

WHAT'S IN THIS EMAIL

1. Membership Meeting Reminder
2. Volunteers
3. Court Reservations

1. **Membership Meeting Tuesday, 1/13/2015 Aqua Fria Room Cimarron Center 3:00PM**

Before the start of our first membership meeting of 2015 we will have a guest speaker. Josh Hayes, a physical therapist with Select Physical Therapy Centers, will be discussing injury prevention and how to recover more quickly from an injury, focusing on the older active adult.

We have opened this presentation to the entire SCG Community so please come early (for best seating) as we may have a large turnout. Our meeting will start immediately after the presentation which should be 30-45 minutes depending on the Q and A time. Below is Josh's bio and he also spoke at Festival during the Pickleball Nationals last November.

Josh Hayes, PT, DPT, OCS, is a physical therapist for Select Physical Therapy in Gilbert, Arizona. Josh earned his Bachelor's Degree in Chemistry from the University of North Carolina at Chapel Hill and subsequently his Master of Physical Therapy from the University of North Florida. He went on to receive his Doctor of Physical Therapy from the University of North Carolina, specializing in manual therapy.

An experienced clinician, Josh is a member of the National Instructor Team for Select Physical Therapy/NovaCare Rehabilitation, teaching differential diagnosis, spinal and extremity manual therapy, and rehabilitation for endurance athletes to clinicians across the country. Josh has also worked as adjunct faculty at Winston-Salem State University until 2012 teaching in their Orthopedics department, assisting with Therapeutic Exercise, and serving as the primary instructor for their differential diagnosis curricula.

Josh's accomplishments and areas of specialization include:

- Board Certified Orthopedic Specialist (OCS) since 2006
- Named Outstanding Physical Therapist for the state of North Carolina by the North Carolina Physical Therapy Association in 2011
- Former physical therapist for the University of North Carolina Charlotte, working with Division I athletes
- Experience working in athlete progression, sports performance, and rehabilitation for high school through professional athletes
- Expertise in treating endurance sport athletes including running (half marathon, marathon, and ultra running), triathlon (sprint through iron distance), cycling, and swimming

In his free time, Josh and his wife Courtney enjoy participating in Ironman Triathlons, hiking, traveling, and anything outdoors.

2. **Additional Volunteers Needed**

-The Board is also looking for volunteers to do light and occasional court maintenance. This would include blowing the courts off (which is usually Court 1 and 5) when we have high winds, spray for ants, and any other light maintenance to keep our courts clean and playable. CAM will do the heavy duty maintenance like cleaning the courts, light replacement, etc. Paul Reiss will be the Board member leading this.

-The Board also needs volunteers to help decide what charities we will support this coming year and how to raise funds for those charities. Our initial thoughts were do more for our own community within Grand (assist the lonely and sick), the City of Surprise (food bank) and possibly needy children within the Dysart School System. We would like to have an emphasis on time and talent being volunteered and not just monies this year. But we are open to all good suggestions and ideas.

Thank you for all the replies we received from our previous call for volunteers and again please respond to pickleballpres@yahoo.com if you would like to help out...it is much appreciated.

3. **Court Reservations**

There was a software glitch that prevented court reservations from opening at 9:00 PM. That has now been corrected. Reservations now open at 9:00 PM for reservations 7 days in advance.

Dennis Raggi
President