

Newsletter #4 Spring '24



Welcome to the Spring edition of our club newsletter. So much has been happening we don't have space to tell you about everything – but here's some of the **highlights** and we will continue to share regular news updates on our social media platforms. You don't have to have a Facebook, X (Twitter) or Instagram account to view our public club pages; but if you do, please follow, like and share to help us promote the game in our local community. More information about activities and new developments can be found on our website: www.perthpickleballclub.com

Current weekly programme

Monday: UHI Perth, Academy of Sport & Wellbeing (ASW)

14:00 - 16:00 Recreational Graded Play (Grade A/B) ●●

Tuesday: Tulloch Primary School (PH1 2QX)

18:00 - 19:30 Pickleball for Wellbeing session (All grades) ●●●●●●

18:00 - 19:30 New Start introductory session (New Players only) ●●

19:30 - 21:00 Mixed Ability Recreational Play session ●●●●

Wednesday:

ASW

10:00 - 12:00 Mixed Ability Recreational Play session ●●●●

Bertha Park High School (PH1 0AU)

18:00 - 22:00 Various activities: see website & app for details

Thursday: ASW

16:00 - 17:30 Pickleball for Wellbeing session (All grades) ●●●●●●

16:00 - 17:30 New Start introductory session (New Players only) ●●

18:00 - 20:00 Recreational graded play (Grade A/B) ●●

18:00 - 20:00 Recreational graded play (Grade C) ●●

Saturday: ASW

09:30 - 11:30 Mixed Ability Recreational Play session ●●●●

MEMBERS CAN BOOK VIA WEBSITE OR APP.

Grade A

Grade B

Grade C1

Grade C2

Grade NP

The club now has a diversity of activities being offered to our membership at three different venues in Perth. We're pleased to have launched our Tuesday evening sessions at **Tulloch Primary School** where players can get active at either Pickleball for Wellbeing or the Mixed Ability Recreational Session. There's also going to be various activities including recreational sessions, coaching clinics, club tournaments, inter-club and league events on Wednesday evenings at **Bertha Park High School**. All of this is, of course, in addition to our existing sessions at UHI Perth where we continue to offer a range of pickleball activities on Monday, Wednesday Thursday, and Saturday. See website & app for details.



Perth Pickleball Club welcomes our **100th** member!

We reached an important milestone in January when our **100th member**, Jack Welch, a local councillor, was welcomed into the club by Chairperson and co-founder Wendy Coventry. None of us could have predicted the rapid growth of the club and such an incredible surge in the popularity of pickleball throughout the U.K. Our club's success is, we believe, underpinned by our affiliation to Pickleball Scotland with whom we share a positive vision for the inclusive, fun aspects of this brilliant and incredibly fast-developing sport. Jack joined our other 99 members who together had already made this the fantastic community-based club that it is. Since then, we have been pleased to welcome another 20 members and through our club's unique coach-facilitated New Start sessions we have introduced the game to lots of new, enthusiastic pickleballers. We are continuing to work our way through the (ever-expanding!) waiting list whilst ensuring we deliver the highest quality pickleball activities in Perth.



It is an honour for our club to have been nominated in the **Sport for Change** category of the Live Active Perth & Kinross Sports Awards 2023. Our membership of the Sport for Change network is of huge importance to us and especially because the main objective of Perth Pickleball Club is to promote the game locally through a diversity of activities for people of all levels of ability from all walks of life. So, being recognised for our volunteer-led work in delivering our uniquely devised **Pickleball for Wellbeing** sessions and being announced as Finalists alongside two other fantastic Perth-based club, Tayside Judo and Perth Parrots Floorball Club, is in itself a tremendous boost for us -whether we win or not. We look forward to the awards event and wish both of the other finalists best of luck.

Pickleball for Wellbeing was created by our club coach Sandra Macrae who based the format on her training in counselling, peer-support, and facilitation of Health Issues in The Community. This unique approach to pickleball offers players who want to build their confidence and co-learn the core skills of the game an opportunity to do so whilst being socially interactive. The activity is also suitable for individuals with long-term health conditions, ambulant disabilities, or additional support needs, and it supports people who have previously experienced barriers to participation by providing a safe space where everyone can have fun, enjoy meeting other players, and gain self-confidence whilst improving physical and mental wellbeing. This project has been recognised a success by Pickleball Scotland and the coach-facilitated easy-going, cooperative game play approach is founded on a humanistic style of delivery that promotes intrinsic feelings of success for everyone, making sure that smiling is more important than scoring!

NEW! Member Benefits

Our club Treasurer, **Ali McGowan**, has negotiated an excellent **discount** for our club members with two of the U.K.'s leading pickleball equipment suppliers. So, if you're looking for a new paddle, balls or other accessories, you'll find some great kit to choose from at:

UK Pickleball Shop: www.pickleball.co.uk

Pickleball World: www.pickleballworld.co.uk

Members can access the discount codes via the club website.

10% discount at



PICKLEBALL WORLD

DUPR HOW IT WORKS

Points Won

How many points did you win against your opponent?

Victory

Did you win or lose the match?

Type of Result

Was this self-posted rec play, a league match, or a sanctioned tournament?



