

PICKLEBALL KITCHEN LOG

Welcome to the Kitchen Crew



Hi Kitchen Crew Member!

Welcome to the Pickleball Kitchen Log! I'm absolutely thrilled to have you pulling up a stool at the counter.

You're joining an exclusive community of players who know that while power is great, the real magic—and the real wins—happen right there in the ****Kitchen****.

WHAT'S ON THE MENU?

By joining the ****Kitchen Crew****, you'll get a regular "tasting menu" of my personal logs, including strategic drills and playing tips.

CHEF'S SPECIAL

Before you step into the "Kitchen," run this 5-point diagnostic to ensure your game doesn't crash mid-match

01. Equipment Verification

- Paddle Grip: Check for "wear and tear." Is your overgrip still tacky?
Slip = Reduced Control
- Court Shoes: Verify tread depth. Don't play on "deprecated" soles; your lateral movement depends on it.
- Ball Check: Ensure you have at least two balls with high "integrity" (no cracks or soft spots).

02. Energy & Hydration

- Fuel Levels: Did you eat a "slow-release" carb 60 minutes ago?
- Cooling System: Is your water bottle full? Hydration is your primary "Heatsink."
- Sun Protection: Apply SPF 30+ "firewall" to your face and arms.

03. Dynamic Warm-Up

Don't start cold. Run these three "sub-routines" for 5 minutes

- Leg Swings: Forward/Back and Side-to-Side.
- Arm Circles: Small to large to lubricate the shoulder joints
- Torso Twists: Initialize your core for those reach-in dinks

04. Partner Handshake

- The "Mine/Yours" Protocol: Who takes the middle balls?
- The Strategy Hook: Are we playing "aggressive drive" or "conservative dink" today?
- Targeting: Identify the opponent's "weakest port" (backhand, mobility, etc.).

05. Mental Calibration

- Reset the Counter: Last game's score is cleared from memory.
- The "Fun" Variable: Remember—the goal is a 100% success rate on social enjoyment.

KITCHEN TIP OF THE WEEK 💡

The "Freeze" Frame: Before your next game, remember the Golden Rule of the Log: *If you're reaching, you're losing.* Wait for the ball, stay patient, and stay clean.

See you in the Kitchen,

Karen L Sims

Head Chef, Pickleball Kitchen Log
