



PICKLEBALL NEWS



February 2025

AROUND THE POST

BREAKING NEWS

Provincial Host announced!



Watch clip here



- Registration opens March 1, 2025
- Junior Provincial Championship added
- Book your accomodations soon

WWW.PICKLEBALLTOURNAMENTS.COM

**E-cafe chat-zoom meetings with PA clubs - Jan 29, 6 p.m
1st wed every month. (They will be recorded)**



SAVE THE DATE

Calgary May 30, 2025

Winners will be emailed



Hotshots Club Registration





Journey to Success: Can you share your journey to becoming a Canadian Pickleball Champion?

I have made my journey in pickleball from the ground up, progressing step by step. I started playing for fun as a way to spend time with my dad and competed at the 3.5 level. One milestone was competing at the 4.5 level for the first time and winning gold. It made me think I could be quite good at this sport if I took it more seriously. Winning open level Provincials and then Nationals for the first time were special milestones. Challenges along the way include tournaments I've played with high hopes that I haven't performed how I've wanted to. Shots I've brought into my game that take time to gain confidence and consistency in. Feeling pressure at times to achieve certain things because of my track record. And ironically these are also the things I love about the sport because it sounds cheesy but the losses make the wins feel sweeter and it feels amazing to push through that discomfort of developing my game and to play free of expectations, keeping my thoughts in the moment.

Training Regiment: What does your typical training regimen look like, and how do you prepare for major tournaments?

A typical week for me includes about 5 two hour drill sessions and 1-2 rec play sessions. I strength train 5-6 days a week and stretch every night. Preparing for major tournaments isn't too much different than what I typically do other than taking a day or two off to rest, hydrating more, some extra stretching and connecting with partners about strategy stuff.

Mental Toughness: Pickleball requires not just physical skill but also mental toughness. How do you stay focused and maintain your composure during high-pressure matches?

I like to find simple mantras that work for me to refocus my brain back to the present moment and I find I need to switch up the mantras every so often so that they stay fresh in their impact. Sometimes I find it helpful to feed off the crowd energy and sometimes I find it helpful to block it out and just lock in with my partner.

Inspiration and Motivation: Who or what inspires you to keep pushing your limits in pickleball, and how do you stay motivated to continue competing at such a high level?

The glory moments are what people see but I honestly love the grind behind the scenes. I love drilling with like minded people who are up for hitting 1,000 of the same shots with me, breaking down technique together and setting up scenarios to simulate game situations. Then tournaments are just all that hard work paying off! My motivation is pretty internal in seeing if I can get my brain and body to learn new movement patterns and wanting to be a better player each year than I was the year before.

Future Goals: What are your future goals in pickleball, and how do you plan to achieve them? Are there any specific tournaments or achievements you are aiming for?

I take these things one year at a time because so much is changing so quickly in the pickleball landscape. For this year I'd love to win more titles at Nationals and in Canada's pro leagues. There are a few titles I haven't won yet that would be special including CNPL, CPA and Mixed Pro at Nationals. And I'd love to repeat on the ones I've won. I'm super grateful to my partners and teammates along the way. I've had so many good ones. Trying to be true to my values and remembering my priorities of faith and family grounds me and helps me take the ups and downs with grace.



Club Name	Club #'s	Home #'s
Coaldale Pickleball Club	181	108
Medicine Hat Pickleball Club	66	59
Lethbridge Pickleball Club	150	100
Airdrie Pickleball Club	184	159
Carstairs Pickleball Club	33	28
Chestermere Pickleball Club	82	62
Cochrane Pickleball Club	173	160
East Rocky View Pickleball Club	94	77
High River Pickleball Club	112	91
Okotoks Pickleball Club	149	63
Olds Pickleball Club	29	18
Strathmore Pickleball Club	158	118
Sundre Pickleball Association	69	62
Calgary Pickleball Club	611	392
Northern Lights Pickleball Club	199	144
Camrose Pickleball Club	174	165
Lacombe Pickleball Club	164	156
Ponoka Picklers	41	36
Red Deer Pickleball Club	165	125
Rocky Mountain House Pickleball Club	34	34
Tees Pickleball Club	5	3
Barrhead Pickleball Club	49	46
Drayton Valley Senior Pickleball Club	28	25
Edson Pickleball Club	20	18
Fort Saskatchewan Pickleball Association	39	25
Parkland Pickleheads	391	246
Seba Pickleball And Tennis Association (Spa)	48	22
St. Albert Pickleball Club	748	602
Strathcona County Pickleball Association	405	339
Westlock Pickleball Society	50	40
Yellowhead West Pickleball Club	284	198
Edmonton Pickleball Club	782	750
Cold Lake Pickleball Club	81	79
Elk Point Pickleball Club	14	11
St. Paul AB Pickleball Club	76	64
Grande Prairie Pickleball Club	117	104
Mighty Peace Pickleball Club	71	66
V-Club AB	434	217
Grand Total	6510	5012

