

## VILLAGER PICKLEBALL ARTICLE FOR NOV 4 2021 by Joyce Kludt

### *Why Do Many Villagers Play Pickleball Regularly?*

#### 1. IT'S A FUN SPORT.

Now, which sport isn't fun, you might argue. True that, but there are fun sports and then there are *fun* sports. Pickleball allows those competing to get into a solid routine and have an awesome time, at times laughing away at some of the bloopers on court.

#### 2. IT'S EASY TO PICK UP.

It's a sport that brings elements of table tennis, badminton and tennis, but it doesn't combine the difficult aspects of the three sports.

#### 3. YOU STILL NEED TO BE ON TOP OF YOUR STRATEGY.

It's not all about a hit-and-giggle, but also needs players to strategically out-manuever their opponents.

#### 4. IT'S A COST-EFFECTIVE SPORT. You need only to purchase a paddle, correct shoes, and balls.

#### 5. ...AND YET IT'S SUCH A SOCIAL SPORT!

There is often a sense of camaraderie between opponents. While there's often competition, it is also a sport which fosters a sense of belonging, a feeling of being part of a community...and that leads to a lot of personal interaction and chat.

#### 6. IT'S A SPORT FOR ALL AGES.

Pickleball is one of the rare sports which can be played by people of all ages. At the Villages, we see younger and older members enjoying playing together.

#### 7. CRANK IT UP TO GIVE YOURSELF A CARDIO WORKOUT

As well as cardio, regular doses of Pickleball help add balance, reflexes, agility and hand-eye coordination.

#### 8. IT'S A SPORT FOR THE FUTURE.

It is one of the fastest growing sports in the world. Nations like India and China are picking up Pickleball. If other nations join in as well, maybe it won't be too long before Pickleball becomes an Olympic sport. And we, as the initial pickleball-loving players of this sport would be carving out our own pieces in its history!

SEE YOU ON THE COURTS, FRIENDS!!