



MARCH 2025

President's Update



As SCPC moves past 900 members, it is incredible to know that just over four years ago we were a brand new club. We have seen our growth take us from one venue to nine venues with another possible location currently being examined. I mentioned in our previous newsletter that our Maleny venue had to unfortunately close. Well, it's back with our new Venue Coordinator, Hayden Brooks getting it under way at Maleny State High School. Well done Hayden.

When you are one of the larger Pickleball clubs in Australia and you experience this growth, with it comes the issue of keeping up with the number of people wishing to learn how to play as well as improve their skills.

In this newsletter, we are appealing to everyone who has been with SCPC a while to please know and understand pickleball and the rules and etiquette that comes with it.

With nine (possibly ten venues), this means that we really need your help so that we can maintain and continue to improve SCPC.

As our membership increases, we have to create more sessions, therefore we require more hosts. We currently have 46 sessions on offer per week.

Ideally we would like to have enough available hosts so that each host will look after a session once every couple of weeks, which means a lot of people. Sessions are FREE for all hosts. Many of you regularly play round robin (RR) pickleball. We are working on the RR paper work so that it is already set up for the host to simply enter the names of the players at the session.

Newsletter Highlights

PRESIDENT'S UPDATE

AROUND THE VENUES

COMPETITIONS COORDINATOR

COMMUNICATIONS MANAGER

LIVING IN THE RULES WORLD

MEET THE TREASURER

A WORD FROM OUR SPONSOR

President's Update cont'd

The other shout out that we ask for your help with, is teaching newcomers the basics of pickleball. The Sunday morning session at Caloundra Indoor Stadium is very popular with up to 20 newcomers attending each Sunday. If you have been playing pickleball a while and have a good understanding of the rules, etiquette and would like to be responsible for getting some newcomers under way on their pickleball journey, please let us know and we will set you up on our list of teachers.

Please contact any of our committee members and we will get you set up as a HOST and/or a TEACHER.

As I have already mentioned, it is essential to have as many people as possible to assist with running of our club. One more point, please make sure that you do some stretching exercises prior to starting each session. Stretching helps all of us to be able to move around the court more easily and often ensures that we don't damage muscles such as hamstrings and Achilles tendons.

Thank you everyone and Happy Pickling.

Peter Campbell

Around the Venues

Mary Trust -Venues Manager

Our increasing number of club members means we are constantly looking to run more sessions across our venues. We can't always do this due to unavailability of venues, and more importantly, unavailability of co-ordinators and hosts. If you would like to assist in hosting sessions at any of our venues, please let me know. It would be fantastic to compile a roster of regular hosts for each venue, and to have backups to call on.



Maleny

From February 24, pickleball sessions will be back up and running at Maleny State High School. Club member Hayden Brooks will be co-ordinating sessions, which will run on Monday evenings from 6pm-8pm. Hayden plans to trial various formats, including: round robin, skills and drills, and newbies sessions. Please support this venue if you can - sign up as usual on OpenSports.

Goodlife

The one-hour session from 8-9am on Thursdays has been very popular and will continue to run. With only 12 players on three courts, this is an intense session over a short period. Great for those with limited time to play.

Coolum

Some of the equipment has been looking a little tired at Coolum. With so many sessions running each week, there is a lot of wear and tear on nets and other equipment. We have recently swapped out some of the damaged court barriers. The new ones are lighter and will hopefully prove to be reasonably robust.

Meridian

The extra sessions at 7.30am-9.30am on Monday, Wednesday and Friday have been very popular, and this trial will now be extended to April.

Around the Venues cont'd

Currimundi State School

Our co-ordinator at this venue has been doing a fabulous job, along with the extremely dedicated session hosts. Due to travel and other commitments, we will need to sign up more hosts from mid-March. If you can help in running a session, please speak to the hosts at the sessions, or contact me.

Currimundi Rec Centre

Unfortunately, we have been advised that another sport takes precedence and our Friday evening sessions from 6.30-8.30pm cannot be held in the centre in March. On March 7 and March 14, the Friday sessions will be held at CHANCELLOR STATE COLLEGE. If you haven't played at this lovely new venue yet, come along and try it out. We are also hoping to book the Chancellor venue for March 21 and March 28 - we will confirm this as soon as possible.

