



PICKLEBALL PROGRAM

WHAT IS PICKLEBALL?

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 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 the 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 AND ETIQUETTE

RESPECT FOR OTHERS

Greet fellow players. Always greet players on and off the court with a friendly attitude. Start and end games with a handshake or paddle tap.

Avoid Loud Distracting Behavior. Avoid shouting or disruptive behavior.

Show Good Sportsmanship. Accept wins and losses graciously. Congratulate opponents and respect their efforts, regardless of the game outcome.

COURT CONDUCT

Promptness. Arrive on time for scheduled play. Late arrivals may forfeit their spot for drop-in or organized play.

Playtime Scheduler. If you are removed from the waiting list from playtime scheduler within the 24-hour window and can't make it you will not be charged. The first no show is \$8, second \$20, third no show is \$30. After three no shows you cannot sign up for drop or organized play for one month. This applies in 90-increments.

Minimize Disruptions. Wait for the point to finish before entering or exiting the court or retrieving a ball. Respect others' game time by minimizing interruptions.

Ball Retrieval. Politely return balls to neighboring courts with an underhand pass. Avoid interrupting play to retrieve balls unless absolutely necessary.

GAME FAIRNESS

Line Calls. Give opponents the benefit of the doubt. If unsure, call the ball "in." Refrain from challenging close calls excessively, and be honest with your own line calls.

Encourage Inclusive Play. In open play settings we use the iPad, rotating 11-minute games and include new players fairly to provide equal play opportunities for everyone, regardless of skill level.

EQUIPMENT AND FACILITY USE

Appropriate Footwear Required. Players must wear clean, non-marking court shoes on the pickleball courts. Outside shoes are not allowed on the courts; players must bring a clean pair of shoes to change into before playing.

Fine for Inappropriate Shoes: A \$20 fine will be applied for playing without the appropriate footwear to help maintain court quality and player safety.

Care for Equipment: Treat paddles, balls, nets, and other equipment with respect. Report any damaged equipment to staff.

Keep Courts Clean. Remove any personal items and dispose of trash properly at the end of your play.

SAFETY FIRST

Stay Aware. Watch for balls from adjacent courts, and call “Ball!” if a ball strays onto your court. Pause the game momentarily to ensure everyone’s safety.

Know Your Limits. Play within your skill level and avoid pushing your physical limits, which can lead to injuries.

COMMUNICATION AND CONFLICT RESOLUTION

Use Friendly Communication. Avoid criticizing others’ play or offering unsolicited advice, which can disrupt their enjoyment and confidence.

Resolve Conflicts Respectfully. If disagreements arise, address them politely and calmly. If unresolved, ask for assistance from Bousquet Sport staff.

COMMUNITY SPIRIT

Be Welcoming to Newcomers. Help new players feel comfortable by introducing yourself and offering to play with them. Guide them on basic etiquette as needed.

Support Program Goals. Encourage a positive playing atmosphere by respecting the policies and supporting each other to create an enjoyable pickleball community.

Enforcement of Etiquette Policy

Bousquet Sport staff may address any violations of this etiquette policy. Repeated infractions may result in a warning, suspension, or revocation of play privileges. Establishing these etiquette standards helps ensure everyone can enjoy pickleball in a friendly, safe, and supportive environment!

TEAM PICKLE

LEIA MILLER

Director of Pickleball Certified IPTPA Instructor

As of December 2021, Leia's journey with Bousquet Sport began, but little did she know it would lead to an exciting adventure into the world of Pickleball. Playing sports her entire 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. As the Pickleball Manager, she tirelessly worked behind the scenes to foster a thriving Pickleball community. Over the course of the year, she committed herself to honing her skills on and off the court. The passion and dedication paid off when she earned her Level One certification from the IPTPA (International Pickleball Teaching Professional Association) in April 2023. With all the hard work, Leia has earned the position of Director of Pickleball in October 2023.

TYLER BESSE

IPTPA Certified Teaching Professional Level 2

After picking up a paddle for the first time in 2019, Tyler was instantly hooked on pickleball. He is always striving to improve his own game and is currently working towards obtaining his IPTPA Level II and Junior certifications. Tyler actively competes in regional tournaments at 4.5+ level in men's and mixed doubles, winning or placing in over 20 events including winning a Minor League Pickleball tournament. He loves sharing his enthusiasm for pickleball with others and helping players improve their skills. As an instructor, Tyler focuses on assessing each student's strengths and areas for growth in order to provide customized instruction. He brings an encouraging and supportive approach designed to make sure every player is having fun on the court while steadily improving.

