

DEDICATED

OUTDOOR

PICKLEBALL

COURT

PROPOSAL

DEDICATED PICKLEBALL COURT PROPOSAL

Hello, My name is James Fraser.

I am here today representing over 70 active pickleball players who want to play pickleball the way it was meant to be played on dedicated pickleball courts.

There are significant reasons for the courts to be dedicated and separate from tennis.

1) GROWTH

When I started playing 4 years ago there was only 10 people playing pickleball at Centennial Park.

This year there is over 70 players actively playing pickleball.

Pickleball is the fastest growing sport in North America.

Cities, Towns and communities have been taken back by the growing popularity and need for dedicated pickleball courts and they have had to move quickly to keep up with the demands.

Hamilton has 24 brand spanking new dedicated pickleball courts. Sarnia just put in 8 courts, Virgil converted it's under used tennis courts to 6 pickleball courts. Grimsby has allocated funds for six new pickleball courts. Oh and our friendly neighbour Welland is putting in a whole sports complex including 13 courts for pickleball use.

I could go on but I think you get the point. Pickleball is sweeping through the province. Well, what about Pelham? We have 6 indoor courts that we share with basket ball and 5 outdoor courts that we share with tennis. The problem is that they are not dedicated pickleball courts, and not enough of them to handle the ever increasing growth of the sport.

2) CONFLICT

We are currently sharing the courts at Centennial park with tennis and there has been a certain amount of conflict and outright resentment.

Given the fact that these were tennis courts, I understand why the conflict and resentment exist. The increasing number of pickleball players is the cause of this conflict, which in my opinion, can only be resolved with the separation of the two sports. Pickleball, having dedicated courts, and tennis having its own dedicated courts.

I am not here to take away courts from the tennis community. I am here to advocate for dedicated pickleball courts. Having dedicated pickleball courts will allow us to schedule and control our own court time and free up tennis to control theirs. Thus, putting an end to any possible conflict and resentment.

3) ENJOYMENT

Playing the game on properly marked courts with proper pickleball posts and nets in a fenced in enclosed space will mean that we can play the game in the way that it was intended. This makes it enjoyable and pleasurable to all. No more multiple confusing lines, adjusting nets, retrieving balls and stoppages in play because of errant balls on the court.

4) SAFETY

Dedicated courts will give us a much safer environment. Stepping on an errant ball is a big concern with retirees and seniors.

5) COMPETITION AND TOURNAMENTS

Dedicated courts will allow us to attract players from other clubs and have inter club competitions. We will be allowed to have sanctioned tournaments. The same holds true for dedicated tennis courts. Tournaments bring in revenue and added activity to our local businesses.

6) SCHOOL PROGRAMS AND YOUTH DEVELOPMENT

Having dedicated pickleball courts will benefit our local schools allowing them to add pickleball to their physical education program.

7) SOCIAL HEALTH AND WELL BEING

Pickleball popularity among seniors and retirees is life changing. These people come together, not only to play, but to talk and interact. This greatly benefits the social well being of the community.

Pickleball makes exercising fun and enjoyable, and that is exactly what we all need.

8) CLOSING STATEMENT

I have spent a considerable amount of time in developing 9 different options with pros and cons for each. Some options are better than others but all are doable. I will leave it to you to review and consider each one, but in my opinion, the only viable ones are for dedicated courts, completely separate from the tennis courts.

Option 7 calls for 4 dedicated pickleball courts over top of the drainage ditch.

Option 8 calls for 6 dedicated pickleball courts over top of the drainage ditch.

Option 9 calls for 8 dedicated pickleball courts in place of the multi sports pad.

Option 7 could work for the short term, but I think you will agree with me that we have to look to the future, and put in enough dedicated courts to handle the future growth.

I hope that what I have said here today along with what is laid out in the proposal will convince you to add dedicated pickleball courts to the town's Strategic Outdoor Plans.

I would appreciate being involved in the planning and implementation of the dedicated outdoor pickleball courts. I offer my services free of charge and promise to be helpful and constructive in that endeavour.

9) QUESTIONS

P R I M A R Y

OUTDOOR

COURT

OPTIONS

OPTION SEVEN

Leave the existing courts as is and adding four pickleball courts adjacent to existing courts.

Involves the following.

Installing large drainage pipe to accommodate water flow through drainage ditch.

Adding fill and leveling off the area over the drainage ditch

Paving and painting for the four pickleball courts.

Purchasing 4 pickleball nets and post and installing them.

Installing four foot chain link fence between pickleball courts.

Installing high chain link fencing on three outer sides of the courts

Installing card lock system and gate.

Pros

Complete separation between tennis and pickleball. No interruption of play because of a ball from another court coming onto your court. Biggest fear is injury from falling after stepping on ball.

Will not affect existing courts or curtail play in any way.

No disruption to other courts while making changes.

Seating area inside courts

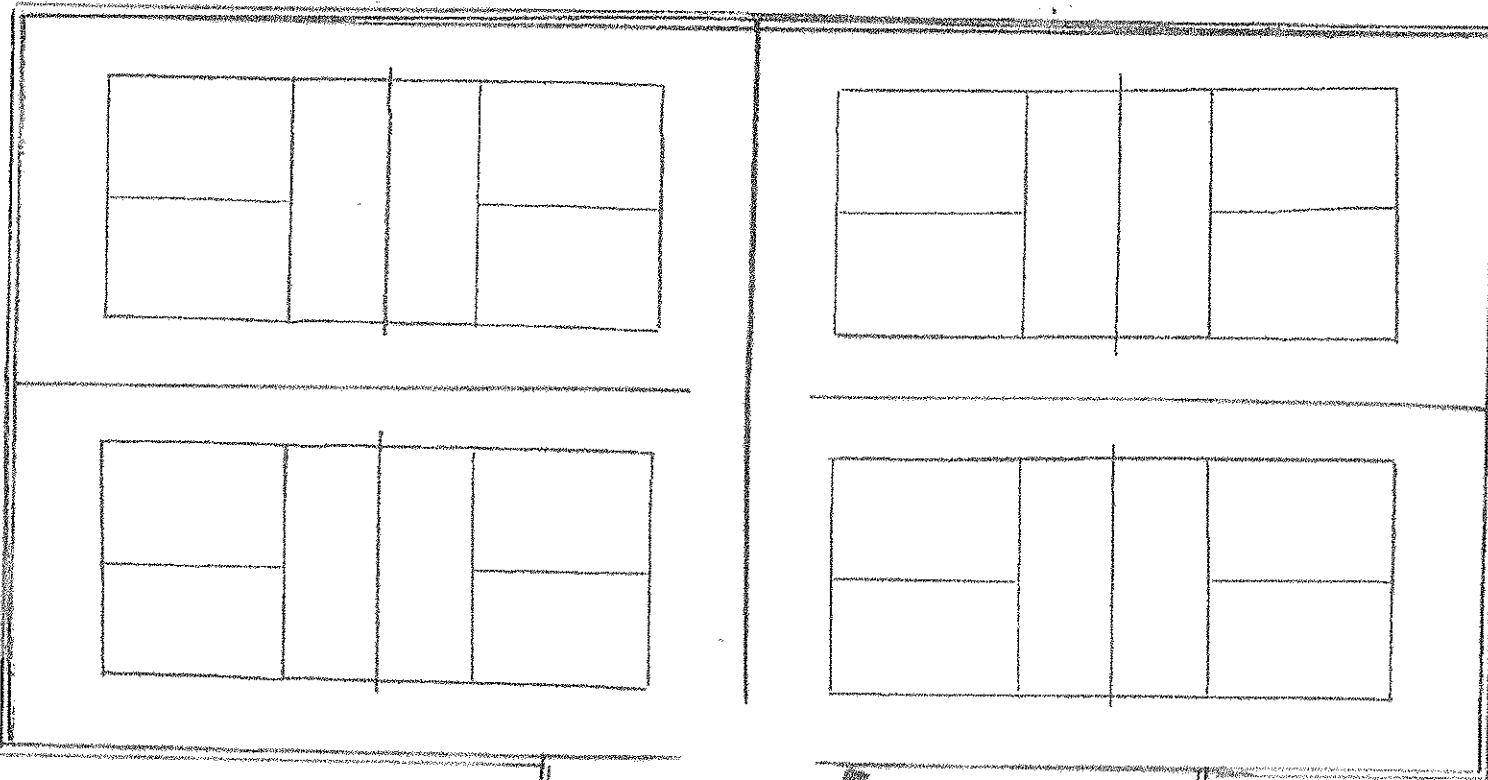
No need to move existing light poles.

Cons

Separate entrance required.

Requires paved path to courts.

Option Seven Detail



Tennis Courts

Utility Bld.

OPTION EIGHT

Leave the existing courts as is and replace multi sports pad with eight pickleball courts.

Involves the following.

Removal of existing sport pad and fencing, leveling and installing new pad .

Paving and painting for the eight pickleball courts with center access and covered waiting area.

Purchasing 8 pickleball nets and post and installing them.

Installing four foot chain link fence between pickleball courts and center access.

Installing high chain link fencing on three outer sides of the courts

Installing lighting and card lock system.

Pros

Complete separation between tennis and pickleball. No interruption of play because of a ball from another court coming onto your court. Biggest fear is injury from falling after stepping on ball.

Will not affect existing courts or curtail play in any way.

No disruption to other courts while making changes.

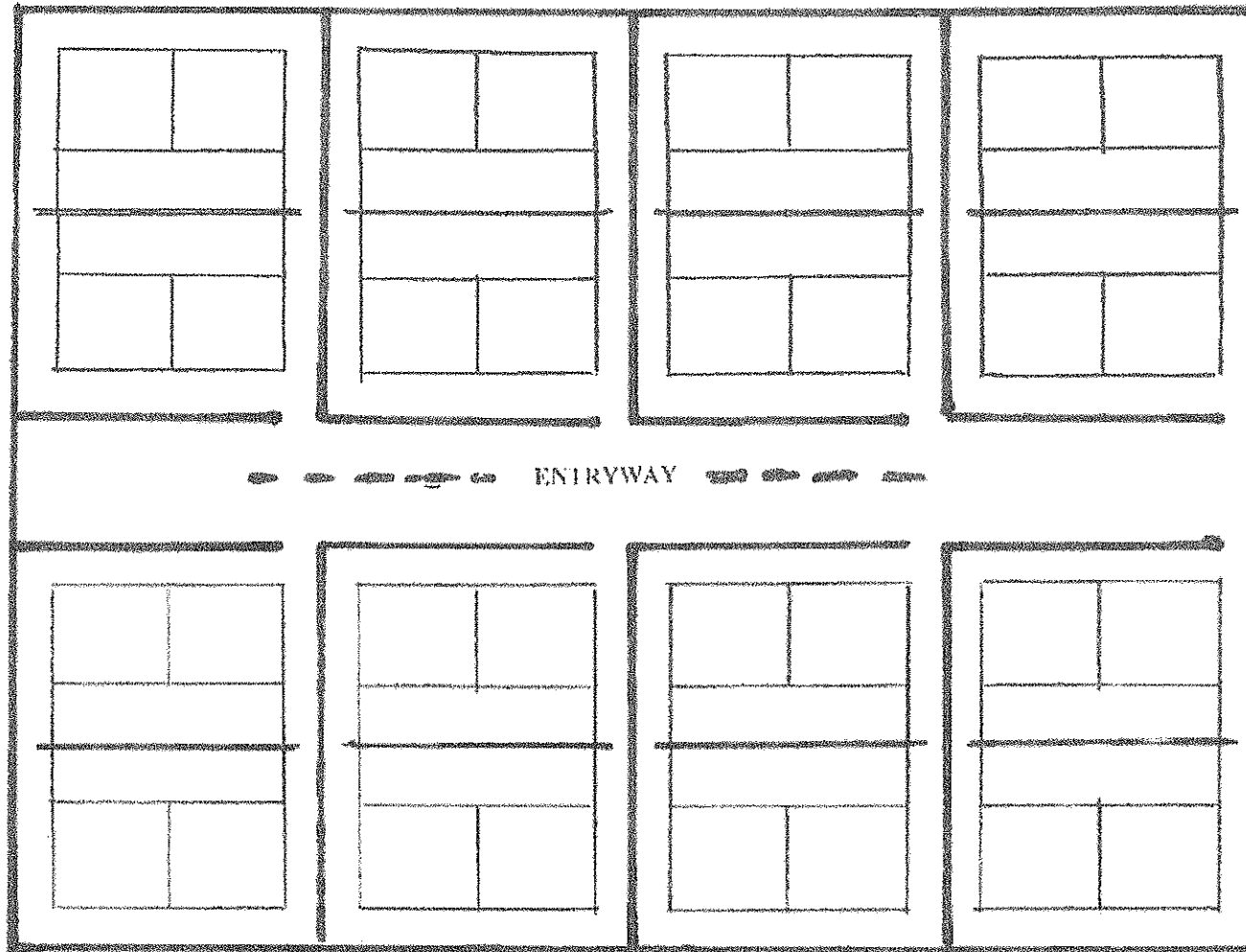
Protected waiting and seating outside of courts.

