



# SASF Pickleball Lessons

SASF is pleased to offer a series of four, one and one-half hour, pickleball lessons by Doug Koch. Doug has won numerous medals at the USAPA Nationals level, and has long experience as an instructor, conducting camps, clinics, and private lessons in the Sacramento area.

Registration will be limited to 12 persons to maximize lesson effectiveness.

Players should be at the 2.5, 3.0, or 3.5 level. The USAPA defines a 2.5 player as someone who knows the basic rules, has control of forehand groundstrokes, uses backhand groundstrokes, knows correct court positioning for the serve and return team, approaches the non-volley line to hit volleys, uses the forehand lob, and dinks the ball at the net.

Dates: Thursdays, October 26, November 2, 9, and 16.

Place: SASF Community/Recreation Center  
9040 High Tech Court  
Elk Grove, CA 95758

Time: Check-in and warm-up 11:30 – 12:30, Lesson 12:30 – 2:00.

Topics Covered: Dinks, Volleys, Serves, Returns, 3rd Shot Drops, Lobs, Overheads, Putaway Shots, Positioning, Moving, and Communicating with your Doubles Partner.

Cost: \$50 per person.

To register and pay, please see the SASF website, [www.sasfquest.org](http://www.sasfquest.org).

Registration closes October 12.