



PICKLEBALL PROGRAM

INTRODUCTION

When you combine tennis, ping-pong, and badminton, you get a unique game called pickleball... which happens to be one of the fastest growing sports in the United States! Formerly seen as a sport for seniors, it has become popular with all ages, and now has a professional division. It is not uncommon to see seniors in their seventies beat players in their twenties, as the game requires strategy, skill, and practice as well as athleticism. The game is simple to learn but takes is difficult to master.

Regardless of your age, pickleball is a wonderful game that can help improve your overall health. Regular exercise helps keep your mind and body fit which improves the functions of different organs to maintain a healthy lifestyle.

MISSION STATEMENT

Our Mission is to create a unique Pickleball opportunity where beginners and veterans are treated equally, sportsmanship is more important than wins and losses, competition is strong, but not relentless and where people are more important than the game.

VISION

That Bousquet Sport members are physically active and help create a healthy community by using pickleball play as recreation, as a sport and as a wholesome way to meet and interact with people

SAFETY + ETIQUETTE

SAFETY

- Know your limitations and don't try to make plays beyond your capability. No point is worth an injury. "Just one more game" has caused many accidents.
- Wear proper shoes that are designed for court sports and lateral movement.
- Make sure court shoes are dry and free from dirt. Tracking water and sand onto a court makes the court dangerous for everyone.
- Avoid playing on wet courts as they can be extremely slippery and dangerous.
- Use proper eye protection. This is highly recommended for all players.
- Avoid running backwards as it is a source of many falls. Instead, turn around and run or just let the point go and live to play another point.
- Stay hydrated. Symptoms of dehydration may include dizziness, weakness, headaches, and dark yellow urine. Drink before you are thirsty.
- Call out "ball on court" whenever your ball enters another court. Stepping on a stray ball can cause serious injury.
- Avoid getting hit by balls, paddles, and people by not walking into or behind another court while the ball is in play.
- Avoid slip, trip, and fall hazards by removing any loose debris on the court prior to playing.

ETIQUETTE

- When playing someone for the first time, take time to introduce everyone.
- When serving, always call out the complete score so all can hear.
- Do not chase the ball into another court; raise your hand and ask someone in the adjacent court to return the ball to you.
- When returning balls to another court, don't just randomly roll, kick, or flick the ball out of the way. Please pick the ball up and hit it or toss it gently to the person holding an arm up indicating he/she needs the ball.
- When entering or leaving a court, do not walk behind other courts until their point is finished. When you do walk behind a court, gather all players together

and walk promptly past their court so you don't hinder play any longer than necessary.

- Take time to learn the rules and then follow them. If in doubt, ask someone for assistance.
- Assume the best in line calls and in life. Be generous of spirit and give others the benefit of the doubt unless you are absolutely 100% certain of your call. If the ball is on your side and it lands out of bounds, call it out. If it is close and you aren't positive of your call, give the benefit of the doubt to your opponent. No friendship is worth losing over a questionable line call.
- Don't call lines on the other side of the court--that is your opponent's responsibility. Also, don't ask for assistance from spectators. If you didn't see where the ball landed, the benefit of the doubt goes to your opponent.
(Official rule)
- Remember where you came from. Help others. When you see a new or inexperienced player, offer to play with him or her. You, too, were a beginner once.
- Play the hand you are given. If you are paired with someone of less skill, take it as an opportunity to practice and learn. If you are paired with someone who can clobber you, learn all you can from him or her.
- When playing during open pickleball with a group having a diverse range of skills, try to make sure all players can enjoy the game. Don't avoid hitting to the better player, nor should you always pick on the weaker player. Disperse your shots so everyone can enjoy their time on the court.
- If you are uncomfortable or don't enjoy playing out of your skill range, politely let the other players know you would prefer to wait until a more suitable match becomes available.
- During open play (mixed skill levels), players play with all skill levels. If there are courts designated for different skill levels, wait for a game on those courts if you only want to play at one skill level.
- When playing socially, do not take advantage of a person's physical limitations. For example, if someone
- can't go back for a lob because of a physical limitation, avoid lobbing over his or her head.
- Behaviors like using profanity, tossing your paddle, or disrespecting others has no place (Rule). Take a break and walk away if you feel your fuse getting short.
- Encouraging and supporting good sportsmanship is everyone's responsibility.
- Behaviors spread just like the common cold . . . make your behavior one we all

want to catch!