PAT MELE

IPTPA Certified Teaching Professional Level 2

Pat is a IPTPA Level 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 expertise ensures his training is effective and that he brings a patient, supportive and encouraging approach to all lessons.

MARY PAT KNEPPER

IPTPA Certified Teaching Instructor Level 1

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 Certified Teaching Instructor Level 1

Keith decided to learn to teach Pickleball as a professional and is currently an IPTPA Level 1 Certified Instructor. 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 \$80

SEMI-PRIVATE LESSON

1 hour - Member Rate \$45 per person

CLINICS

3 or more players • 1 hour, Member rate \$30 per person

3 plus me • 1 hour, Member rate \$35 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 is 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 from 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 who have learned the basics and want to move to the next level.

BASIC

1. The serve
2. Return of serve
3. Dinking
4. Block
5. Backhand Punch volley
6. Forehand Punch volley
7. Third Shot Drop (Long Dink)
8. Third Shot Drive

ADVANCED

1. Slice Return of Serve
2. Swinging Volley
3. Topspin and Slice Dinks
4. Overhead Smash
5. Attacks from the NVZ line
6. Reset
7. Offensive lob from the NVZ line
8. Around-the-post shot
9. 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 organized 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 variety of 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 [Playtime Scheduler](#). 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

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 player-ran. This session is 11-minutes and we use an ipad to rotate players around.

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-rate themselves. We encourage players to get rated by a pro or go by their DUPR. With the rapid increase in membership, we will do our best to assist members in self-rating themselves. Drop-in play will have a variety of 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 [Playtime Scheduler](#). 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.

BRING YOUR OWN PARTNER

DEFINITION

BYOP is a structured form of play where you play with the same partner for the entire session.

PURPOSE

BYOP is designed to provide picklers with the opportunity to play with the same partner. Our goal is to allow pickle teams a chance to play against multiple teams in the same session. BYOP allows partners to work on their team strategies, skills and is intended to be competitive.

FORMAT

BYOP sessions will be 2 hours. We will start by using 4 courts with a maximum of 10 teams per session. Games will be played to 9 points and won by 1. The winners will stay, and losers will be replaced by a waiting team. All winners must leave the court after 2 wins. That court will be replaced by the 2 teams waiting. Avoid playing against the same team whenever possible.

We will be testing out different variations of play over 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. That said BYOP needs to be more restrictive

There must be at least one player from the skill level for the session that is posted. All team combinations are welcome.

Example: (Male-Male), (Male/Female), (Female/Female).-

The player may pick a partner with a lower skill level if they choose.

**Example: (Skill Level 3.5 Session) Possible Teams (3.5 with 3.5) or (3.5 with 3.25).
9Players with a higher skill level will not be allowed access to that session.**

BRING YOUR OWN PARTNER GUIDELINES

In-order to participate you must sign-up using [Playtime Scheduler](#). Please look at the skill levels posted then click on the session that's appropriate and **PLEASE READ THE NOTES** 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. **The success of BYOP relies on teams showing up and on time and ready to play. Please make your decision to withdraw 48 hours prior to scheduled play so teams on the wait list can plan to attend.**

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!

2.0 Give yourself a pickleball self-rating of 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.

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 screenshot of the 'Player Log In' section of the website. It includes a text input field for the email address and three buttons: 'Log In' (orange), 'Register' (yellow), and 'Demo' (white). A black starburst graphic is overlaid on the 'Register' button to highlight it.

- 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!

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

The image shows a registration interface for Bousquet Sport. At the top, there is a dropdown menu for "Berkshire County, MA" and a globe icon. Below this, four activity types are listed with corresponding color swatches: "Bousquet Sport Outdoor Drop-in" (light blue), "Bousquet Sport Outdoor Organized Play" (green), "Bousquet Sport Indoor Drop-in" (purple), and "Bousquet Sport Indoor Organized Play" (orange).

In the center, there is a calendar view for "Sun 12". Two circular session cards are visible: a blue one for "3.5-4.0 8:00A" with a count of "2", and a green one for "2.0-4.0 8:00A" with a count of "0". A box labeled "Click on circle" has an arrow pointing to the green session card.

To the right, a detailed view of the selected session is shown: "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", and "No one has signed up". At the bottom of this view are three buttons: "Add My Name", "Add Note", and "Close". An arrow points from the green session card to the "Add My Name" button.