No need to move existing light poles.

Cons

Separate entrance required.

Courts no longer available for basket ball or other activities.



OPTION 8

COVERED SEATING
AND WAITING AREA

OPTION NINE

Leave the existing courts as is and adding six pickleball courts adjacent to existing courts.

Involves the following.

Installing large drainage pipe to accommodate water flow through drainage ditch.

Adding fill and leveling off the area over the drainage ditch

Paving and painting for the six pickleball courts with center access.

Purchasing 6 pickleball nets and post and installing them.

Installing four foot chain link fence between pickleball courts and center access.

Installing high chain link fencing on three outer sides of the courts

Installing card lock system and gate.

Pros

Complete separation between tennis and pickleball. No interruption of play because of a ball from another court coming onto your court. Biggest fear is injury from falling after stepping on ball.

Will not affect existing courts or curtail play in any way.

No disruption to other courts while making changes.

Seating area inside courts

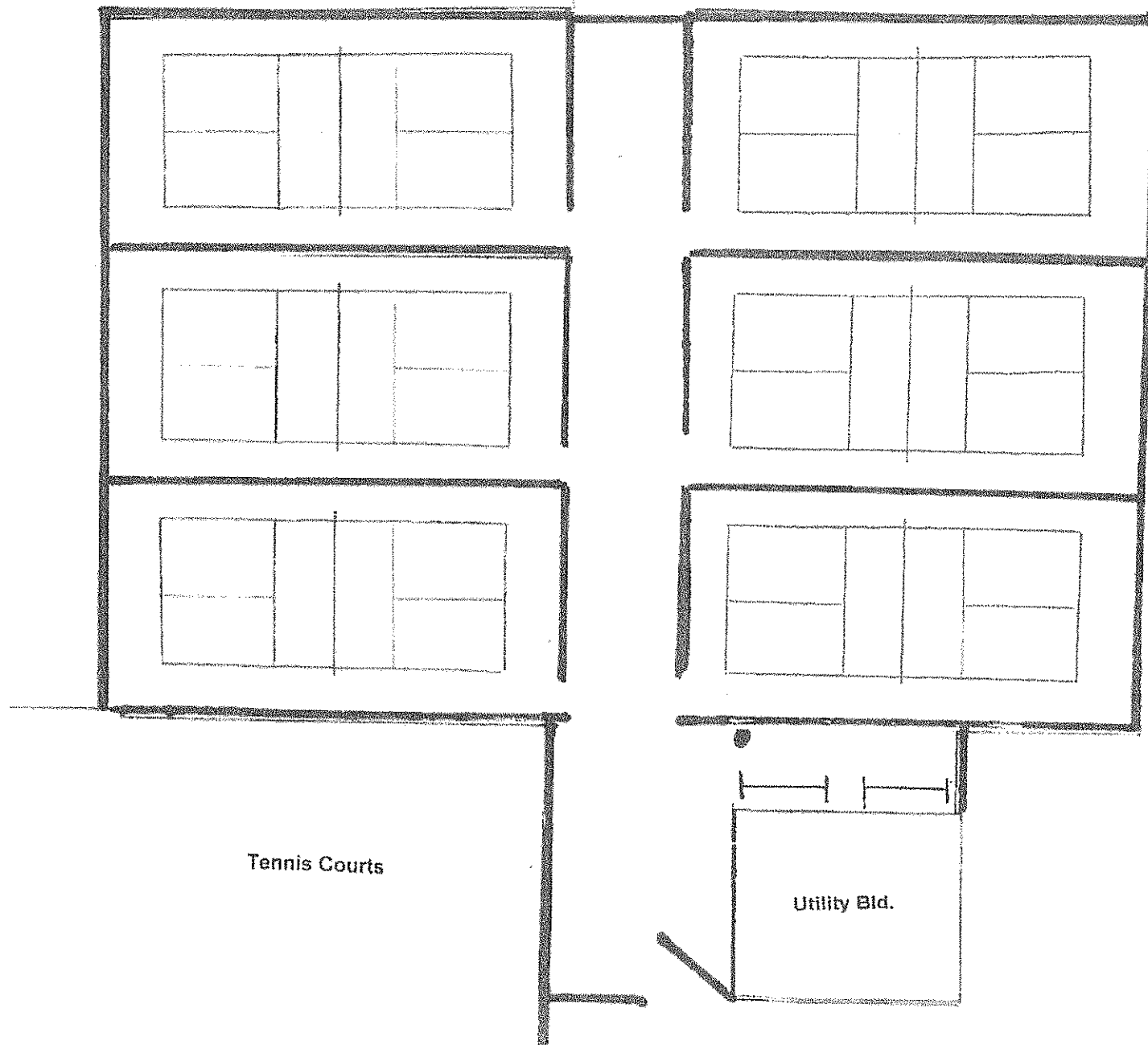
No need to move existing light poles.

Cons

Separate entrance required.

Requires paved path to courts.

OPTION 9



OTHER COURT OPTIONS

THESE OPTIONS HAVE A DIRECT IMPACT ON THE EXISTING TENNIS COURTS BY REPLACING ONE TENNIS COURT WITH FOUR PICKLEBALL COURTS OR REPOSITONING TWO TENNIS COURTS TO MAKE WAY FOR FOUR PICKLEBALL COURTS

CENTENNIAL PARK TENNIS/PICKLEBALL COURTS

All 5 courts currently accommodate both tennis and pickleball.

Involves the following.

Nothing needs to be done to the courts other than the repairing of the cracks.

Pros

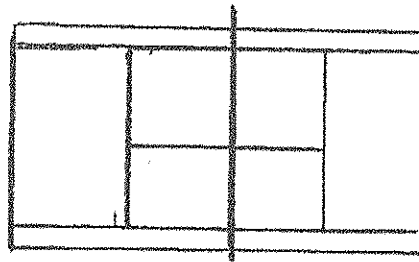
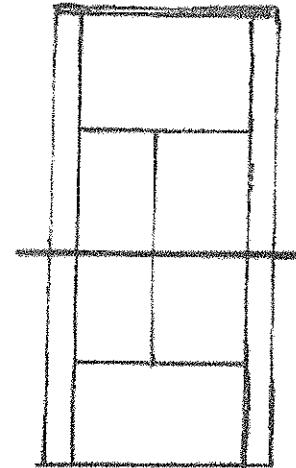
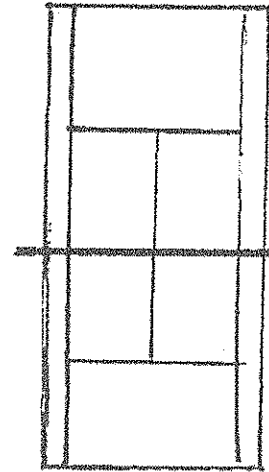
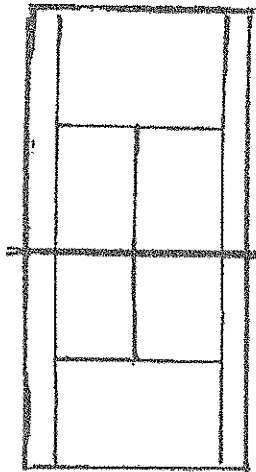
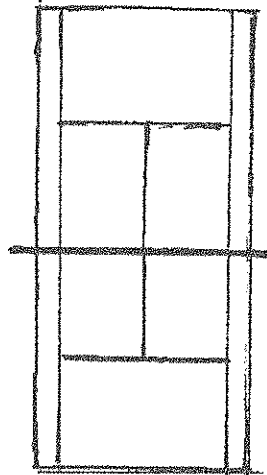
The courts dual purpose has worked out well so far for both sports.
Court surface is good and well marked for both sports.

Cons

Court nets need to be adjusted for each sport.
No barrier between courts making it hazzardous when errant balls come onto your court.
Danger from stepping on a ball and falling. More problematic with older people.
Tennis courts are much larger and it makes it harder/farther to retrieve P.B. balls.
Pickleball growth will soon outgrow existing facilities.

CURRENT STATUS

LIONS CLUB



BLEACHERS

LIONS
FISH
FRY

TABLES

WR

WR

OPTION ONE

Replacing one tennis court with four pickleball courts.

Involves the following.

Take down one tennis net and remove poles.

Replacing that tennis net and poles with 4 foot chain link fencing.

Purchasing 4 pickleball nets and post and installing them.

Installing chain link fence between tennis courts and pickleball courts (high fencing)

Installing 4 foot chain link fence between pickleball courts.

Modifying existing service entrance gate and installing card lock system

Painting courts complete with lines.

Pros

Complete separation between tennis and pickleball. No interruption of play because of a ball from another court coming onto your court. Biggest fear is injury from falling after stepping on ball.

No need to resurface courts. Just patch work needed around net posts and fence post

Minimal disruption to other courts while making changes.

Seating area on grass verge outside of fencing.

Minimal cost outlay.

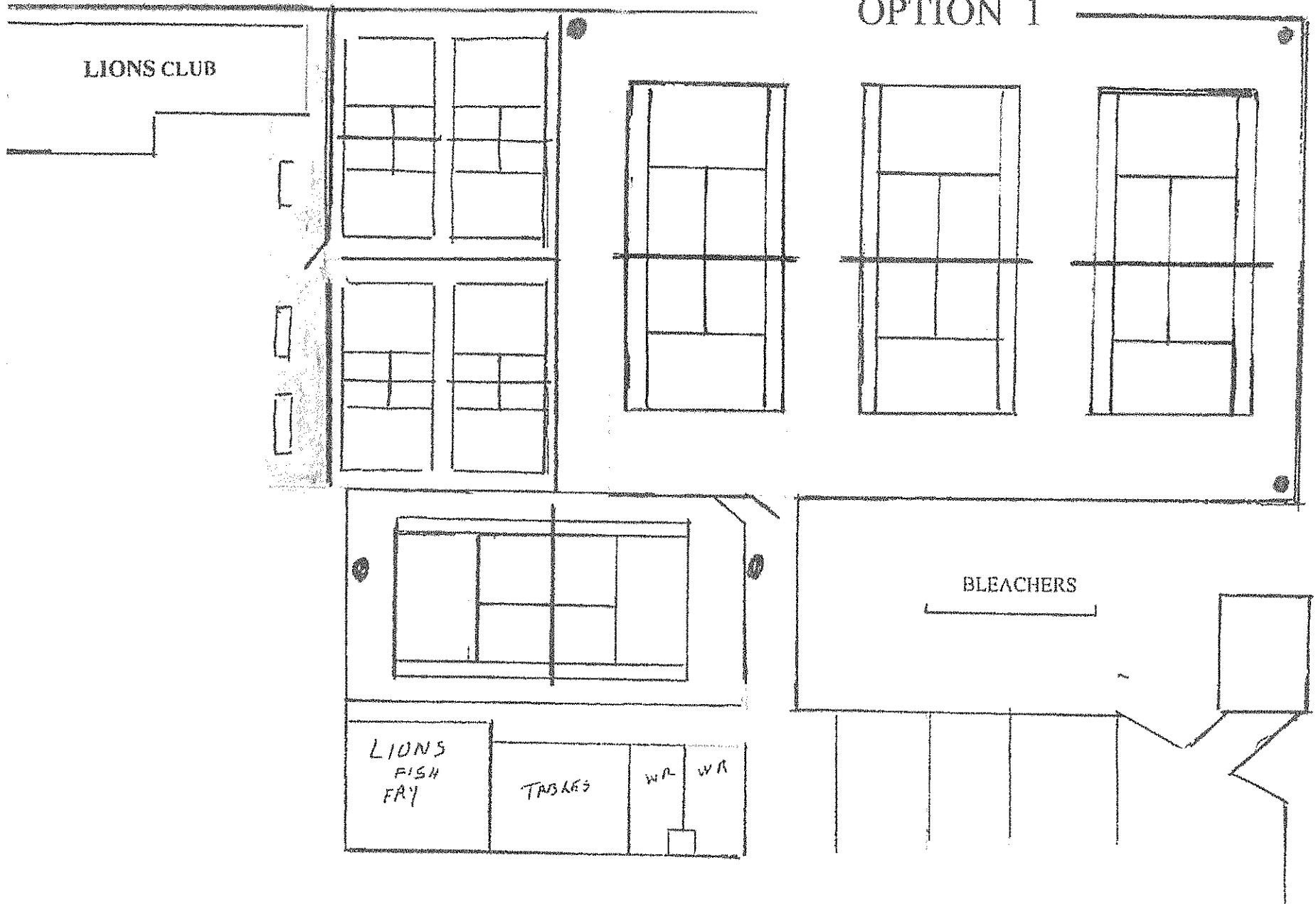
Cons

Loss of one tennis court.

