

PICKLEBALL

A GAME FOR ALL AGES - EASY TO PLAY, EASY TO SET UP

WHAT IS PICKLEBALL?

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It's played on an indoor/outdoor badminton-sized court with special paddles and a ball similar in size to a wiffleball.

A lower net and wiffleball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle.

GETTING STARTED

You'll need:

- Net
- Balls
- Proper court shoes
- Paddles
- Indoor or outdoor court
- Rulebook

"Pickleball has benefited the Community as a year-long sport"

- Mike Illg, Director of Homer Community Recreation



A Game for Everyone

- The USA Pickleball Association (USAPA) currently estimates there are now over 400,000 players actively playing pickleball.
- Pickleball facilities are located in all 50 states.
- Many kids and teenagers play it in physical education classes in middle and high schools.
- Seniors enjoy the social aspects and the ability to stay active.
- Tennis, racquetball and ping pong players love the competitive nature of the sport and regularly participate in competitive tournaments.
- Pickleball is both easy to teach and easy to learn.



EQUIPMENT PRICES

- Paddles \$15 to \$124
- Balls - \$15/dozen
- Net/Poles - \$160

RESOURCES

Websites

- USA Pickleball Association (for basics, videos, rules, safety)
www.usapa.net
- www.YouTube.com (for instruction and tournament play); see USAPA Promo videos
- www.pickleballchannel.com
- www.pickleball.com
- www.pickleballcentral.com
- www.pickleballstrategy.com

Books

The Art of Pickleball

Smart Pickleball

Pickleball Fundamentals

PICKLEBALL IN HOMER

Hours: M-W-F 5:00-7:30 PM

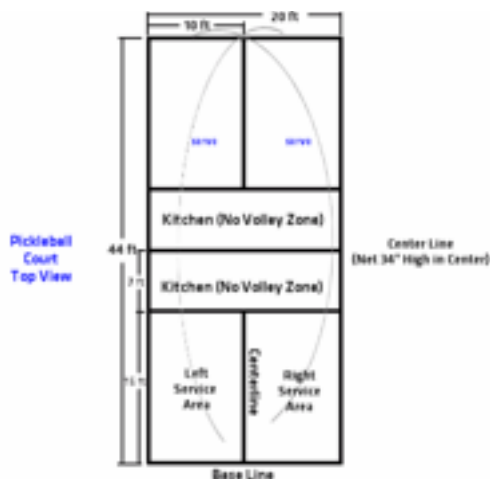
Cost: \$3.00 per person per session

The Homer Club is responsible for setting up and taking down the equipment. Nets, balls and paddles are provided through Community Recreation.

All players are required to complete a registration and Waiver of Liability form which are filed with the Community Recreation office.

The Court

A pickleball court is the same size as a doubles badminton court and measures 20×44 feet. In pickleball, the same court is used for both singles and doubles play. The net height is 36 inches at the sidelines and 34 inches in the middle. The court is striped similar to a tennis court with right and left service courts and a 7-foot non-volley zone in front of the net (referred to as the “kitchen”). Courts can be constructed specifically for pickleball or they can be converted using existing tennis or badminton courts.



Equipment

Each player will need a pickleball paddle, which is smaller than a tennis racquet but larger than a ping-pong paddle. Original paddles were made from wood, but today's paddles are primarily made of lightweight composite materials such as aluminum and graphite.

Players will also need a pickleball. The ball itself is unique, with holes through it like a wiffleball. There are different balls intended for indoor and outdoor play. The ball travels at 1/3 the speed of a tennis ball and is usually a white or yellow color.

Court shoes are recommended for indoor play.



Pickleball is not only fun but is great exercise too.

Like any other sport, care must be taken to avoid over-exertion and injury.