

Hello Pickleball Class families,

This is a challenging time for all of us, dealing with the closures and having to do online and distance classes. You are not alone. My own daughter at Azusa Pacific University is doing online classes for most of her classes, but they are not cancelling college! They are continuing the semester and she will graduate in May, even though her learning method is modified for a period this semester. A LARGE portion of the country is modifying their routine to accommodate for the mandates and recommendations. Whether we think it is justified or not, we have to go with it, and we will get back together as a group as soon as possible, as everyone in America is doing. But we don't have to let it stop us from learning!

How will we do a PE/Sports class remotely? It IS possible, and I am excited about the possibilities for your students to learn even more! Here is the challenge: you now are truly HOME schooling! You will need to be very involved with your students to help them learn at home, do the work assigned, and gain strength, conditioning, and physical skills working from home. It can be done. I trained my oldest child from home with a weight set in the garage all through high school, did running work in the neighborhood, and went to the track as needed, and she was an All-American athlete in college with a Track & Field scholarship.

For the start of our distance learning, I am going to give students a set of strength and conditioning exercises they should complete at home. Pickleball, like any sport, requires some physical strength, and players will play better with more strength. I will demonstrate the exercises with videos that will be made available by the end of the day today on YouTube. I will post the links on my website, email them to you, AND will post them on the class day homework sites, so they will be available from multiple sources. I will also email you a spreadsheet that I would like you to complete for your students through the break and continuing for the rest of the school year. If your students do the exercises I am going to share with you, they will gain SIGNIFICANT strength and conditioning, and be in the best physical shape of their lives! I recommend having all of your children do them together, whether they are in my class or not, and even parents doing these with your children. We can have some FUN with this. I will also send the list of the exercises for you to print out so you can watch the videos and refer to the chart.

The second thing I would like parents to do is purchase 2 pickleball paddles and 2 pickleballs for your students. Why 2? So YOU can practice with them! Or a sibling, or a friend, or neighbor who is also home from school..... It is good for all students to have their own paddle and ball anyways, so this is the perfect time to get them. After they get started on their strength and conditioning week for week 1, the week 2 homework will be practicing their pickleball skills at home! It is easy to do, and I will give them several drills you can do in the most confined spaces. I will send out links to my demonstration videos for this portion.

The third portion will be academic in nature, including some reading, videos online, and possibly even a quiz! We will follow this portion with a challenge where I will ask students to send in or post pictures and videos – more to follow on that!

Please make sure you download the sheets I will send you later today, and make sure you watch the videos online. I recommend doing it during the PE period your student is enrolled in, and having them complete all of the work during the period, adding a couple more days each week. For this first week of 8 strength and conditioning exercises, they should do 3 sets of each exercise in groups of 4 exercises at a time. They should do these 8 exercises 3 days a week. They should do them every other day, so Mon Wed Fri, or Tues Thurs Sat are good schedules.

Please check your email regularly for more communication. Thank you for your participation in class, and let's use this as an opportunity to learn even more!

Coach Nash