Pickleball courts are under recommended distance by a foot on either side. not ideal but doable.

Separate entrance required.

OPTION 1



OPTION TWO

Replacing one tennis court with four pickleball courts with fenced in seating.

Involves the following.

Moving the outside fence back 10 feet and paving that section.

Taking down one tennis net and remove poles.

Replacing that tennis net and poles with 4 foot chain link fencing.

Purchasing 4 pickleball nets and post and installing them.

Installing chain link fence between tennis courts and pickleball courts (high fencing)

Installing 4 foot chain link fence between pickleball courts.

Modifying existing service entrance gate and installing card lock system

Painting courts complete with lines.

Pros

Complete separation between tennis and pickleball. No interruption of play because of a ball from another court coming onto your court. Biggest fear is injury from falling after stepping on ball.

No need to resurface courts. Just patch work needed around net and fence posts

Minimal disruption to other courts while making changes.

Seating area inside fence

Cons

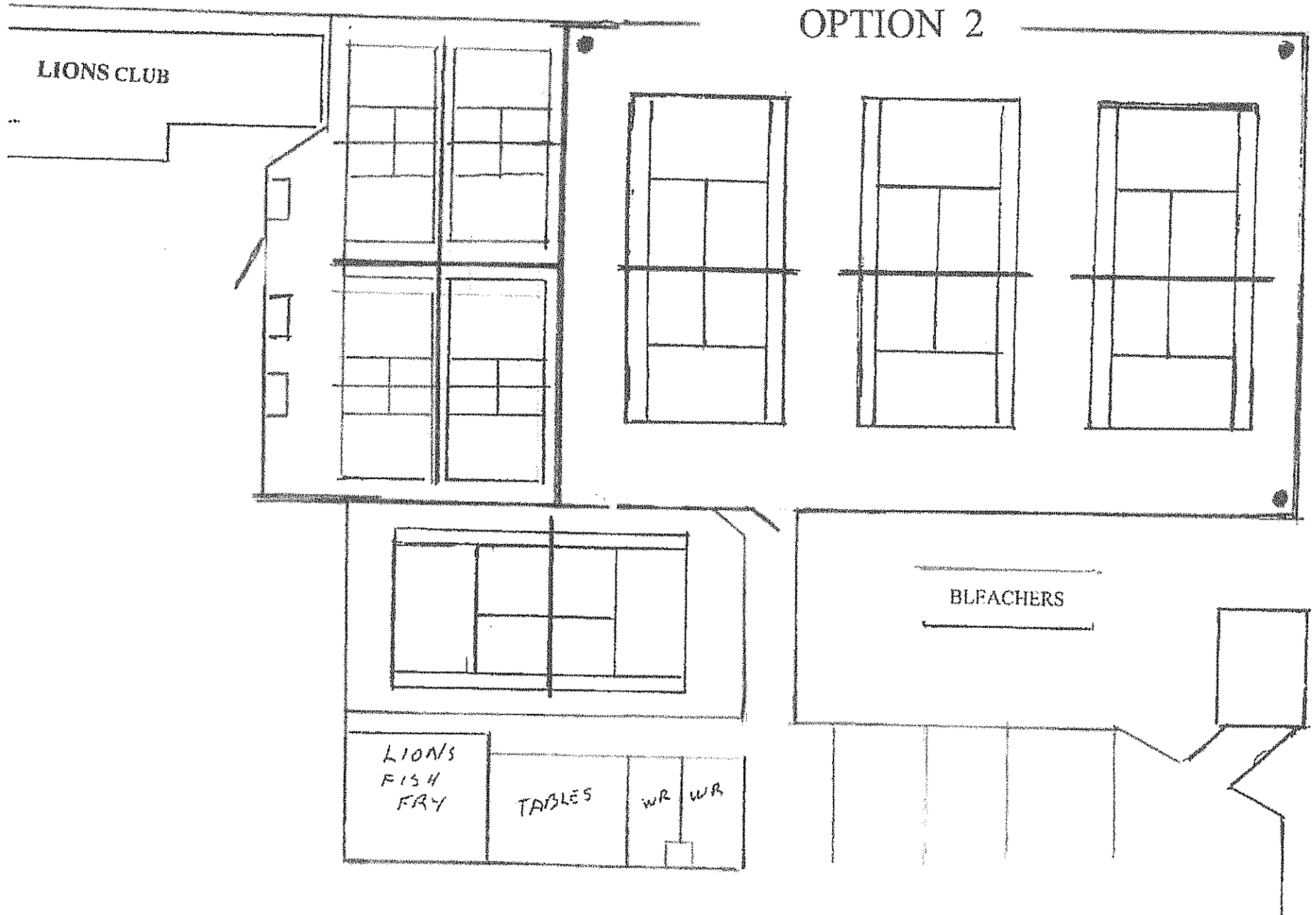
Loss of one tennis court.

Separate entrance required.

Added expense of relocating outside fence.

Leveling and paving of grass area inside fence.

OPTION 2



OPTION THREE

Replacing one tennis court with four pickleball courts and moving existing high fencing out ten feet to allow for inside the court seating and regulation pickleball court dimensions. Also moving of light poles to better accommodate tennis play on practice court.

Involves the following.

Moving the entire outside fence back 10 feet and paving that whole section.

Take down one tennis net and remove poles.

Replacing that tennis net and poles with 4 foot chain link fencing.

Purchasing 4 pickleball nets and post and installing them.

Installing chain link fence between tennis courts and pickleball courts (high fencing)

Installing 4 foot chain link fence between pickleball courts.

Modifying existing service entrance gate and installing card lock system

Moving and reinstalling existing light poles on practice court.

Pros

Complete separation between tennis and pickleball. No interruption of play because of a ball from another court coming onto your court. Biggest fear is injury from stepping on a ball.

No need to resurface courts. Just patch work needed around net posts and fence post

Minimal disruption to other courts while making changes.

Seating area inside courts

Making practice court's depth larger and better suited to tennis play.

Pickleball court width to regulation.

Cons

Loss of one tennis court.

Separate entrance required.

Cost of relocating fencing. Leveling and paving entire section. Relocation of lighting pole.

OPTION 3



OPTION FOUR

Replacing the practice tennis court with four pickleball courts.

Involves the following.

Removing existing high chain link fence and relocating it out into the two existing tennis courts

Moving those two courts back and relocating two sets of tennis poles and nets.

Leveling and resurfacing of the affected courts.

Purchasing 4 pickleball nets and post and installing them.

Moving and relocating fencing and two light poles to allow for proper pickleball court width.

Installing 4 foot chain link fence between pickleball courts.

Moving tennis court entrance and adding entrance to pickleball courts with card lock systems.

Painting courts complete with lines.

Pros

Complete separation between tennis and pickleball. No interruption of play because of a ball from another court coming onto your court. Biggest fear is injury from falling after stepping on ball.

Seating area for pickleball where the covered tables are.

Cons

Loss of one tennis court. Practice court.

Two tennis courts will not meet regulation depth but doable.

Pickleball courts to be less than regulation in length but doable.

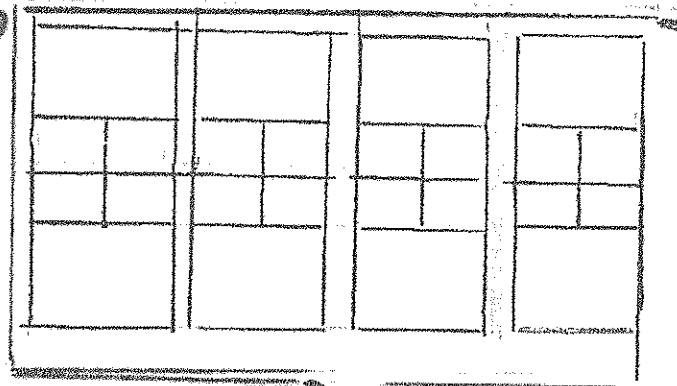
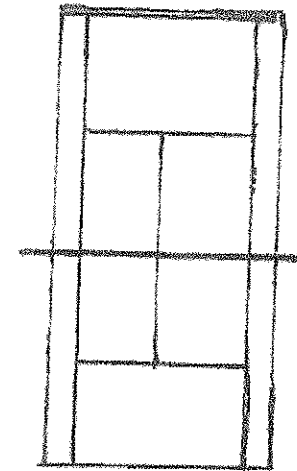
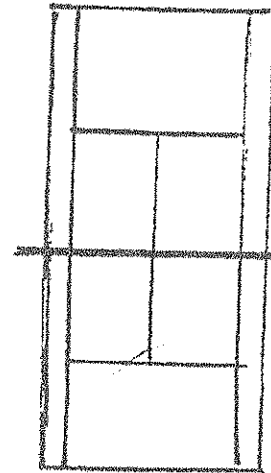
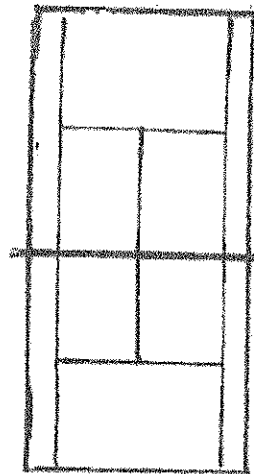
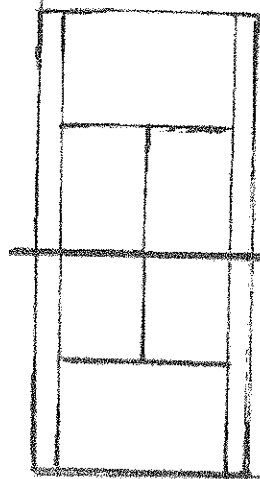
Separate entrances required.

Highly disruptive with only two working courts while work being done.

High cost with the possibility of further costs if it was decided to resurface all courts.

OPTION 4

LIONS CLUB



BLEACHERS

LIONS
FISH
FRY

TABLES

WR

WR

OPTION FIVE

Leaving the courts as they exist and adding four pickleball courts adjacent to existing courts. Into the parking lot area.

Involves the following.

Digging up a portion of the parking lot, leveling and installing proper paving for four courts.

Purchasing 4 pickleball nets and post and installing them.

Installing four foot chain link fence between pickleball courts.

Installing high chain link fencing on three outer sides of the courts

Installing card lock system and gate.

Probably repaving the existing parking lot which needs to be done sooner rather than later.

Painting courts complete with lines.

Pros

Complete separation between tennis and pickleball. No interruption of play because of a ball from another court coming onto your court. Biggest fear is injury from falling after stepping on ball.

Minimal disruption to other courts while making changes.

Seating area inside courts

No need to move existing light poles.