Caloundra Indoor Stadium

Sunday sessions have become increasingly popular, with more than 60 players signed up to sessions, and up to 30 on the waitlist. The committee is looking at different ways of including new players in these sessions, along with providing challenging games for experienced players. We would welcome club members to assist in helping with new players at the Sunday morning sessions. It's great fun and so rewarding to do this - if you can assist at any time, please let us know. We would like to get a roster of club members that we can call on.

Due to demand from other sports, the number of courts available for our Thursday evening sessions have been reduced, so only four pickleball courts are now available on Thursdays. Please note that there are often spots at CURRIMUNDI STATE SCHOOL on Thursday evenings.

Chancellor State College

We have been trialling two sessions which require players to have DUPR ratings - a 3.0+ session at 8-10am on Saturday and a 3.7+ session at 6-8pm on Tuesday. Both sessions have been very popular and give stronger players a chance to play more competitive games.

We have also been running DUPR sessions for players who wish to either gain a DUPR rating, or improve their rating. There is a strong demand from members for more DUPR games, particularly within defined skill levels. To address this, we are starting a "League Ladder" which will begin on Saturday, March 22 from 2-5pm at Chancellor State College. Twenty-seven players can sign up to play each week. Eighteen people will play in the main league, and all of these players must have a DUPR rating of 3.0+ Players will be split into two groups of nine, and ranked according to their DUPR rating (verified the previous day). All games will be entered into DUPR. There will also be a further group of nine players each week, with an alternating format. One week the nine players will be people who do not currently have a DUPR and wish to gain a rating. The other week the nine players will all be players with a DUPR rating under 3.0. Sign up as usual on OpenSports.

Around the Venues cont'd

ASSISTANCE REQUIRED

● Google Mail/Google Drive/Google Docs

I'm looking for assistance in understanding the functionality and capabilities of Google Docs, Google Drive and Google Mail.

Initially, only a couple of hours to run through it with me, and then perhaps to be available for any queries or ad hoc advice.

● Maintaining Equipment Register

I'd love someone to help me keep track of all the equipment across our venues and in storage - everything from nets and balls to computer equipment and signage.

Ideally someone who can work with Excel - I have a fairly basic spreadsheet listing our equipment, but this could be expanded and improved. It would be great to audit equipment and update the spreadsheet on a monthly basis.

The role would involve liaising with venue hosts, sourcing and ordering new equipment, and arranging repairs.

I anticipate that auditing/updating would take two or three hours once a month, with sourcing equipment and maintenance taking a couple of hours a week.

Please let me know if you can help.

Mary (Venues Manager)

venuemgr@scpickleball.com.au

Competitions Coordinator

Peter Nichols

In-House Competition

The SCPC Intra Club Doubles Tournament is only weeks away. As this is one of our major events of the year it's a wonderful way of showcasing our talent and joining together all players from our different venues across the coast. Our target goal of 150 players has almost been reached and I'm sure this will be surpassed by our close off date on the 2nd March 2025. Michele Burgess, our Tournament Director, has been doing an awesome job, organizing events, answering questions and helping players to register.



We currently have places available for more players to have a go! If you don't have a partner don't be discouraged as we have players looking for partners, male and female, contact the partner interested through Pickleballbrackets.com SCPC tournament. We will do our best to find partners for all players entered. As the tournament closes off more details will be made available. If you are interested in pursuing some tournament play in the future, this is an excellent way to begin your journey.

Competitions Coordinator cont'd

Proton Professional Pickleball Association Pro Tournament - Melbourne

The Proton PPA Pro tournament in Melbourne (28 Jan to 2 Feb 2025) was an exciting event to attend. There were many top world Pro players from the USA, as well as Australia's up and coming young Pro tour players joining together for some out of this world pickleball. Also running at the same time was the amateur tournament, congratulations to all players who participated in this event. Keep an eye out for more QPT and PPA Tour events throughout the year. Worthy of entering or just going along to watch and enjoy some great pickleball.

Australian Masters Pickleball 40+ Tournament - Brisbane

The Australian Masters Pickleball 40+ Tournament was held at Beenleigh on the 15th and 16th of February 2025. A number of Sunshine Coast players participated, with some excellent results by Barb and Stephen Mawn taking out GOLD in the 60+ Mixed Doubles 3.5-3.99 event. Colleen McMillan received a SILVER in the Open Women's Doubles event. Congratulations a great effort.



Barbara and Stephen Mawn

More Tournaments to Go

Colleen McMillan and Anita Smith, two of our experienced women players, will compete in many tournaments in different events across the year. We wish them good luck for the coming 2025 year. Also, special mention to players starting to enter tournaments and gain more experience, Kathryn Davis, Tarsha Roberts, Ben Gaske and Daniel Gaske. Recently the QPT Gold Coast Tour event kicked off, with many SCPC players participating and looking for exciting and challenging games of pickleball. Stay focused and have fun.

Cheers,

Peter Nichols

Club Doubles Tournament 16 Mar 25 8:00am- 8:00pm
Volunteer First Aid officers needed.

Can be a couple/few, that we can be rostered across the competition day. Please contact ASAP competitions@scpickleball.com.au

Living in the Rule World

By Mark Delany



2025 Rule Changes

As a member of The Global Pickleball Federation (GPF), Pickleball Australia uses the GPF Rules which, while mostly a clone of the US rules, are not necessarily identical. Furthermore, Pickleball Australia can, and does, apply local variations to the GPF RULES.

I point this out because I've been approached regarding various online material discussing the 2025 rule change and people want to know whether that material is correct or not.

My first response is that most online material relates to the US rule changes which may or may not apply in Australia. My second response is that if the content you are viewing is 'not' from an official source, be a little wary

My third response is that almost all rule changes are only of interest to Referees and tournament players as the changes mostly focus on clarifications, removal of ambiguity and editorial cleanups. As one example, the tolerance for net height has been clarified to be plus or minus 1/4 inch which wasn't previously specified. That change might keep me up at night but perhaps not relevant to most players.

There is however one rule change unique to Pickleball Australia which relates to mini-singles (the official name for 'skinny singles'). Specifically, Pickleball Australia has deemed that the non-volley zone (NVZ) in mini-singles applies across the full width of the court whereas the GPF (and US) rules define the NVZ of the court 'in play'.

All of which exemplifies the fact that the rules have rules about how they can be changed and a primary consideration is players should expect continuity over the years and not be surprised by dramatic changes. Ergo the 2025 changes are mostly minor.

For those interested, the URL for the GPF is <https://globalpickleballfederation.org>

Pickleball Etiquette

There are many things to consider when displaying proper etiquette on the pickleball court. All players should strive to always follow proper etiquette so as to ensure a pleasant experience for ALL.

1. Always make an effort to arrive early and help set up and always try to help to pull down. We are all volunteers.
2. Start every session with a warm up and stretching!!
3. Begin each game by acknowledging the other players. Introduce yourself if you don't know them.
4. Good sportsmanship is the rule. During open play we play with players of all skill levels. No complaints. If you are a significantly stronger player, and you have limited time, and there is an advanced court option, go and wait for a stronger game. In any event, no whinging, It's not a good look for you and unnecessary.

5. Always call out the score loudly and wait until everyone is ready before serving.
6. During social play, don't hit the ball hard at weaker players – they will not appreciate it nor respect you for it. Smashers and bangers seldom succeed at higher levels so learn to play the game properly early on.
7. NEVER yell at, swear at or say a hostile or sarcastic word to your partner or your opponents in anger. We repeat NEVER! (Repeated behaviour of this kind may result in loss of your membership).
8. If you step into the Kitchen, or your partner does, call it on yourselves. Exercise caution when making kitchen calls or foot fault calls on your opponents. It can be difficult to accurately judge when you could be in the order of 7 to 14m away. During social play a gentle reminder may be appropriate.
9. If the ball is out, and it is on your court call it out. If it is close, give the benefit of the doubt to your opponents. This is hard to do if the game is close but do it anyway. If your opponents don't do this, do the right thing anyway, it is a good standard to adopt.
10. If your ball goes to another court, immediately yell "Ball on Court" to warn the players. When returning balls to adjacent courts or to your opposition always try to direct the ball back to the relevant player. Avoid just hitting it back without consideration.
11. Never ask for, or accept line calls from spectators.
12. Do not take advantage of a person's physical limitations when you play them socially. If someone can't, say, go back for a lob, when they are at the front of the court, why lob over their head. It is a cheap shot. You won't learn anything by doing it, and you certainly will not be respected for it. Perhaps they have great hands at the net and you could learn something by hitting shots to their strength and trying to make good shots out of their returns.
13. Apart from competitions, play your strongest game against better players. If there are weaker players you can work on shots/placement you need to practice on with them. You can tell your partner, "I'm working on placement or dinking today" and they will then understand we are not going to put every shot away.
14. Only give advice WHEN ASKED, and if you believe the party is sincere about wanting it. Everybody handles this differently but we believe we should, at this point, give no more than ONE piece of advice at a time.
15. Always compliment people on outstanding great shots during the game.
16. Don't overplay your current physical limitations. "Just one more game" can lead to accidents.
17. At the end of each game find something positive to say. "Nice game" isn't always appropriate if in spite of your efforts at sportsmanship you have won 11-0. But "you made some great shots" or "much closer than the score" or "thanks for playing with us" may be just fine. NEVER leave a game without acknowledging the other team.

Communications Manager

Darren Munn



Opensports Changes and Tips

All Opensports accounts will be reviewed in March/April with the aim of reducing the number of members active accounts.

Each member will keep only ONE active account.

Each member should be proactive and review the number of Opensports accounts they have created. Please advise by email to SCPC any duplicate accounts you would like to have removed.

SCPC will then reviewing and contacting members who have used conflicting profile names for the PAQ Revolutionise Site and Opensports to request that both profiles have the same name and email address with any appropriate adjustments made.

To check your Opensports payments history and credits click on

Bottom left corner – person image
The top right cog wheel image
Scroll down the list of options and click
Payments & Account Credits



SCPC Opensports Waitlist Notifications

To maximise your chances of receiving your waitlist spot notification of spot now available adjust your Opensportsnotification settings.

Bottom left corner – person image
The top right cog wheel image
Scroll down the list of options and click
Notification Preferences
Click on waitlist notification option and choose

Email & push = this results in a ping message from the app and your own personal email invite to the session.

Courtesy

If your waitlist spot opens up and you book the session, please do not forget to cancel any other waitlist spots you have at a same/similar time, that will then help your fellow club member in moving up the waitlist for the session you will not be attending.

SCPC Website

If you have friends who would like to join the SCPC then please direct them to our main website. Ask them to check out the How to Start page first.

Ask them not to send off a Contact Us form without first reading the How to Start and Membership pages of our website. I promise you the information is all there and no one is going to ring them to talk about Pickleball. We are just swamped with volunteer work as the club grows towards a thousand members and 50 sessions per week.

Introducing SCPC Treasurer - Victoria Lau

I moved to the Sunshine Coast after spending years living and working in the UK, where my background in finance, business management, and entrepreneurship kept me busy. From managing corporate finances to running my own hospitality business, I've always loved being part of dynamic and growing communities.

I was introduced to pickleball not too long ago, and like so many others, I was instantly hooked! The mix of strategy, movement, and, most importantly, the incredible people make it such a special sport. I love the welcoming and social atmosphere of the Sunshine Coast Pickleball Club and am excited to contribute in a meaningful way.



As Treasurer, my role is to keep the club financially healthy, ensuring we can continue to grow, host fantastic events, and create opportunities for all members to enjoy the game. I've been part of many teams and committees over the years, and I look forward to working alongside the SCPC Committee to support the club's ongoing success.

Regards,
Victoria Lau - Treasurer
treasurer@scpickleball.com.au

URGENTLY REQUIRED - Hosts for Currimundi State School

Several fabulous and dedicated hosts have run sessions at Currimundi State School on Tuesday, Wednesday and Thursday evenings for the past 7 months. Due to travel and other commitments, we need to find extra hosts to keep these sessions running. It's not a difficult task, and hosts don't pay to play at the session they host. Ideally, we need a roster of hosts so we can spread the workload.

We have to find volunteers by March 21 or we will no longer be able to run sessions at Currimundi State School.

Please jump on board and send a message to secretary@scpickleball.com.au before March 21.

Exploring Interest in delivering 'First- Aid' Courses for Hosts

As our club grows and many of our sessions have a large number of players in attendance, it is becoming more critical that we identify and/or train up some more hosts to be certified in First Aid.

So, the committee is exploring the willingness of hosts to undergo a St John Ambulance first aid course. The flagship St John Ambulance first aid course covers a comprehensive range of topics to enable participants to confidently manage emergency situations and provide a first aid response to a casualty. It covers the most common first aid injuries and illnesses. This is an accredited course. On successful completion of this course, you will be issued a statement of attainment in:

HLTAID009 Provide cardiopulmonary resuscitation

HLTAID010 Provide basic emergency life support

HLTAID011 Provide First Aid

First aid skills are renewed every 3 years and resuscitation skills are renewed every 12 months.

Putting your hand up for course

Any current or future hosts willing to undergo first aid training and have the course cost sponsored by the Club please send an expression of interest to – secretary@scpickleball.com.au

We need to know the level of interest before we can start to arrange any delivery.

Additionally, any sponsored First Aid qualified member should be prepared at times to make themselves available on occasions to attend competitions and/or large sessions such as CIS on Sundays.

Any existing First Aid certified members

(or those members holding a professional qualification like a nursing or paramedic registration that is considered equivalent to first aid certification in terms of emergency response skills) that would be happy to be recorded on an SCPC database please send your details to – secretary@scpickleball.com.au

SCPC Introduction of a QLD Blue Card Organisational Portal

The strong growth of our club, and adoption of our sport in our local schools, indicates that the club needs to position itself for an increase in younger players joining. That means SCPC having sufficient members identified with approved 'QLD Blue Cards'. The blue card system regulates activities that are essential to children's lives. The sport of Pickleball is one of these activities that is covered by the blue card regulatory framework.

The club can now link your existing Blue Card or Exemption Card to our own organisational portal. This portal then helps us be aware of members who can assist when needed.

To link current cards, you will need to send the following info to:

secretary@scpickleball.com.au

Name on card, Blue Card number (with number after the /), Expiry date, DOB

Additionally, if you don't have a Blue Card and want to help the club manage sessions with juniors - then apply:

<https://www.qld.gov.au/law/laws-regulated-industries-and-accountability/queensland-laws-and-regulations/regulated-industries-and-licensing/blue-card/applications/apply>

You can apply for a Blue Card as a club 'Volunteer' if you use our club organisation name as 'Sunshine Coast Pickleball Club Incorporated'. A request will then go to us to verify you as one of our approved volunteers.

Michael Drummond
Secretary SCPC

SCPC Xmas Event 2024

A fun filled 96-person Round Robin, segmented into 4 player skill groups, was successfully held at Caloundra indoor Stadium on Sunday 24 November from 8.30 am to 11.30 am. The event was conducted in good spirits and with some great action on the 16 courts.

The annual SCPC (early) Xmas Party then followed from 11.30am-1:30pm. Sandwiches were graciously supplied by the stadium staff, and many club members brought along share plates of sweets, slices or nibblies to help make the occasion a celebration. The food spread was excellent and plentiful along with the conversations. Many players were caught bragging about their great PB shots, spinning yarns about the latest trips completed, or over detailing their long list of ailments.

A highlight of the end of the Round Robin event, was a great exhibition match between 'The Champions of the World' foursome. The 'Illegal Alien' (aka Darren Munn), 'Mr Horsehead' (aka Pete Nichols), 'The Xmas Dwarf' (aka Pete Campbell) and our own 'Father Xmas' (aka Mick Drummond), took to the court in some fun outfits for a bit of a hit and giggle (see photos). The exhibition match provided an amusing finish to the play part of the Xmas event, and many videos of the match are now out in the cloud ready to forever embarrass four of your hard-working committee representatives.



Thanks to the Nichols for coordinating the successful event, your committee and their partners and all the willing helpers on and off court to make the function a success.