We currently have 5,027 active members. It is important to note that a particular club may report a varying number of members due to the fact that several individuals hold memberships in multiple clubs. Additionally, there are 15 members whose primary club is located outside of Alberta; however, they possess second or third memberships within Alberta, which contributes to the membership counts of those clubs.

Many members do not renew until they get back from winter vacationing, this is why our membership numbers fluctuate so much within a year



Barbara Mullen, President of the Strathcona County Pickleball Association (SCPA), presented a pitch for a new 20-court facility in Sherwood Park to a Strathcona County committee

The club says demand from its members, schools and residents far exceeds availability at the Sherwood Heights Pickleball Courts, which has eight outdoor courts built in 2017. There are 15 other public courts in the region, but most lack washrooms and no location has enough courts to host tournaments.

Mullen told CBC News in an interview before the meeting that her club's programs often fill up online each night within two minutes. And last year, the SCPA capped membership at 567 because of limited court availability

read more here





The Alberta 55+ Games and Pickleball Alberta are jointly sponsoring a 'Introduction to Pickleball Refereeing' Clinic in Leduc on March 1st and 2nd.

To sign up for the referee clinic contact

Richard Walliser – rwnwhome@telus.net

To attend the clinic, we are asking that you also volunteer on the Alberta 55+ website to referee at the games to be held August 21 - 24th in Leduc.

You can sign up on their website -

<https://app.betterimpact.com/PublicEnterprise/c97b4394-1fe9-4800-9b8b-f0bd9a6e73ed>



The Medicine Hat Pickleball Club and Pickleball Alberta are jointly sponsoring an – 'Introduction to Pickleball Refereeing' Clinic in Medicine Hat on – June 7 & 8th. To sign up for the referee clinic contact Don Knutson - knutsondr@gmail.com

Any clubs that are interested in hosting a referee clinic this spring or summer please contact Garand Jones at officiating@pickleballalberta.org

Pickleball's Canadian National Championships
This tournament is for residents of Canada to crown Canadian Champions.

2025 Manitoba

Three Regional Championships

Atlantic Canada

Includes New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador.

2025: Nova Scotia

Central Canada

Includes Ontario, Quebec, and Nunavut.

2025: Ontario

Western Canada

Includes Yukon, British Columbia, Alberta, Northwest Territories, Saskatchewan, and Manitoba.

2025: Manitoba

Regional tournaments are restricted to residents of the respective regions, and the host is determined by Pickleball Canada, rotating through the provinces and territories within each region.





🎯 Join the Excitement at the First Annual Pickleball Cup! 🎯

Dear Pickleball Enthusiasts,

We are thrilled to announce the inaugural Pickleball Cup happening on March 22nd, 2025! Get ready for a day filled with thrilling matches, cash prizes, and exciting giveaways. This is your chance to showcase your skills and compete against the best collegiate teams in Canada.

Event Details:

Date: March 22nd, 2025

Location: Raise Athletics, 9 Richardson Drive, St. Albert, AB

Start Time: 9:00 AM

Team Format: 2 Females and 2 Males per team

Entry Fee: \$240 per team

This event is exclusively for teams from the same post-secondary institution, making it a unique opportunity to represent your school and compete for glory!

Why You Should Participate:

Cash Prizes: Compete for exciting cash rewards!

Giveaways: Enjoy fantastic giveaways throughout the event.

Networking: Connect with fellow athletes and enthusiasts from across the country.