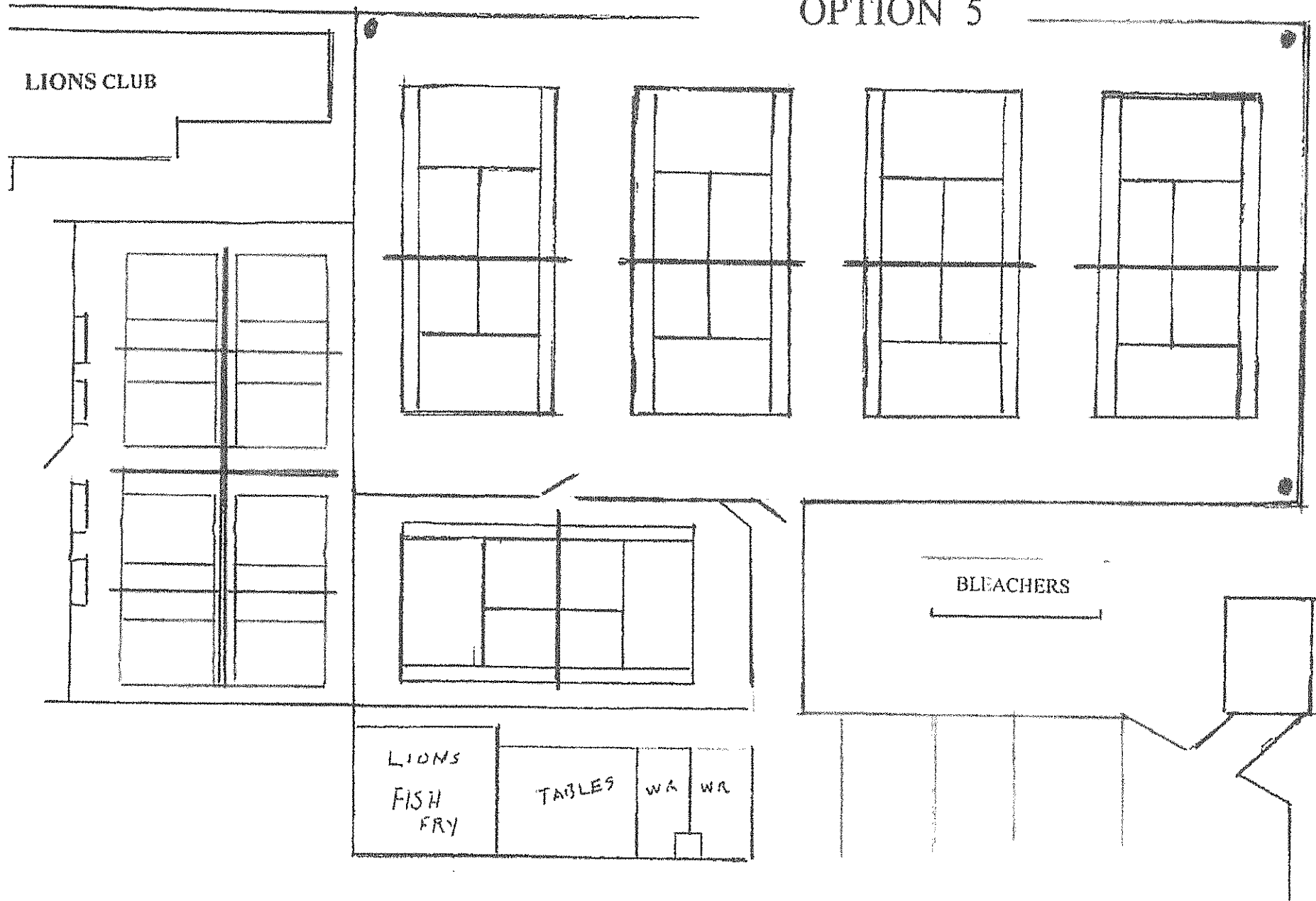
Cons

Separate entrance required.

Loss of parking in parking lot

Might have objections from the Lions Club.

OPTION 5



OPTION SIX

Leaving the courts as they exist and adding four pickleball courts adjacent to existing courts.

Involves the following.

Installing large drainage pipe to accommodate water flow through drainage ditch.

Removal of two trees.

Adding fill and leveling off the area over the drainage ditch

Paving and painting for the four pickleball courts.

Purchasing 4 pickleball nets and post and installing them.

Installing four foot chain link fence between pickleball courts.

Installing high chain link fencing on three outer sides of the courts

Installing card lock system and gate.

Pros

Complete separation between tennis and pickleball. No interruption of play due to a ball from another court coming onto your court. Biggest fear is injury from falling after stepping on ball.

Minimal disruption to other courts while making changes.

Seating area inside courts, No need to move existing light poles.

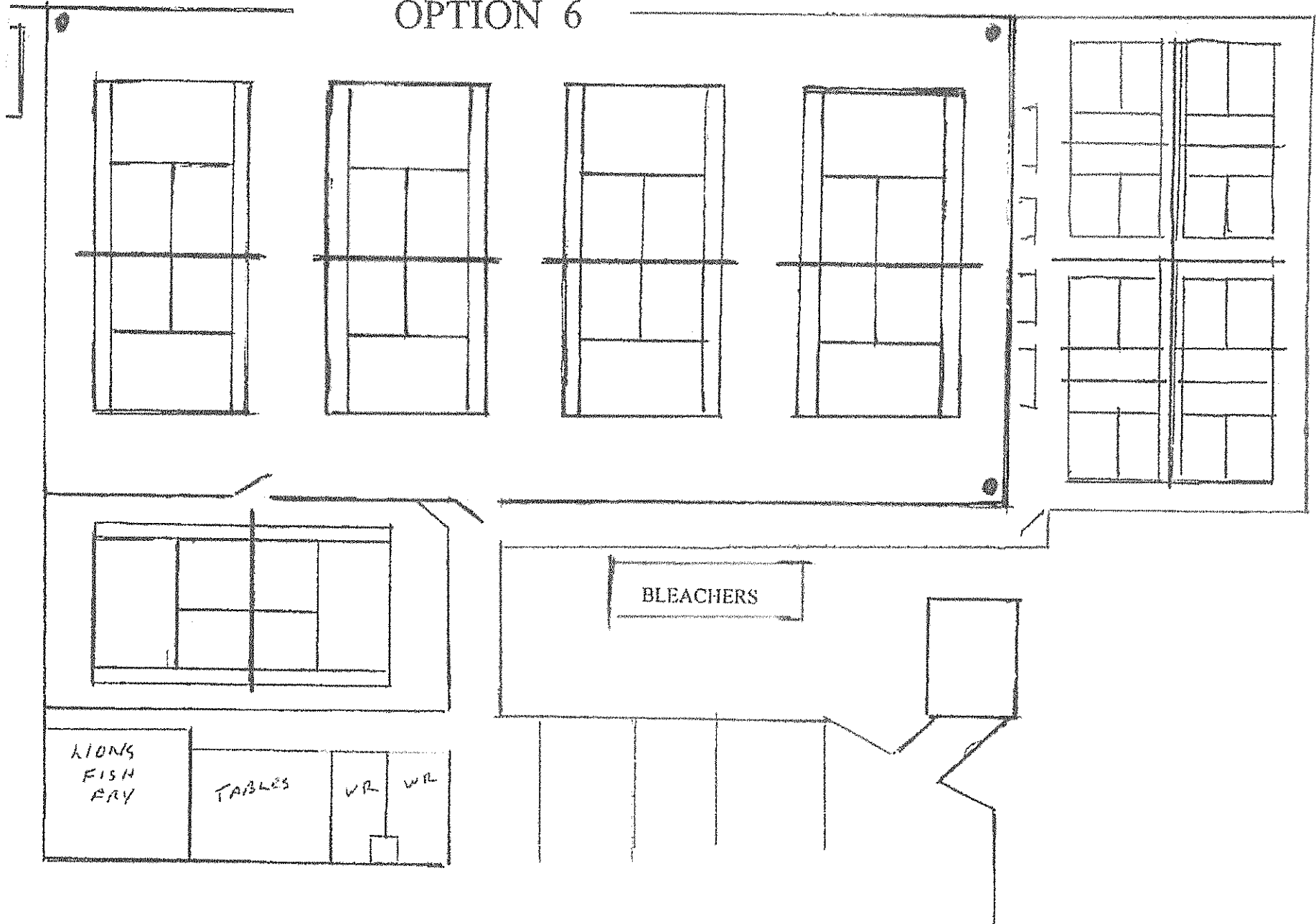
Cons

Separate entrance required.

Loss of two trees.

Requires paved path to courts.

OPTION 6



PICKLEBALAL ONTARIO

NOTES AND RESEARCH DATA

What is Pickleball and Why is it Growing

- What is Pickleball?

- Pickleball, at its core, is a fun and exciting indoor/outdoor sport that combines elements of Tennis, Badminton, and Ping Pong. The game is played on a court the size of a Badminton court, with a low net similar to Tennis, and with what looks like an oversized ping pong paddle and a wiffle-type ball.

- Why is it Growing?

- It's FUN!!!
- Offers a parallel sport for tennis players
- Shorter learning curve than other racquet/paddle sports
- Less physical impact on the body
- Can be played both recreationally and competitively
- Attractive to all ages
- Dramatic increase in places available to play, although supply of facilities is not keeping pace with demand for play



Taking Pickleball to the Next Level

While Pickleball was invented by three dads in 1965 as a way to entertain their children during summer season, the popularity of the game has never been greater. 2020, and beyond, represents the greatest opportunity for Pickleball's growth, thanks to a combination of intangibles:

- Growth of young players and newcomers to the game
- Surge in new construction of Pickleball courts and facilities
- Retrofitting of tennis courts for Pickleball use nationwide
- International media exposure
- Widespread exposure from digital and social media outlets dedicated exclusively to Pickleball
- Consistent grassroots publicity
- Influx of tennis players into the professional ranks
- Increase in pro-shops carrying Pickleball equipment
- Unwavering commitment to players of all levels -- beginner to pro -- from Pickleball equipment companies and sporting goods brands, alike.
- Pickleball ... growing by the day across North America. It's Game On!

Source: <https://www.selkirk.com/pages/pickleballs-growth>



Growth in the US

- Here are a few details from the 2019 SFIA Pickleball Participation Report:
 - Of the 3.3 million players, 2.0 million were "Casual" participants who play 1-7 times a year
 - 1.3 million were "Core" participants who play 8 or more times a year
 - The Average Annual Growth Rate (AAGR) for all players from 2015 to 2018 was 9.7%, for a total growth rate of 29.1% over three years
 - 62% of participants are men; the percentage of participants who are women grew from 33% to 38% over three years
 - The average age for all players is 41 years old
 - The average age for Core players is 54 and Casual players 33 years old
 - 64% of Core players are 55 or older
 - 84% of Casual players are 54 or younger
 - From 2015-2018:
 - the percentage of Core players ages 54 and younger grew from 25% to 36%
 - the percentage of Casual players ages 54 and younger grew from 78% to 84%
 - these increases in the percentages of both Core and Casual less than 55 years of age reflect faster growth among younger players

Source: <https://www.usapa.org/pickleball-fact-sheet/>



Growth in Ontario and Canada

- From Dec 2019 IPSOS poll (first poll)
- Various clubs limit enrollment due to lack of available facilities and time slots
- PAO paid membership up from 1000 in 2016, to 2555 in 2020 (+155%)

- Ontario Places to Play (Feb 2020)
 - Facilities: 416
 - Clubs: 59

Canada	350,000
BC	56,000
Alberta	16,000
Sask/Man	35,000
Ontario	164,000
Quebec	69,000
Atl prov	10,000

Pickleball Demographics

- Per IPSOS poll
Dec 2019
- Did not include
<18

	18-34	35-54	55+
Canada	131,300	72,900	145,800
Ontario	51,500	52,400	60,100

Generate Awareness and Interest

- Pickleball: What is it?
- Trends
 - Growth in numbers
 - Who is playing it and where
- Benefits
 - Social
 - Health
 - Physical Literacy
 - Mental
 - Inter-generational
 - Economic



Health Benefits 1

- USAPA articles
 - <https://view.joomag.com/pickleball-magazine-5-1-wd/0718710001585760150?short>
- Reference from US Open
 - Lee et al., states “pickleball is a great sport for our health” (pg. 12) and other research suggests that as pickleball players’ skill level increases, so does their level of activity
 - Lee, C., Ryu, J., Yang, H., Kim, A., Kim, K., Lee, S., Im, S., & Heo, J., (2019). 2019 US open pickleball championships
- Reference from Selkirk
 - <https://www.selkirk.com/pages/pickleballs-growth>



Health Benefits 2

(source: <https://view.loomag.com/pickleball-magazine-5-1-wd/0718710001585760150?short>)

JUST WHAT THE DOCTOR ORDERED

PHYSICIANS WHO PLAY PICKLEBALL EXTOL THE VIRTUES OF THE GAME—AND HOW IT'S HELPING THEIR PATIENTS' PHYSICAL, MENTAL AND EMOTIONAL HEALTH.