Our club is officially partnered with DUPR

DUPR stands for **Dynamic Universal Pickleball Rating** and was developed in 2021. DUPR aims to be the most accurate, global rating system in pickleball.

Perth Pickleball Club will use the DUPR rating system to help players take part in the most appropriate sessions; it will work alongside our club's **Graded Play system** and our own unique **Pickleball Core Skills Play Test** to ensure all our members have the best pickleball experience and the right coaching support on the club's player development pathway, Registered members will also be able to use their DUPR rating when entering inter-club matches, tournaments and festivals where specific ability categories have been designated. For more information, see the website or contact our Club Coach, John.



Inter-club Activities



Thanks to the outstanding efforts of our Inter-club Activities Co-ordinator, Gill Anton, we've made a positive start this season with three events hosted at UHI Perth Academy of Sport & Wellbeing so far and more still to come. In January, a team from **Crieff** played a C-Grade match against us and we were pleased with a draw that day as both teams played excellent pickleball. In February, a team of players from **In a Pickle** (Dundee) played an A/B-Grade match against us and we were pleased to win that day as everyone played great games. Also in February, we hosted a friendly C-Grade inter-club activity with teams from **Cowdenbeath** and **Pitlochry**, and a well-deserved overall win went to the Fifers. Great fun for everyone and we look forward to more upcoming matches and return inter-club outings in the coming weeks. Best of luck to both our squads!

INCLUSIVE PICKLEBALL

COME AND TRY SESSIONS

Free! + All equipment provided.

SAT 9TH MARCH
11:30 - 12:30

SUN 17TH MARCH
1-2PM

OPEN TO ALL



6 WEEK PROGRAMME
SATURDAYS 11:30 - 12:30

30TH MARCH - 4TH MAY

ACADEMY OF SPORTS AND WELLBEING:
UHI PERTH

For more information:
 ✉ rebecca@leapsports.org
 📷 outandaboutperthtayside
 📺 Out And About In Perthshire and Tayside




The inaugural **Qeltic Games** shines a spotlight on LGBTI+ sport in the UK, and our club is delighted to partner with our friends at LEAP Sports Scotland to support and coach the Perth pickleball team and help facilitate their Saturday morning activities, in preparation for the pickleball tournament at Academy of Sport and Wellbeing, UHI Perth on **Saturday 31 August**. Club members, Amanda and Rebecca, are on the LEAP Qeltic Games organising committee and also both on the Pickleball Scotland training pathway to become ambassadors.

See more: <https://leapsports.org/news/200days>

COACHING AND PLAYER DEVELOPMENT

Our members have had the support of our Club Coaches, **John & Sandra**, at various activities including coach-led recreational sessions with core skills training available as part of game play practice, specific Coaching Clinics for different grades and ability levels, and squad selection and team training activities in preparation for recent inter-club matches. There's also been Core Skills coaching events for players who participated in Play Tests and we're pleased to see that multiple players have been successfully progressing on the Player Development Pathway. John & Sandra have been working closely with **Pickleball Scotland** and are a part of their Coach Development Team delivering the official Ambassador training course and the Coach Award Part 1 and Part 2 certification. John is also helping to deliver the Fast Track Coach Award and Sandra is involved with development of **Inclusive Practice** training. There will be more coaching activities at the club in the coming weeks and months, ensuring that members at all levels of ability are offered support.



PICKLEBALL LEAGUE

Our committee is considering the possibility of starting up a Pickleball League using our Bertha Park High School let on Wednesday evenings and maybe some Saturday mornings at UHI Perth. This would involve putting out invitations to other local clubs/teams and if enough interest is expressed, we would look at setting up some fixtures on a trial basis until the end of June. It is not intended that we use every Wednesday or Saturday session(s) for the trial league so teams will not be playing weekly.

It should be noted that if the trial is a success, further development of a league would be dependent on either our club continuing to secure the let at Bertha Park or an alternative venue being found.

To assist us to investigate this option further, we ask that you advise whether you would be interested in representing Perth Pickleball Club in a competitive league. Obviously, players will only be able to represent one club so if you intend to play for another club/team, please let us know so that we can select different players to represent Perth Pickleball Club.

Jane Morrison has volunteered to be the club's League Organiser to help with the formation of teams and match fixtures. We anticipate that if we have enough interest within our club, we may be able to field as many as three different teams which will hopefully give everyone interested the opportunity to participate.

Fiona Clark
Club Secretary

Funding Update:

We are grateful to have received two separate funding awards to support our Pickleball for Wellbeing sessions. Our thanks to Live Active for its assistance with a £300 grant towards court fees at Tulloch Primary School, and also to the PKAVS Whole Family Wellbeing Fund for the £1944 award to support our club's continued promotion and expansion of inclusion activities that aim to help local people improve health and wellbeing. We'd also like to acknowledge the ongoing support of Perth & Kinross Health and Social Care Partnership through our membership of the Stronger Communities Network.

Any suggestions for summer activities?

This year we are hoping to keep a reduced programme of recreational sessions going over the club's official summer recess when the committee take a break. We hope that our team of club volunteers will help us to run some events and we'd like to hear from members if they have any ideas or suggestions about activities.

Our club is proud to be associated with:

