



Volume 2, Issue 12
October, 2020



A friendly reminder

With COVID cases continuing, and a few reported cases within our very own local pickleball community, please remember to practice social distancing and proper hand sanitizing. If you have been exposed to someone who has tested positive for the virus, please do not play at the courts for 14 days. As always, please be considerate of your fellow players.

The Pickle Vine team welcomes any comments, submissions or suggestions

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Tournament reporter : Maureen Blanton - mblanton116@gmail.com

A Message from PRP President Deb Sarkisian

Dear Picklers,

Hope everyone is well and back to enjoying pickleball! Leagues and skills and drills will soon be underway. Thanks to all of our league leaders, skills and drills teachers and coordinators for volunteering and assisting in those events we all love to participate in. We can not do this without you and need more of you for our January offerings!!!

A couple of items to note:

- 1) South County Regional Park outdoor pickleball courts are NOT scheduled for resurfacing as previously communicated. PRP activities will start on Monday 9/21 as scheduled.
- 2) There is one open spot for the 3.0 skills and drills class starting on Wednesday 9/23. This class runs for six weeks. If you are interested, please contact me and I will walk you through the sign-up process - debsarkisian@aol.com.
- 3) 2021 Annual membership enrollment starts November 1. Please read the following carefully. Anyone who has purchased a one year membership plan after July 9 does not need to re-enroll. You will receive an automated notification to enroll two weeks prior to expiration of your annual membership. If you are a life time member, you do not need to re-enroll. This group will be contacted by email. A few of you signed up to be members during COVID and were notified at the time you would receive a free 2021 membership. This small group will also be contacted by email and does not need to re-enroll. The remainder of our membership will need to re-enroll if they wish to continue their Peace River Picklers membership. Another reminder will be communicated as the new enrollment period draws closer.

Thanks,

Deb Sarkisian

PRP President



It's Not Too Early!

Save the date

Peace River Picklers Annual Holiday Gala

Sunday, December 13, 2020

Twin Isles Country Club

301 Madrid Blvd

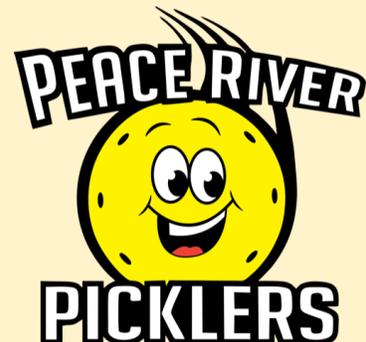
Punta Gorda, FL 33950

From Laurie Price, PRP Secretary:

The Board of Directors is closely monitoring COVID-19 advisories from health officials and our state and local governments. We plan to proceed cautiously and follow all recommended guidelines.

Next month you will receive a survey regarding your interest in attending the Christmas party. Please take the time to respond so we can plan accordingly.

Cost will be determined by the number of expected attendees and their menu choices. Start time will be announced once the COVID-19 restrictions review is completed.



PRP Volunteers

PRP donors are not just the folks that write a check; they are also individuals who donate their time and expertise to run the club. Many in our membership do more than play pickleball, and without volunteers with a willingness to lend a hand, the many workings of a pickleball club would not exist or would come at a cost.

Last month the board did a shout out to some of our behind the scenes volunteers, and we will continue to highlight those members who donate their time, knowledge and experience for our Peace River Picklers Club. In this issue, we detail one of the "shout outs" from last month....

Jim Mays

What do you do after you retire, remarry, open up an ice cream shop then retire again? Why volunteer for Peace River Picklers, of course. Today a website and Facebook are primary sources for PRP information (along with The Pickle Vine) since group discussion between pickleball games infrequently occurs with social distancing. And Jim Mays has stepped up with his technological knowledge to help keep the membership informed through both those sources.

Originally from Virginia, Jim retired from his job as a network engineer for Verizon and moved to Myrtle Beach after losing his wife. He met his present wife Kathy on a first date -- "We met on the pier and knew right away we were meant for each other". That pier became a personal landmark when they opened an ice cream shop on it and ran Seadog's Ice Cream for four years.

During this time, Jim and Kathy wintered in Punta Gorda, eventually sold the ice cream shop in 2012 and moved to sunny Florida! Like many PRP members, they are Frances Gammie pickleball converts who play every day, and Jim says "Thank you, Frances!".

Jim introduced our PRP President Deb Sarkisian to pickleball and notes that "she caught on fast and quickly left us in the dust". (So, if you are an opponent of Deb's, you can thank Jim when she tucks that ball right out of your reach!) In conversation with Deb, Jim found that PRP could use a webmaster. With his experience gained at Verizon, he had developed the website for Seadog's and volunteered to apply that knowledge in support of Peace River Picklers.

Jim and Kathy have five kids between them, "and sixteen or so grandchildren, including second marriages, adoptions, etc. Love them all, just so many to keep up with. Especially at Christmas!" Besides his family, his pickleball, and supporting the PRP web and Facebook pages, Jim is also active at Peace River Baptist Church as a member of the safety team and has also served as a deacon.

Next time you check out the PRP web page or FB page think of our fellow member Jim Mays. And, when playing with him on the court, give him a nice third shot drop for supporting our club. Thanks Jim!





Pickleball Nets

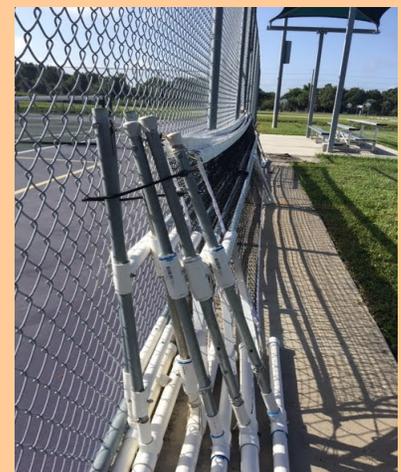


The pickleball nets at South County Regional Park are owned by Peace River Picklers, with repair and maintenance work coordinated by Doug Gammie of PRP.

It is in our collective best interest to properly maintain these nets to insure quality of play and keep replacement costs and repairs to a minimum. Members of PRP are asked to review the following suggestions from Deb Sarkisian and Bruce McPhee that will help to prolong the “life and health” of our nets.

1. Nets should be stored at the two opposite ends of the courts—the parking lot end and the Cooper Street end. Nets brought onto the court from one side should be returned to the same side.
2. Nets should be stacked together with the center bars facing out.
3. Nets stored on the parking lot end of the courts should be secured against the wooden barrier structure on that end. Nets stored at the opposite end of the courts should be secured against the chain link fence.
4. Bungee cords should be wrapped around the nets as tightly as possible to keep the nets upright.
5. Once nets are in place, wrap the cable lock to secure the nets against the barrier/fence.

The below pictures show properly stored nets:



Should nets be found to be in need of repair, please contact Doug Gammie at gammie73@msn.com or 941-505-0893.

Pickleball Injuries

An Interview with Dr. Sandy Lane, M.D.

Submitted by Katie Gove

With pickleball on the rise, injuries from the sport have become more prevalent. According to the Sports and Industry Association Pickleball Participation Report of 2019, Pickleball players have increased by 9.7% in the last three years, resulting in an estimate of a little over three million participants. Of the three million, 20.2% of the participants are 65 years old or older.

With a large group of players over the age of 65, one may expect to see chronic conditions like osteoporosis or osteoarthritis. Injuries can be as simple as a muscle strain or sprain, or as bad as a bone fracture. Diseases and medicines may contribute to decreased balance or compromised joint integrity and create a higher risk of injury from falls. Some people may also develop overuse injuries, such as plantar fasciitis or lateral epicondylitis (Tennis elbow). It is good to be aware of the symptoms of the overuse or repetitive injuries to prevent and protect yourself so you can stay on the courts.

Recently I had the opportunity to talk (Social Distance via email) to Dr. Sandy Lane regarding what she and her colleagues see in the clinic.

What are the common injuries you see in the office or operating room due to pickleball?

Dr. Lane: Overuse injuries are the most common, especially elbow (tennis elbow), shoulder, knee and achilles tendon injuries. The muscle attachments become inflamed with repetitive use (tendonitis/tendinosis). Tennis elbow often occurs with improper serves, poorly fitted racquet or paddle grips, and using too heavy a racquet or paddle. A tennis elbow strap with a proper fit can be helpful, and icing after play may reduce inflammation. Rarely are injections or surgery required. Having a pro check out your grip and racquet/paddle is an excellent preventive measure. If pain persists beyond a few days, your sports medicine physician may take x-rays or consider therapy or injection.

I know several players that have had achilles tendon strains or ruptures. Can you describe what that is?

Dr. Lane: Inflammation of the achilles, soleus, and plantaris muscles (all muscles that you use to jump or push the foot quickly) can be severe enough to develop partial or complete tears of the muscle attachment (tendon). A pop or snap, sudden pain, bruising or weakness are all warning signs to seek medical attention.

Do you see many shoulder injuries from pickleball versus tennis?

Dr. Lane: Shoulders are less likely to be injured with pickleball since it is more of a wrist-control sport, but the rotator cuff muscles of the shoulder can become inflamed and impinged, causing pain when raising the arm to shoulder level and above or when sleeping on the shoulder. Tendonitis of the rotator cuff is helped with ice and rest, but motion should be maintained so that frozen shoulder does not develop. If the problem persists a doctor may suggest cortisone injections.

Plantar fasciitis (PF) is an overuse injury. Can you describe it and what can be done to prevent it?

Dr. Lane: Plantar fasciitis (PF) is inflammation of the tough fibrous band that stretches from your heel to toes. Pain is typically worse when first standing on it in the morning and gets worse with activity. Usually the pain is worse at the bottom of the heel. Flat feet, high arches, and uneven leg lengths often contribute. Using arch supports, available in pharmacies and sports stores, may help prevent plantar fasciitis, but once it gets started, stretching, rest, ice and possibly injections may help reduce the pain. Tears may occur rarely, cause severe swelling and bruising and need prompt attention. Making sure your shoes fit well and are not worn out may also help prevent PF. Heel cord stretches, with legs straight and with a slight bending of the knee, is a remedial exercise, as well as stretching of the arches or arch ball rolls. Be aware that calf and heel pain can be from nerve or blood vessel damage, so a sports physician's evaluation is wise.

(continued next page)



We see many older players participating in the sport. What are the risks that you see in this age group?

Dr. Lane: Falls are the most devastating injuries, causing hip, wrist, ankle, and elbow fractures. Staying active may help reduce your risk of falling, and keeping muscles strong with core exercises and light weights can help improve balance. Your doctor may recommend calcium and Vitamin D3 supplements if you are at risk for bone thinning. Bruising, swelling, limited motion and limited strength are all red flags that a fracture may have occurred, even if the pain is not severe, warranting x-rays and physician evaluation.

Photo Courtesy of pickleballunion.com

What is the most common injury you see from a fall?

Dr. Lane: Wrist fractures are common because of falling on the outstretched hand. Hip fractures are common in those over 70 and players with bone thinning (osteoporosis).

Do you see many lumbar strains?

Dr. Lane: Back strains are less common than extremity injuries, but many players over 65 have degenerative spine disease by heredity, work or former injuries. Being careful to flex at the knees when bending to retrieve a ball is advisable. Core exercises for backs are essential for all players and help improve your game. A physical therapist can show you simple home exercises to help keep you in your game.

How did you get into pickleball? Do you get out to play often?

Dr. Lane: When I moved to Punta Gorda last year, I joined the Emerald Pointe Pickle Ball Club. I used to play racquet ball so I picked it up easily! I play a couple days a week when not working and attend tournaments as a volunteer.

-----end of interview-----

Remember, some injuries will need a little TLC, perhaps in the form of "RICE" (Rest, Ice Compression, and Elevate). Others may require a trip to the doctor. Some can be game-ending while others just need a few days or weeks. Rest may be the hardest prescription to the avid pickleball player. However, with rest one may be able to prevent an overuse injury. Prevention is critical, know your limitations, and always perform a pre and post-play routine. Include gentle muscle group warm-ups, then add in dynamic and static stretching depending on your specific conditions. Include your arms and your legs. Listen to your body and consider cross-training, such as swimming, cycling, yoga or Tai Chi, to name a few. Remember your feet! Choose sneakers for use on courts and depending on how much you play, expect to replace footwear often, looking for comfortable, supportive court shoes. Remember the advice from Dr. Lane, and inspect the bottom of your sneakers for wear often.

Look for more from Dr. Lane in future issues of The Pickle Vine.

Katie Gove, AS, Physical Therapy Assistant; BS Healthcare Management

Sandy Lane, M.D., F.A.C.S.M.

Sandy Lane, M.D. received a B.A. degree at Kenyon College in Ohio, then went on to obtain a Master of Science degree in Zoology at the University of Washington in Seattle. She received her medical degree in 1984 at The Ohio State University followed by a Family Medicine residency and Sports Medicine Fellowship. Dr. Lane has worked in Columbus, Ohio for over 30 years in orthopedic practices where she was the director of the Sports Medicine Fellowship program and ran an orthopedic urgent care. She was team physician for several area high schools, universities and professional sports teams and conducted seminars for athletic trainers, therapists and the public on sports injuries. Dr. Lane recently moved in 2020 to Punta Gorda where she continues to be active in the community, providing court-side assistance at pickleball and tennis courts, volunteering at local area school sports events, and giving seminars on fitness and sports injury care to the public.

As a fellowship-trained Sports Medicine physician with over 30 years of experience treating athletes and non-athletes, Dr. Lane helps active people return quickly to their sports, work and play activities through non-surgical methods of therapy, bracing, injections and education on injury prevention, and works with the team of orthopedic surgeons at Associates In Orthopedics in Punta Gorda.

Pickleballunion.com has custom-printed pickleball-related merchandise. PRP members can use "PeaceRiver15" for a 15% discount. 1 use per person.



Indoor Courts are Reopening



South County Regional Park Recreation Center

(Outdoor pickleball courts not shown)

Charlotte County Community Services announced that recreation centers will begin reopening for indoor activities on Sept. 2nd with modified programming opportunities that incorporate social distancing. South County Regional Park Recreation Center's reopening was delayed to Sept. 9th to complete installation of a new floor in the gymnasium. Patrons may make a reservation for one-hour blocks of time to participate in drop-in programs such as pickleball, table tennis and walking fitness classes, and [online reservations](#) may be made for the next day only. See your local recreation center's monthly activity calendar for available programs.

Preregistration will be required to participate in drop-in programs. For schedules and registration, visit www.charlottecountyfl.gov/recreation and click Recreation Centers. Patrons may make a reservation for one-hour blocks of activity time only, and no walk-ins are allowed.

Recreation centers will have restrictions on the number of patrons permitted in the buildings at any given time, face coverings will be required while visiting and patrons are expected to follow all facility rules and guidelines. Please note the following:

Pickleball

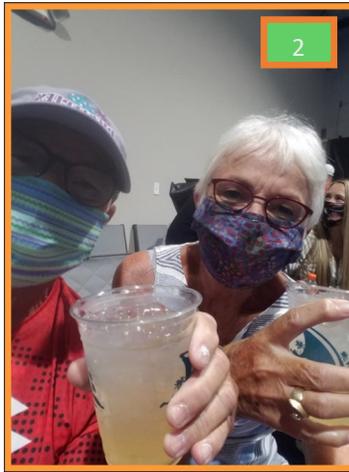
- Doubles Pickleball for one-hour slots.
- Maximum of 12-16 players per gym, depending on number of courts at facility.
- May reserve your spot online or by calling your individual rec centers.
- Reservation times will open at 8am the day prior. There will be no reserving times prior to this.
- Registration is free but regular program admission/program fees will be due upon entry.
- Patrons are required to wear masks when entering the facility. and at all times in the facility.
- Reservations are non-transferable.
- At this time water fountains are closed. If you wish to have water, you must bring your own. Vending machines may be available depending on location.

Social Distancing Expectations

- Please social distance (6 feet apart) as you move through the facility.
- Patrons are expected to take their temperature before they arrive at the facility.
- Patrons should not come to the facility if they have a fever or have felt ill in the last 24 hours.
- Spectators will not be permitted inside the facility.
- Patrons not following the social distancing guidelines will be asked to leave the facility.

Who are these masked PRP members?

In last month's issue, we asked members to submit masked photos so that we could present an identity challenge. And here they are, the brave souls who agreed to provide pictures of themselves concealed behind their masks so that their fellow court players can attempt to determine who they are. While most are PRP members, we did throw in two surprises—pickleball pros who “taught the teachers” here last spring. A tough but fun test. Answers are on next page. Good luck!



With no Historic District “trick or treat” in Punta Gorda this year, we’ll have to make do with this picture of PRP players “Adam & Eve” from 2019. Recognize them?

Pickleball Around the Web

“100 Pickleball Tips and Tricks to Up Your Game”

Interested in some self-help pickleball tips? Todd Jungling of PickleballMAX has created a collection of 100 pickleball tips in categories ranging from technique, health/safety and strategy to tournament, practice and club tips. With this count, there is bound to be something here that might help to elevate your game. Take a walk through this treasury of pickleball “words to the wise” at the following link:

https://www.pickleballmax.com/2020/08/pickleball-tips/?utm_source=ActiveCampaign&utm_medium=email&utm_content=100+Pickleball+Tips+to+Elevate+your+Game&utm_campaign=100+Pickleball+Tips&vgo_ee=gzezMT7TvwCslXvooE2LM%2FIMy%2BOWWuyaZunZiCXh6gl%3D



Staying Safe on the Courts - A Covid Update

CJ Johnson of betterpickleball.com interviewed Dr. Sarah Webb, a retired pathologist and former Chair of Infection Control and Director of the Microbiology Lab at a community hospital. Below is a link to the conversation, where they discuss how to safely return to the courts during this pandemic. Sorry about the ads.

<https://www.cjohnsonglobal.com/pickleball-and-covid-staying-safe-on-the-courts-with-dr-sarah-webb/>

Who are these masked PRP members?

Answers...

- | | | | |
|---|--|---|--------------------------------------|
| 1 | PRP member & instructor Lin Coe | 5 | Pickleball pro Sarah Ansboury |
| 2 | PRP members & Sue & Mac Meyer | 6 | PRP members Katie & Ken Gove |
| 3 | Pickleball pro Mark Renneson | 7 | PRP member Dwayne Carr |
| 4 | PRP members Celine Boucher & Jack Laflamme | 8 | PRP member Beatrice Traub |
| | 9 | | PRP members Amy Decker & Curt Sadley |

The purpose of the Peace River Picklers (PRP) is to promote the game of pickleball. This implies that sportsmanship, etiquette and generosity will be foremost in all PRP efforts. Pickleball can be competitive or it can be recreational. PRP will respect the wants and goals of all players, endeavoring to provide events, activities, and play to meet all members' needs.

Peace River Picklers (PRP) Code of Conduct

- * I will not act in a way that threatens my safety or the safety of others.
- * I will refrain from verbal outbursts which are profane, threatening or abusive.
- * I will refrain from acts or language which harasses or belittles a teammate or opponent, or which creates turmoil and/or dissension among players.
- * I will respect the pickleball courts and property and perform no action which may cause damage.
- * I will comply with posted court schedules.
- * I will make fair line calls and respect calls made by others. I will consider the ball to be "in" if uncertain of the line call.
- * I will behave in a manner consistent with this code and, as such, will be an ambassador for the sport of pickleball.

The Board of Directors appreciates your adherence to this Code of Conduct. Please feel free to contact any one of us with any concerns.

Peace River Picklers Officers and Directors

President	Deb Sarkisian	debsarkisian@aol.com
Vice President	Jean McGee	jmmcgee@comcast.net
Secretary	Laurie Price	lauriep81@gmail.com
Treasurer	Heather Washik	hwashik@att.net
Directors		
	Doug Gammie	gammie72@msn.com
	Bruce McPhee	bjmcphee@me.com
	Mary Stewart	marytomstewart@gmail.com

Future Events

PRP Leagues PRP Skills & Drills @ South County Reg. Park (see PRP website for details)	Sept 21-Oct 31, 2020
LevelUp Pickleball Camp (with Lisa and Wayne Dollard) @ Pickleplex® https://www.leveluppickleballcamps.com/florida	Oct 16-18, 2020
PRP Skill Assessment @ South County Reg. Park	Oct 31 & Nov 1, 2020
Halloween Hallow @ PicklePlex®	Oct 31-Nov 1, 2020
PRP Skill Assessment @ South County Reg. Park	Nov 8, 2020
Lucy Kitcher Pickleplex® Gamma Zero Zero Grand Slam	Nov 21-23, 2020
PRP Skill Assessment @ South County Reg. Park	Dec 5, 2020
APP Master's Tournament @ Pickleplex®	Jan 6-10, 2021
AAU National Tournament @ Pickleplex®	Jan 29-31, 2021
2nd Annual Sweetheart Tournament @ Pickleplex®	Feb 12-14, 2021
Spring Fling @ Pickleplex®	Mar 19-21, 2021
For the full calendar of PRP events & details: https://www.peaceriverpicklers.com/ For Pickleplex® event details: https://www.pickleplex.org/	



PEACE RIVER PICKLERS Mission Statement

Peace River Picklers Pickleball club is a nonprofit organization established to cultivate the game of Pickleball through social play, competitive leagues and standardized, consistent educational programs for our members. These activities provide opportunities for players to realize their own potential in an environment that promotes socialization, fun & exercise.



Upcoming Southwest Florida Pickleball Tournaments

1st Annual 3D Pickleball Monster Smash....Englewood, FL 10/11-13/2020

2nd Annual The Hopen its Open at Pelican Sound....North Naples/Estero, FL 10/23-25/2020

6th Annual 3D Pickleball Turkey Classic....Babcock Ranch, FL 11/01-03/2020

Lucy Kitcher Del Webb-Naples Gamma Championship....Ave Maria, FL 11/06-08/2020

6th Annual 3D Cupid Shootout....Babcock Ranch, FL 02/14-16/2021

Minto US Open Pickleball Championships....Naples, FL 04/17-24/2021

More info on these and other tournaments can be found at:

https://www.pickleballtournaments.com/pbt_main.pl