

Pickleball Report by Ruth Lapworth

We were pleased to return to the sports hall at Teesdale Leisure Centre for the last 3 sessions of 2024. Although the hall echoes a lot, making for an almost deafening noise when we are playing, we are pleased to be back. Interestingly, there have been a number of objections raised in various parts of the country to the building of new facilities to play the game of Padel. This game is similar to pickleball and is also becoming very popular. Padel uses a soft ball, as in tennis, rather than the plastic ones used in pickleball. However the ball is hit with a hard racket similar to that used in pickleball which creates a much louder noise than that generated by the strings of a tennis racket.

Two of the 4 potential new players who recently joined us for a trial session have now joined the group and a number of others have expressed interest in playing. This means we should have sufficient people to continue to hire 2 courts for the now weekly sessions which started in January.

Most of us are now hitting the ball well, but we all suffer from momentary lapses of concentration leading to either missing the ball completely or bizarre mis-hits. The 2 bounce rule still confounds some players and staying out of the "kitchen " when volleying is a particular hazard for people who previously played tennis. The rules and scoring are still a challenge but hopefully are helping with our brain health! In addition there are the obvious benefits of the physical activity. The game is very enjoyable and does seem to be addictive for those playing regularly. If you have a reasonable level of fitness and are interested in joining us for a free trial session please contact the group convenor, Ruth Lapworth (ruth.lapworth@hotmail.co.uk).