting the week of December 18 – 22.

Safety First

For the safety of our members, we require members to wear non-marking court shoes and highly recommend glasses or safety glasses when you play.

Memberships

All new memberships purchased in January & February 2024 will be \$5.00. New memberships purchased in March 2024 will be at \$20.00. For more information go to our website at www.saskatoonpickleball.org



2024 Upcoming Changes

New to Game and Lessons – Now at Elim Church every Monday from 9:45 – 11:45 a.m. Come out and learn to play!

Recreational Play – Now at all venues (please check times on calendar for all venues). This type of play is fun for everyone whether you are a beginner or have played for awhile. Easy going and noncompetitive.

Competitive Play – Now at all venues (please check times on calendar for all venues). This type of play is for those that want a competitive game and have played pickleball for a year or longer. We recommend a self assessment of a 3.0 level of play or close to that level to enjoy the competitiveness of the game. (See next page for levels based on the Pickleball Canada Skill Level Guidelines.)

Advanced Play – (NEW) – This is a new level of play at Cornerstone Church every Thursday from 12:30 – 2:30 beginning January 11, 2024. This is for players that are at a level of 3.5 or higher. It is highly competitive level and is geared to those who would like to play competitively in tournaments. (See next page for levels based on the Pickleball Canada Skill Level Guidelines).

If you are interested in playing at this level, please contact either:
Bob Froese at Cornerstone or
rfroesewaldheim@sasktel.net **OR**

Dennis Fetter at Ebenezer or
fetterds@gmail.com

Holiday Greetings from Your SSFA Pickleball Committee



What a wonderful year it has been with lots of fun times, laughs and new friendships made.

SSFA would not be able to operate if we did not have volunteers, so **THANK YOU** so much for all those members that step up to help. We truly have a fantastic group of people.

On behalf of your SSFA Committee we wish you and all those close to you a joyous holiday season and new year filled with happiness and hope throughout the coming year.

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Pickleball Guidelines

Based on Skill Level

The following is a good guideline to use for self assessment.

If you are interested in playing at the 3.5 level, please contact either:

Bob Froese at Cornerstone or rfroesewaldheim@sasktel.net **OR**

Dennis Fetter at Ebenezer or fetterds@gmail.com

3.0 Skill Level

- Knows basic rules including how to keep score.
- Developing control on forehand groundstroke (placement, direction, depth).
- Developing control on backhand groundstroke (placement, direction, depth).
- Getting 70% of serves and returns of serves "in."
- Striving to place serves deep into the court.
- Beginning to develop placement of serves.
- Uses deeper and higher returns of serve to allow time to approach the net.
- Approaches the non-volley line quickly rather than staying back.
- Sustains a short volley session at the net.
- Exhibits correct court positioning for doubles and how to "move as a team".
- Beginning to use the forehand lob with some success.
- Developing a sustained "dink" exchange at the net.
- Attempting to hit a soft "drop shot" to approach the net (3rd, 5th, etc. shot).
- Attempting to adjust to differing ball speeds (hitting and returning).
- Has good mobility.
- Developing good hand-eye coordination.

3.5 Skill Level

- Knows all the main rules including how to refigure the score and correct server.
- Demonstrates control on forehand groundstroke (direction, depth, and pace).
- Demonstrates some control on backhand groundstroke (direction, depth, and pace).
- Getting 80% of serves and return of serves "in".
- Regularly placing serves deep into the court.
- Regularly uses deeper & higher returns of serve to allow time to approach net.
- Approaches the non-volley line quickly (when appropriate) rather than staying back.
- Able to play with partners effectively. Beginning to use court strategies such as partner communication and team coverage of court.
- Avoids hitting "out" balls.
- Hitting the ball lower over the net consistently.
- Developing a wide variety of shots with some consistency.
- Learning when to use soft shots vs power shots to their advantage.
- Developing consistency on shot placement, including ability to create, and hit "gaps."
- Sustains a short volley session at the net with some control and placement.
- Initiates and maintains a sustained "dink" exchange at the net.
- Able to execute a soft "drop shot" to approach the net (3rd, 5th etc. shot)
- Able to adjust to differing ball speeds consistently.
- Developing ability to hit overheads with control.
- Using a forehand and backhand lob when appropriate.
- Developing patience in rallies.
- Has good mobility.
- Has good quickness.
- Has good hand-eye coordination.