

# Relish Pickleball

Tallahassee Pickleball Players

July 28, 2015

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## Protect your eyes while playing pickleball

Most of you probably have sported “pickleball tattoos,” or bruises that form once you have been hit by a speeding pickleball. Getting hit in the eye, however, is another matter.

Although the ball is hollow and lightweight, it is made from a hard polymer and can travel at a very high rate of speed. Indoor balls are softer with larger holes. Outdoor balls are harder with smaller holes that allow the balls to move faster through greater wind resistance.

Carolyn Allaire, USAPA ambassador, related the story of a Florida player who recently lost an eye after having

been hit by a pickleball. “It’s very important to protect our eyes,”

Carolyn advises.

Here are some options for protecting your eyes. Buy generic eye-protection goggles from a sports store or from a home-supply store. Buy prescription sports eyewear from an optician. Or – if you don’t want to be bothered by lenses that fog up when you sweat – simply pop the lenses out of an old pair of sunglasses or other glasses.



Make sure that the frames are sturdy and flat – not rounded – and that the eye hole is small enough so that the ball will not protrude through it. Wearing eye protection should be just as important as wearing the right shoes or choosing the right paddle.

## Pickleball family loses friend: Frank Mordica

The Tallahassee pickleball family was saddened to learn of the sudden, unexpected death of Frank Mordica, who died from a heart attack Saturday, July 18, while at Premier. Many of us remember Frank as the friendly, helpful man who tallied scores during the recent Tallahassee Pickleball Tournament. Frank also served on the tournament planning committee.

Frank was a modest man. None of us knew of his stardom until we read in the Tallahassee Democrat and online that he was “one of the greatest running backs in Vanderbilt University history.” His record of 2,632 rushing yards from 1976-1979 was a school record for 33 years, according to the Democrat. He still holds the school record for the most rushing yards – 321, with five touchdowns – for a game in 1978 against Air Force.

Premier players have taken up a collection to donate to Frank’s family. If you would like to contribute or add your name to a condolence card for the family, please let LaRae Donnellan know by Thursday, July 28. You can reach her at Premier during Thursday morning play or via email at [larae.donnellan@gmail.com](mailto:larae.donnellan@gmail.com).



<http://www.tennessean.com/story/sports/college/vanderbilt/2015/07/22/vandy-running-back-mordica/30543605/>

## New hours for beginners at Premier start Aug. 1

Sixteen new players have joined the Premier pickleball ranks as a result of publicity surrounding the Tallahassee Pickleball Tournament June 27-28. As an experiment, one court was designated for beginners from 8-10 a.m. on Saturdays.

Starting Saturday, Aug. 1, the beginner court will be available from 8-9 a.m., with free instruction provided by more experienced players. At 9 a.m., beginners are welcome to join in the general court rotation, pairing up with other beginners and intermediates.

Beginner instruction is also available at Jack McLean Community Center from 10-11 a.m. on most Mondays and at the Senior Center from 11:30-noon on most Wednesdays. Check “Where to Play Pickleball in Tallahassee – August 2015” on Page 6 of this newsletter for more information.

## Player spotlight

*Each issue, we will highlight two Tallahassee pickleball players so that we can get to know one another better. This month, we feature a newer player and one who has played for a few years.*

### Michael Donnellan

Although Michael Donnellan, 27, is a relative newcomer to pickleball, having played only about nine months, he is already arguably the best player in Tallahassee. Michael was introduced to the sport last fall by his mother and father, LaRae and Patrick Donnellan, one Saturday morning at Premier. By the second game, he had surpassed their skill level ... and then some.

Michael is a natural athlete. He excelled in baseball during middle and high school, and he still plays in an adult league. He also plays tennis, golf, and racquetball. He competed in his first pickleball tournament this spring in Daytona Beach Shores. He and his partner, Judy Lyle, came in first in 4.0 mixed doubles. Now he's eager to try his skills against 4.5 and 5.0 players.

"I started playing pickleball for fun and exercise," Michael says. "And now I'm preparing myself to compete in a national tournament – either this year or next."

Because he works as an accounting clerk for Rose Printing Company during the day, Michael must fit in his twice-weekly pickleball habit in the evening or on weekends. He is noted for his quickness on the court, his powerful overhead smashes, and his finesse with the dink. Watching videos on YouTube has helped him learn from some of the best.

Michael's advice to new players is to practice dinking and dropping the ball into the opponents' nonvolley zone, or the kitchen. "Conventional wisdom is that the harder you hit the ball, the better. However it's those who learn to take pace off the ball who see the biggest improvements," Michael says.



### Sue Gambill

Sue Gambill, 64, has been playing pickleball for more than two years. She first picked up the sport shortly after she retired in January 2013 from the Agency for Health Care Administration, where she'd worked for 19 years. Now she plays pickleball, on average, three times a week: twice at the Senior Center and once at Jack McLean Community Center.

Sue considers herself to be a recreational player. "I'm not highly competitive in pickleball though I enjoy challenging myself to improve my game," she says.

Sue loves the sport and the camaraderie it provides so much that now she is the volunteer coordinator for pickleball every Wednesday at the Senior Center. She makes sure everything is set up, introduces new people to the game, and then makes sure everything is packed up afterward and that the money and participant numbers are turned in. She also sends periodic updates on the playing times at city facilities.

"We've had a lot of new people come in this summer," Sue says. "With the growing interest we've been seeing, having additional locations for play would be advantageous."

In addition to playing pickleball, Sue is a former "biker girl," having biked with the local club for several years. She still bikes and walks daily. When she's not on the court, Sue loves to hand-quilt and is now making a series of lap quilts for family members. She also loves to read fiction and is addicted to watching British films and TV series.

In her 20s, Sue spent seven years abroad doing volunteer community organizing for an international women's organization. While she was working in Portugal, the fascist government was overthrown during a military coup. "I got to witness the marvelous awakening of a people and a culture as they moved from a closed society controlled by a fascist government and moved into an open, democratic society and the modern world," Sue says.





# Ask the Ref

*If you have questions about pickleball rules or etiquette, email your questions to “Ask the Ref” at [larae.donnellan@gmail.com](mailto:larae.donnellan@gmail.com). Answers will be dictated by the International Federation of Pickleball “Official Tournament Rulebook.”*

*This month, I will be sharing some of the rules I learned during a referee’s workshop July 9 at the National Senior Games in Minneapolis.*

- While you may know that you cannot step into the kitchen (or nonvolley zone) to hit a ball before it bounces, perhaps you didn’t know that it is also a fault if your paddle touches the line or the floor in the kitchen while you are in the process of hitting a ball on the fly.
- Here’s another kitchen rule: While it is OK to stand in the kitchen as long as you are not hitting the ball before it bounces, you cannot jump into the air from the kitchen to hit a high ball – unless BOTH of your feet touch the floor first.
- In USAPA-sanctioned tournament play, you must not serve until the referee calls the score. If you do so, you lose your serve. For recreational play, you should call out the score before every serve.
- Once the ref announces the score, the server has 10 seconds to serve. But the server must make sure the receiver is ready – in the right spot on the court and facing the server. If a receiver is not quite ready, he or she may raise a paddle or face away from the net (within the allotted 10 seconds). If the server serves before the receiver is ready, then the server simply re-serves the ball.
- Make sure that you are standing behind the baseline but within the imaginary extension of the sidelines when you start your service motion. If not, it is considered a fault, and you would lose your serve.
- Watch your language and your behavior while on the court. In USAPA-sanctioned tournaments, a referee will explain at the beginning of a match that it is considered “inappropriate conduct” to swear or be verbally or physically abusive while on the court. Should you utter an inappropriate four-letter word (even if directed at yourself), you (or your team, if you are playing doubles) will be assessed a technical foul. Should you do it again, you or your team would forfeit the match! So watch your language. Oh, and don’t throw your paddle, either. There will be no John McEnroes in pickleball!
- In doubles, if the wrong player serves or receives or if the server serves from the wrong side of the court, a fault must be called *after* the ball is served. The referee must not voluntarily correct players before the ball is served. However, a player may ask a “yes” or “no” question *before* the ball is served: “Am I the correct server?” or “Am I in the right position?”
- There are three requirements for a legal serve:
  1. The motion of the arm must be in an upward arc.
  2. The highest point of the paddle head must be below the wrist when the ball is struck.
  3. The ball must be contacted below the waist.
- Matches begin by deciding who will serve first. This is usually done by flipping a coin or selecting a number. A team may choose serve, receive, side, or defer. If a team chooses to serve first, then the opponents get to decide which side they want. If a team chooses to receive first, then the opponents *STILL* get to select which side they want.



## **Donnellan & Lyle at National Senior Games**

LaRae Donnellan and Judy Lyle competed July 10 in women’s doubles, ages 65-69, at the National Senior Games in Minneapolis. The duo won two matches and lost two. LaRae placed sixth in women’s singles on July 15 in the 65-69 age bracket.

## PickleMall

Shelley Hill is offering two items she'd like to sell. If you are interested in either item, please contact her at [shelleybilltoby@comcast.net](mailto:shelleybilltoby@comcast.net).

- White clear goggles, \$5



- Graphite paddle, \$20



LaRae Donnellan, who is the Tallahassee representative for Paddletek, will order new paddles for you at any time. She has on hand the following:

- New Paddletek Element: Good for power; lightweight; blue or raspberry, \$69



- New Paddletek Stratus: Good for control; light-weight; black or magenta, \$69



If interested, contact her at [larae.donnellan@gmail.com](mailto:larae.donnellan@gmail.com).

