

## Pickleball

\**Pickleball*- a sport that is a cross between *tennis, badminton and ping-pong*. Pickleball is a relatively new sport, invented within the last fifty years. Pickleball has grown in popularity in the United States being played in thousands of Physical Education classes and by American citizens from ages 5 to 85. The USAPA is the national governing body for Pickleball, there is a link on our website to the national website ([www.usapa.org](http://www.usapa.org)).

**-The object of the game is:** to be the first person or team to *11 points, win by 2*.

**-How to score:** any time a player who is serving, hits a "winner" (an unreturnable shot that is in bounds) he/she is awarded a point. Any time a player who is serving, hits a fault the opposing player is awarded the serve. Anytime a player is serving and the opponent faults, that server gets a point.

### Faults:

*-Faults consist of:* hitting the ball into the net, allowing the ball to bounce twice on your side, volleying a ball while standing in the NO Volley Zone, touching or crossing any part of the net with any part of your body or the racquet, hitting the ball to the ceiling, or hitting the ball out of bounds (a ball that touches the sideline is considered in).

### -The Serve-

-One player serves the ball starting from the same side you start the serve in tennis.

-The serve must be made underhand.

-The ball must bounce in the opposite court, past the NO Volley Zone to be a legal serve.

-The returning player must allow the ball to bounce, before returning the ball, then, the server must also allow the ball to bounce before returning the ball. At this point, either player may volley or hit the ball off one bounce.

-The serving player continues to serve until he/she loses a point. At this time, the opponent gets to serve. You only get points while serving.

-The server must serve from behind the baseline of the court.

-If a call is questionable, then replay the point.

### -The "NO Volley Zone"-

-An area that spans from sideline to sideline on both sides of the court. The NVZ extends 7 feet from the net on both sides of the court.

-A player may not hit the ball in the air while standing in the NVZ. If they do, the point is automatically lost.

-If a player hits a volley and then steps into the NVZ, they lose the point.

-The ball may only be played off the bounce in the NVZ.

### -Terms-

**-Double Bounce-** a ball that bounces more than once, on one side, before it is returned. **-Let-** A serve that hits the net cord and lands in the service court. Let may also refer to a rally that must be replayed for any reason.

**-Volley-** hitting the ball in the air, during a rally, before the ball has a chance to bounce on the court.

**Drop shot-** a soft shot that is intended to arc over the net and land within the non-volley zone.

**-Rally-** continuous play that occurs after the serve and before a fault.

**-Lob-** A shot that returns the ball as high and deep as possible, forcing your opponent back to the baseline.

**-Overhead smash-** a hard, overhand shot.

**-Winner-** a shot that the opposing player does not return.

### -Strategy-

**-Serve and Volley-** strike your serve as deep into the service court as possible and then approach the net and volley a short shot

**-Backhand Only-** continuously strike the ball to your opponents backhand until an easy winner opens up or they make a mistake

**-Lob and Drop-** Combine lob and drop shots to get your opponent off balance and set yourself up for a winner.

## Health Benefits of Pickleball

Everyone understands regular physical exercise is good for our bodies, but it is also vital to our brains. These bodies, in which our brains are housed, are meant to move and moving increases oxygenation. The importance of oxygenation, the act of bringing oxygen to all of our cells, can't be underestimated. Consider this: the brain uses about three times as much oxygen as muscles do, so the biggest effect of exercise just might be on the brain. At the Texas Tech University Health Sciences Center Laura W. Bush Institute for Women's Health (LWBIWH), we understand the power of brain-body aerobics and are ever mindful of creating opportunities so multiple minds can work out together. To that end, we are encouraging people to "move it, move it, move it" by introducing pickleball to San Angelo. Pickleball, created in the 1960s, is a fun, family-friendly game currently played in every state. It was created in the 1960s by a family who was battling the boredom that sometimes accompanies long summer afternoons. Legend holds that the sport's odd name can be traced to the family's spaniel, Pickles, who loved to steal missed balls and hide them. Pickleball is a hybrid sport that combines aspects of tennis, ping-pong and badminton, and is played singles or doubles style on a portion of a tennis or basketball court — a regulation tennis court can accommodate four pickleball courts. Pickleball players use wooden or polymer paddles to send a large Wiffle ball sailing over a lowered net that stands 34 inches at the center. Pickleball is suitable for virtually everyone from age 5 to 85, easy to learn, but suitably challenging because the intensity level increases as the players' skills do. On the downside, players report it's just a tad addictive. In Ruidoso, N.M., where pickleball has taken the community by storm, it's reportedly difficult to book a tennis court because they're all being used for pickleball. In addition to increased oxygenation, pickleball provides the often-overlooked benefit of play. Play can be very brain facilitative; in fact, it's one of the healthiest things we can do. Play encourages us to use our minds in different ways. It assists with refinement of language and math skills and enhances our abilities to solve problems more creatively. Even rough-and-tumble play among lab rats increases brain factors known to be essential for the growth and maintenance of what Agatha Christie's character, Detective Poirot, calls "the little gray cells." Play also promotes resilience, adaptability and socialization. Social interaction is crucial to brain health for it has been well established that people with regular social ties are significantly less likely to demonstrate cognitive decline. Chalk up another advantage for pickleball. It's an extremely social sport. Wanting to play, then, is a drive to be respected rather than ignored or treated as a guilty pleasure. In fact, we need more opportunities to play because playing lowers blood pressure, strengthens and relaxes muscles, boosts immunity and revs up energy levels. Plus, play helps us to offload stress. Without it, we would be even more susceptible to depression. Why? When we play, brain chemicals called endorphins drive us to the "feel great state."