By Steven Weinberg

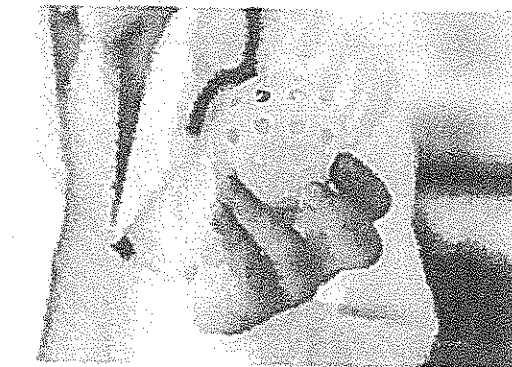
What does it take to live longer and healthier? "I've been a physician and a pickleball player for 30 years, and I can tell you that the two go hand in hand," says Dr. Steven Weinberg, a family physician in the San Francisco Bay Area.

Dr. Weinberg, who is also a pickleball player, says that the game has helped him stay healthy and active. "I've been playing pickleball for 30 years, and I can tell you that the two go hand in hand," he says. "I've been a physician and a pickleball player for 30 years, and I can tell you that the two go hand in hand."

Dr. Weinberg, who is also a pickleball player, says that the game has helped him stay healthy and active. "I've been playing pickleball for 30 years, and I can tell you that the two go hand in hand," he says. "I've been a physician and a pickleball player for 30 years, and I can tell you that the two go hand in hand."

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Health Benefits 4

- AARP article: <https://www.aarp.org/home-family/friends-family/info-2018/pickleball-health-social-emotional-benefits.html>
- Mueller Sports Medicine: <https://www.muellersportsmed.com/blog/post/health-benefits-of-pickleball-for-aging-adults>
- Health Prep: <https://healthprep.com/articles/fitness-nutrition/pickleball-health-benefits/>
- Pickleball Canada: https://pickleballcanada.org/rewards_of_playing.php
- Parkinson's Foundation: <https://pfwpa.org/services/exercise-lifestyle/parkinsons-pickleball/>



Physical Literacy.

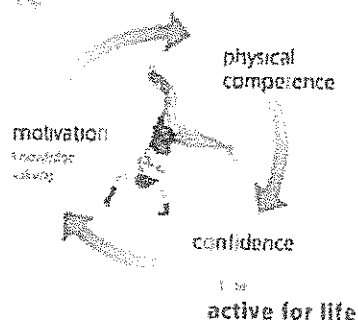
(<https://physicalliteracy.ca/physical-literacy/>)

The Definition of Physical Literacy

"Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life."

- The International Physical Literacy Association, May 2014

Physical literacy



The Elements of Physical Literacy

Motivation and Confidence (Affective)

Motivation and confidence refers to an individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.

Physical Competence (Physical)

Physical competence refers to an individual's ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.

Knowledge and Understanding (Cognitive)

Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.

Engagement in Physical Activities for Life (Behavioural)

Engagement in physical activities for life refers to an individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis. This involves prioritizing and sustaining involvement in a range of meaningful and personally challenging activities, as an integral part of one's lifestyle.

**PICKLEBALL
ONTARIO**

Social Benefits

- Meeting and mixing
 - Rotational play is common
- Intergenerational
 - Skill level a separator, in addition to age
 - Seniors play among youth
 - Parents and children play
 - Grandparents and grandchildren play
- Disabled and able bodied play together
- Lower risk of depression
 - <https://www.aarp.org/home-family/friends-family/info-2018/pickleball-health-social-emotional-benefits.html>
- Reduces loneliness and isolation associated with a range of negative health outcomes
 - <https://healthprep.com/articles/fitness-nutrition/pickleball-health-benefits/>
- Mental, Physical and Social Benefits
 - <https://www.pickleballrush.com/learn/health-benefits-of-playing-pickleball-for-seniors>



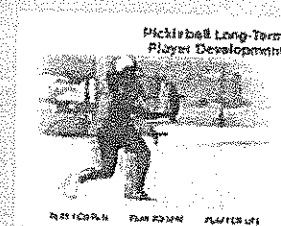
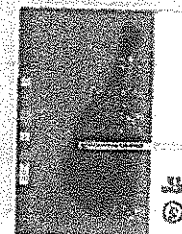
A Sport for Everybody

- Our sport is welcoming and inclusive
 - Diverse
 - Inclusive of all
 - Equitable
 - Skill differences

PICKLEBALL
ONTARIO 

Physical Literacy via Pickleball

- 8 Week Elementary School program
 - using physical literacy concepts while teaching pickleball to elementary school children
 - https://pickleballontario.org/wp-content/uploads/2018/11/PickleballLessonPlan_FINAL-rev.pdf
- Long Term Player Development model
 - Includes physical literacy in its development of players from entry to the sport to active for life stages
 - https://sportforlife.ca/wp-content/uploads/2019/10/Pickleball_LTP_APRIL.pdf



Community Impact Study: Many Benefits

- Study completed by Brock University student group
- [https://uwaterloo.ca/centre-advancement-co-operative-education/sites/ca.centre-advancement-co-operative-education/files/uploads/files/real thing pickleballs report 2019 al 2.pdf](https://uwaterloo.ca/centre-advancement-co-operative-education/sites/ca.centre-advancement-co-operative-education/files/uploads/files/real%20thing%20pickleballs%20report%202019%20al%202.pdf)

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Club Name and Logo

PICKLEBALL
ONTARIO

Comparisons

- **Shared (tennis and pickleball) vs dedicated courts**

- **Shared Pros**

- Cheaper
 - Easier to accommodate the pickleball crowds

- **Shared Cons**

- Creates conflict between the 2 sets of players for scheduling play time
 - Adds a higher level of visual distraction, with multiple lines and colours

- **Dedicated Pros**

- More enjoyable for each sport as no distractions on the court
 - No scheduling conflicts between the 2 sports
 - Can repurpose underutilized tennis courts cheaply to satisfy the demand for pickleball facilities

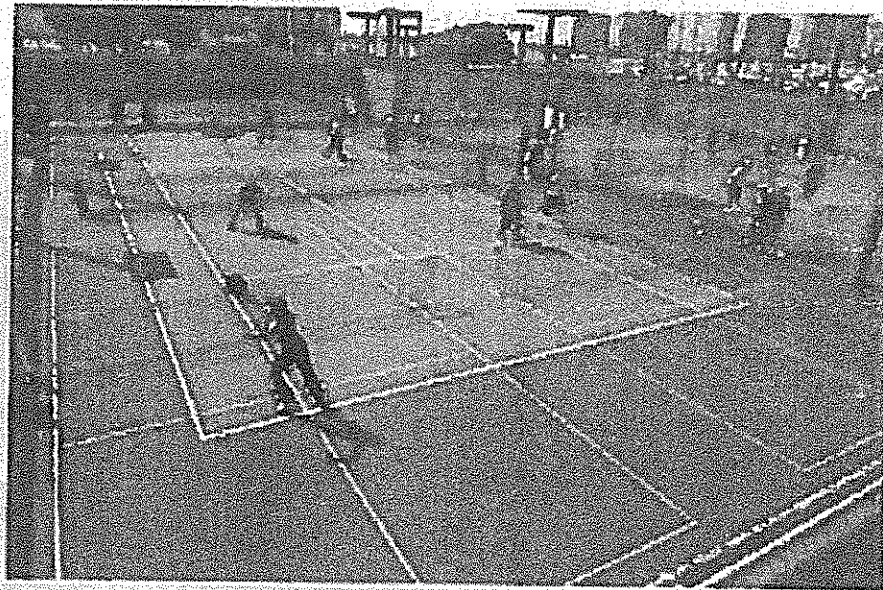
- **Dedicated Cons**

- Requires new installations, if not repurposed tennis courts



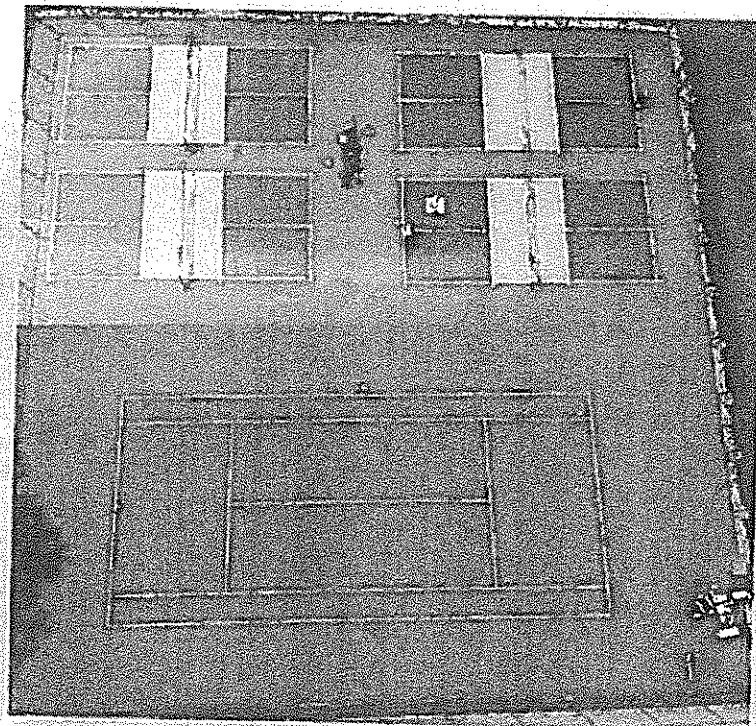
Example of Shared Courts

- Visually distracting to both sports



Space and Play Comparison

- 16 players for pickleball
 - Players usually rotate with those waiting
- 2 or 4 for tennis
 - Players usually play for an hour, then give up the court



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Example of Dedicated Courts



**PICKLEBALL
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How many courts?

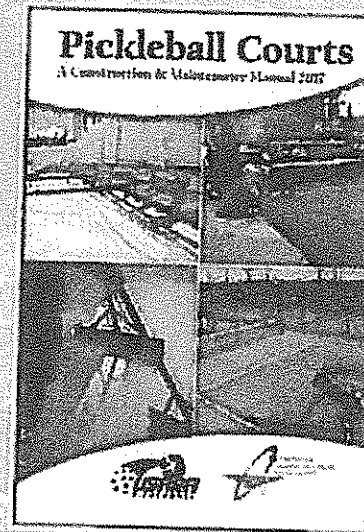
- Ratio of courts to overall population (not just pickleball players)
 - Factors included
 - Current provisions
 - Demand expressed
 - Population and demographic changes
 - Size of community
 - St. Thomas example
 - Population: 38,909 (2016)
 - 1 court for every 4000 people

Reference: City of St. Thomas 10 Year Plan (2020), produced by Monteith Brown Planning Consultants (<http://www.mbpc.ca/default.asp>)



Guidance on Court Construction

- USAPA has an excellent manual on court construction
 - <https://www.usapa.org/asbausapa-pickleball-construction-manual/>
 - Cost is \$29.95 US (April 2020)



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Sample Contractors

- <http://www.barbersport.ca/>
- <http://www.courtcontractors.com>

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H E A L T H

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Top 7 Health and Social Benefits of Pickleball

By [Tim Owens](#) | July 20, 2019



TOP 7 HEALTH AND SOCIAL BENEFITS OF PICKLEBALL

WWW.COURTRESERVE.COM

12%
INCREASE

According to the U.S.A. Pickleball Association, there are currently 3.1 million players across the country. That's a 12 percent increase from the previous year.

As more people discover the game and play pickleball for themselves, these 3.1 million players have also been able to improve their health and social lives with every game.

You too can discover the many benefits of upping your pickleball game! Keep reading to learn the seven ways pickleball can improve your life.

1. Mood & Mental Health

Playing pickleball can improve your mood and ward off depression.

As participants get their hearts pumping with this form of moderate exercise, it can improve blood pressure levels as well. Physical activity can help release feel-good endorphins and take our mind off our worries.

Participating in a group sport can also improve social interaction. Exchanging smiles with a teammate can benefit our moods and mental health.

In addition to the social benefits of playing sports, participating in a pickleball game can also make you more confident.

