



The Chapel Hill Pickleball Gazette

(Inside & Outside the Lines of Chapel Hill Pickleball)

VOTE TODAY!!!--Last Chance

You are eligible to vote and I'm asking for your vote for the Steering Committee. But it's even more important that you submit your vote for one or more candidates. Voting in this election may help shape the future of pickleball in Chapel Hill. Don't be silent.

[Learn about the candidates](#)

[Click Here For Your Ballot](#)

Heat and Hydration

Medical specialists are uncertain what causes cramps but these abnormal muscle contractions can occur at any time. Specialists do recognize factors associated with cramps. Muscles that are overworked, injured or exposed to extreme temperatures are more likely to succumb to a cramp. Here are the major factors and what you can do in our, hot humid weather.

Dehydration--Exercising in the heat causes your body to sweat in order to maintain proper internal temperature. Taking ibuprofen will reduce sweating and can lead to cramping and potential kidney damages. Don't take it. What you need to do is DRINK PLENTY OF WATER. How much? Take your body weight and divide by 2. That's the number of ounces of water you need to consume during a 3-4 hour exercise session.

Electrolyte imbalance--potassium and sodium leave your body when you sweat and should be replaced as your exercise. Bananas and salty nuts are good sources but you can also replenish with Gatorade, Powerade or even powdered additives to water (Nuun or UCAN).

Mineral Depletion--Calcium and Magnesium supplementation is helpful for avoiding cramping. There are a number of magnesium supplements on store shelves and calcium can be consumed in several forms including Tums. Proper mineral supplementation may help avoid cramping but be careful because too much supplementation can lead to increased cramping.

If messing with electrolytes and minerals seems suspect, ask a health professional and make certain you consume a sufficient amount of water before and between games.

Losing Your Grip?

Paddles get slippery in the our humid conditions. Towels, sweatbands and gloves can help avoid your paddle becoming slippery. It's also the season to replace worn grips or use some overgrip. These are inexpensive and effective ways to maintain control of your paddle.

Grips come in various thicknesses, feels and offer other features. Grips cost between \$4-10 each. Overgrip is a less permanent solution and is a tape that goes on top of your grip. Overgrip is thin and very inexpensive (3 rolls are about \$5). They can be extra tacky or designed to absorb sweat. Regripping or overgripping your paddle is simple and takes less than 5 minutes. [This video shows how to apply overgrip](#) and here's another showing how to [change your paddle's grip](#).

Travel Housing for Less

This fall a new website is launching that could help defray the cost of pickleball travel housing. You can check out the details on [PickleballGuestHouses.com](#) By offering to be a host you can get extra benefits. There's a small booking fee for using the service but the site is free to join.

NC State Senior Games Registration

Just a reminder for those of you who qualified for this October's Senior Games pickleball tournament that Saturday is the last day to qualify for the Early Bird Discount. Save a few bucks and buy some overgrip!!

Videos of Interest for the Pickleball Obsessed

Whether you're working to improve you serve or want to help a newer player, this video shows the [Four Stages of Serve Development](#)

They may not be the Blues Brothers but [there's some pickleball going on](#) in the Cook County Jail

Glen Peterson introduces the SwiftNet Portable Net System, a portable net that weighs half of existing nets, sets up in half the time, always measures 34" in the middle, 36" at the sidelines and has no center post to tear through the top of the net. [Check out the video.](#)

How to Choose a Paddle

Mark Renneson, the king of pickleball video content, presents his idea of [How to Choose a Paddle.](#)

Want to Talk Pickleball 24/7 ???

Watch for an email about how you can join the pickleball related conversation with members of the Chapel Hill community.

Have a happy Independence Day. Enjoy it and think about it!

Bob Burns