



USSP MEMBER NEWSLETTER

December, 2024 / Vol. 008



A Note From Our New President

USSP Members,

Last week I had the opportunity to truly see US Senior Pickleball in action, both on the courts and behind the scenes.

The week started with USSSP solidifying a new partnership with the Pickleball Superstore, bringing significant discounts on paddles and gear to you, our valued members. Starting today, please use the coupon code *USSP* to get 10% off your Pickleball Superstore purchases. Additionally, for our 2024 tournament point award winners, in January you will be receiving a gift certificate for \$100 off any Pickleball Superstore purchase. And finally, to help those players that are considering joining USSSP, our new members will receive a \$25 Pickleball Superstore voucher for purchases of \$100 or more to help get ready for great pickleball play in 2025.

Later in the week, I had the opportunity to attend the US Senior Pickleball National Championships, Presented by Humana, in Casa Grande, Arizona. Humana pulled out all the stops to help keep the quality of the tournament high and the cost of the tournament low for our US Senior Pickleball members. USSSP is dedicated to making sure you are getting your money's worth when you play in our tournaments and game play was maximized through our round robin format. Also, like all USSSP tournaments, we prioritized keeping brackets age pure and then separated by skill levels. The evidence of a successful tournament was made obvious by the smiling faces both on the podium and all around the courts. Nearly 550 players participated in our Nationals this year, making this one of the premier senior pickleball events in the United States.

To take advantage of the new Pickleball Superstore membership benefits or to find a tournament that can take your game to a "whole 'nother level", be sure to check out our updated website at www.useniorpickleball.com.

Thank you for supporting US Senior Pickleball. Hope to see you on the court!
~Tony Schneider, USSP President

Tournament Spotlight: USSP North American Championship, Presented by Humana

Holly Hill, FL

Dates: February 21-24

Registration is open now! USSP members receive a \$10 discount. and you can save an extra \$15 on registration if you sign up by Dec. 31st!

[Click HERE to Register](#)



Join us at beautiful Pictona for this fantastic USSP event!



2024 POINTS RACE CURRENT STANDINGS

IT'S NOT TOO LATE TO MAKE THE LEADERBOARD!

THE TOP 10 FINISHERS IN EACH AGE BRACKET AT THE END OF THE CALENDAR YEAR WILL WIN PRIZES FROM USSP.

Women 50-54:

- 1) Christine Ngo
- 2) Ludilin Arada
- 3) Lori Ullom

Men 50-54:

- 1) Anthony Semien
- 2) Nicco Warren
- 3) Doug Bowen

Women 55-59:

- 1) April Harville-Smith
- 2) Joy Ramos
- 3) Ann Stuart

Men 55-59:

- 1) James Moore
- 2) Jay Zollicoffer
- 3) Mike Reese

Women 60-64:

- 1) Josie Stubblefield
- 2) Jodi Davis
- 3) Linda Quinones

Men 60-64:

- 1) Tracy Davis
- 2) Robert Drapiza
- 3) Kevin Campbell

Women 65-69:

- 1) Debbie Ladig
- 2) Verena Pierce
- 3) Martha McGrath

Men 65-69:

- 1) Doug Stavig
- 2) Doug Kramer
- 3) Randy Pierce

Women 70-74:

- 1) Nancy Perez
- 2) Linda Gaas
- 3) Dianne Traynor

Men 70-74:

- 1) Mark Scalzo
- 2) Tom Young
- 3) Gary Traynor

Women 75-79:

- 1) Jeanne Miller
- 2) Virginia Hamilton
- 3) Susan Crossland

Men 75-79:

- 1) Chris Thomas
- 2) Mike Young
- 3) Michael Hoven

Women 80-84:

- 1) Winnie Montgomery
- 2) Valeria Spacher
- 3) Jean Larrick

Men 80-84:

- 1) Bill Wingfield
- 2) Grant Leslie
- 3) Bill Thomason

Women 85+:

Joyce Jones

Men 85+ :

- 1) Gil Middleton
- 2) James Beck
- 3) Robert Scharlack

2024 Has Been a 5 Star Year for USSP!



USSP Ambassadors delivered over 100 free senior pickleball clinics, lessons, and events across the USA



More than 70 USSP Circuit event tournaments were held in 23 different states



4 USSP Zone Championships were held with a combined total of 1015 Senior Players



Indoor and Outdoor USSP National Championships were held with a combined total of 991 Senior Players



USSP Membership surpassed 10,000 members and grew by 37% in the past year

New faces at USSP:



New USSP President, Tony Schneider (Pictured with his wife Lori)



New USSP Director of Marketing, Karen Thomas



Welcome!

CONGRATULATIONS TO ALL OF OUR TOURNAMENT COMPETITORS-KEEP UP THE GOOD WORK!