As you get in shape, you'll feel better about your appearance, which can improve your mental health, too!

2. Burn Calories

While there's no serious running, playing pickleball does provide a little aerobic exercise. As a great alternative to more strenuous physical activities, pickleball is ideal for older age groups that still want to get in a little moderate exercise.

The game combines ping-pong, tennis, and badminton and requires players to move within a small court.

This gives participants the opportunity to get on their feet, move around, and burn calories while they're playing pickleball.

3. Improve Balance

A rousing pickleball game can also improve your balance. Regular activity, including the aerobic exercise pickleball requires, can improve our balance even as we age.

As more players perfect their pickleball game, they can build their stamina, footwork, and control as well.

4. Better Agility

Since a pickleball moves much slower than the speed of a tennis ball, a pickleball game is a lot easier on older bodies.

This gives players the opportunity to tone their muscles and improve their agility.

5. Reduce Health Risks

According to [NEER](#), pickleball is also a great sport for participants with previous injuries. Instead of putting your health at risk, you can burn 40 percent more calories than walking without causing yourself further pain.

6. Make New Friendships

Pickleball is also a social sport. Whether you play a single or doubles game, learning how to play pickleball can put you on the court with other enthusiastic players.

That way, you're making social connections as you play, which can improve your mental health, too.

7. It's Fun!

Finally, pickleball is a fun leisure activity that can help you break away from your usual routine. Get out there and have a blast.

It's not about winning, but about having fun with the other players around you.

Here are [five tips](#) to help you win your next pickleball game!

The Top Benefits of Upping Your Pickleball Game

With these seven benefits to upping your pickleball game, you can improve your mental and physical health starting today!

Get in the game and [explore our blog](#) for more ways to grow your club!

You can also check us out at www.courtreserve.com/pickleball to learn more about how we are *empowering* pickleball club directors and head pros to do more at their club in less time to reach their full growth potential.

You can also [schedule a quick chat](#) with me to talk more!

Posted in [Pickleball](#)

A R T I C L E S

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N E W S

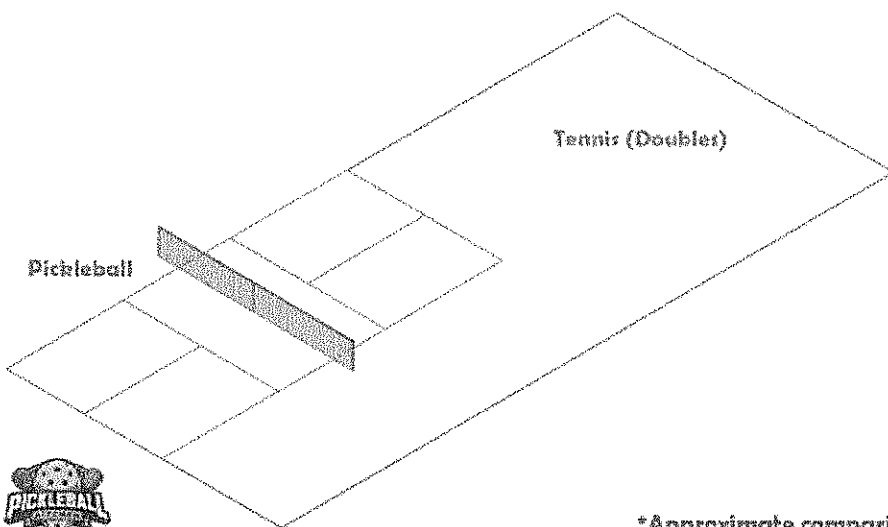
PICKLEBALL ... the game that's sweeping the nation. Combining parts of tennis, badminton and table tennis, pickleball is showing up everywhere.

Where did the name come from? It's a pretty strange sounding name for any sport. One of several stories told is that Pickleball was invented near Washington, on Bainbridge Island, USA in the summer of 1965 by two neighbours playing a new racquet game. One of the men's dog (named "Pickles") would steal the wiffle ball away from the courts during play so they decided that PICKLEBALL would be the funny name for their new game.

As the sport continued to grow at a fast clip and by some accounts, it is the fastest growing sport in North America, it is sometimes hard to be taken seriously when you mention playing in a pickleball tournament. In any case, the name is now history and it is unlikely that it will ever be modified.

A trend has emerged of converting underused tennis courts into pickleball courts.

What is the difference between a tennis and pickleball court?



*Approximate comparison

	Pickleball	Tennis
Court Size	20' wide, 44' long	60' wide, 120' long
Netting	34" tall in the center of the net	36" tall
Singles and Doubles Court Size	20' wide, 44' long	Singles court size: 78'X27' Doubles court size: 78'X36'
No Volley-Zone	7-foot no-volley zone extended from the net	None

1. When you compare pickleball to tennis, the difference in size is obvious.
2. The net is significantly smaller.

Sure, pickleball can be played on a tennis court that has additional lines but, it is certainly not ideal and will not attract as many avid players or tournaments. It would be like playing golf in an open field or hockey on the street. Both could be done but, it is not the same as playing in the correct location!

The Town of Pelham is increasing in size and population and dedicated pickleball courts should most definitely be in the plan for our future.

Two years ago, Niagara-on-the-Lake resurfaced two under utilized tennis courts behind the Virgil Arena and converted the space into 6 pickleball courts. This is a premium venue like no other in the Niagara region and with the increase in play, even six courts is not meeting the needs and is over extended during peak playing periods.

Confederation Beach Park in Hamilton, recently constructed 12 new pickleball courts. For this project, we are told that the funds were municipal, utilizing a combination of tax levy contributions, reserves and development charges. With the Town of Pelham's increasing tax revenue, this could certainly be undertaken in the short-term planning project.

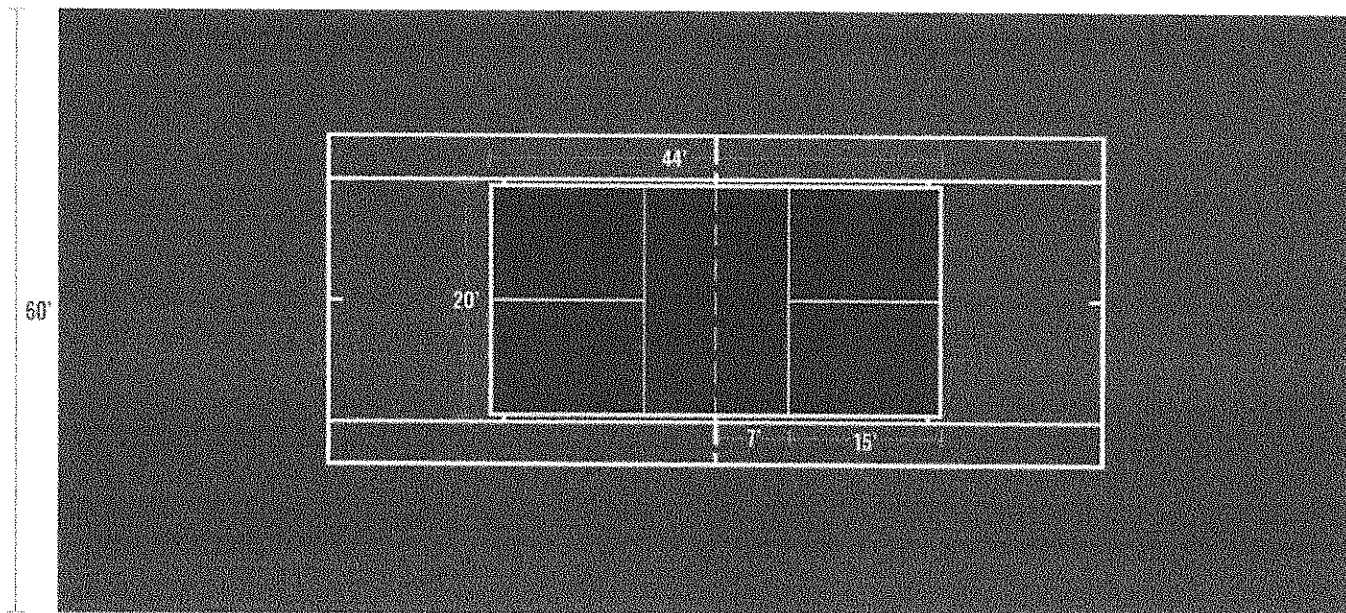
Fenwick – What often happens when a municipality tries to multi task venues so that both tennis and pickleball can utilize outdoor courts is conflict or tension between the tennis community and the up and coming pickleball community. Ideally a venue offering both sports but, separate court surfaces serves both much better.

Our goal is to propose a venue that will continue to grow the sport of pickleball for not only recreational purposes but, to develop a strong competitive environment within the Niagara Region to attract all age groups to this rapidly growing sport.

Pickleball Court Layouts: The Options

With a tennis court being **60' wide, 120' long**, there is an ample amount of space to outline your pickleball court. Since a standard **pickleball court is 20' wide and 44' long**, you can actually fit up to four pickleball courts on one tennis court. Check out these layouts and court options to find out how.

One Pickleball Court per Tennis Court

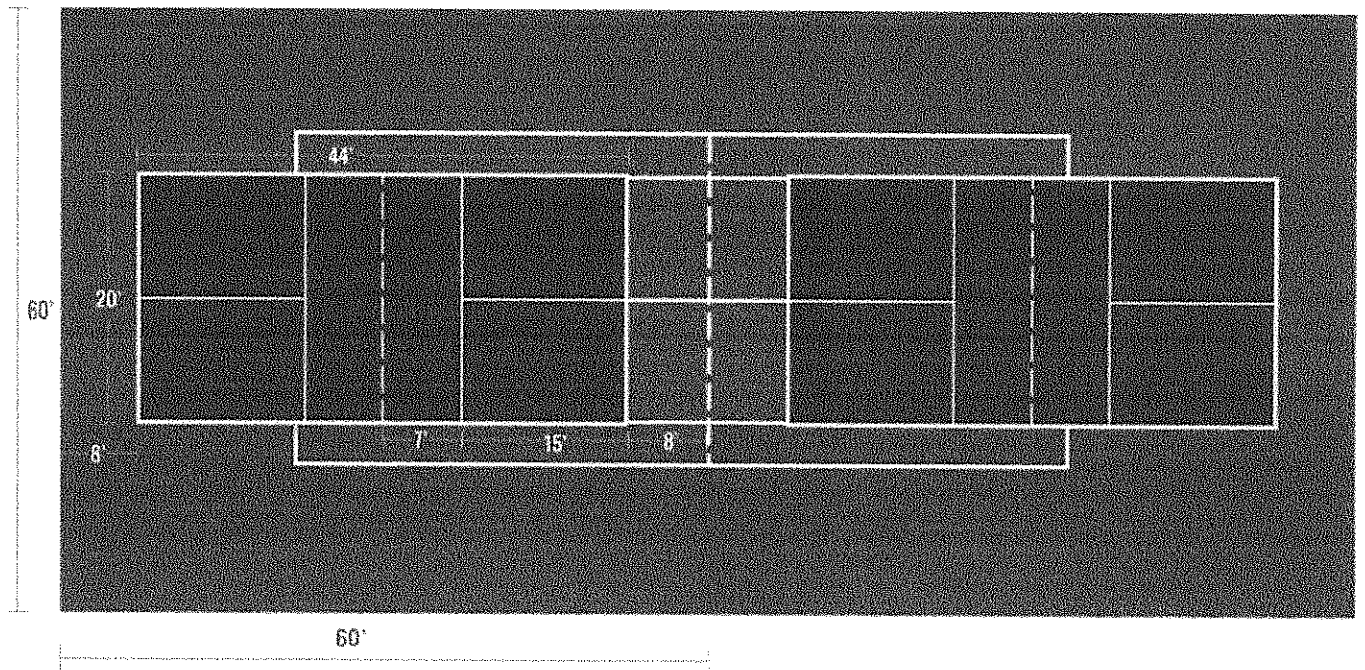


The simplest place to outline a singular pickleball court is in the center of the tennis court, so you can base it off the tennis net. Once you outline your pickleball court, as seen by the red court in the image above, **you can lower the tennis net to 34" in the center to meet the pickleball standards.**

One of the cool things about having only one pickleball court and one tennis court is that these courts can be shared. Once the lines are complete, the court can be used for both tennis and pickleball very easily.

