



Saanich Peninsula Pickleball Association Newsletter

[Introducing your new SPPA Executive Team...](#)

The new SPPA executive wanted to take an opportunity to introduce themselves and to communicate with the association members about several topics of interest. The new executive started in July and have had two council meetings so far. We appreciate your patience as we've had a steep learning curve as we settle into our roles. Your new executive are:

Brad Watson (President)
Andy Magee (Vice President)
June Curtis (Treasurer)
Lynneth Stuart-Hill (Secretary)
Sid Greener (Director of Facility Expansion)

[Hold the Date for our Holiday Social!](#)

We have booked the Army and Navy in Sidney **Thursday December 14th** from 6-10pm for a SPPA holiday social. The event will be a pot luck. Please mark the date in your calendars and plan on

coming to join SPPA members for some holiday cheer, socializing and dancing! More details to follow!

January Tournament

SPPA is having a club tournament on **January 13th**. Details on the event and how to register are coming soon. Please keep an eye on the SPPA website!

Wain Rd Courts

There is still conflict surrounding the Wain Rd pickleball courts. SPPA executive has met with the NS Director of Infrastructure who informed them that the personal agenda of the NS Mayor Peter Jones and his council will be to close the courts when other venues can be built. We are looking for input from SPPA members for strategies moving forward to put more pressure on Mayor Peter Jones and his council to keep the Wain Rd Courts open. All the members of the SPPA executive attended the October 16th North Saanich Council meeting to convey the importance of keeping the Wain Rd courts but we do need your help. We would also appreciate you spreading the word to non-SPPA pickleball players as well as we need every voice to help convey the importance of the Wain Rd courts. Please email any suggestions to: sanpenpickle@gmail.com

Survey

We will be emailing a link to a survey to all SPPA members in the next few weeks. The purpose of the survey is to determine what types of events you would like the executive to organize for the club. The results will help direct us in what you consider the highest priorities for the executive to address. The survey will take approximately 5-10 minutes to complete. We truly appreciate you taking the time to fill in the survey as we value any and all input.

Website

We are in the process of updating the SPPA website. Please visit the site for club information, information on upcoming events and to read the minutes of the executive meetings.

Did you know.....

Pickleball Wasn't Named After a Dog

One popular story about the origin of the name for the game was that it was named after one of its inventor's dogs. But the dog, Pickles, was more likely named after the game, as the pup joined the family two years after the invention of the game. In fact, the name "pickleball" came from one of the men's wives who rowed crew in Washington. A pickle boat consists of 'thrown together' rowers who didn't make it onto other teams. Pickleball's mashup refers to its mix of tennis, badminton, and ping-pong.

Pickleball provides many fitness benefits!

Health Canada guidelines recommend that Canadians participate in at least 2 ½ hours of moderate to vigorous intensity exercise per week. Regular participation in moderately intense physical activity can

halt some physiological processes of aging such as cardiac disease, improve and maintain a healthy lifestyle, while also boosting psychological well-being (Netz, Wu, Becker & Tenenbaum, 2005). The fast-paced nature of pickleball facilitates cardiovascular and musculoskeletal endurance, enhances hand-eye coordination, and tunes neuromuscular skills (Leach & Colgate, 1982) so let's keep pickling!

Keep your eye out...

Our refreshed website will be launching next week!