LIST CURRENT AS OF 10 DECEMBER. A COMPLETE LIST IS AVAILABLE [HERE](#)

Ambassador

Corner



FROM A PARKING LOT AT THE NATIONAL HARBOR IN DC, TO THE BIGGEST WHEELCHAIR TOURNAMENT IN CO, TO THE OK SENIOR GAMES, OUR AMBASSADORS ARE SPREADING THE JOY OF SENIOR PICKLEBALL TO ALL!



USSP is growing fast and we are looking for the very best folks to help carry out our mission in 2025 and beyond!



We are currently looking for part-time Zone Directors to help create, plan and manage USSP tournaments and grassroots events in several regions of the USA.

The ideal candidates will have experience playing in, and organizing pickleball tournaments and have a strong desire to develop and promote senior pickleball tournament participation throughout their region. Compensation includes a monthly stipend and payment for tournaments organized.

We will be sending out a full position description soon through our email, LinkedIn, and Facebook pages, so please keep your eye out for our upcoming news updates if you're interested in joining the USSP team!

Follow us to stay in the game with USSP!



<https://www.facebook.com/groups/usseniorpickleball>



<https://www.instagram.com/usseniorpickleball/>



<https://www.linkedin.com/company/us-senior-pickleball/>

Humana has partnered with the authors of
Pickleball for Life: Prevent Injury, Play Your Best & Enjoy the Game.

Here are tips to incorporate a warm up routine and how to improve upper body mobility:

Dynamic Warm-Up Routine

- 1. Leg Swings:** Stand on one leg and swing the other leg forward and backward. Do 10 swings on each leg.
- 2. Arm Circles:** Extend your arms to the sides and make small circles. Gradually increase the size of the circles. Do this for about 30 seconds.
- 3. High Knees:** Jog in place while bringing your knees up to your chest. Continue for 1 minute.
- 4. Lunges:** Step forward into a lunge, then return to the starting position. Alternate legs and do 10 lunges on each side.
- 5. Torso Twists:** Stand with your feet shoulder-width apart and twist your torso from side to side. Do this for about 1 minute.



Improving Upper Body Mobility

- 1. Stretch Regularly:** Incorporate daily stretches for the neck, shoulders, and elbows to maintain flexibility.
- 2. Strengthen:** Perform strengthening exercises for the upper body to support the joints and muscles used in pickleball.
- 3. Warm-Up:** Always warm up before playing to prepare your muscles and joints for the activity.
- 4. Cool Down:** Include a cool-down routine after playing to reduce muscle tension and soreness.
- 5. Proper Technique:** Work with a coach to ensure you are using proper techniques to minimize strain on your upper body.

USSP NATIONAL CHAMPIONSHIPS, PRESENTED BY HUMANA CASA GRANDE, ARIZONA



545 PLAYERS
from

**32 STATES AND 5
CANADIAN PROVINCES**



**THANKS
for JOINING US!**



THANK YOU FOR MAKING USSP THE PREMIER PICKLEBALL ORGANIZATION FOR SENIORS IN THE USA!



Thanks, as always, for sending us your photos!
If you have fun photos from a USSP event send them to newsletter@usseniorpickleball.com for a chance to appear in the next newsletter!

UPCOMING EVENTS



*USSSP Ambassador Program
Community Events and
volunteer opportunities*

Woodbridge, VA

Jan 4 - Feb 2,
Senior Round Robin Series

Harford County, MD

January 3rd
Senior 3.5-4.0 Clinic

Stillwater, OK

Jan Weekly 50+ Open Play

Goodyear, AZ

55+ Community Pro
Exhibition

For more information, email
Tara@usseniorpickleball.com

Upcoming Circuit events:

December

- Missouri: 3rd Annual OPC New Years Extravaganza. 28-29 December, Springfield, MO

January

- California: 2025 Desert Pickleball Classic, USSP+All Ages byPIG January 3-5, Palm Desert, CA

USSSP Championship Series Event:

January Cont'd

- Arizona: 2025 Tucson Classic USSP+ All Ages by PIG January 9-12, Tucson, AZ
- Missouri: 4th Annual "In a Pickle with the Bears" fundraiser. January 11-12, Springfield, MO
- Hawaii: Maui Pukaball by PIG, January 22-26, Lahiana, HI

February

- Arkansas: The Pickleball Doctors Winter Classic. Jan31-Feb 2, Springdale, AR
- Arizona: 2025 Winter Classic@ GRP by PIG, Feb. 6-8 Gilbert, AZ
- Texas: Houston Lake Conroe Senior Winter Jam Feb 14-16, Willis, TX
- Arkansas: SPSEF Pickleball, Feb 15-16, Springdale, AR

THANKS FOR SUPPORTING USSP!
CATCH OUR NEXT MEMBERSHIP
NEWSLETTER IN EARLY 2025!