- Always remember that pickleball is still just a game. No point, no game is worth making enemies over. If there is a problem, talk to the individual regarding your issue and try to clear it up or forget about it and move on. People won't change what they don't know.
- Be respectful of others, be kind, be helpful and remember "please" and "thank you" are still great magic words.

TEAM PICKLE



PAT MELE

Director of Pickleball

Pat is an IPTPA Level I and II Certified Pickleball Teaching Professional trained to provide lessons to players at all skill levels. Pat regularly competes in regional tournaments at the 4.5 level in both men's and mixed doubles. In addition to teaching pickleball, Pat also has a wealth of prior experience teaching racquetball and coaching youth sports. Pat's personal proficiency in pickleball coupled with his instructional expertise and analytical ensures his training is effective and that he brings a patient, supportive and encouraging approach to all lessons.

LEIA MILLER

Pickleball Manager

Leia started working at Bousquet Sport in December 2021 and saw the hype of pickleball right away! She decided to pick up a paddle and ball and see what it was all about. Leia instantly fell in love with pickleball. Playing sports her whole life, pickleball became her new sports addiction. Leia decided to up her game and play a major role in the growth of pickleball at Bousquet Sport and recently accepted the position as Pickleball Manager. Leia does the behind-the-scenes administrative work to make sure members are playing safely, having fun and that all the pickle parts are moving smoothly. Leia also continues to work on her game and is well on her way to becoming an IPTPA Certified Instructor.

MARY PAT KNEPPER

IPTPA Instructor

Mary Pat has been playing athletics her whole life. When she first picked up a pickleball paddle she became addicted and passionate about the sport. This passion has led Mary Pat to share her enthusiasm by teaching pickleball. Mary Pat is currently an IPTPA Level 1 certified instructor trained to teach up to the 3.5 level. Her area of expertise is recognizing each player's wants, needs and abilities along with creating a fun learning experience.

KEITH EKSUZIAN

IPTPA Instructor

Keith decided to learn to teach Pickleball as a professional is currently an IPTPA Level 1 Certified Instructor trained to teach up to the 3.5 level. Keith has been teaching racquet sports for 30 plus years in Racquetball and Squash at Canyon Ranch and Berkshire West Athletic Club. Keith is very adept at realizing a player's strengths and weaknesses and use of a "detect and correct" method that students can easily understand and implement.

PICKLEBALL LESSONS

Are you looking to improve your pickleball skills? If so, private lessons are the ultimate way to fast-track improvements to your game.

INDIVIDUAL PRIVATE LESSON

1 hour - Member Rate \$60

SEMI-PRIVATE LESSON

1 hour - Member Rate \$35 per person

PICKLEBALL CLINICS

Through these clinics we will work to effectively advance your skills and improve your level of play. Our one- hour clinics have only four students in each clinic, which provides an excellent 4:1 student to Instructor ratio and plenty of personalized attention.

1 hour- Member rate \$25 per person

PICKLEBALL 101

If you are new to Pickleball our Intro to Pickleball program is for you. Come to our class where you will learn everything you need to get started playing the sport. Simply come wearing court shoes and athletic attire, we will supply the balls and paddles.

THE BASICS

This clinic is designed for all skill levels. The instructor will focus on the fundamentals of the serve and return of serve as well as court position and strategy.

Build Your Own Clinics

Want to build a clinic for a small player group? (BYO) Build Your Own pickleball clinics are designed for players of equal skill levels who would like to work on specific aspects of their game. Getting your group together allows you to customize your clinic based on the preferences of your players, giving you the focused attention that can take your group to the next level!!! Our one-hour (BYO) clinics have only four students in each clinic, which provides an excellent 4:1 student to teacher ratio and plenty of personalized attention.

Below are a list of the Basic Strokes and Shots to consider. No worries we will help you choose what is best for your group.

THE BASIC STROKES

A stroke is different than a shot. A stroke is the basic fundamental of how you apply action to the ball. The shot is what happens after you've made a stroke. A shot is more specific, whereas a stroke is based on principles and is broader.