Here is to topping that Xmas event in late 2025!

SCPC Xmas Event 2024



Sunshine Coast Pickleball Club – Selected as a Sunshine Coast Sports 2024 Annual Award Finalist



Awards Presentation

Honouring those involved in sport on the Sunshine Coast across various categories, including the Team of the Year, Coach of the Year, Volunteer of the Year, Event of the Year & ultimately the Sports Star of the Year.

The club will be represented at the Awards Presentation by our President, Peter Campbell and his wife, Jill Campbell.

When and Where

Wednesday 12th March 2025 at Altitude Nine at the peak of City Hall

Sunshine Coast Sports

Sunshine Coast Sports was founded in 1968 and has proudly served the region's sports community for 50 years. It has played an important and valued role in supporting grass roots sports and celebrating the achievements of local athletes on the world stage across all sports; abled and para.

The volunteer governed body has also played a role in supporting and recognising the efforts of administrators and volunteers and has been a valued conduit between local sport and various stakeholders, including government, sports bodies and the media.

The flagship of the organisation has been the delivery of the Sunshine Coast Sports Awards that has annually celebrated the achievements of athletes, clubs, teams, administrators and volunteers.

A Word From Our Sponsor



The Importance of Warming Up!

With so many new players joining the Pickleball craze recently, I thought this would be a great opportunity to remind us of warming up adequately before we play. Like many of you, when I turn up to a session all I want to do is start hitting balls, practising my dinks and 3rd shot drops. However, I've recently noticed some aches, pains and niggles have begun to creep in (probably the result of not following my own advice!)

Now I don't want to take away from your time playing the beautiful game of pickleball. I want to add to it so we can spend more time playing. If we spend an extra 5 minutes before your session warming up and priming the body for movement, we can reduce our risk of injuries as well as improve our overall movement on the court, thereby improving our game!

If you've been lucky enough for me to drop into a session, you might have experienced the warm-up routine I've designed to help prepare your body to play the game. It takes less than 5 minutes to complete and we work through about 6 different movements. These focus on all the muscle groups we use when playing (calves, hamstrings, quads, low back, shoulders and wrists.) If you remember them, I encourage you to work through the sequence prior to your session each time and notice the difference in your gameplay! (As well as reducing your risk of injury).



PickleFitt Group Classes

As a way of complimenting your pickleball prowess, I have been working hard to design specific group training classes to assist you in improving your overall fitness, balance, mobility and strength so you can stay on the court and play better pickleball. I'm aiming to keep these sessions to a maximum of 10 people (and of course have time for coffee afterwards!)

As an Accredited Exercise Physiologist we work with a wide range of people with various health conditions, illnesses and injuries, so if you feel limited by what you can do right now, or you aren't fit enough for them then think again! We have the skills and expertise to adapt and alter exercises so you can get the most out of each class!

Now to take part in these classes, ideally you will have come in for one of my complimentary 30-minute PickleFitt movements assessments (which are still available for all SCPC members to take part in) so we can assess where you're at and the best approach for you. You can book one of those assessments here:

<https://bit.ly/4gVr8dR>

(Just make sure you select Coolum or Marochydore location when booking!)

These classes will take place within Jets gym in Maroochydore with proposed times to be 7.30/8am or 10/11 am on a Tuesday or a Thursday and /or 12/1 pm on a Wednesday. If you would like to take part, you can register your interest and vote on proposed times here.

<https://bit.ly/4kfxCaA>

I am looking to start these up in the next weeks so please show your interest now by filling out the form linked above. If you have any issues or questions please let me know by calling 0457483630.

Costs for these classes will be \$15, or \$120 if you purchase 10 upfront. Depending on your level of cover with private health you may also be eligible for a rebate there too!



[Pickleballmania.com.au](https://www.pickleballmania.com.au) will be onsite at the SCPC Tournament on March 16th with an impressive array of Pickleball Shoes, Paddles, Accessories and Clothing!

Make sure you speak with Lisa who will assist you in choosing the correct shoes for your feet and a paddle that will dominate the court! They will also have the Pickleball Collection Shirts and some jewellery!