

# Pickleball Club of Keowee Key

## August Final Update 8/30/24



### New members

Since August's first update came out two weeks ago, we have had several new faces to welcome. They include Brett Bodell, Thomas Jackson, Brett and Julia Kreisher and the Daleys-Sandra and William.

### Pickleball 101

If you know someone wanting to start playing this wonderful sport, Pro Larry VanderRoest will be conducting an orientation session September 18 from 4-6pm. They can contact the FRC for more info.

### Save the Dates

Keowee Key Fall Classic—October 4th and 5th

Club Halloween Social—Saturday October 26th

Club Christmas Party — Sunday December 8th

### Video of the Month

If you want to get the Trivia Question right in the upcoming Scuttlebutt watch this video.

[Line Calls \(youtube.com\)](https://www.youtube.com)



## Wonderful Wednesday

You have received one or two evites about Wednesday September 11th's events. The club will be hosting its last Refresher Course of the year from 5-6 at the FRC courts. This can update your skills on the VAPTR, the Ball Machine, the Dink Master, the Top Spin Pro, and how to use Spond or the Jonas court reservation tool. **BUT SOMETHING NEW IS BEING ADDED THIS TIME.** From 6-8pm immediately following the refresher, KKPBC will be throwing a Pizza Party

(BYOB) for all club members who RSVP by Sept 5. There will be contests, prizes and pickleball for all who so desire.

## Are You a Fanatic?

You can likely find a paddle with your favorite school's logo. We are not endorsing any particular company that provides these, but thought you might like knowing they exist somewhere in that ether known as the Googleverse.



## Avoid Pickleball Injuries

**Don't overdo it.** As with any new activity, starting slow and increasing playing time is important as you become more conditioned and skilled.

**Warm up.** Preparing your muscles for play isn't just for pros. Take 5 to 10 minutes to warm up before taking to the court.

**Use the right equipment.** Get shoes designed for tennis or pickleball to help prevent ankle and foot injuries.

**Wear eye protection.** Because of its speed and the relatively small size of the playing area, a ball directed to the eye can hit you before you have time to react.

**Watch your form.** Despite the "anyone can do it" attitude that has been ascribed to pickleball, it's wise to take the time to learn the correct form, technique, and footwork.

**Cool down.** Once play is over, cool down with several minutes of walking and stretching.

**Stay hydrated.** Staying properly hydrated improves circulation, regulates body temperature, and improves brain function.

- Cooper University Health Care

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## Keowee Key Interclub Home Schedule

Nancy Lenkowski runs the women's Interclub play and tells us there are 5 Advanced teams (Keowee Key, The Reserve, Cliffs Springs, Cliffs Communities and Spindletree). At each competition, the home community and opposing community will have 3 doubles teams each. Each of the 3 home pairings will play a match against the opposing 3 pairings (best 2 of 3 games to 11, win by 2). The team with the most match wins will be awarded 1 point. The team with the most team points in the season wins (tiebreaker is Match win %). **Our team would appreciate Keowee Key fan support at home competitions on the Mondays of Sept 9th, Sept 23rd, Oct 21st, and Nov 5th.** Keowee Key will also be hosting the Social/Awards event for the entire league on Monday, November 19<sup>th</sup>.

Nancy adds that there are 8 Intermediate teams (Keowee Key, The Reserve, Cliffs Springs, Cliffs Communities (2), South Cove (2) and Spindletree). **You can cheer these ladies on during home competitions on these Tuesdays: Sep 10th and Oct 1st.**

Greg Szabo organizes our men's Advanced Interclub play and provided this fall's schedule. We have shown only our KK team's dates and places. Please cheer them on when they are hosting a competition.

Visiting team is the first listed, Home team is the second

12-Sep / Keowee Key vs Cliffs

19-Sep / Reserve vs **Keowee Key**

26-Sep / Keowee Key vs South Cove

3-Oct / Keowee Key Classic/ Make Up Week

10-Oct / Cliffs vs **Keowee Key**

17-Oct / Keowee Key vs Reserve

24-Oct / South Cove vs **Keowee Key**

31-Oct Make Up Week (If Necessary)

Playoffs 7-Nov