

Pickleball is now the fastest-growing sport in America for the third year running! The sport, a cross between ping pong, badminton, and tennis. Pickleball is easy to learn, fun to play, and can be enjoyed well into one's later years, making it a popular sport among seniors.

Carolina Colours has two pickleball courts and opportunities for all levels of players. We continue to create activities that will encourage new (and old) players to give it a try, such as:

- **Introductory Clinics** for new and/or beginners are periodically offered throughout the year. If you are interested in attending one of these free clinics, contact Randy Schmidt at [randall.d.schmidt@gmail.com](mailto:randall.d.schmidt@gmail.com) or Rick Meyers at [Rammeyers1@aol.com](mailto:Rammeyers1@aol.com)
- **Player Development Clinics** for women are offered on Saturdays at 10 am by Chris Kasyan. These are ongoing clinics with a longer-term focus on stroke development, court positioning, the art of 'dinking', and game strategy. If you are interested in these free clinics, contact Chris at [headytopper05@gmail.com](mailto:headytopper05@gmail.com)
- **Friday Morning Women's Group** plays at 9 or 10 am (depending on the temperature) and includes women of all skill levels.
- **Daily 'Drop In' Play** throughout the week from 3-4:30 for players (men and women, varying skill levels) interested in a higher level of play. All are welcome! On any given day, participation ranges from 4 players to 14!
- **Round-Robin Pickleball Ladder League** - several times a year we organize a pickleball ladder, in which those participating are placed in groups of four in the order of their position (ranking) on the ladder each week. In this format, all players will play three doubles games in a round-robin format with the other three players in the foursome. After the scores are tallied for each of the three matches, players may be *individually* moved up or down the ladder the following week, depending upon their performance in those 3 round-robin games. The ultimate goal is to climb the ladder to the highest rung. Watch for announcements from Randy Schmidt when these ladders are formed.
- **Coastal Plain Senior Pickleball League** offers an opportunity for the more competitive players to join the **Carolina Colours Commandos** team and compete against 7 other clubs in the surrounding area. Competitions are scheduled during March – November, with each one including three matches (A team, B team, and C team) – each match is the best two out of three games. Members of the league include New Bern Rec Ctr, Crystal Coast, Fairfield Harbour, Jacksonville, Swansboro, Surf City and Pamlico.

Participation in all these groups is open to anyone in Carolina Colours, and you are always welcome to just stop by the courts to observe and get a better understanding of the pickleball sport!

To keep informed of all Pickleball activities, request that you be added to the Carolina Colours Pickleball Google email group - contact Randy Schmidt or Rick Meyers at [Randall.d.schmidt@gmail.com](mailto:Randall.d.schmidt@gmail.com) or [Rammeyers1@aol.com](mailto:Rammeyers1@aol.com)

All of the Carolina Colours pickleball activities can also be found online at Playtime Scheduler (free site) <https://playtimescheduler.com/> You can join by entering your email address and zip code, and the site will display all the weekly scheduled events at Carolina Colours.