

# Mono Pickleball Club

## Newsletter #14 – September 4<sup>th</sup>, 2023

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### **MPC Indoors at the Athlete Institute – Fall Session**

Registration for the Fall Session (October 16 – December 22, 2023) is open for new registrations until October 1<sup>st</sup>, 2023. As of today, 71 of your fellow MPC members have registered. More details and registration information can be found here

< [https://pickleballcanada.org/event/AthleteInstitute\\_Fall2023](https://pickleballcanada.org/event/AthleteInstitute_Fall2023) >.

### **Save the Date – MPC’s Annual General Meeting**

Date: Saturday October 21<sup>st</sup>, 2023

Time/Venue – Monora Park Pavilion, Rain or Shine

Plan to attend this year’s Mono Pickleball Club Annual Meeting of the membership. It has been a busy first year of growth and learning. The agenda and proposed amendments to the Constitution/Bylaws will be posted on the website (MonoPickleballClub.com) before October 1<sup>st</sup>, 2023 for your review.

In addition, there are openings on the Board of Directors, specifically Secretary, Social Media, Community Connections. If interested contact a member of the Board.

### **2024 Membership Renewal Date and Fees for MPC Members**

Current 2023 members of MPC can renew their membership for 2024 **beginning October 1<sup>st</sup>** (not before) using the following link: <https://pickleballcanada.org/club/MonoPickleballClub>

*Membership is closed for new registrants.*

Registration for the **Winter and Spring Sessions at AI** will also open on October 1<sup>st</sup>. NOTE: You must be a 2024 member to register for either of these sessions.

Membership fees for 2024 are:

- MPC member **renewal** - early bird October 1<sup>st</sup> until December 1<sup>st</sup> 2023 - \$50
- MPC member **renewal** - after December 1<sup>st</sup>, 2023 - \$60
- PAO (Pickleball Ontario) - \$10 (required for membership)
- PCO (Pickleball Canada) - \$10 (required for membership)

## **Lawn Bowling Social Event September 23<sup>rd</sup>, 2023**

MPC members are invited to come out for another FUNdraiser and learn to lawn bowl and socialize with other Mono Pickleball Club members. Light refreshments will be served. Coaching is available. No experience necessary.

Date: Saturday, September 23, 2023 (Rain date is Sunday, September 24th)

Time: 1:30pm to 4:30pm

Where: Monora Lawn Bowling Club

Cost and more details coming soon on the *What's New* page of [MonoPickleballClub.com](http://MonoPickleballClub.com).

## **MPC Beginner/Novice/Early Intermediate Clinic**

MPC coaches have scheduled a 4-hour clinic over 2 days, Sept 14<sup>th</sup> and 19<sup>th</sup> (2 hours each day).

Location: Compass Community Church

Time: 9:30 – 11:30 am

Cost: \$60.00

Enrollment: Maximum 12 participants, 4:1 player:coach ratio

Contact < [Clinics.MPC@gmail.com](mailto:Clinics.MPC@gmail.com) > if you are interested in participating in this clinic.

## **Saturday Pickleball at the High School**

If you are interested in playing pickleball on Saturday afternoons this fall at the high school, please contact

Judy Lichy-Cusiter at: < [judy@exposoft.ca](mailto:judy@exposoft.ca) > or call: 647-962-7001

## **Mono College Park – Court Update**

In discussions with the Town of Mono, it is anticipated that the courts at Mono College Park will be available for play by September 16, weather and everything else considered. Please check the [website](#) for up to date pictures and the most current court schedule.

## **FREE - Used Tennis Nets, also MPC Wagon for Sale (\$50)**

**FREE:** There are two used tennis nets from the old courts at MCP available to anyone who might have a use for them. First come, first served. These nets are destined for landfill otherwise.

**\$50 Wagon.** With the permanent nets being installed, MPC no longer needs the wagon used last season for transporting nets and equipment to and from storage. The wagon is in excellent shape with air tires.

If interested in either, please contact < [MonoPickleballClub@gmail.com](mailto:MonoPickleballClub@gmail.com) >



## **PB Thought for the Month:**

### **The Myth of "Just Playing" by CJ Johnson and Tony Roig**

Many players mistakenly believe that just stepping onto the court day after day will morph them into better players, and it's easy to understand why. When we first start playing, time on the court is exactly what we need to get familiar with the game. While initial improvements often come from playing alone, there comes a point when playing alone just isn't enough to level up your game.

#### ***The Problem in Detail***

- *Lack of Targeted Practice:* When you're just playing, you're not focusing on improving specific skills or techniques.
- *Missing Repetitions:* A game doesn't offer the repetitive practice needed to genuinely improve in particular areas.
- *Divided Attention:* During a game, your focus is spread across multiple aspects like offense, defense, and reading your opponent, just to name a few, rather than honing individual skills.

#### ***The Reality Check***

When NBA player Steph Curry, arguably the best three-point shooter in basketball today and perhaps the best of all time, wanted to improve his 3-point shooting, he didn't just play more games. He devoted countless hours to taking the same shot from the same spot over and over again. This type of focused repetition is what ultimately transformed him into the lethal shooter he is today.

We often share this Bruce Lee quote to help players understand the importance of repetition. "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."

#### ***The Takeaway***

If you are going to change your technique or learn a new skill, you need repetition. The path to consistency is repetition. Most amateurs practice until they get it right. Pros practice until they can't get it wrong. Repetition and intentionality are your best friends here. Sure, games are fun and can even offer a quick ego boost, but true improvement requires a more methodical approach.

Source: <https://betterpickleball.com/sins/>

