

## **LCPC – Common Q&A (updated for 2026 season)**

### **About our schedule:**

#### **Why do we have dedicated women's time but no dedicated men's time?**

The women's time is the most popular time at the courts (often all courts full) and many women join the club just to play during those times. Many don't enjoy the thrill of facing "bangers" and it is likely that many just prefer hanging out with other women (sorry guys, but it is true!). The ladies' time has been a big part of the club since its inception (thanks Mary D). The demand for men's only play is significantly lower but we are open to considering that if you are willing to coordinate it. Also, with the new 4/4 times, small groups that want to play together can do so more easily,

#### **Could we make the women's time earlier (8:30 rather than 9:00)?**

We have had a fair amount of feedback from guys who are retired and for some reason don't have the urge to get up at 6:00AM to play, but would still like to get some pickleball in before lunch. Please remember that ladies are welcome to play as early as they want to come as long as they are willing to play with the guys.

#### **Are there drills for ALL levels?**

YES, there are now! Drills are critical to player development and starting this year, **drills are open to ALL levels**. The volunteer instructors will still focus on players 3.5 and below, but we will have a listing of drills that more advanced players can use and if there are sufficient volunteers, we will provide some instruction. Please remember that **drills are not lessons**... just a good opportunity for trying and repeating shots that will make your game improve. We strongly encourage those who want to get better to find a drill partner and work on areas you want to improve.

For those close to the 4.0 or 4.5 level who are looking to drill with a professional coach, we have arranged for local pros to do two hour drill sessions on various mornings. There will be at least one coach per 8 players and sign ups and administration of these drills will be handled directly by these pros using their system. We will post more information about this when the schedule is confirmed.

#### **Can I get individual or small group coaching?**

We have a number of members that are willing and able to give lessons. See the list [here](#). There are primarily for new players through to about 4.0. There are professional coaches at local clubs (Fortify, Pickleball Kingdom, Pickle, WAC, etc.) for those looking to get beyond 4.0.

**Why are some club times marked as 4/4**

Many of our members like to come and play with a specific group of players and we want to accommodate that on specific evenings (Monday, Friday and Sunday). During these sessions you are welcome to and play on any court (3-18) with other LCPC members (or guests - \$10) that you have arranged to play with. Please don't show up expecting to be asked to join by other groups. All other club times including Tuesday and Thursday evenings will remain our 2 in 2 out and paddle racks for your level should be used.

**Will there always be members to play with during club times?**

During the regular season (May through September) there will normally be members at the courts unless it is wet or too windy. For evening play, Tuesday and Thursday will be regular club play but Monday, Friday and Sunday evenings will be LCPC 4 in 4 out times so that small groups can arrange to play together. During the shoulder months and when the weather is iffy, we strongly encourage you to reach out to your level players on GroupMe and ask before driving out to the courts. In the future we hope to have a webcam or something similar so you can check before coming.

**I would prefer to play with a specific group of members and not rotate in and out during club times. Can the club accommodate that?**

You can play with specific groups any non-club time AND on Monday, Friday and Sunday evenings club times (designated 4/4). You are always welcome to bring other members/friends and play these during these club times but non-members are expected to pay the \$10 drop in fee.

**How do I know my level?**

First read the descriptions on our schedule and guess low. Go and play with that group and then if you are regularly winning most games, try the next level up. If you find you are losing most games, please be self-aware enough to move back down a level and attend drills. If you want to play in a non-LCPC tournament, you may want to sign up for a DUPR account. As you play more tournaments your score will become more accurate.

**How do the paddle racks work?**

Paddle racks are useful to see if others are waiting to play and to see who is next. This year we are going to try to have a rack per bank of courts (1-5, 6-10, 11-15 and 16-20) and so you find your level (can be different at various play

times) and put your paddle in the rack. Generally, the lowest levels of players at any one time will be on the lower numbered courts (3-5) and the highest level players will be on the highest numbered courts (16-20). When you take your paddle out to play, please slide the ball on the slider below to the next paddle so you do not need to keep moving paddles.

**PLEASE NOTE:** If there are 4 paddles in one rack and courts available in another bank (different level), the four players can go and take the available court, play a game and then come back and use the rack again – we don't want courts to be empty while people are waiting.

### **How does the small sliding ball work under the paddle rack?**

The small sliding ball is intended to always show the next paddle that is going into a game and prevents the need to move paddles already in the rack. New paddles should generally be added after the right-most paddle already in the rack. When the right-most position already contains a paddle, then your paddle should be placed in the left-most position in a circular queue fashion.

### **Should I add my name to the top of my paddle?**

Yes, it really helps to identify players who are next up in the paddle rack. You can write your name on stickers that may be available in the storage box.

