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## Volunteer Spotlight

If you've ever played a game or volunteered at the club, chances are you've met one of our most dedicated members, a friendly face with a paddle in hand and a big smile ready to greet you. This month, we're thrilled to feature Alison, our longtime member and volunteer treasurer, whose love for pickleball has helped shape our community both on and off the court.



## Winter Vibes & Pickleball Pride

### Hey Pickleballers

While the world outside may be chilly, gray, and wrapped in scarves, we're lucky enough to be dialing in drop shots under warm lights and solid ceilings. No wind, no rain, no excuses — just pure pickleball energy echoing off gym walls and bouncing off every paddle.

Indoor season brings its own rhythm: squeaky shoes, tighter court calls, and that glorious thwack of the ball you can hear three courts over. It's where hustle meets heart, and every rally feels a little more electric.

Whether you're new to the game or a seasoned kitchen-line ninja, remember this: effort beats outcome. Come to the court ready to move, laugh, miss a few, win a few, and leave a better player (and person) than when you arrived.

Let's keep the rallies long, the spirits high, and the community strong — because we're not just avoiding the cold, we're building something awesome, one game at a time. See you on the court!

## Up Coming Events

### \* Teams Tournament

**November 7 – 9th**

Cheer on your team as they showcase their talents on the courts!

### \* Closed for Christmas

**December 25**

We're closed for Christmas to celebrate the season with our loved ones. Happy Holidays!

### \* New Years

**January 1<sup>st</sup> 2026**

We will be closed New years day, giving everyone a chance to rest and relax for the new year.

## READY, SET, RALLY

### Coach Deanna (Club Pro)

"LEARNING A NEW SKILL TAKES PATIENCE—FAILURE IS PART OF THE PROCESS. DRILLS BUILD YOUR FOUNDATION, BUT PRESSURE REVEALS PROGRESS. TEST YOURSELF IN REC PLAY, BUILD CONFIDENCE, AND EMBRACE GRACE IN THE GRIND—THAT'S WHERE GROWTH LIVES."



## Alison Dow

### How it Started

"I saw an article promoting pickleball and thought, this is for me!" recalls Alison. With a background in other racquet sports and a special fondness for ping pong, the transition felt natural. "I didn't know anyone else who played, so I started off at the YMCA here in Kingston. After that, it became my passion."

### The Club

"We did our research and set things up right — from the flooring to the lighting to the wall color."

She adds that being not-for-profit means every dollar goes back into improving the club, not an owner's pocket.

"And most importantly, we're friendly and welcoming, I hear that over and over."

### Fun Fact

*Off the court, her favorite role is being a grandmother to seven amazing kids. "I have a t-shirt that says, 'Grandma is my name and pickleball is my game.'"*

### Volunteering

Newly retired and looking to give back, Alison didn't have to look far for her next opportunity. "Saima approached me and asked if I would be interested in being treasurer," she says. "It seemed like a good fit, and I've been here ever since."

Behind the scenes, she helps keep things running smoothly, from managing finances to supporting special events, ensuring the club continues to thrive.

Running the club takes a lot of unseen effort. People don't realize the work volunteers are doing in the background," she explains. "Monitoring court usage, cleaning, scheduling events, managing emails, social media, and keeping up with non-profit regulations — it goes on and on."

### Get Involved!

Interested in joining our great volunteer team? Just speak to one of our volunteers at the front desk. If you have ideas or suggestions for the club or newsletter, email us at

[kpc1150@outlook.com](mailto:kpc1150@outlook.com)

"Pickleball: the only sport where a 70 year old can humble a 30 year old — with a smile and a dink."

### Words of Wisdom

Her advice for newcomers? "Watch out — you're about to become addicted!" she laughs. "Volunteering is also a great way to give back and help make the club a success."

When asked to describe her pickleball style in three words, Alison admits it's hard to narrow it down. "I love the soft game, but sometimes you have to hit those long, hard shots. My longtime partner calls my style 'Controlled Aggressive,' a compliment! Maybe we'll stick together a little longer."



### Memorable moment

For Alison, tournaments have been a highlight. "I got my first gold at 3.0 with Nancy G at the 2019 Canadian Championships," she shares proudly. "Since then, I've had success at 3.5 and 4.0 and even played in a few Opens. I'm not usually competitive, but when I'm in a tournament, look out!"

### Final Thought

From her first serve at the YMCA to becoming a gold-medal player and dedicated treasurer, her story reminds us what makes pickleball, and our club so special: community, fun, and a shared love for the game.

## Friendly Reminder

A quick reminder that the morning social wraps up at 10:30 a.m. so there's plenty of parking for members coming in at 11 a.m. Also it's that time of year to re-new Pickleball Canada Memberships.

## Captured Moments:



Nino tried his hand at the PPA tournament in Virginia with his partner Araksya. Missing Gold by only 2 points, receiving Silver. Well done!!



Friday Night mixed doubles competitive winners on Oct 8. Always a great night with stiff competition and some great laughs!



Congrats to Our Women's Weekly Team Event Winners! October 20.

These amazing women brought passion, teamwork, and great energy, and had a blast doing it.



Through hard work and dedication, Erica earned a silver medal in Women's Singles at the Hisports Tour Finale in Vaughan on October 16th! An incredible achievement.

### Did you Know:

Pickleball like most racquet sports relies on the integrity of the players in calling shots in or out. The rule of etiquette suggests that players will call the lines as honestly and fairly as they can. Players should call the lines on their side of the net and opponents will do the same on their side. Opponents should never make a call on the other side of the net unless they are asked. If a team cannot decide on a line call, then the benefit always goes to the opponent. If a team asks for an opinion from an opponent, that decision is final. Again, fairness is the rule of the day. Remember it is only a game. Keeping this in mind will prevent conflict on the court.

## Hot Topic

### Pickleball's Eye-Opening Problem

Pickleball's explosive rise has brought with it an unexpected downside: a sharp increase in eye injuries. A new JAMA Ophthalmology study finds that as the sport's U.S. player base surged to nearly 20 million by 2024, eye injuries have spiked, especially over the past four years.

Between 2014 and 2024, researchers estimated roughly 3,100 pickleball, related eye injuries, with about 1,262 cases in 2024 alone. Most injuries affected players over 50, and while many were minor (like eyelid cuts or corneal abrasions), some were serious, retinal detachments, orbital fractures, and internal eye bleeding.

The main culprit? Fast-moving balls and paddles. Modern equipment can send shots flying up to 60 mph, and with players standing just 14 feet apart at the kitchen line, there's little time to react.

Despite the growing data, protective eyewear isn't required at any level of play. USA Pickleball even voted down a rule change that would have made goggles mandatory in tournaments earlier this year.

Experts are now urging awareness and stronger safety guidelines. As one researcher put it: "We've seen a lot more new players unfamiliar with the sport, and that creates a lot of opportunity for injury."

So, is pickleball on the same path as skiing, where helmets eventually became standard? The answer may depend on how quickly players, and the sport itself, decide to open their eyes.



## Announcements

Let's give a warm welcome to our three new board members!

**Colleen Milos**

**Sandy Sheahan**

**Don Koval**

Welcome to the team!

With their fresh perspectives and strong support, our club is set for a bright future!

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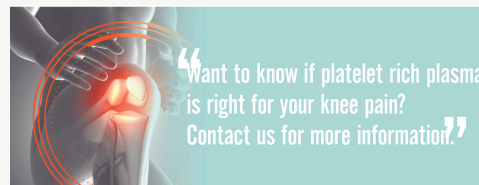
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# The Rally Report