

Pickleball Report by Ruth Lapworth

The pickleball group has met every Monday afternoon for two hours during 2025 with the exception of bank holidays and a few days when the sports hall was taken over by NHS Blood Donation sessions. We are now spending 5 -10 minutes at the start of each hour practising 'dinking' and then trying to ensure that this technique, which is similar to a drop shot in tennis, becomes part of our play. It seems that a strategy which employs more play at the net and dinking leads to success and more enjoyment than hard hitting from the back of the court.

During the year Teesdale Leisure Centre kindly invested in two specific pickleball nets which have been a distinct improvement from the improvised badminton nets we had been using. The plastic balls originally purchased by the committee have been replaced a couple of times due to cracks which appear from wear and tear. The cost has been funded by the small surplus accumulated from weekly court fees.

We have been joined by a number of new members but sadly one of our group (Jan Slinger) died suddenly and unexpectedly in October. Jan and her husband Peter were instrumental in setting up the pickleball group and will be much missed. A couple of other players have also left for various reasons so if anyone wants to try this activity please contact me via the u3a Teesdale website.

Seventeen members attended our first annual Christmas lunch on 1 December at Cafe Bowes. It was a very enjoyable occasion with good food and service.

