

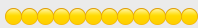


JUNE 2025

SAVE THE DATES!!

Upcoming Clinics

STAY TUNED FOR JULY DATES!



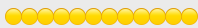
July Fam Jam!

Saturday, July 19

11:00 am - 1:00 pm

Sunday, July 20

1:00 - 3:00 pm



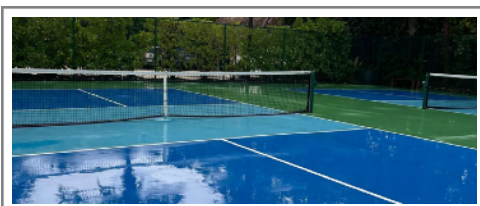
National Pickleball Day

August 9th

(Stay tuned for MPC events!)



If courts are wet or if it is raining, the courts are closed for your safety.



MPC Fam Jam A Success!

June's Fam Jam was a perfect pickleball day. MPC members brought their family and friends who enjoyed our wonderful courts and were introduced to our favourite game.

Thanks to the Coaches who helped and provided pointers to those who were new to the game. Here are a few of the comments of those who attended:

"What a great time playing today! Thank you to Rod, Anne and Sally for supporting the 'fam' with patience and kindness, as they learn to play. Appreciate you!"

"Had a great time yesterday at Fam day! Big thanks to Helen for your patience and instruction with my adult kids. I now have a couple of addicts on my hands LOL."

"Friends and Family day is a great way to introduce young people to PB! Thank you Anne, Rod and Sally for all your hard work putting these extra events together! :)"

July's FAM JAM day is scheduled for Saturday July 19, 11:00- 1:00 and Sunday July 20, 1:00 – 3:00.

Volunteers are needed to be on hand as folks arrive.



Coaches' Corner

Tip:

COOL DOWN!

Last month, the newsletter focused on warm-up exercises before playing pickleball.

This month, we recommend this video for your "cool down" stretches after pickleball.

"It's going to make your body feel better later on during the day and it's going to help to add some mobility to your joints and in your muscles so that the next time you go out and play pickleball you're going to feel even better." ~ CJ Johnson

How to Stretch After Pickleball

Credit: Better Pickleball



Upcoming Clinics

June 26: Novice Clinic - **FULL!!!**

Additional dates in July will be added soon!

To register, click [HERE](#)

June 26, 5:00 – 7:00pm.

Drills and Play:

With a coach (no formal instruction, no fee, SUG sign up)

Automated External Defibrillator (AED) NEWS

Volunteers are needed to help with the AED.

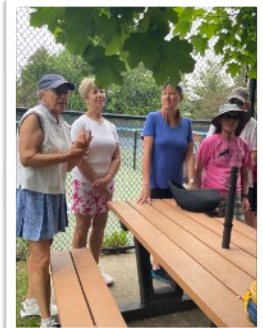
If you have experience in health care or are a qualified First Aider, the MPC needs you. We would like to have a person or small team take responsibility for the Mono Pickleball Club's AED.

You (and the team) would be the experts and also make sure the equipment is maintained with fresh batteries, proper storage in the winter, etc.

Please send an email to the club at SignUp.MPC@gmail.com if you can help out or want more info.



The MPC's AED resides on the courts in our storage box. Thank you to the 18 members who showed up for demo. It was excellent!



Special thanks to **Blair Donnelly**, Dufferin County Paramedic Services for the AED demo on June 18.





LEAGUE & LADDER PLAY!

The ever-popular ladder continues each Saturday morning. As well, the first league finished recently and was enjoyed by all.

If you'd like to spearhead and oversee another ladder or league, please contact MonoPickleballClub@gmail.com, (specify Level and league, ladder or both) and we will help you organize this.



OFF SEASON PLAY

In previous years, MPC has been able to secure court times at Westside SS and Compass CC.

Judy L-C has generously offered to continue as co-ordinator of the WSS venue for the third consecutive year.

For the CCC program to continue, MPC needs volunteers to plan and coordinate the 25/26 schedule of play. Please contact MonoPickleballClub@gmail.com if you want this opportunity to continue.



National Pickleball Day

National Pickleball Day for 2025 is August 9. Let's have a special week from August 9 – 16 with some fun pickleball activities – it can be anything such as: team tournaments, special clinics, family and friends time(s), Ice Cream Sundae Day, etc.

Can you volunteer some time to join a committee to use your creativity to plan some events for "Pickleball Week"?

Contact:

MonoPickleballClub@gmail.com



The MPC Official WhatsApp is intended for information relevant to all MPC members or large groups who are involved in programs.

If you are a member and would like to be added to this, please contact SM.Newsletter.MPC@gmail.com with your **name** and **phone number**.

SUG Housekeeping!



With the variety of activities going on for MPC members, it is necessary to make adjustments to the weekly SUG. The schedule is never static so watch for modifications each week.



To clarify what "Reserve a Court" means on the schedule and in SUG:

Any MPC member can reserve a court during these 2 hour blocks.

Some examples of how "reserve a court" is used are: to practice drilling with a partner, renting and using the Slinger ball machine (\$10 fee plus training on Slinger required), playing games with specific MPC members, inviting guests (\$10 fee plus waiver required upon reserving the court with a guest), etc.

In all cases everyone who is on the "reserve a court" is required to be listed on SUG when you sign up, as well as purpose (e.g., slinger, drill, lesson with MPC coach).

SATURDAY, LADDER DAY!



****For Fun *For Fitness *For EVERYONE***