

SEPTEMBER SCHEDULED PICKLEBALL SESSIONS:

Open to the public.

Location for scheduled sessions is @ Cornwall



In collaboration with:

The schedule is subject to change due to weather & other factors beyond our control.

If you don't know what level you are, please refer to [BPC Skill Rating Self-Assessment Sheet](#) or @ Cornwall Kiosk.

You can also contact bellingshampickle@gmail.com for questions.

The calendar is also available @ www.bellingshampickleball.org.

If you'd like to offer assistance, please contact the host or bellingshampickle@gmail.com.

Drop-in Play Sessions (Novice through Advanced)

MONDAY – SATURDAY MORNINGS with “Court Host”: 9AM-12PM(+/-); Switch to “No-Host” by mid-September

WEDNESDAY EVENINGS “No Host”: 5:30PM until whenever...

Newbie/ beginners are encouraged to attend beginner/novice sessions until they build their skills, and knowledge of the game. That said, newbie beginners will not be turned away from drop-in times.

[Click here for BPC Skill-Level Self-Assessment Rating Scale](#)

SCHEDULED SKILL-LEVEL SESSIONS

In partnership with Bellingham Parks & Recreation Department, the skill-level sessions below have priority on pickleball courts #1-4 during scheduled times. Times are only put on the calendar if there is a session host who volunteers to be there each time. Please make a note of sessions of interest & plan to attend.

Please be supportive and encouraging of session hosts as they are volunteering their time.

Beginner/Novice Sessions (< 3.0):

MONDAY: 3pm-4:30pm (Hosts: Carol L., Dotty M., Marv M.)

WEDNESDAY: 3pm-4:30PM (Hosts: Rick A., Ed G)

Must be able to follow instructions and function well in a group setting. If special accommodations are needed, please contact bellingshampickle@gmail.com a minimum of 72 hours in advance.

Novice- Low Intermediate Sessions (2.0- 3.0):

TUESDAYS: 1pm PLAY

Intermediate- Advanced Sessions:

3.0-3.5 Low-Mid Intermediate; Drills>Play: THURSDAY 1-3PM (Host: Rotating)

3.75-4.5 Upper Intermediate to Advanced; SHOOTOUT LADDER, Mondays 5:00pm-8pm (Carsten)

3.25-3.75 Low-Upper Intermediate; SHOOTOUT LADDER, TUESDAY 5:30pm-8:30pm (Carsten)

To save your slot or for more info, text Carsten @ 360-746-1298 and make sure to include your name.

If space allows, walk-ons are welcome, but you need to be there by 5:30pm. Limit is 16 players per night.

Minimum Skills Needed to Reach Each Level: 2.5 through 4.0

(% indicates percentage of attempted shots that are successful.)

Level 2.5+ (Upper Novice)

- Knows basic court placement & positions
- Knows basic rules and scoring
- Volleys at the net
- Aware of the “soft game”
- Starting to use a lob
- Can control placement of:
 - 60% of serves, service returns, & volleys
 - 50% of dinks, forehand groundstrokes
 - 40% of drop shots from mid-court, and overheads

Level 3.0+ (Lower Intermediate); Skills from previous levels plus:

- Quickly approaches net rather than usually staying back;
- Uses deeper & higher service returns to allow more time to approach the net;
- Returns the ball lower over the net;
- Displays sound footwork;
- Exhibits correct basic court positioning for doubles and how to “move as a team”;
- Starting to try some dinks, lobs, and drop-shots;
- Can control placement of
 - 70% of serves, service returns forehand & backhand groundstrokes, and volleys
 - 60% of drop shots from baseline, dinks, offensive lobs, and overheads.
 - 50% of drop-shots from the mid-court “transition zone”

Level 3.5+ (Mid-Intermediate); Skills from previous levels plus:

- Consistently returns lower balls over the net;
- Incorporates some drop-shots from baseline & mid-court
- Regularly initiates and sustains dink exchanges
- Able to create and hit to coverage gaps;
- Effectively uses partnership court strategies & teamwork.
- Can control placement of
 - 80% of drop-shots from mid-court, serves, service returns, volleys, forehand & backhand groundstrokes. (Controls their direction, depth, height and pace.)
 - 70% of dinks to forehand and backhand, straight across & cross-court.
 - 70% of punch volleys, forehand and backhand
 - 60% of dropshots from baseline, lobs, & overheads.

Level 4.0+ (Lower Advanced), skills from previous levels plus:

- Able to change between slow-paced and fast-paced strategies;
- Can block and return 60% of fast, hard volleys;
- Controls play at the non-volley line
- Poaches effectively
- Maintains patience in rallies
- Implements appropriate shots, including dinks and drop-shots, to control game
- Moves and communicates effectively with partner
- Consistently creates and hits to coverage gaps
- Can control placement of
 - 90% of serves, service returns, forehand and backhand groundstrokes
 - 80% of dropshots from transition area, dinks, overheads, lobs, & block & punch volleys;
 - 70% of drop shots from baseline.

AUGUST Scheduled Pickleball Sessions at Cornwall

The schedule is subject to change due to weather & other factors beyond our control.

If you don't know what level you are, please refer to the BPC Skill Rating Self-Assessment Sheet at the Cornwall Kiosk or @ <https://bellingshampickleball.org/flyers-documents>.

You can also contact bellingshampickle@gmail.com for questions.

An online calendar is also available @ www.bellingshampickleball.org. updated 8/15/19

If you'd like to offer assistance, or have questions, please contact the host or bellingshampickle@gmail.com.



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - noon +/-		Hosted Drop-in Play: Novice to Advanced; Paddle Grouping					
1:00		3.5 - 4.0 Mid-Upper Intermediate to Lower Advanced Skill Session			3.0-3.5 Low to Mid- Intermediate Skill Session		<3.0 Beg / Novice Skill Session
2:00							
3:00		<3.0 Beg / Novice Skill Session		<3.0 Beg / Novice Skill Session			
4:00							
5:00							
5:30							
6:00		3.75-4.5 Upper Inter. to Advanced "SHOOT-OUT" LADDER Contact Carsten 360-746-1298			NO-HOST August 7th is OPENING" celebration of Pickleball Courts		

If you want to host a session, let us know & we can put it on the calendar if there's room.

The concept of the skill sessions is to have dedicated time for drills, and then games with the focus on skill development, team work, and competition, rather than just winning for the sake of winning.

These sessions however are not "Lessons". The session participants together with the host will develop how the sessions evolve, and how player rotation happens.

7:00
8:00

<i>Minimum is 8 players. Max is 16</i>		