Related Content >> [Court Flooring FAQ](#)

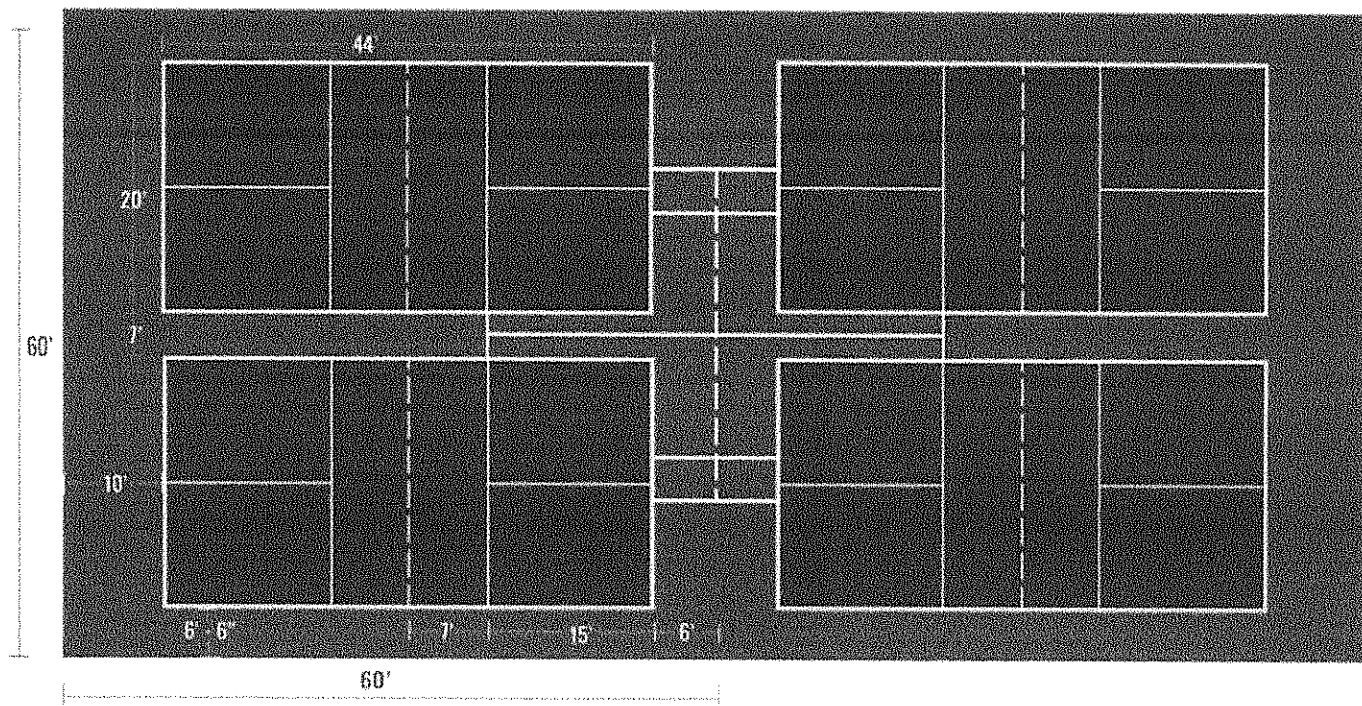
Two Pickleball Courts per Tennis Court



Setting up two pickleball courts on a tennis court might seem a little bit more complex, but thanks to portable pickleball nets, the overall process is as simple as lining the court.




Use one half of the tennis court for each pickleball court, using the **center of the tennis court's "no man's land" as the pickleball court's net base**. From there, you use the normal pickleball court dimensions, as outlined by the red court in the diagram above and line the court as usual on both halves of the tennis court. There you have it, two pickleball courts.

Four Pickleball Courts per Tennis Court



Since a standard tennis court pad is 60'x120', the size of a standard pickleball court can take up $\frac{1}{4}$ of a tennis court. So this setup should be just as easy as the other two, right? Absolutely! To convert one tennis court into four pickleball courts, divide the tennis court into **four equal quadrants**, and create a pickleball court in each quadrant as seen in the image above.

By splitting the tennis court's "no man's land" vertically, you can place your pickleball court's "no volley zone" and portable nets on either side of the "no man's land." This can be done on both halves of the tennis court to accomplish your four-in-one pickleball court setup.




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Pickleball hub now open in Blackwell Park

Posted July 7, 2019 in News (<https://thesarniajournal.ca/category/news/>) | Sports (<https://thesarniajournal.ca/category/sports/>)

Sarnia's first stand-alone pickleball facility is now open.

The Blackwell Park Pickleball Hub features six newly resurfaced courts, fencing and sidewalks at 6230 Blackwell Side Road.

Other amenities include a picnic shelter, parking lot improvements and landscaping at the former tennis courts.

Pickleball lines have been added to tennis courts at Germain, Linden and Cathcart parks, but as the sport's popularity has grown so has the need for courts dedicated solely to pickleball.

A grand opening was held July 6 to highlight the upgrades and recognize the help of community partners and financial supporters, including the Ontario Trillium Foundation, Sarnia Community Foundation, Ontario Senior Games Association District 13, and the city's parks and recreation department.

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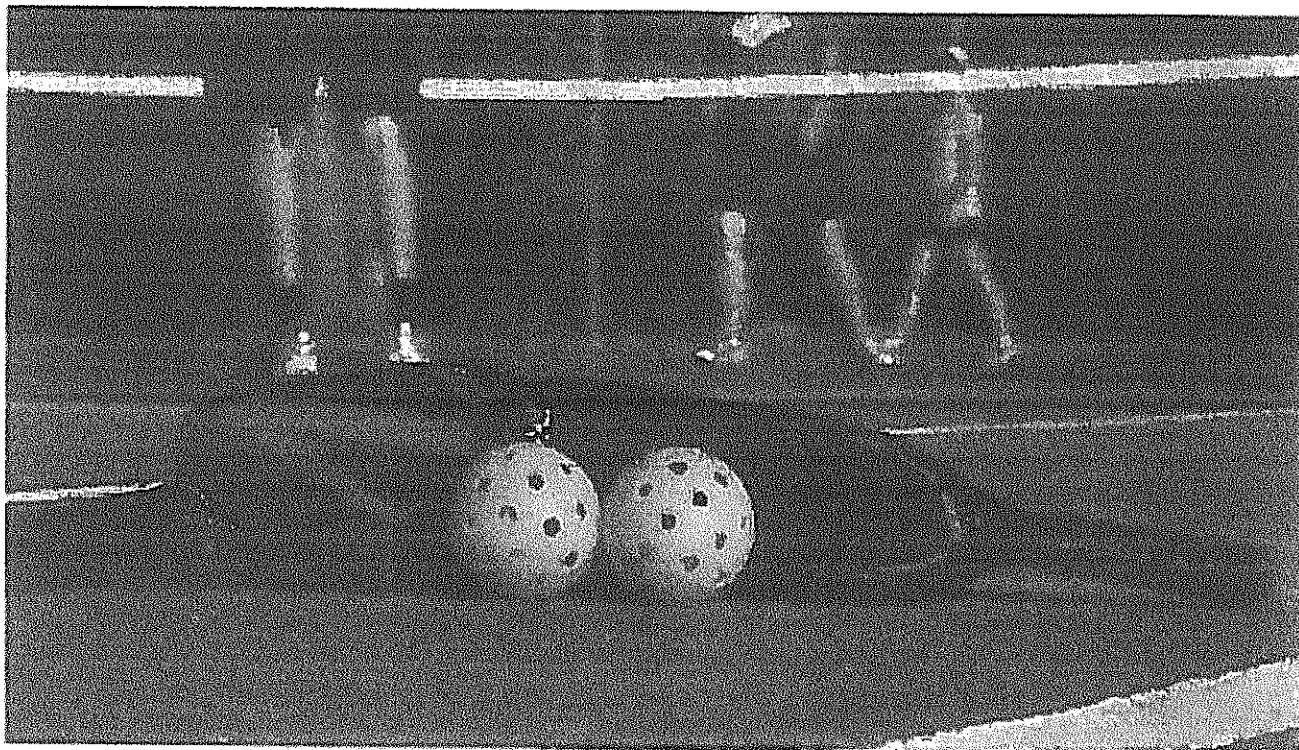
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Ottawa


More pickleball courts, no new wading pools in city's recreation plans

Public delegations worry how Ottawa will build facilities, expand parks in the core

Kate Porter · CBC News · Posted: May 21, 2021 4:00 AM ET | Last Updated: May 21



Ottawa may far surpass other Canadian cities when it comes to pickleball courts, but the city plans to build 39 more courts over the next decade.



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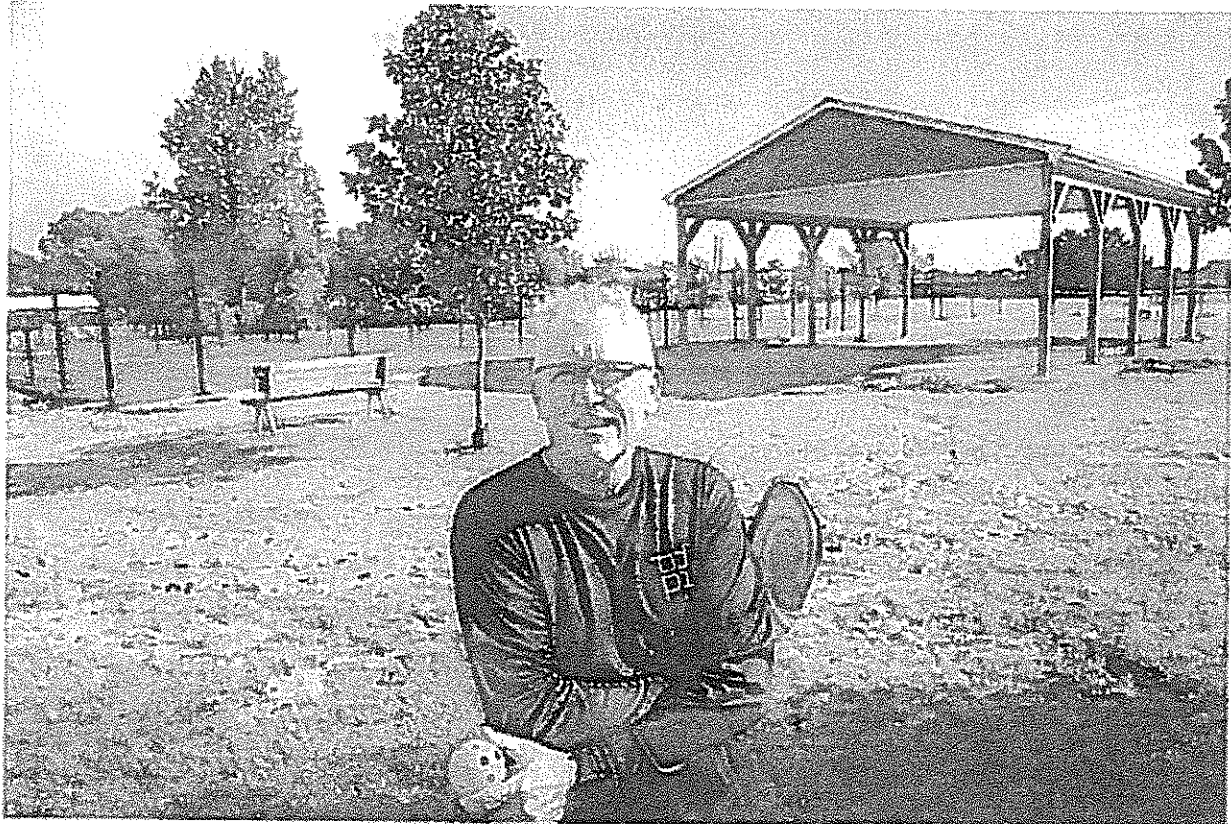
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New pickleball facility to meet needs of fast-growing sport

Posted October 6, 2018 in Featured (<https://thesarniajournal.ca/category/featured/>) | Front Page (<https://thesarniajournal.ca/category/frontpage/>) | News (<https://thesarniajournal.ca/category/news/>) | Sports (<https://thesarniajournal.ca/category/sports/>)



Pickleball pro Wayne Spitzig stands in front of Sarnia first dedicated pickleball facility at Blackwell Park. Troy Shantz

Troy Shantz

Sarnia is preparing to open its first stand-alone pickleball facility.