- 1) Dink
- 2) Volley
- 3) Groundstroke

THE BASIC SHOTS: There are a lot of shots to learn in pickleball, but the most important ones to master are the basic ones. These shots are for the beginner and Intermediate player

THE ADVANCED SHOTS: These shots are for those players have learned the basics and want to move to the next level.

BASIC

The serve
Return of serve
Dinking
Block
Backhand Punch volley
Forehand Punch volley
Third Shot Drop (Long Dink)
Third Shot Drive

ADVANCED

Slice Return of Serve
Swinging Volley
Topspin and Slice Dinks
Overhead Smash
Attacks from the NVZ line
Reset
Offensive lob from the NVZ line
Around-the-post shot
The Ernie

ORGANIZED PLAY

DEFINITION

ORGANIZED PLAY is a structured form of play that is always supervised by a member of (Team Pickle).

PURPOSE

Organized Play is designed to provide picklers with the opportunity to gather in a large group. Our goal is to provide competitive play along with a positive learning experience. Organized Play is also the place where you can meet your new favorite picklers.

FORMAT

We will be testing out different variations of play over the course of the next few months.

SKILL LEVELS

We understand that it is difficult for picklers to self-rate themselves. Rating systems are available but can be expensive and inaccurate. We are not the rating police. With the rapid increase in membership we will do our best to assist members in self-rating themselves, but the final decision is theirs. Drop-in play will have a verity on talent in the same skill level. Please have pickle patience and use this opportunity to meet new players as well as work on your skills. We also encourage players to split off into smaller groups on their own.

ORGANIZED PLAY GUIDELINES

In-order to participate you must sign-up using (playtimescheduler.com). Please look at the skill levels posted then click on the bubble that's appropriate and read the note before signing up. Also, if you want to be notified when sessions are posted make sure you have checked the appropriate boxes by going to (my account) and emails. If you do not want to mix and play, you can make a private reservation on available courts with the front desk. Please make your decision to attend 48 hours prior to scheduled play and make every effort to show up on time. If for any reason you are unable to attend the day of play you still need to remove your name.

DROP-IN PLAY

DEFINITION

DROP-IN PLAY is based on Skill level Ranges and is not supervised.

PURPOSE

Drop-In Play is designed to provide picklers with the opportunity to gather in a large group. Our goal is to provide competitive play along with a positive learning experience. Drop-in Play is also the place where you can meet your new favorite picklers.

FORMAT

Drop-In Play is designed to accommodate all players who want to play in a skill level range. It is a very flexible type of play not as structured as Organized Play. We have provided an 8,12,16 and 20 format that you can use if you decide to do so. Feel free to modify or use your own format.

SKILL LEVELS

We understand that it is difficult for picklers to self-rated themselves. Rating systems are available but can be expensive and inaccurate. We are not the rating police. With the rapid increase in membership, we will do our best to assist members in self-rating themselves, but the final decision is theirs. Drop-in play will have a verity on talent in the same skill level. Please have pickle patience and use this opportunity to meet new players as well as work on your skills. We have secured additional courts outside of Drop-in play and encourage players to split off into smaller groups on their own.

DROP-IN PLAY GUIDELINES

In-order to participate you must sign-up using (playtimescheduler.com). Please look at the skill levels posted then click on the bubble that's appropriate and read the note before signing up. Also, if you want to be notified when sessions are posted make sure you have checked the appropriate boxes by going to (my account) and emails. If you do not want to mix and play, you can make a private reservation on available courts with the front desk. Please make your decision to attend 48 hours prior to scheduled play and make every effort to show up on time. If for any reason you are unable to attend the day of play you still need to remove your name.

BOUSQUET SPORT SELF-RATINGS FORM

Our mission is to create a unique pickleball opportunity where beginners and veterans are treated equally, sportsmanship is more important than wins and losses, competition is strong but not relentless, and people are more important than the game.

All Pickleball players need to give themselves a rating, which is appropriately called a self -rating. Self- ratings are two digits (for instance, 2.0, 3.0 , 3.5, etc.).

To help you determine what your pickleball self-rating is, check out the chart below!

1.0-2.0 Give yourself a pickleball self-rating of 1.0 to 2.0 if you are just starting to play pickleball and you are just starting to understand the rules of pickleball.