If you have pickleball-related items you'd like to sell in the "PickleMall" column, email a photo and text of the items to LaRae.

# The Art of Pickleball

By Susan Campbell



Rembrandt painted a famous self-portrait in 1630, titled "Aux Yeux Hagards." Local artist Susan Campbell offers up this new version – "Rembrandt Wild Eyed" – which she created in 2015. You can imagine the great artist's confusion had he been instructed to "stay out of the kitchen." We modern-day pickleballers often struggle with this admonition, too.



*Susan Campbell is a talented artist who will be showing some of her wares at the "Emerging Artists" show at the LeMoyne Gallery in January.*

# Tallahassee Pickleball Tournament results



Our first round-robin Tallahassee Pickleball Tournament is now in the history books. It brought in players from as far away as Destin, Monticello, Jacksonville, Orange Park, Niceville, Ponte Vedra, and Havana – in addition to players from Tallahassee. Premier has decided to host another tournament in 2016. Watch for more details.

## Women's – Beginner/Intermediate

Gold – Anna Vinson and Erin Batts  
 Silver – Carolyn Allaire and Penny Taylor  
 Bronze – Karen Rickards and Shelley Hill

## Women's – Intermediate/Advanced

Gold – Amele Banbilu and Jodi Yambor  
 Silver – Helen Burgess and Karen Parrish  
 Bronze – Helen Garfin and Rumi Gardner

## Men's – Beginner/Intermediate

Gold – Rick Whitney and Randy McDaniel  
 Silver – Jim Grubbs and Walt Cofer  
 Bronze – Bill Graham and Jerry Morris

## Men's – Intermediate/Advanced

Gold – David Meadows and David Snyder  
 Silver – Scott Hutter and Michael Donnellan  
 Bronze – Stuart Parrish and Sal Morales

## Mixed – Beginner/Intermediate

Gold – Randy McDaniel and Penny Taylor  
 Silver – David Pepper and Karen Rickards  
 Bronze – Jerry Morris and Carol (Zippy) Wartenberg

## Mixed – Intermediate/Advanced

Gold – Karen Parrish and David Meadows  
 Silver – Helen Burgess and David Snyder  
 Bronze – LaRae and Michael Donnellan

### Thanks to our sponsors:

Premier Health & Fitness, Tropical Smoothie, Paddletek, ProLite Sports, Pickleball Rocks, Trader Joe's, The Fresh Market, Outback Steakhouse, Firehouse Subs, Honey Tree, Shaw's, Tallahassee Primary Care Associates



