



# PRO LITE SPORTS

The Players Choice in Pickleball Paddles!

PADDLES  
●  
APPAREL  
●  
BALLS

February 2012

www.pro-litesports.com sales@pro-litesports.com 1-888-775-9615

## Bringing in a New Year!

We hope the New Year is treating you well! Staying healthy can be easy when you play pickleball. It's a great way to have fun with people of all ages as well as exercising. If you need help finding a place to play, email us at [sales@pro-litesports.com](mailto:sales@pro-litesports.com).

Valentine's day is coming! What better gift to give your special someone, than a Pro-Lite paddle! We have many great colors to choose from and what a great sport to do together. Not only does it keep you healthy together, but it lets your competitive nature out.

We love hearing about your comments about new places to play, both indoors and outdoors. Keep sending us your places to play as well as letting us know how we are doing. You can contact us at [sales@pro-litesports.com](mailto:sales@pro-litesports.com) and on our facebook page! Enjoy the last few months of winter and have a great time playing pickleball!



Specials and Deals

**SALE**

**Buy 4 or more paddles & get 10% off!**  
(Does not include blemished paddles)



## Tips from the Master

### The STRONG SIDE of the Court



I have always said to face the action. But that is not quite correct. You must face the action ready to return the ball with a forehand. One of my major criticisms to players is that you must always use a forehand over a backhand return. Of course it cannot happen all the time but you must try for 90% of the time. For a right-hander, the left side of the court, some players call this the ODD court and I call it the strong side, is where players get into trouble. I strongly suggest that you position yourself so that you can use your forehand. A common problem is positioning your feet parallel to the non-volley zone line. ANGLE your feet so that you are ready to return the ball with your forehand. Now some of you are saying that what if the ball is hit to my left shoulder? Use a trunk twist to use the backhand. Yes, this will happen but the percentages are with you when you position for the forehand. I promise you more successful rallies resulting in more points!



**Improve Your Pickleball Game with Mark Friedenberg!**

Clinics ● Coaching ● Video Taping ● Group & Individual Lessons

For more information contact Mark Friedenberg  
at email: [apbmaster@aol.com](mailto:apbmaster@aol.com) phone: 425-299-7449

## Upcoming Events



- Phoenix All City 12th Annual Pickleball Tournament  
Mesa, AZ, Feb 7-Feb 9 2012 - USAPA Sanctioned (Tier 3)
- ISF Palm Desert Senior Games  
Palm Desert, CA, Feb 16-Feb 18 2012 - USAPA Sanctioned (Tier 3)
- 2012 Lee County Senior Games  
Ft. Myers, FL, Feb 24-Feb 26 2012 - USAPA Sanctioned (Tier 4)

For More Tournaments visit [www.usapa.org](http://www.usapa.org)