2.5 Give yourself a pickleball self-rating of 2.5 if you have limited experience playing pickleball, you can keep a short rally on the pickleball court, and you have a basic understanding of the rules of pickleball (particularly, if you can keep the score properly).

3.0 Give yourself a pickleball self-rating of 3.0 if (i) you can generally hit forehand drives, serves, and returns with medium pace, as well as dinks, but generally lack consistency and control (for instance, serves and returns are not consistent and lack depth); and (ii) you understand the basic strategy and rules of pickleball, including that you can keep the score properly.

3.5 Give yourself a pickleball self-rating of 3.5 if (i) you can hit drives, serves, and returns with pace (including developing backhand shots), as well as dinks and drop shots, and are developing some consistency and control (including consistently hitting serves and returns in play); and (ii) you understand the basic strategy and rules of pickleball, you are starting to vary your shots between the hard and soft game, and you are moving quickly to the Non-Volley Zone line when you have the opportunity.

4.0 Give yourself a pickleball self-rating of 4.0 if (i) you can generally hit both forehand and backhand drives, serves, and returns with pace, as well as dinks, drop shots, and volleys (including block volleys) of different speeds, and have consistency and control; and (ii) you understand the strategy and rules of pickleball (including stacking), you have a moderate number of unforced errors, and you understand how to attack your opponents' weaknesses on the pickleball court.

4.5 Give yourself a pickleball self-rating of 4.5 if (i) you can generally hit both forehand and backhand drives, serves, returns, dinks, drop shots, and volleys with pace, spin, depth, direction, consistency and control; and (ii) you understand the strategy and rules of pickleball (including stacking), you have a limited number of unforced errors, and you change your game play to attack your opponents' weaknesses on the pickleball court.

5.0 Give yourself a pickleball self-rating of 5.0 if (i) you have mastered both forehand and backhand drives, serves, and returns with pace, as well as dinks, drop shots, and volleys of different speeds, and have consistency and control; and (ii) you have mastered the strategy and rules of pickleball (including stacking), you rarely make unforced errors, and you attack your opponents' weaknesses on the pickleball court.

FIRST NAME _____ **LAST NAME** _____

PHONE _____ **EMAIL** _____

PLEASE CIRCLE: **1.0-2.0** **2.5** **3.0** **3.5** **4.0** **4.5** **5.0**

HOW TO SET UP AN ACCOUNT ON PLAYTIME SCHEDULER

- 1 Go to the Search Bar and type "www.playtimescheduler.com".
- 2 Click on the "Register" tab to create an account.



Player Log In

Email Address:

Log In Register Demo

A black starburst graphic with multiple points, centered over the "Register" button.

- 3 Select "USA" as the country, "Massachusetts" as the state, and "Berkshire County" as the region.

Select your country:

Is your country not listed below? No problem, [contact us](#) and we'll help you get set up!

→ USA

Canada

Costa Rica

Australia

Select your state/province:

→ Massachusetts

Select your region:

Arlington, MA

Ashland, MA

→ Berkshire County, MA

Boxborough, MA

- 4 Fill out all the necessary information and then click the "Register" tab. Once you click on the tab, your account is created!

New User Registration

Email Address:*

Email Address Again (to verify spelling):*

Create a Password:

First Name:*

Last Name:*

Skill Level/Rating:* [View Rating Guide](#)

2.0

USE BOUSQUET SPORT RATING NUMBER



- 5 Sessions at Bousquet Sport will be for both indoor and outdoor play.

Berkshire County, MA

- Bousquet Sport Outdoor Drop-in
- Bousquet Sport Outdoor Organized Play
- Bousquet Sport Indoor Drop-in
- Bousquet Sport Indoor Organized Play

Click on circle

Sun 12

3.5-4.0 8:00A 2

2.0-4.0 8:00A 0

Sat, Jun 11th @ 8:00-10:00AM

[Bousquet Sport Outdoor Drop-in](#)

Skill Level 2.0-4.0

MIN 4 MAX 16 WAIT 5

[Edit or Cancel Session...](#) [Activity Log](#)

No one has signed up

[Add My Name](#) [Add Note](#) [Close](#)