Women's beginner-intermediate winners



1<sup>st</sup> place:  
Anna & Erin



1<sup>st</sup> place:  
Jodi & Amele



Women's intermediate-advanced winners



Men's beginner-intermediate winners



Men's intermediate-advanced winners



Mixed beginner-intermediate winners



Mixed intermediate-advanced winners



Scorers: Frank Mordica, Carolyn Allaire, Tricia Rizza



Tallahassee Democrat story: Rod Houck & Sandy Turco



Amele's fans

# Where to Play Pickleball in Tallahassee – August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p><b>It's always a good idea to call a facility ahead of time to confirm that there haven't been any schedule changes:</b>                      Hilaman Golf Course (891-2560) Jack McLean Community Center (891-2505) Lafayette Park (891-3946) Senior Center (891-4000)                      Lawrence-Gregory Community Center (891-3910) Sue McCollum Community Center (891-3946) Premier Health &amp; Fitness (431-2348)</p>						<p>1 <b>PH&amp;F 8-noon</b>                      Beginner instruction 8-9 a.m.  <b>HGC &amp; LP</b></p>			
<p>2 <b>HGC LP</b></p>	<p>3 <b>JM 10-1:30; beginner instruction 10-11</b>  <b>HGC &amp; LP</b></p>	<p>4 <b>PH&amp;F 9-noon</b>  <b>SC 5-9 p.m.</b>  <b>HGC &amp; LP</b></p>	<p>5 <b>SC 11:30-4</b>                      Beginner instruction 11:30-12  <b>HGC &amp; LP</b></p>	<p>6 <b>PH&amp;F 9-noon</b>  <b>HGC &amp; LP</b></p>	<p>7 <b>SC 11:30-1:30</b>  <b>HGC &amp; LP</b></p>	<p>8 <b>PH&amp;F 8-noon</b>                      Beginner instruction 8-9 a.m.  <b>HGC &amp; LP</b></p>			
<p>9 <b>HGC LP</b></p>	<p>10 <b>HGC &amp; LP</b></p>	<p>11 <b>PH&amp;F 9-noon</b>  <b>SC 5-9 p.m.</b>  <b>LGCC 6:30-9 p.m.</b>  <b>HGC &amp; LP</b></p>	<p>12 <b>SC 11:30-4</b>                      Beginner instruction 11:30-12  <b>HGC &amp; LP</b></p>	<p>13 <b>PH&amp;F 9-noon</b>  <b>HGC &amp; LP</b></p>	<p>14 <b>SC 11:30-1:30</b>  <b>HGC &amp; LP</b></p>	<p>15 <b>PH&amp;F 8-noon</b>                      Beginner instruction 8-9 a.m.  <b>HGC &amp; LP</b></p>			
<p>16 <b>HGC LP</b></p>	<p>17 <b>JM 10-1:30; beginner instruction 10-11</b>  <b>SM 9-10:30 &amp; 10:30-noon (reserved)</b>  <b>HGC &amp; LP</b></p>	<p>18 <b>PH&amp;F 9-noon</b>  <b>LGCC 6:30-9 p.m.</b>  <b>HGC &amp; LP</b></p>	<p>19 <b>SM 10-1</b>  <b>SC 11:30-4</b>                      Beginner instruction 11:30-12  <b>HGC &amp; LP</b></p>	<p>20 <b>PH&amp;F 9-noon</b>  <b>HGC &amp; LP</b></p>	<p>21 <b>SC 11:30-1:30</b>  <b>SM 9-10:30 &amp; 10:30-noon (reserved)</b>  <b>HGC &amp; LP</b></p>	<p>22 <b>PH&amp;F 8-noon</b>                      Beginner instruction 8-9 a.m.  <b>HGC &amp; LP</b></p>			
<p>23 <b>HGC LP</b></p>	<p>24 <b>JM 10-1:30; beginner instruction 10-11</b>  <b>SM 9-10:30 &amp; 10:30-noon (reserved)</b>  <b>HGC &amp; LP</b></p>	<p>25 <b>PH&amp;F 9-noon</b>  <b>LGCC 6:30-9 p.m.</b>  <b>HGC &amp; LP</b></p>	<p>26 <b>SM 10-1</b>  <b>SC 11:30-4</b>                      Beginner instruction 11:30-12  <b>HGC &amp; LP</b></p>	<p>27 <b>PH&amp;F 9-noon</b>  <b>HGC &amp; LP</b></p>	<p>28 <b>SC 11:30-1:30</b>  <b>SM 9-10:30 &amp; 10:30-noon (reserved)</b>  <b>HGC &amp; LP</b></p>	<p>29 <b>PH&amp;F 8-noon</b>                      Beginner instruction 8-9 a.m.  <b>HGC &amp; LP</b></p>			
<p>30 <b>HGC LP</b></p>	<p>31 <b>JM 10-1:30</b>                      Beginners 10-11  <b>SM 9-10:30 &amp; 10:30-noon (reserved)</b>  <b>HGC &amp; LP</b></p>	<p style="text-align: center;"><b>Facilities Key</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; vertical-align: top;"> <p><b>Hilaman Golf Course (HGC)</b>                      Available DAILY first-come, first-served                      Two lighted outdoor courts                      2737 Blair Stone Road</p> </td> <td style="width: 33%; vertical-align: top;"> <p><b>Jack McLean Community Center (JM)</b>                      Three indoor courts                      700 Paul Russell Road</p> </td> <td style="width: 33%; vertical-align: top;"> <p><b>Senior Center (SC)</b>                      Two indoor courts                      1400 N. Monroe St.                      Recreational play \$2 donation</p> </td> </tr> </table>					<p><b>Hilaman Golf Course (HGC)</b>                      Available DAILY first-come, first-served                      Two lighted outdoor courts                      2737 Blair Stone Road</p>	<p><b>Jack McLean Community Center (JM)</b>                      Three indoor courts                      700 Paul Russell Road</p>	<p><b>Senior Center (SC)</b>                      Two indoor courts                      1400 N. Monroe St.                      Recreational play \$2 donation</p>
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**Lafayette Park (LP)**  
 Available DAILY first-come, first-served  
 Two outdoor courts; tie-downs & balls available in Sue McCollum Community Center during regular business hours

**Lawrence-Gregory Community Center (LGCC)**  
 Three indoor courts  
 1115 Dade St.  
 Competitive play

**Premier Health & Fitness (PH&F)**  
 Three indoor courts  
 Members free; guests \$7  
 3521 Maclay Blvd. S.

**Sue McCollum Community Center (SM)**  
 Three indoor courts  
 Free on Wednesdays  
 Reserved Mondays & Fridays: \$10 for each 1 1/2-hour time slot  
 501 Ingleside Ave.