

PICKLEBALL

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We are really adamant that everyone who comes out to play Pickleball wear Tennis Shoes. But Why? Running and Pickleball are both sports that depend heavily on use of the feet, but the way the feet are used in each sport is significantly different. The design of running shoes supports, stabilizes and cushions your feet. When you run, you tend to go in one direction, forward. Running shoes are designed to help the body cope with the rigors of running.

Running shoes have cushioned toe and heel areas to reduce impact from heel-to-toe strikes on the ground. While there is some lateral stability built into running shoes, it is usually very little because side-to-side motions are uncommon in running. Tennis shoes are specifically designed for use on the tennis court. Whereas the running shoe places emphasis on cushioning, tennis shoes focus on lateral support and stability. Lateral support and stability are crucial to tennis and Pickleball players, as many of the quick movements executed on the courts are side-to-side cuts, rather than heel-to-toe running.

While cushioning is important to the Pickleball player, it is less important than lateral stability and a low to the ground feel. The lower a player's foot is to the court, the more stable it will feel laterally, and this is really important. Almost all of the injuries on our courts have been to players wearing running or walking shoes. Come on out to play, but use the proper equipment for your safety.

LAST CHANCE to sign up for the Pickleball Prohibition Speakeasy & Casino Night! Step back in time and enjoy appetizers, dessert and games of chance at the clubhouse on Halloween night, Thursday, October 31, from 6:30 to 9:30. See details on the Pickleball Club website: villagespickleball.org