Don't miss out on this incredible opportunity to be part of the Canadian collegiate pickleball scene. Gather your team, sharpen your skills, and get ready to make history at the first-ever Pickleball Cup!

Register Now!

To register your team or for more information, please email us at avalweeks@gmail.com.





More details



2025 PICKLEBALL ALBERTA CLUB SYMPOSIUM



May 31, June 1
2025

KEYNOTE SPEAKERS



STEVE INDIG

Sport lawyer specializing in complex legal matters, governance, policy development, and public speaking



QUESTIONS & ANSWERS

Be prepared to ask insightful questions, as both of our guests are eager to assist our clubs.



JASON STRUDWICK

Co-host of the "Got Yer Back" podcast, public speaker, and radio show host known for observational humor

REGISTER NOW



\$75.00 2 Day Pickleball Symposium

<https://secure.pickleballcanada.org/event/2025-pickleball-alberta-club-symposium/39851/?admin=1>

Glenmore Inn & Convention Centre

May 31, & June 1, 2025

Activities



Quick Hits: 3x3 Exchange

Like speed dating, but instead of hearts, you're all about those club vibes!



Bring your paddle

Yes we have courts booked for more fun!!!



Around the room

Share your favorite stories



Barry Petrachenko Executive Director

**To: Provincial and Territorial Sport Organizations
Pickleball Canada - Ambassador Program – New Communication Initiative**

See pdf attached to newsletter

As we reviewed during the January 14, 2025 NPAC meeting, Pickleball Canada is excited to launch a new communication initiative with our Pickleball Canada Ambassador Program.

The main objective is to create a team of pickleball players across Canada who will help build on communication initiatives across the country – with the target being the average pickleball player.

The goals of our first year in this program are to identify 15 ambassadors across the country (with at least one from each province/ territory). These ambassadors will be expected to carry out Pickleball Canada communications initiatives in their community, attend monthly Ambassador meetings, record/create content as directed by Pickleball Canada staff, and will be asked to take an active leadership role in their pickleball community.

To apply to be an ambassador, interested individuals are asked to complete the following form (found here: <https://form.jotform.com/243395069794270>), and we ask that PTSOs please share this notice with their clubs and identify any individuals within their PTSO who may be suitable for this role. Pickleball Canada staff will then review the applications, including verification that they are in good standing with their PTSO and affiliated club.

Further program details are attached, but if you have any comments or suggestions, please contact elizabeth.werner@pickleballcanada.org



Goals of the Ambassador Program

Create a team of pickleball players across Canada can extend it's communication efforts to reach all members of Pickleball Canada.

Create a communication style, which allows members to be involved in Pickleball Canada's communication initiatives.



Outline of the Program:

First year - goals/targets:

- 15 ambassadors (target one for each province & two for larger provinces with a higher membership number).

Description of Duties of Pickleball Canada's Ambassadors:

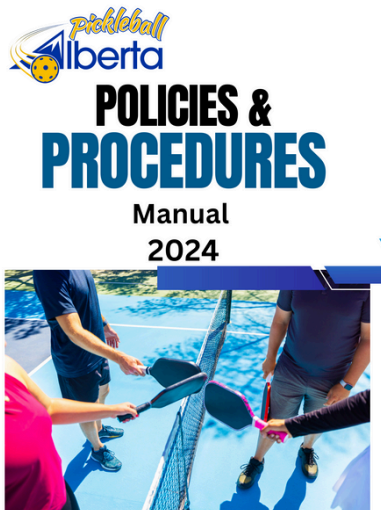
- Represent Pickleball Canada in their community
- Attend monthly meetings as called upon by Pickleball Canada Staff
- Film content as described by Pickleball Canada's Communication & Project Coordinator
- Be willing to take an active leadership role in their pickleball community
- Each ambassador will serve for a maximum of three years.



We extend our deepest gratitude to our sponsors for their generous support of Pickleball Alberta. Such partnerships play a vital role in fostering the continued growth and success of our organization. We eagerly anticipate many more years of collaboration ahead.

Sponsors

Please familiarize yourself with the updated 2024 Safe Sport Policies outlined in the Procedure Manual for each club.



Click Images for links



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