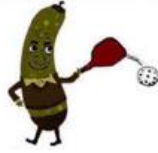


PICKLEBALL



Pickle's Tip of the Month - 1

Pickleball is not only a fun game, but it is great exercise. Like many other sports, care should be taken to avoid over-exertion and injury...

...use proper shoes...one that support your feet and are designed for **court sports**

...never play on a wet court...they are extremely dangerous

...if you have been injured, give it plenty of time to heal before you resume play

...stretching & warm up...stretch your ankles, Achilles tendon, calf muscles, quads, hamstrings, groin, lower back, shoulders and arms...then follow with the warm up drills before you begin your play

...do your best to keep your body in control...**never run backwards** trying to make a shot, turn around to hit the ball, or concede the shot...losing a point is much less painful than a head injury from a backward fall

...whenever an errant ball heads toward or onto another court, please loudly announce **"Ball on court!"** Do not go onto another court chasing your ball. Give them a target and thank them for returning your ball. While playing, whenever you hear that called out, stop play immediately. Stepping on a ball can lead to a fall, broken bones or head injury...at the very least a twisted or sprained ankle

...wear glasses or some kind of eye protection. At the very least, use glasses frames without lenses as long as the frame keeps the ball from hitting your eye.