



With summer heat upon us- the staff here at the Kronicle remind all players to **HYDRATE, HYDRATE, HYDRATE**. Take the time to take a break.

HEAT STROKE WHAT TO LOOK FOR

- High body temp. (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

WHAT TO DO

- Call 911 right away
- Move the person to a cooler place
- Apply cool cloths to lower body temperature
- Do not give the person anything to drink

Pickleball Points to Ponder:



"What do you do with a mistake: recognize it, admit it, learn from it, and forget it".



Ask Christine-?????????

Peter Asks-

My partner upon returning a shot hit a groundstroke, but appeared to hit the ball twice. Is it legal to do so?

WOW Pete, the infamous Double Hit Scenario. It would appear that this shot would be illegal. However before you go calling foul, understand this:

If the "double-hit" or "carry" was a result of **one continuous motion** — without a second intentional swing or push — then it is, indeed, a legal shot even if it hit your paddle twice in the one swing.

2019 International Federation of Pickleball — Official Tournament Rulebook

Double Hits. Balls can be hit twice, but this must occur during an unintentional, continuous, single-direction stroke. If the stroke is not continuous or not in a single direction, the hit is not allowed and a fault will be declared.



The correct order of announcing the score is;

- A. Opposing team, your team, server number
- B. Server number, opposing team, your team
- C. Your team, opposing team, sever number
- D. Your team, opposing team



Medical News-

While the Pickleball Courts are not immune to Covid-19, the Kronicle is pleased to announce that due diligence by our players and continued social distancing practices on and around our courts have yielded **NEGATIVE RESULTS** to testing. The theory is working. Stay smart, stay safe and **PICKLE ON!!!!!!**

Kitchen Scraps-

The game has a national body to regulate professional play. It is governed by the United States of America Pickleball Association (USAPA) which keeps all the official records for the game and lays out the rules and format for professional tournaments. The association has its headquarters in Surprise, Arizona.

Lil Picks-

PTC Club Members- Jess and Chris have adopted an eight week old puppy. A pitbull-german shepard mix named Maysie. Congrats!!!!