### **If I want to play on the lower level courts (e.g. 3-5) but not enough people are playing at that level, what should I do?**

It is a friendly club so play up to the next level paddle rack where players are available.

### **What should I do if I end up on a court with weaker players?**

This is going to happen – try to see it as an opportunity to work on specific aspects of your game – drops, placement, double handed backhand, spin, etc. Most of us don't like losing games and it can be frustrating if the opposing players don't hit the ball to you, but be willing to risk losing and have a fun game rather than trying to dominate. This Pickleball Union article has some good pointers on "soft playing/playing down" do's and don'ts.

<https://pickleballunion.com/soft-playing-in-pickleball/>

### **Line calls... who makes them.**

Line calls should be made by the team on the side the ball lands. If you and your partner on the side the ball lands don't agree or did not see the ball land, then the correct call is IN (advantage to the opposing team). You can ask the opposing team what they saw, but then it is THEIR call. You may NOT challenge calls even if you clearly saw it differently. Please remember we are playing this game for

fun and want our club play to be enjoyed by all. Getting mad, pouting or no longer trying, does not make it as much fun. Yelling or swearing at opponents is NEVER acceptable and will not be tolerated. While not consistent with the rules, you may choose to replay a point if no one

### **Why don't we do DUPR ratings and hold more tournaments?**

These are great questions that we hear a lot and our response may change over time. As a board we regularly discuss this and with the additional courts we do plan to accommodate more tournaments and add leagues without negatively impacting our goal of maintaining the social and welcoming nature of the LCPC experience. Our reticence to date is primarily because it can change the nature of play from inclusive and fun to "win at all costs" which tends to change the nature of the game, typically making it less enjoyable for most players. Stay tuned on opportunities for leagues starting in the June timeframe.

Ratings (DUPR, UTR-P,...) become important when you play in tournaments and leagues and MAY help you play in the right group, BUT without regularly playing in tournaments, they can be inaccurate, easily manipulated and of limited value. For those wanting to prove themselves, we do plan to have a challenge court(s) during certain club times and we also plan to play "up and down the river" at times during or following drills sessions. These are short 7 to 10 minute games where you move up a court if you win and down a court if you lose.

### **How do I avoid getting injured?**

Warm up and wear two key pieces of equipment – protective eyewear and proper court shoes. There are warm up exercises on our website on the "How To Play" tab.

**Warm up:** Prior to playing do 5 minutes of basic warmups (side lunges, hop in place with heels up, butt kicks, forward lunges, reverse lunges, hamstring stretch, high knee jog, trunk rotations, forward and backward arm circles). Videos are on our website (<https://www.lakecountrypickleballclub.com/how-to-play>) as well as on YouTube.

**Protective Eyewear:** Optometrists and players have reported serious eye injuries resulting from being hit by a pickleball. Pickleballs do not compress like tennis balls and they have sharp edges around the holes that can tear your cornea. It is easy for the ball to come off either your paddle or your partner's and hit you in the eye. You can buy clear or tinted protective glasses on Amazon for

\$5 all the way up to \$200. If you don't like looking through glass, you can find options with rims only or remove the lenses and wear the frames.

**Proper court shoes:** Wearing proper court shoes that provide lateral stability helps to prevent ankle, calf and achilles injuries. Casual sneakers, running or cross training shoes generally do not provide sufficient lateral support.

### **Why is pickleball so addictive?**

This pickleball union article covers it well!

<https://pickleballunion.com/why-is-pickleball-addictive/>

This warning is a good laugh

<https://www.youtube.com/watch?v=HG2a62aP7To>

### **What are the basic rules of pickleball?**

This 5 minute YouTube is great for beginners who know nothing about Pickleball. The basic rules including scoring are explained in a simple and effective way. Feel free to send this link to friends and encourage them to watch before taking a lesson. <https://youtu.be/pDDwZgepQeE?si=welCEJ1KU5DmTfKY>

### **Are there volunteer opportunities through LCPC?**

Yes! LCPC loves volunteers and we have a variety of volunteer opportunities available for LCPC Members including, but not limited to:

- Court Coordinators
- Drill Session Leaders
- Drill Session Assistants
- Tournament assistants
- League assistants
- Youth Instructional Assistants

### **Is there a minimum commitment for volunteering with LCPC?**

No minimum commitment needed! We welcome all offers of volunteer hours. Some LCPC members volunteer one shift a season, others volunteer three times a week (and more)! Whatever works with your schedule, we can work with (and appreciate any time you are willing to donate).

### **How do I become an LCPC Volunteer?**

To become an LCPC volunteer, or to inquire about becoming a volunteer, simply send an email to LCPC ([lcpickleballclub@gmail.com](mailto:lcpickleballclub@gmail.com)) and let us know you are interested. If you have a preference as to where you'd like to donate your time, please let us know! Thank you for considering! LCPC Loves our volunteers!