The six courts and related amenities are nearing completion at Blackwell Park, thanks to a \$75,000 investment from the Parks and Recreation budget and community grants.

Underused tennis courts have been repurposed with new asphalt, fencing, sidewalks, nets and a picnic shelter at the Blackwell Park Pickle Ball Hub, said Ryan Chamney, the city's manager of recreation and planning.

"A key component to this project was taking a sub-standard tennis court facility... and in turn revitalizing it into a purposeful community asset," he said.

Still to come is an acrylic coating application on the courts, parking lot improvements, landscaping, benches and an accessible pathway.



The new pickleball facility currently under construction at Blackwell Park.

Troy Shantz

The Hub is expected to be completely operational next spring.

Pickleball is an increasingly popular paddle sport played by two or four players on a court one-third the size of a tennis court with a 'whiffle ball' with oversized, lightweight ping-pong paddles.

The ball is served underhand from behind a baseline and the first team to 11 points wins.

The city has added pickleball lines to tennis courts at Germain, Linden and Cathcart parks, but the need for a dedicated facility had become apparent.

"It's the fastest growing sport in North America," said Wayne Spitzig, a Sarnia pickleball instructor and national competitor.

He and fellow pro Terry McCallum worked with the city to design a venue based on similar hubs in Ontario and Michigan.



Wayne Spitzig. Troy Shantz

Spitzig, one of 35 certified instructors in Canada, has trained more than 350 players locally since 2016. About six new players take up the sport each month, he said.

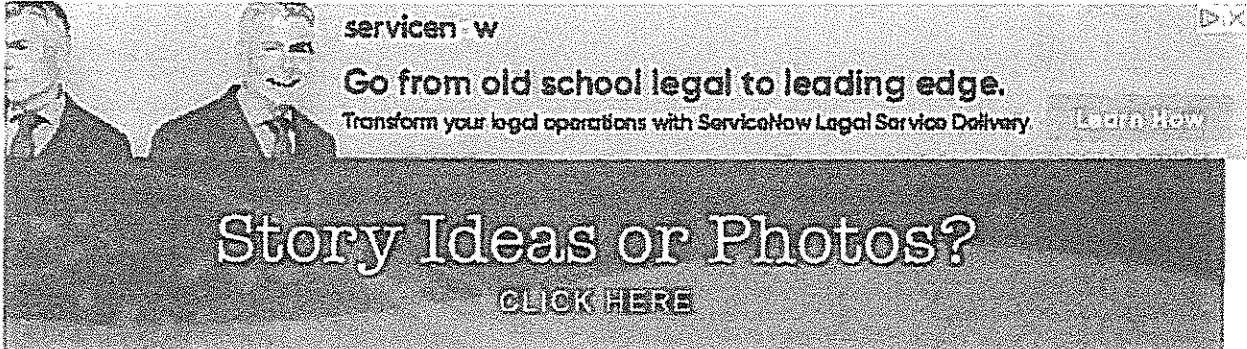
The sport is spreading rapidly in North America, said Spitzig, who won silver at the provincials this summer and competed at the U.S. Open in April.

A database records nearly 300 new courts being registered each month in North America.

Pickleball took root among the 50-plus crowd but Spitzig said it bridges generations.

"It's probably the only sport where grandparents can play with their kids, and they can play with their grandkids and still have a competitive game."

Additional support for the Pickleball Hub came from a Sarnia Community Foundation grant, a Trillium grant through the Sarnia Airmen's Club, and the Sarnia District of the Ontario Senior Games Association.

A banner advertisement for ServiceNow. On the left, there is a black and white photograph of two men in suits. To their right, the text reads: "servicenow", "Go from old school legal to leading edge.", "Transform your legal operations with ServiceNow Legal Service Delivery", and a "Learn How" button. Below this, in a dark grey box, is the text "Story Ideas or Photos?" with a "CLICK HERE" link underneath it.

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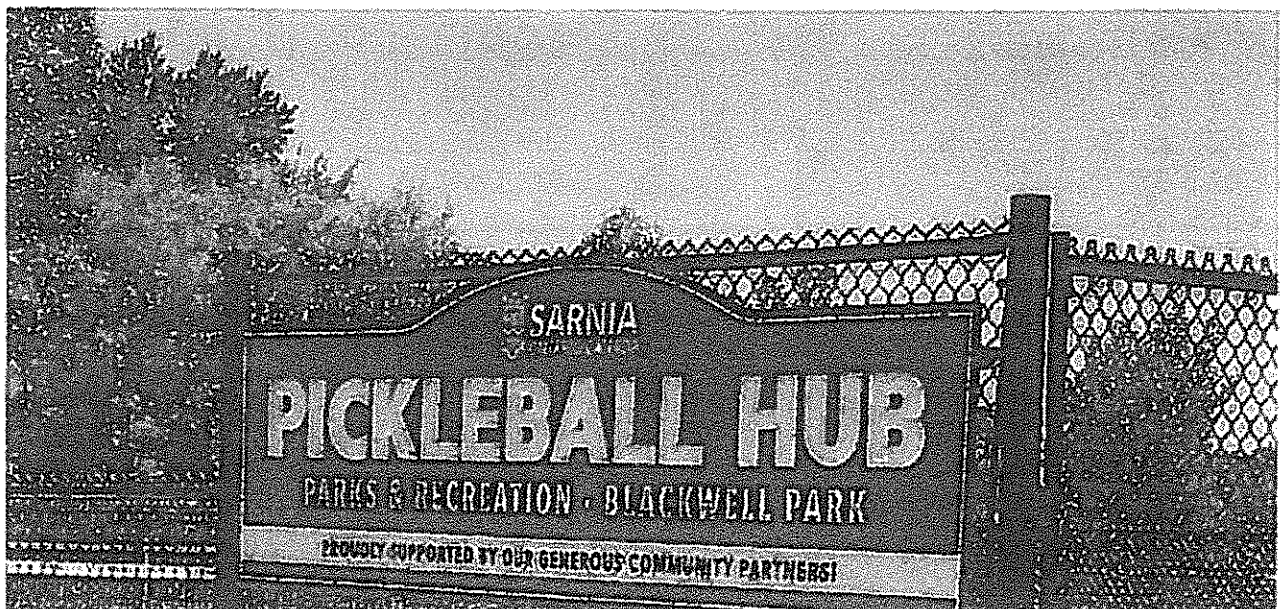
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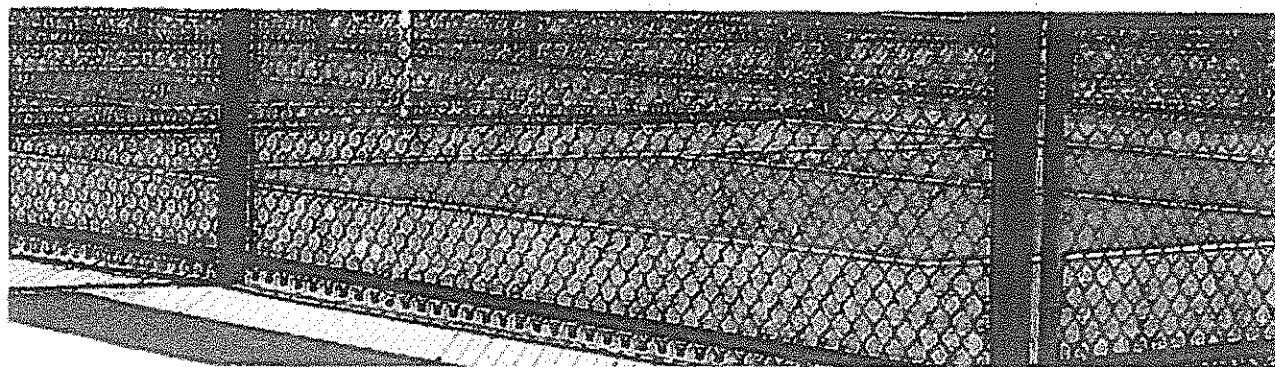
New hub to expand pickleball play in Sarnia

Six new courts will open in the place of the park's old tennis courts and will include new fencing, a proper surface and a shaded area for people waiting to play. Blackwell Park's underutilized tennis courts needed an upgrade, but the city chose to replace them with pickleball because of the sports growing popularity locally.

Jake Romphf

Jul 03, 2019 • July 3, 2019 • 2 minute read • ☐ Join the conversation





The grand opening of the Blackwell Park Pickleball Hub, which has six new courts, is on Saturday. Photo: City of Sarnia.

Pickleball players of all ages will have a new home in Sarnia when the Blackwell Park Pickleball Hub enjoys its Saturday grand opening.

Six new courts will open in place of the park's old tennis courts and will include new fencing, a proper surface and a shaded picnic pavilion for people waiting to play. Blackwell Park's underused tennis courts needed an upgrade, but the city chose to replace them with pickleball because of the sports growing popularity locally.

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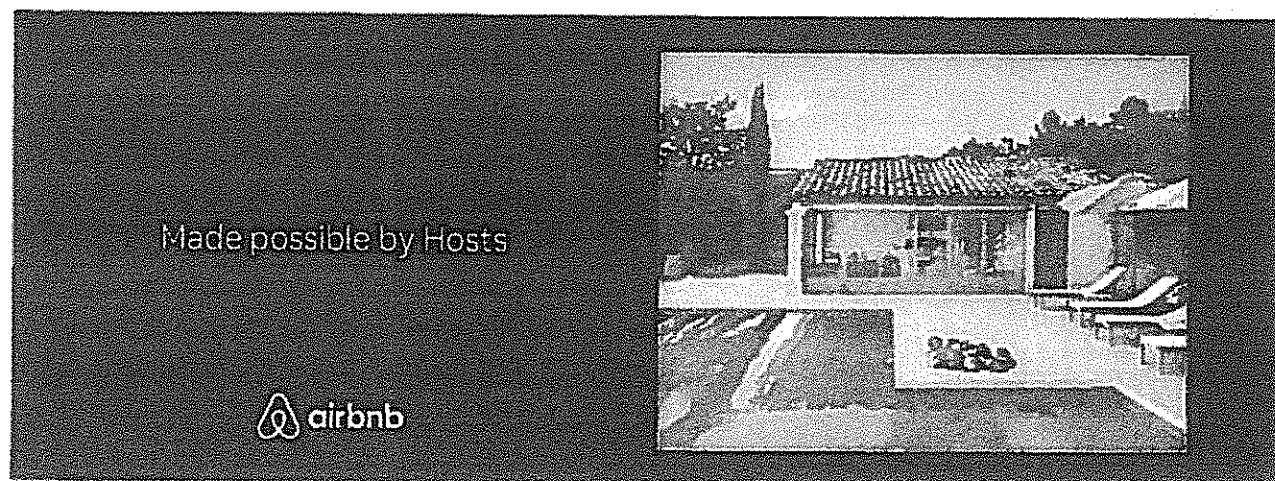
PBS Digital Studios on YouTube Seeks to Draw Younger Audiences Amid Streaming Wars

"We had started painting lines on, for pickleball, at several other tennis courts and we started

upgrading those courts as well and realized how popular the pickleball was," said Shelley Kern, Sarnia's superintendent of recreation. "We decided to designate one park in Sarnia just for pickleball use."

Pickleball combines elements of badminton, tennis and table tennis. Teams of two to four of mix-gendered players use solid paddles to hit the ball over the net.

STORY CONTINUES BELOW



Two pickleball courts can fit on one tennis court, Kern said.

"It was just a really efficient way of using that space."

Kern said the game grew here locally after people brought it back from the southern United States. She said the game is now played all over Ontario, with many players from older age groups.

"Any age can play – lots of different ability levels," she said.

Kern said the highly skilled pickleball players can move the ball very fast, but people can also play at a slower, easier pace because the ball is perforated like a wiffle ball.

The courts are meant to attract more players and younger players, and allow Sarnia to host tournaments with players from out of town.

Pickleball leagues will run three to four times a week at the hub, but people can also drop in and play or call the city to reserve a court. The nets will always be there, but players will have to bring their own ball and paddles.

The courts cost \$90,000 while the picnic pavilion was \$50,000.

Kern said Saturday's event will celebrate the official opening of the courts with the general public and the different groups that helped fund the hub. The grand opening will be a one-hour event on Saturday, starting at 11 a.m.



MOST COMMENTED